

PRACTICAL
GUIDE

KEY TO WELL-BEING



www.rot.swietokrzyskie.travel



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ESCAPE FROM REALITY

FOR A WHILE



Welcome to the magical and energetic Świętokrzyskie region. This picturesque area, home to a beautiful mountain range, will charm you with its wonderful landscape, and its many natural and cultural assets. We have many “sites of power” in Świętokrzyskie where you can replenish your physical, spiritual and intellectual powers frayed by daily responsibilities.

Two resorts in this region will help you in particular to regain your physical power – Busko-Zdrój and Solec-Zdrój. They will help you to regain health, improve your condition and relax. They are complemented by spa & wellness facilities dotted around the whole region, where both men and women will find a vast array of beauty and wellness treatments. Taking advantage of the Świętokrzyskie region’s rich offer for active tourists is also an excellent way to regain vitality. Those who love sightseeing will be able to enjoy multiple tourist trails for hikers and cyclists. And those who love summer and winter sports can enjoy a wide range of canoe trips, ski lifts and horse-riding facilities.

In search of spiritual power, whether coming from religion, places of worship or secluded enclaves of peace and quiet, you can travel to the heart of Świętokrzyskie Mountains – Święty Krzyż (Holy Cross) or to the Golden Forest Hermitage in Rytwiany. Countless sacral objects, large monastery complexes and cathedrals on one hand, and small village churches or roadside shrines on the other, will not only charm you, but also allow you to unwind and escape from reality for a while. Spending time among nature (in Świętokrzyskie protected areas make

up as much as 62% of the voivodeship) that is so varied and with such diverse landscape – such as Ponidzie and its meandering Niwa River, the low mountain range of the Świętokrzyskie Mountains and the vast orchards of Ziemia Sandomierska – is sure to make you feel fully rested and relaxed before your return home.

Finally, the Świętokrzyskie region is an inexhaustible source of intellectual power. The opportunity to commune with the traces of the past and treasures left here by inhabitants of this area will not only broaden your knowledge about the region, but will also allow you to admire its assets even more. For sure, you will be charmed by the many historic towns and cities: Sandomierz, Szydłów, Chęciny or Pińczów. The many castles, palaces and manors which are scattered around the whole region (Ujazd, Oblęgorek, Kurozwęki, Sobków) present a variety of architectural styles and they will intrigue you with their history, as well as reveal secrets hidden for centuries. You will be taken back in time to the period of the Old-Polish Industrial Region by the preserved industrial monuments while the Świętokrzyskie Archeo-Geological Trail will present the geological diversity of the region. For those interested in tradition and folk customs, we recommend a visit to the Muzeum Wsi Kieleckiej.

And all of this is just a prelude to the attractions waiting for you in the Świętokrzyskie region.





KEY
TO HEALTH

ŚWIĘTOKRZYSKIE'S RESORTS

Two well-known and highly valued resorts – Busko-Zdrój and Solec-Zdrój are located in the Świętokrzyskie Voivodeship, in the Ponidzie area (in the south of the region). A wonderful microclimate (Busko has the highest number of sunny days per year), nature untouched by industry and, above all, restorative mineral and healing waters are the greatest treasures of those cities. Each year, thousands of people come here to restore their health, regenerate their strength or revitalize their beauty and improve their condition.

Located 50 km from Kielce, 80 km from Kraków and 220 km from Warsaw, Busko-Zdrój boasts an unusual treasure its rare sulphidic water (with minerals making up 1.4% of the content) which contains hydrogen sulphide and other sulphides, as well as being rich in iodine, bromine, fluorine, boron and many microelements. It has anti-inflammatory, anti-rheumatic, detoxifying properties and activates biochemical processes. It can be used for baths, inhalations, oral irrigations, drinking therapy, in diseases of the musculoskeletal system, cardiovascular system, skin and rheumatic diseases. Another treasure is iodide-bromide brine (2.2%) containing iodine and selenium, which are especially valuable for the body. Bathing in such water is used for treating diseases of the circulatory system and the automatic nervous system. Moreover, the waters are complemented by fango – a kind of natural therapeutic peat, used to treat rheumatic, gynecological diseases in the form of wraps or suppositories.



About 20 km from Busko is the second resort in Świętokrzyskie – Solec-Zdrój. Curative waters obtained from several wells with a depth of approx. 170 m are the basis of the treatment there. These are so-called sulphide brines containing sulphide and polysulfide ions, as well as chloride, bromide, iodide, boron ions and many other elements such as calcium, magnesium, lithium, iron, strontium, selenium and manganese. The sulphide water used in therapy, especially that coming from the 'Malina' spring belonging to the 'Malinowe Hotele' chain, which has a sulphide ion concentration of 900 mg/l, is not only the strongest in Poland, but in the whole world. Various conditions are successfully treated with its use, including rheumatoid arthritis and degeneration of the joints and spine, post-traumatic stress disorders, discopathy, radiculitis, neuralgia, gout, skin, respiratory and cardiovascular diseases, heavy metal poisoning and osteoporosis.

In addition to the unique resources of curative waters, both resorts are characterised by a mild climate which is moderately stimulating and helps the body to recover. Approximately 40% of days here can be classed as providing so-called 'climatic comfort', which has a beneficial effect on recovery and effective rest. Additionally, you can find unpolluted nature here, located away from industrial centres and protected in landscape parks and many reserves. The climate and natural conditions are conducive to practising various sports and recreational activities in the open air.





FREE TIME

After making use of the treatments, people staying in Busko-Zdrój and Solec-Zdrój and with a free afternoon can take advantage of a wide range of both cultural and recreational activities. Numerous concerts, artistic performances, shows and various workshops, integration meetings, demonstrations and lectures, primarily related to health issues, take place here. For those staying in the resorts, there are libraries, reading rooms, and the possibility to rent a variety of parlour games, as well as bicycles and nordic walking poles. In order to get some fresh air, we recommend walking through the spa park, playing tennis, and even fishing on the “Borowina” fishery belonging to the Busko-Zdrój health resort. The wide offer of the “Zdrój” cinema in Busko-Zdrój will satisfy lovers of the big screen, while even the most sophisticated musical tastes are also sure to be satisfied by the offerings of the Concert Hall at the “Marconi” Sanatorium (which hosts regular concerts by the Zdrojowa Chamber Orchestra and also various famous music festivals, such as ‘Summer with Chopin’ or the Krystyna Jamroz International Music Festival).



Buskie Samorządowe Centrum Kultury
 (“Zdrój” cinema, “Antresola” gallery,
 performances, workshops)
 al. Mickiewicza 22, 28-100 Busko-Zdrój
 phone: 41 370 54 00, cinema: tel. 41 370 54 24,
 tourist office: tel. 41 370 54 15
www.bsck.busko.pl

“Uzdrowisko Busko-Zdrój” S.A.
 (suggestions for spending free time)
 ul. Rzewuskiego 1, 28-100 Busko-Zdrój,
 phone: 41 370 32 00, 41 378 41 54
www.ubz.pl

Uzdrowisko Solec-Zdrój M. Cz. Sztuk sp. j.
 (suggestions for spending free time)
 ul. 1 Maja 1, 28-131 Solec-Zdrój
 phone: 41 377 60 17
www.uzdrowiskosolec.pl



PONIDZIAŃSKI DUKT

Ponidziański Dukt is a culinary tourism trail that is very popular with patients, tourists staying in Ponidzie and local inhabitants alike. On selected Saturdays, free workshops and tastings at local producers take place in three locations along the route. The locations cooperating with each other within the framework of Ponidziański Dukt include: Olejarnia Zagłoby (project coordinator), where there is a display of oil pressing using the traditional methods from 150 years ago, and also a tasting session. At J@Busko you can get to know the orchard and work related to it, and also try some natural apple juices and learn all about the health benefits. In Pęczelice, in turn, the beekeeper will treat you to some fresh honey straight from the honeycomb and teach you how to distinguish the drone and queen from the workers.



 **Olejarnia Zagłoby (project coordinator)**
Mikułowice 336, 28-100 Busko-Zdrój
phone: 791 632 390,
Facebook profile

 **Gospodarstwo sadownicze J@Busko.pl**
Pęczelice 9, 28-100 Busko-Zdrój
phone: 660 694 770, 728 183 304,
Facebook profile

 **Pasieki Pęczelice**
Pęczelice 13, 28-100 Busko-Zdrój
phone: 609 490 309
Facebook profile



PLACES WORTH VISITING

BUSKO-ZDRÓJ – the resort part of the city is located on its southern edge. Worthy of attention here is the beautiful Spa Park, the spa chapel of St. Anna and the first bathing establishment – currently the Marconi Sanatorium – built in 1836 with a pump-room and a concert hall. In addition, in Busko, you should see the wooden church of St. Leonard built in 1699 (custodian's number: 500 059 817), visit the Museum of Busko Land (phone: 41 370 81 42) and, if you have the chance, go to the Krystyna Jamroz International Music Festival or the Busko Folk Meetings.

Tourist Information Centre
Buskie Samorządowe Centrum Kultury
 Al. Mickiewicza 22, 28-100 Busko-Zdrój
 phone: 41 370 10 22, www.busko.travel

WIŚLICA – one of the oldest towns in the Świętokrzyskie region. Here you can see the collegiate church (today Minor Basilica) of the Birth of the Blessed Virgin Mary built by Casimir the Great around 1350-60 with a Romanesque-Gothic figure of the Mother of God, called Madona Łokietkowa, from 1300. Located in the burial crypt under the church floor is the so-called "Slab of Orants", a gypsum panel with engravings from 1170, which is unique in Europe. In addition, the remains of the church of St. Nicholas from the end of the 10th or the beginning of the 11th century, and the remains of the baptismal bowl as well as the Długosz's House from 1460 are also worthy of attention in Wiślica.

Archaeological Museum
 phone: 730 729 200, 41 300 20 69, www.mnki.pl/wislica

NOWY KORCZYN – located by the Vistula river, it contains within its boundaries two unusual churches – a Nowy Korczyn parish church from the 16th centu-



ry, rebuilt in the 17th century, and a former Franciscan monastery erected in the second half of the 12th century and expanded by Casimir the Great. The remains of a classicist synagogue from the end of the 18th century remained long after the Jewish inhabitants, which made up half of the town's population.

Tourist Information Centre
 Rynek 16, 28-136 Nowy Korczyn
 phone: 511 299 988, www.nowykorczyn.pl

STOPNICA – one of the Royal Cities during the reign of Casimir the Great. In the market square is a gothic penitential church built in 1362 – Stopnicka Fara – belonging to the Baryczek series. The Royal Castle, founded around 1350 by Casimir the Great, has been returned to its former splendour. Rebuilt and reconstructed many times, it now houses the Community Cultural Centre. In Stopnica, there is also



the Monastery of the Sercans, in which the mother of Jan Chryzostom Pasek is buried (probably also Pasek himself was put to rest here in 1701).

PIŃCZÓW – a city referred to as the “heart of Ponidzie”, located by the Nida River, the former seat of the Arians – Polish Brethren. The places worth seeing here are the House in Mirów (Dom na Mirowie), called the Arian printing house, the early Baroque church and the Riformati Franciscan monastery from the 17th century, the Pauline monastery complex (the seat of the Regional Museum), the Wielopolscy Palace and the Renaissance synagogue from the end of the 16th century. From St. Anna’s Hill, where a dome chapel made according to the design of Santi Gucci stands, one can admire the view of the meadows and meanders of the Nida.

Tourist Information Centre Regional Museum (Muzeum Regionalne)
ul. Piłsudskiego 2a, 28-400 Pińczów, phone: 41 357 54 04, 41 357 24 72,
www.muzeumpińczow.pl, www.pinczow.travel

CHMIELNIK – a small town commemorating the history of its former Jewish inhabitants. In the building of the synagogue from the 18th century, there is a modern Education and Museum Center “Świątokrzyski Sztetl”. A visit there – thanks to multimedia maps of the region, touch screens, holographic screens and hidden speakers – is a fascinating walk along the pre-war streets of Chmielnik and an expedition deep into the atmosphere and tradition of Sztetl.

“Świątokrzyski Sztetl”
ul. Wspólna 13, phone: 734 158 969, www.swietokrzyskisztetl.pl

MŁODZAWY MAŁE – a village where you should see the “Ogród na Rozstajach” – a private garden in which several thousand plants grow on the area of 1 hectare: trees, shrubs and perennials, water and marsh plants. Everything was arranged on three levels, creating a truly fairy-tale landscape with waterfalls, caves, ponds and countless ornamental birds (swans, ducks, parrots, peacocks including a rare white peacock).

Młodzawy Małe 17
phone: 41 357 92 65, www.ogrodnarozstajach.pl

JĘDRZEJÓW – a city famous for the first Cistercian monastery on the Polish territory, as well as the third largest collection in the world, after Oxford and Chicago, of sun dials and other time-measuring devices. The Cistercian Monastery dates from around 1149 and contains an altar with the relics of the Blessed Wincenty Kadłubek and richly decorated church organs from the 18th century (their unique sound can be heard during the International Organ and Chamber Music Festival – www.jedrzejow.cystersi.pl). The Przytkowsky Clock Museum, located near the market, houses the afore-mentioned rich collection of clocks and gnomonic instruments, as well as a section containing old prints with works of Kopernik from 1566 and copies with the autographs of Hevelius, Descartes and Huygens.

Tourist Information Centre Muzeum im. Przytkowskich
pl. Kościuszki 7/8, 28-300 Jędrzejów
phone: 41 386 54 89, www.jedrzejow.travel



SOLEC-ZDRÓJ – the spa park of this resort town contains preserved antique bath houses which were rebuilt in 1923-25 following a fire. The Church of St. Nicholas, built in 1937, is also worth visiting here.

CHROBERZ – the former Wielopolscy Palace is located here, which is where the Cultural Heritage and Agricultural Traditions Centre now operates from. It presents the history of Ponidzie, the history of the Myszkowsky and Wielopolsky families and the history of the partisan Republic of Pińczów in 1944.

Cultural Heritage and Agricultural Traditions Centre of Ponidzie
Parkowa 14, phone: 41 356 40 03, 33, 504 088 785
www.palac.chroberz.info

CIUCHCIA EXPRESS PONIDZIE – a narrow-gauge track with over 100 years of tradition. Built in 1915, nowadays it has become a tourist attraction and runs on the Jędrzejów – Pińczów route. During a short

TRAVEL AGENCIES ORGANISING TRIPS IN PONIDZIE

● **“Dal” Travel Agency**
ul. Łagiewnicka 98, Busko-Zdrój
phone: 604 445 171
www.dal.tbu.pl

● **“Tramp” Travel Agency**
os. Piłsudskiego 11/43, Busko-Zdrój
phone: 41 378 10 70, 501 672 290
www.tramp-busko.com

● **Biuro Usług Turystycznych i Ubezpieczeniowych – Katarzyna Rasafa**
os. Gen. Andersa 5/27, Busko-Zdrój
phone: 516 170 448, 502 415 671
www.it.tbu.pl

trip you can admire the beautiful landscapes of Ponidzie and the Nadnidziański Landscape Park. Groups can request a stop in Umianowice to organise a barbecue.

ul. Jędrzejów 1, phone: 41 386 22 55, 605 785 635, www.ciuchcia.eu

NADNIDZIAŃSKI LANDSCAPE PARKS

COMPLEX – the complex consists of three parks: Nadnidziański LP, Szaniecki LP and Kozubowski LP. Nadnidziański LP was created in order to preserve the natural values related to, among others, the surface occurrence of a gypsum series, creating a unique set of phenomena and forms of gypsum karst (polycrystalline forms – “Prześlin” reserve, gypsum ravine with specimens of gypsum karst in the form of caves, outliers, shelters, karst springs and karst funnels – “Skorocice” reserve). This park also protects xerothermic grasslands (“Krzyżanowice”, “Skotniki Górne” reserves) and includes the Nida valley, with its numerous meanders and oxbow lakes, which is a mainstay of water and marsh birds. Szaniecki LP protects the landscape enclaves of limestone and gypsum hills, polycrystalline gypsums and heat-loving areas of xerothermic, peat and salt-loving vegetation e.g. in “Owczary” reserve. Kozubowski LP is characterised by varied terrain, extensive forest areas and interesting xerothermic flora (“Polana Polichno”, “Wroni Dół” reserves). A lot of didactic paths and walking routes leading to the most interesting places have been marked throughout the area of the landscape parks – www.pk.kielce.pl

CHOTEL CZERWONY – the church of Saint Bartholomew from the mid-15th century, called the daughter of the collegiate church in Wiślica (of which it is a smaller copy), was founded by Jan Długosz, who was closely associated with Wiślica. At the foot of the hill, on top of which the temple towers, there is an entrance to a cave with gypsum crystals. Near the church, you should also pay attention to the “Prześlin” reserve and the so-called “Swallow Tails” (outcrops of gypsum crystals – the largest in the world).

CHOTELEK – notable for the wooden church of St. Stanislaus the Bishop built in 1527 with a polychrome beam ceiling in its interior. The old church furnishings are well-preserved, however, and its most valuable elements are stored in other places.

ZBORÓWEK – the parish church of St. Giles the Hermit built in 1459 – the oldest wooden church in Poland according to certain dating, and possibly the oldest of the preserved ones. Thanks to the fact that it was systematically renovated, it has survived to this day with the authenticity of almost all elements of the wooden structure preserved. The temple, built on a hill in the years 1906-8, has gained a new brick nave, as a result of which the present church is a combination of a brick neo-Roman nave with a late-Gothic wooden church – as a presbytery.

RECREATIONAL ACTIVITIES

Hiking and cycling trails – while staying in Busko or Solec-Zdrój, you should go beyond the borders of both cities and explore the surrounding area on foot or by bike. For this purpose, you can use the marked hiking trails, cycling routes and didactic paths (the latter within landscape parks). We recommend travelling along, among others, the red Sunny Route connecting Busko and Solec-Zdrój (28 km), the blue Wacław Żelichowski Trail from Pińczów through Busko-Zdrój, Skorocice to Wiślica (40 km) and the green walking trail of wooden sacral architecture along Maskalis (Busko-Zdrój – Chotelek – Busko-Zdrój – 8 km). Using bicycle paths, you can take a short trip from Busko-Zdrój to Radzanów, Wefecz and Kameduły and along the narrow-gauge railway line “Ciuchcia Ekspres Ponidzie” on the section Wygoda – Jędrzejów, as well as along the newly-marked green bike trail Madonna of Ponidzie (103 km).



Canoe trips – for those who love excursions on water, we recommend canoeing on the winding Nida River through the picturesque area of Ponidzie. The recently popular Nida is a wild, winding and extremely beautiful river. Spending time near the river gives you the opportunity to observe wild birds and animals and admire the diverse landscapes. Organisers of canoe trips provide both ready-made canoeing programmes, as well as the possibility to rent kayaks and transport luggage. They also provide qualified guides.

Tourist Company “Kajakiem.pl”
ul. Rakowska 29, Jędrzejów
phone: 698 393 949, 600 288 375
www.kajakiem.pl

PHU “Paga Kajaki”
Borszowice 9, gm. Imielno
phone: 517 598 166, 570 058 145
www.kajakiemponidzie.pl

Kayak rental “Nida”
Krzyżanowice Średnie 39 A, Pińczów
phone: 666 915 108, 692 971 496
www.nidakajakiem.pl

UZDROWISKO BUSKO-ZDRÓJ

UZDROWISKO BUSKO-ZDRÓJ S.A. has been effectively supporting the treatment of rheumatic, neurological, orthopedic-trauma, cardiac and dermatological diseases for almost 200 years. It also provides rehabilitation for patients diagnosed with infantile cerebral palsy. Its greatest asset is the unique sulphide water and iodine brine, which is why it is often called the World Sulphide Baths Centre. Every year, nearly 30,000 visitors from Poland and abroad use treatments available in the resort, and the number of treatments performed by the Group exceeds 1.3 million. In addition to the full-fee treatments, there is also a treatment offer available under a contract with the National Health Fund (sanatorium, hospital, outpatient and rehabilitation stay). Visitors to UZDROWISKO BUSKO-ZDRÓJ S.A. can take advantage of a range of nearly 90 different types of medical treatments, extended by an offer of spa treatments. Services are provided by highly-qualified medical staff, based on the highest standards and using modern equipment. In addition, the facilities belonging to the Group have comfortably furnished rooms and serve tasty and healthy meals.

UZDROWISKO BUSKO-ZDRÓJ S.A. has its own line of "Solar Cosmetics" ("Słoneczne Kosmetyki") based on natural medicinal substrates (including sulphide water, iodine brine and fango). They are a perfect complement to the treatments. The company is famous for the production of the "Buskowianka Zdrój" natural mineral water, which is valued not only in this country but also abroad. Buskowianka supplements minerals in the body, strengthens the immune system, counteracts fatigue and perfectly quenches thirst. It is recommended in the prevention of osteoporosis and diseases of the digestive and neuromuscular system.

All facilities in the UZDROWISKO BUSKO-ZDRÓJ S.A. group participate in the group's own loyalty programme and they also honour other schemes, such as the nationwide Senior's Card and also regional Senior's Cards.



Facilities functioning as a part of UZDROWISKO BUSKO-ZDRÓJ S.A.:

- MARCONI Sanatorium
- MIKOŁAJ Sanatorium
- WILLA ZIELONA Sanatorium
- OBLĘGOREK Sanatorium
- KRYSZYNA Comprehensive Rehabilitation Resort Hospital
- GÓRKA Specialised Orthopedics and Rehabilitation Hospital
- Przychodnia Uzdrowiskowa Zakłady Przyrodolecnicze
- Willa BAGATELA
- Willa CYPRYS

www.uzdrowiskobusko.pl

UZDROWISKO BUSKO-ZDRÓJ S.A.
ul. Rzewuskiego 1, 28-100 Busko-Zdrój
phone: 41 370 32 25

Reservation of full-fee stays:
phone: 41 370 38 00, 785 005 500
e-mail: rezerwacja@ubz.pl



Marconi Sanatorium
ul. 1-go Maja 10, 28-100 Busko-Zdrój
phone: 41 370 30 00
www.facebook.com/marconisanatorium

MARCONI SANATORIUM

Contact for tour operators and travel agencies:
Mrs. Justyna Sztuk, phone: 41 370 30 35, 513 175 707
e-mail: j.sztuk@ubz.pl
reservation section, phone: 41 370 38 00
e-mail: rezerwacja@ubz.pl

“Marconi” Sanatorium is the most recognisable resort within the Uzdrowisko Busko-Zdrój S.A. group. Boasting over 200 years of history, the facility is the first bathing establishment in Busko-Zdrój (1836), functioning in the former Baths building (Łazienki), built according to the design of Henryk Marconi. It has a water pump room and a beautiful concert hall, where performances by outstanding artists and excellent music festivals take place. Marconi also has a conference centre. Combining tradition with modernity, the hotel is located in a revitalising Spa Park covering several hectares, and it has comfortably-furnished single and double rooms and apartments. It also serves a full range of meals, which are light and easy to digest. Thanks to its connections to the Natural Medicine Institute, Marconi’s guests have additional comfort when using the treatments.



MEDICAL AND THERAPEUTIC TREATMENTS OFFER

The Marconi sanatorium treats rheumatic, cardiological, neurological and dermatological illnesses. There are over 80 physiotherapeutic procedures available, the most important of which are those using unique curative sulphide waters, iodine brines and fango. The patients have at their disposal 3 professionally equipped rooms for exercising, as well as modern physiotherapy and massage rooms.

SPA & WELLNESS OFFER

The extensive medical offer of “Marconi” is complemented by an extremely attractive and “tasty” spa & wellness offer. Guests staying here can take advantage of a chocolate and orange-vanilla massage and take a dip in a beer bath combined with a hydromassage. Slimming, underwater, Chinese bubble and relaxing massages with warm stones are available. You can also make use of reflexotherapy of the feet, one of the methods of acupressure, during which your nerve endings located on the feet and those responsible for the work of specific organs and body parts are pressed on. And after all these treatments, you can relax and unwind in the sauna.

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

Marconi Sanatorium employs high-class medical specialists – cardiologist, neurologist, rheumatologist, dermatologist; physiotherapists, massage therapists, nurses and dieticians. It guarantees a high standard of medical treatments and services.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The stay in the sanatorium includes accommodation, full board and treatments. Each room has a TV, fridge, electric kettle and Wi-Fi.



Additional information

The sanatorium has disabled access, its own loyalty programme and it honours the Senior’s and Large Family Cards.



The “KRYSTYNA” Comprehensive Rehabilitation Resort Hospital is one of the leading centres of its kind in Poland. The hospital houses the “Anthropos” Centre for the Diagnosis and Rehabilitation of Motor System Damage – one of the most modern in Europe – where diagnostic and rehabilitation work is carried out using the latest highly-specialised devices. “Krystyna” can accommodate 460 guests in single and double rooms of a high standard, as well as in suites. In the context of the current needs of the guests, its infrastructure should be considered complete. There is a dining room, library and a well-equipped treatment base. Full board is provided and meals are prepared on-site with the possibility to choose a basic, individual, easily-digestible, diabetic or low-calorie diet.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

The medical offers of the “Krystyna” Hospital cover a wide range of treatment and rehabilitation for such diseases as: rheumatologic musculoskeletal, traumatic-orthopedic, neurological, dermatological and cardiological disorders. Rehabilitation and brine pools, as well as about 80 types of physiotherapeutic treatments using unique sulphide waters, iodide brines and fango are available for patients. Shockwave therapy or magnetostimulation can be performed here. The Cardiology Department conducts a full non-invasive cardiological diagnosis, including: cardiac stress tests, ambulatory blood pressure monitoring and an echocardiogram. The unit has three fully-equipped exercise rooms available, as well as modern physiotherapy and massage facilities.

“ANTHROPOS”

One of the most important parts of “Krystyna” Hospital is the “Anthropos” Centre for the Diagnosis and Rehabilitation of Motor System Damage. Here diagnostics and rehabilitation are performed using the latest technological developments and in such a way that it’s interesting and attractive for patients, e.g. rehabilitation and gait learning is supported by the advanced and extremely effective G-EO system. The hospital possesses the latest highly-specialised devices such as: an exoskeleton EKSO GT, which supports motion in patients with lower limb paresis, a Zebris treadmill used for objective assessment and training of gait and correct posture, a Balance Tutor treadmill that recreates postural perturbations, such as slipping or falling in a controlled manner. In addition, various platforms are also used, such as: Alfa, Sigma, Gamma for assessment, balance and gait training on stable and unstable ground, a Tergumed 700 device for analysing, evaluating and training the muscles which stabilise the spine, as well as interactive Diego, Amadeo, Pablo devices for comprehensive rehabilitation of the upper limbs.



PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

The “Krystyna” Resort Hospital employs qualified staff: medical specialists (cardiologist, neurologist, rheumatologist, dermatologist, specialists in the field of balneology and physical medicine and sports medicine), physiotherapists, massage therapists, dieticians and nurses. Together they provide a high standard of medical treatments and services.

SERVICES INCLUDED IN THE PRICE OF A ROOM

A full-time stay includes accommodation, full board and treatments (in accordance with the current price list). Among the wide range of available rehabilitation holidays are, among others, holidays for “Amazons”, full-paid and rehabilitational with or without subsidies (PFRON, PCPR). All rooms are equipped with full bathroom facilities, a TV and Wi-Fi.

Additional information

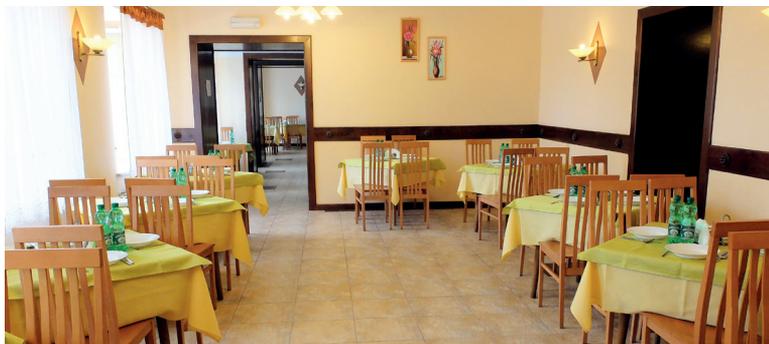
- Services available to guests staying in “Krystyna” Hospital include a library, a reading room, and bike and Nordic Walking pole rental.
- There are also dance evenings, performances by entertainers and folk groups, occupational therapy sessions, poetry readings, guided walks and tours and discussions.



“Mikołaj” Sanatorium is a small, intimate building surrounded by greenery and located in the vicinity of a Spa Park. It consists of three pavilions, two of which are connected to each other. It has 48 single, double and multi-person rooms, in which there are 110 beds. In the main pavilion there is a room with disabled access and an elevator. The sanatorium has a dining area, where full board is served according to basic, easy-to-digest and diabetic diets, as well as a diet prepared individually for specific visitors. In addition, there is also a café. All patients staying in “Mikołaj” are provided with 24-hour nursing care.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

“Mikołaj” Sanatorium specialises in the treatment and rehabilitation of musculoskeletal, dermatological, respiratory and cardiac diseases. It has its own treatment base, as well as indoor and outdoor gym. Dozens of specialised treatments, including: sulphide baths and brine and pearl baths, dry carbonic acid baths, massages, hydromassages, fango hand and feet baths, inhalations as well as physiotherapy and kinesiotherapy, are performed here. Spa guests can also undergo treatments performed outside the facility (the sanatorium takes people with disabilities to external treatments).



PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

“Mikołaj” Sanatorium provides a high standard of medical treatments and services. It employs qualified staff, including medical specialists, physiotherapists, massage therapists and nurses.

SERVICES INCLUDED IN THE PRICE OF A ROOM

A stay in “Mikołaj” Sanatorium includes accommodation, three meals a day and 4 types of treatments per day. Each room has a full bathroom, TV, radio, kettle and fridge.

Additional information

The sanatorium has a library, and also bike and Nordic Walking pole rental. A stay in “Mikołaj” Sanatorium includes dance evenings with live music, and also poetry readings.



“Willa Zielona” Sanatorium
ul. 1-go Maja 39, 28-100 Busko-Zdrój
phone: 41 370 32 73
www.uzdrowiskobusko.pl

WILLA ZIELONA SANATORIUM

Contact for tour operators and travel agencies:
Mrs. Justyna Sztuk, phone: 41 370 30 35, 513 175 707
e-mail: j.sztuk@ubz.pl, reservation section
phone: 41 370 38 00, e-mail: rezerwacja@ubz.pl



“Willa Zielona” Sanatorium is located in a building that dates back to the first half of the twentieth century. It is a small, one-storey villa with an attic, large terrace and veranda. It is a unique example of the construction associated with the local resort, decorated with a special sculptural architecture and highly ornate woodwork. It has place for 34 guests in single and double rooms. It has a dining room where full board is served with various diets taken into account.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

In the “Willa Zielona” Sanatorium, selected medical treatments are carried out, which include: brine baths, ultrasounds, iontophoresis, Tensa, Kotza, Trabert and interference currents, laser and magnetron. The patients staying at the facility have 24-hour nursing care. They also have access to the fully-equipped base of the Busko-Zdrój health resort, about 100 m away from the Villa (nearly 90 types of treatments).

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

Patients staying in the sanatorium can take advantage of consultations with medical specialists in the adjacent resort’s Health Clinic.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The rooms in the villa are equipped with bathroom, TV, radio, kettle, Wi-Fi and telephone. A full-time stay includes accommodation, full board and treatments (in accordance with the current price list).



“Oblęgłówek” Sanatorium
ul. 1-go Maja 19, 28-100 Busko-Zdrój
phone: 41 370 32 32
www.ubz.pl

OBLĘGŁÓWEK SANATORIUM

Contact for tour operators and travel agencies:
Mrs. Izabela Kuc phone: 41 370 32 01



“Oblęgłówek” Sanatorium is located in a building built in 1903. Its name refers to the village of Oblęgłówek near Kielce and commemorates the donation of the palace with land and property given by the Polish nation to Henryk Sienkiewicz. Located in the immediate vicinity of a Spa Park, it is an intimate, two-story sanatorium, which provides only accommodation services (1-, 2- and multi-person rooms) and full board (basic, individual, easy-to-digest, diabetic diets). Patients staying in “Oblęgłówek” are provided with 24-hour nursing care.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

“Oblęgłówek” Sanatorium uses the external medical and therapeutic treatment offers of Busko-Zdrój S.A. about 200 m away from the facility. It treats musculoskeletal, dermatological, respiratory and cardiological diseases and the patients have access to nearly 90 types of treatments. Patients may also take advantage of consultations with medical specialists in the adjacent resort’s Health Clinic.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The rooms in the “Oblęgłówek” sanatorium have a full bathroom and are equipped with TV, radio, kettle and fridge.





"Górka" Specialised Orthopedics
and Rehabilitation Hospital
ul. Starkiewicza 1, 28-100 Busko-Zdrój
phone: 41 370 34 00
www.szpitalgorka.pl

GÓRKA SPECIALISED ORTHOPEDICS AND REHABILITATION HOSPITAL

Contact for tour operators and travel agencies:
Mr. Grzegorz Chwaliński phone: 41 370 34 10
e-mail: rezerwacja@szpitalgorka.pl



MEDICAL AND THERAPEUTIC TREATMENTS OFFER

"Górka" Hospital specialises in the treatment of neurological, orthopedic and rheumatic diseases. It offers specialised rehabilitation with methods selected to suit the individual. This includes: individual kinesiotherapy in rehabilitation (PNF, NDT-Bobath, McKenzie, soft tissue therapy), balneology (baths in natural sulphide waters, brine baths, carbonic acid fango wraps), rehabilitation exercises, exercises in the rehabilitation pool, massages: classic, vibromassage, whirlpools, hydro-jet, vibrating mat as well as light- and electrotherapy.



PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

"Górka" Hospital employs fully qualified staff (medical and nursing staff, as well as physiotherapists) with the highest skills and extensive experience. Under the contract with the NFZ, the hospital runs a trauma and orthopedic clinic for children and adults, as well as a rehabilitation clinic (a referral to a specialist is necessary). In addition, one can consult a specialist commercially.

SERVICES INCLUDED IN THE PRICE OF A ROOM

In every room of the "Górka" Hospital there is a full bathroom, RTV equipment and access to a wireless WiFi Internet network. There are two double rooms for commercial patients. A commercial stay includes: medical and nursing care, 4 types of natural therapies (treatments are conducted from Monday to Friday, for each day of public holidays the patient receives 2 additional treatments), accommodation and 3 meals a day.

"Górka" Specialised Orthopedics and Rehabilitation Hospital is considered the leader in medical care in its field of orthopedics and rehabilitation. It provides highly specialised services and undertakes the treatment of very complicated cases that cannot be carried out in other medical facilities. Its unquestionable advantage is the fact that the basic architectural barriers have been removed in the hospital building and it has been adapted to the needs of disabled people in the following areas: designated parking spaces, ramp for trolleys with barriers in front of the main entrance and at the back of the facility, two elevators and a lift platform, automatic doors at the main entrance, a low reception counter, and toilets with disabled access.

Patients and guests at "Górka" Hospital receive full-board, with meals prepared on-site and served in the dining room, or, in the case of bedridden patients, transported to the wards on a bain-marie trolley. The hospital is open to special dietary needs of patients and takes into account health, religious or cultural aspects. Nutritionists develop dietary objectives, prepare appropriate menus, provide advice and educate about healthy nutrition. As a result, patients/customers staying in the hospital can choose the right diet for themselves.





"Włókniarz" Sanatorium
 ul. Rokosza 1, 28-100 Busko-Zdrój
 phone: 41 370 70 00
 www.wlokniarz.pl

WŁÓKNIARZ SANATORIUM

Contact for tour operators and travel agencies:
 phone: 41 370 70 00, e-mail: marketing@wlokniarz.pl



"Włókniarz" Sanatorium is the largest health resort facility in the Świętokrzyskie region and one of the largest and most modern facilities of this type in the country. It is surrounded by the greenery of the adjacent spa park and its own extensive park and recreation area. The complex consists of hotel buildings with 600 beds in single and double rooms and suites, two conference centres and two natural therapy facilities connected by internal infrastructure. Three sanatorium kitchens serve homemade food made on-site, including basic, easily digestible and specialized diets, tailored to the individual health needs of patients.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

In the "Włókniarz" Sanatorium, the following diseases are treated: rheumatological, orthopedic-traumatic, neurological, some skin diseases (including psoriasis), osteoporosis and vegetative neurosis. For this purpose, they use various balneotherapeutic baths, such as the "Queen Sulphide Bath" in a special barrel with the use of sulphide water from their own Dobrowoda intake, carbonic acid, iodine-bromine or mineral baths in healing salt. You can take advantage of peloid therapy (wrapping, compresses and fango baths), hydrotherapy (whirlpool and pearl baths, hydromassages), kinesiotherapy, cryotherapy ("Włókniarz" Sanatorium was the first in Poland to use a cryogenic chamber), phototherapy, electrotherapy and various types of massages.

In the sanatorium there are 18 doctor's offices, 3 nursing rooms, 4 first aid treatment rooms and 1 room for the specialised neurological clinic. There is a salt cave and swimming pools with elements for hydromassage and rehabilitation exercises for use by patients. The treatments are carried out using modern and technologically advanced devices and equipment, including: AQUAVIBRON, VACUMED, hydro-jet, rehabilitation equipment, apparatus for electrotherapy, various types of specialised baths and cabins (e.g. Arctica cryogenic cabin).



SPA & WELLNESS OFFER

The medical offer of "Włókniarz" Sanatorium is complemented by an extremely varied and rich offer of wellness & medi-spa. Among the wide range of available treatments, we especially recommend:

- revitalizing, relaxing and cellulite-reducing treatments in the SPA Youth Capsule,
- Aqua Massage (combining the advantages of traditional manual and vibration massage, thermal therapy with the effectiveness of water massage without the actual contact with water),
- mechanotherapy – exercises with the usage of "Slender Life" beds,
- Artificial Beach – new among the treatments, so-called "Light therapy", and:
- Dead Sea mud wraps, Shiatsu massage, Power Slim, Body Regeneration Shot and treatments using natural cosmetics and a Beer Jacuzzi.

Patients and people staying in the sanatorium can also take advantage of: infrared sauna Infra Cabin, Water Jolly – a swimming pool with hydromassage elements and a modern HUR exercise system (computer-aided and developed training system).

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

"Włókniarz" Sanatorium employs 18 specialists in rehabilitation, balneology, physical medicine, neurology, orthopedics, rheumatology, laryngology and internal diseases. Medical specialists employed here provide advice and consultancy for patients. It is also possible to seek advice from a dermatologist, psychiatrist and psychologist.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The hotel offers beneficial full-fee healing stays – the price includes accommodation, 3 meals a day, a doctor's appointment, medical and nursing care and on average 5 treatments per day, excluding Sundays and public holidays, as well as free internet access. The superior rooms are equipped with Internet access, a computer, air conditioning, hair dryer and bathrobe.



Additional information:

In the "Włókniarz" Sanatorium there is a bike rental, a grocery shop and newsagent's, a herbalist and cosmetics shop, a hair and beauty salon, two cafes (where dance parties are organised), a table tennis room and a library. Patients have the opportunity to participate in organised presentations, lectures, concerts and tours. The facility is surrounded by green and park areas, which are a perfect place for rest and recreation, with a gazebo for integration meetings, a beach ball field, a beach, and an observation deck with a fountain and a pond.



Derśław's Castle Guest House
al. Mickiewicza 18, 28-100 Busko-Zdrój
phone: 605 133 041, 41 378 85 47
www.derślaw.busko.com.pl

DERŚŁAW'S CASTLE

Contact for tour operators and travel agencies:
phone: 605 133 041, 41 378 85 47, e-mail: derślaw@busko.com.pl



Derśław's Castle Guest House was built in 1911 by the Russian Wasyl Wasylewicz Jakobs – a doctor from the Busko health resort. The building, styled as a medieval fortress with fortified and defensive towers, is located on the main mall – al. Mickiewicza in the so-called 'buskie corso'. The restored castle now offers single and double rooms of a high standard and the restaurant "Gościniec Zamku Derśława".

GASTRONOMY

Derśław's Castle owes its fame and popularity among the residents and tourists of Busko-Zdrój mostly to the excellent restaurant "Gościniec Zamku Derśława". The restaurant is listed in the Culinary Heritage Network of the Świętokrzyskie Voivodeship and specialises in regional cuisine with a particular emphasis on the regional cuisine of Poniżcie. Traditional dishes served in a modern version are a real treat for the palate. You can try here, among others, duck dishes such as duck breast with apple, lamb stew, ham roasted in its own juices and dishes with locally-grown korczyńska beans.



SPA & WELLNESS OFFER

In order to meet the expectations of clients and make their stay in the castle more pleasant, the owners of the guesthouse invite you to the Relaxation Room: an exceptional place in which there is no time for stress. The atmosphere here is warm and pleasant, inviting for anyone who craves silence and rest from everyday chaos... Take a professional body massage in the chamber to calm your emotions, soothe tiredness and make you feel special. This is a place for all those who value peace, seek balance and want to relax.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The rooms at Derśław's Castle Guest House have full bathroom facilities and air-conditioning. They are equipped with: TV, fridge, mini kitchenette and free Wi-Fi.



Additional information:

The guest house has a conference room, bike rental and it can organise events.



KEY
TO BEAUTY

SPA & WELLNESS CENTRES IN ŚWIĘTOKRZYSKIE

Spa & wellness hotels can be found in every part of Poland. They offer a wide range of treatments which can be modern or more classical in nature. However, only in the Świętokrzyskie region do we have the opportunity to use innovative devices and methods of body care, as well as natural sources of sulphide and brine waters, used not only for medicine but also for their invaluable rejuvenating and regenerating properties, as well as the beautiful unspoilt countryside where we can relax and take care of our physical condition. The spa and wellness resorts located throughout the province are mostly newly-built, modern facilities that meet the requirements of even the most demanding customers. In their offer, apart from standard care and beauty treatments, wellness services and massages, we can find treatments that are innovative and even unique on the Polish market. Exclusive packages of treatments, exotic massages, youth capsules, specialised clinics and professional staff are a guarantee of efficiency and a satisfying stay in Świętokrzyskie. The modern and technologically advanced equipment used in these facilities can improve health and beauty more effectively than standard equipment. An important element of the offers provided by the Świętokrzyskie spa and wellness centres are the extensive and diverse relaxation zones and recreation centres. Swimming pools, saunas, baths, jacuzzis, salt caves, gyms, fitness clubs and bowling alleys are only a fraction of the attractions awaiting guests. Particularly noteworthy is the possibility of taking a bath in the only brine-sulphide pool in Poland, located in Solec-Zdrój, in the pool purified with nanosilver at the Bristol Hotel in Busko-Zdrój or in the picturesque summer pool at the Odyssey Hotel in Dąbrowa near Kielce.



After using the spa and wellness services, you can spend some time enjoying the sophisticated dishes of the hotel restaurants, meet friends in cafes and clubs or relax in a comfortable room. Lovers of active outdoor recreation will also find a number of possibilities, depending on their preferences. The facilities can rent out bikes and Nordic Walking poles and also organise recreational activities



and trips. The location of these resorts is also not without significance. The proximity of the Świętokrzyskie Mountains is a great opportunity to go hiking along one of the marked hiking trails. New bicycle paths and marked trails encourage cycling trips. The Nida River in Poniżanie creates ideal conditions for recreational canoeing and the large forests in the Świętokrzyskie region encourage you to walk through them. In winter, you can take advantage of several ski slopes and ice rinks, and at any time of the year we encourage you to visit the historic cities and towns, monuments and tourist attractions.





KIELCE

Kielce is the capital of the Świętokrzyskie Voivodeship, surrounded on almost all sides by large forest complexes and ranges of the Świętokrzyskie Mountains. It is also the only city in Poland and in Europe which has 5 nature reserves within its boundaries: four geological reserves – Kadzielnia, Wietrznia, Biesak-Białogon, Ślichowice and one landscape reserve – Karczówka. In addition, the city boasts the Kielecko-Chęciński Landscape Park where most of the recreational areas are located, including the Botanical Garden, walking paths, hiking and biking trails, ski lifts, a cross-country ski slope, and even horse-riding centres. The big distance from industrial plants, the huge number of green areas and the Świętokrzyskie Mountains (e.g. Kadzielniańskie, Dymińskie or Postowickie Range lying within the boundaries of Kielce) guarantee effective rest and provide many opportunities for active tourism.

Kielce, in addition to its outstanding natural features, can boast valuable cultural assets and perfectly preserved monuments. Tourists will undoubtedly be delighted by Castle Hill and the cathedral, the Palace of the Bishops of Kraków and the Centre of Patriotic and Civic Thought in the former Kielce prison, the Museum of Toys and Play with a vast collection of toys or the picturesque post-Bernardine monastery complex in Karczówka. Cultural institutions such as cinemas, galleries, theatres (dramatic, puppet and dance), and the only philharmonic in the region are sure to provide a wide variety of artistic impressions and emotions. Lovers of good cuisine, atmospheric cafes, pubs and entertainment until dawn will also find a number of places to choose from.

www.swietokrzyskie.travel

REGIONAL TOURIST INFORMATION CENTRE

ul. Sienkiewicza 29, 25-007 Kielce

phone: 41 348 00 60

www.swietokrzyskie.travel



CULTURAL OFFER

ŚWIĘTOKRZYSKIE PHILHARMONIC – the only institution of this type in Świętokrzyskie that organises symphonic and chamber concerts, recitals and other forms of musical presentation. It promotes Polish and foreign music and presents the work of classical and contemporary composers.

Filharmonia Świętokrzyska
ul. Żeromskiego 12, phone: 41 368 05 01
ticket office 41 365 54 83, www.filharmonia.kielce.com.pl

STEFAN ŻEROMSKI THEATRE – a theatre with a long history. Its beginnings date back to 1877 – one of the oldest stages in Poland. It has an extremely rich repertoire that includes performances based on both classical and contemporary works.

Teatr im. Stefana Żeromskiego
ul. Sienkiewicza 32, phone: 41 344 60 48, ticket office 41 344 75 00
www.teatrzeromskiego.pl

KIELCE DANCE THEATRE – it trains young dancers and stages excellent dance performances, both small and large, with the participation of a symphonic orchestra and choir.

Kielecki Teatr Tańca
Plac Moniuszki 2B, phone: 41 361 27 46, 41 367 67 12
www.ktt.pl



CINEMAS:

“Helios” (Echo Shopping Centre)
ul. Świętokrzyska 20, phone: 41 332 13 30, www.helios.pl
“Multikino” (Korona Shopping Centre)
ul. Warszawska 26, phone: 41 248 64 10, www.multikino.pl
“Moskwa”
ul. Staszica 5, phone: 41 344 47 34, www.kinomoskwa.pl
“Fenomen” (WDK)
phone: 41 365 51 48, 669 555 019, www.wdk-kielce.pl

KIELCE CULTURAL CENTRE

Plac Moniuszki 2B, Kielce, phone: 41 367 67 11 lub 722, www.kck.com.pl

ŚWIĘTOKRZYSKIE REGIONAL CULTURAL CENTRE

ul. Ściegiennego 2, Kielce, phone: 41 365 51 00, 41 365 51 44
www.wdk-kielce.pl

PLACES WORTH VISITING

NATIONAL MUSEUM (Palace of the Bishops of Kraków) – it is located in the palace built in 1637-1644, which is the best-preserved architectural feature in Poland from the time of the Vasa dynasty rule. It belonged to the bishops of Kraków in the past and currently serves as the National Museum. In the museum you can see, among other things, the Upper Dining Room, commonly called the Portrait Room, in which images of 35 predecessors of Jakub Zadzik are displayed, the Apartment of the Bishops of Kraków, and the Bishops' rooms and the alcove under the tower. The palace is also considered to have one of the best galleries of Polish paintings and European arts and crafts in the country. At the back of the residence, an Italian garden with a 17th-century arrangement has been reconstructed.

National Museum

Plac Zamkowy 1, phone: 41 344 23 18, www.mnki.pl

CATHEDRAL BASILICA – the collegiate church of The Assumption of the Blessed Virgin Mary was founded by Bishop Gideon in 1171 and in later centuries underwent numerous reconstructions and extensions. Currently, the church has the appearance of an early-baroque, three-nave basilica. Inside, you should pay attention to the miraculous image of Our Lady of Grace of Kielce and the Child. By prior telephone arrangement, you can also visit the Treasury (works of sacred art) and the crypt containing seven sarcophagi, in which all Bishops Ordinaries of Kielce are buried.

Cathedral Basilica

Plac Marii Panny 3, phone: 41 344 58 20, www.kielcekatadra.pl

LASZCZYK'S MANOR – Kielce Rural Museum – located on the southern slope of Castle Hill, it was built in the 18th century from larch wood and covered with a broken, shingle roof (broken roof – a type of roof with 2 or 4 slopes). It is one of the most valuable monuments in Kielce, because it is the last wooden mansion in the city that is so well-preserved. Composed of four rooms, a porch and a dark hall, it houses temporary exhibitions of the Kielce Rural Museum.

Laszczyk's Manor

ul. Jana Pawła II 6, tel. 41 344 50 06, www.mwk.com.pl

MUSEUM OF STEFAN ŻEROMSKI'S SCHOOL YEARS – located in the building of the former Kielce secondary school attended by Stefan Żeromski, the exhibition includes biographical and literary materials related to the writer's childhood, years of study in Kielce, his writing and outstanding social and independence activities.

Museum of Stefan Żeromski's School Years

ul. Jana Pawła II 5, phone: 41 344 57 92, www.mnki.pl/zeromski



MUSEUM OF THE HISTORY OF KIELCE – the permanent exhibition of the museum entitled “The history of Kielce” (“Z dziejów Kielce”) provides information about the medieval city Kielce when it belonged to the Bishops of Kraków and served as the capital of the region in the 19th and 20th century. Here you can see a mock-up of medieval town dwellers' houses, the Town Council's book from the 18th century, the oldest municipal seal, uniforms of officers stationed in Kielce regiments, old paintings depicting the cityscapes and souvenirs from family attics and drawers.

Museum of the History of Kielce

ul. Leonarda 4, phone: 41 340 55 20, www.mhki.kielce.eu

MUSEUM OF TOYS AND PLAY – the largest museum of this type in Poland. The most valuable collection of historical toys, with the oldest exhibit being a German wax doll from the end of the 18th century. Also noteworthy are 19th-century tin soldiers, the doll's room, a projector for glass slides and the permanent exhibitions – *Afternoon Tea*, *In Grandma's Attic* and *Bears in the Forest*.

Museum of Toys and Play

pl. Wolności 2, tel. 41 344 40 78, www.muzeumzabawek.eu

KARCZÓWKA – a picturesque hill on the top of which there is a beautiful post-Bernardine monastery from the 17th century. In the church, you should pay attention to the chapel of St. Barbara with an interesting baroque sculpture of the patron of miners, made in 1646 from a galena mass – lead ore. The whole building is situated in the heart of a landscape reserve full of pine trees.

Karczówka

phone: 41 243 61 03, 882 101 217, www.karczowka.com

GEOPARK KIELCE – the extremely valuable geological assets of the capital of the region are concentrated in one institution – Geopark Kielce. It includes four geological reserves: Kadzielnia with an amphitheatre and an underground route available for exploring, leading through interconnected caves: Odkrywców, Prochownia and Szczelina; Ślichowice with a unique overthrown rock fold, surrounded by the Biesak-Białogon forest and Wietrznia with the Geoeducation Center, where geology lovers can learn about the unique history of the Earth recorded in rocks and fossils. The Geopark also has a completely new facility, so far available to tourists only on selected days, namely the Botanical Garden located on the slope of Karczówka Mountain.

Geopark Kielce

ul. Daleszycka 21, tel. 41 367 68 00, www.geopark-kielce.pl
reservation of entries to the underground route, phone: 695 213 381,
the Geoeducation Center phone 41 363 68 00 internal no. 25



RECREATIONAL ACTIVITIES

Kielce is a city with a vast offer of active tourism available to both local residents and tourists alike. Thanks to the excellent terrain conditions and extensive sports and recreational infrastructure, both summer and winter sports enthusiasts will find something for themselves.

Inside the city there are marked walking routes that present the most interesting places and monuments of Kielce (e.g. red trail). Within the city borders there are also long-distance hiking and biking trails leading, among other places, through the southern areas of the city and the area of Chęcińsko-Kielecki Landscape Park to, for example, Chęciny (blue hiking trail and from Karczówka – a red trail) or to Święta Katarzyna (a red trail from Dąbrowa). Cyclists can use the section of the East of Poland Cycling Trail, from which they can reach Końskie on one side and Sandomierz on the other (and then on to Eastern Poland as far as Elbląg). In the vicinity of Mount Telegraf or Pierścienica, a lot of excitement awaits mountain biking enthusiasts (stunt cycling



routes). For recreational cycling enthusiasts, a network of city bike paths has been prepared. And all the above-mentioned areas can be enjoyed all year round by both runners and walking enthusiasts, including Nordic Walking.

Kielce is one of the few Polish cities that has a wide range of active winter tourism. In two ski resorts located on the slopes of the Telegraf and Pierścienica mountains, you can learn to both ski and enjoy the white madness on the family-friendly slopes. Next to the ski lifts there are artificial ice rinks and on the so-called Forest Stadium there is a marked cross-country skiing route.

Sports and recreation centre Stadion (bike rental, ski lift and ice rink)
Al. Na Stadion 365,
25-127 Kielce, tel. 41 361 55 55
www.hotel-365.pl/atracje

Recreation centre Telegraf (ski lift, ice rink, mini golf)
ul. Narciarska 6
25-214 Kielce, tel. 570 556 600
www.telegrafkielce.pl

PPTK Oddział Świętokrzyski and Regio Travel sp. z o.o. (excursions around Kielce and the surrounding area)
ul. Sienkiewicza 29, 25-007 Kielce
tel. 41 344 77 43, 668 288 684
www.pttkkielce.pl



Binkowski Resort****
ul. Szczepaniaka 42, 25-043 Kielce
phone: 41 340 35 00
www.binkowskiresort.pl

BINKOWSKI RESORT

Contact for tour operators and travel agencies:
phone: 41 340 35 17, e-mail: rezerwacje@binkowskiresort.pl



Binkowski Resort**** is an elegant hotel complex, surrounded by forest, located in the immediate vicinity of the recreational areas of Kielce such as the ski slope and is also near cycling, walking and running trails. It works perfectly as a place to relax, as well as a place to organise business meetings. It has 141 rooms, including 6 suites in two buildings: Hotel and Dworek, the stylish restaurant "Glamour", 13 conference and banquet rooms for up to 1000 people and an extensive Wellness Zone. In 2019, a huge investment will be finished here – the first Tropical Pools in Poland. The pools will be situated among live palms and tropical plants, and they will have a total area of 1200 m² of water surface, three slides and a saunarium (8 different types of sauna including the largest in the country with 130 seating places).

GASTRONOMY

Binkowski Resort has two restaurants. The first, located in Dworek Binkowski, serves Polish cuisine, while the second, the Glamour Restaurant in Binkowski Hotel, serves European cuisine with Polish twists. In the summer season, you can use the summer garden with umbrellas in both restaurants.

SPA & WELLNESS OFFER

The Wellness Zone is located in the hotel part of Binkowski Resort and includes a climatic swimming pool with hydromassage and children's pool, two Jacuzzis, a salt cave and Finnish, Turkish and infra-red saunas. Once a month, the resort organises Sauna Nights combined with the original therapeutic "Aufguss" sessions originating from Finnish culture. Led by a professional Sauna Master, sessions relax and cleanse the body. The carefully selected ethereal fragrance compositions are always unique, and after the sauna you can use the cave with showers, a bucket with cold water, an icefall and a tub with water for cooling down. A cold shock after the session positively affects the firmness of the skin, improving its tension and elasticity.

People wishing to use the professional beauty services and massages have a great opportunity to take care of their body and face at the Justyna Bielenda Spa, which is located at the Binkowski Hotel. Guests can choose from a wide range of Spa treatments, such as the Coconut Ritual, "Kleopatra Chamber", Kessa or EKO SPA, beauty treatments based on professional Bielenda and Klapp cosmetics and various types of massages ranging from classic, anti-stress, hot stones and oils to massages with chocolate and Shea butter.

For lovers of an active lifestyle, Binkowski Resort offers a well-equipped gym, a personal training room and a squash court.

SERVICES INCLUDED IN THE PRICE OF A ROOM

In the price of the room, hotel guests, in addition to breakfast, have free access to the gym and Wellness Zone with a swimming pool, jacuzzis, salt cave and sauna zone. Selected stay packages may also include half-board and relaxation massages.



Additional information:

The complex also offers bicycle and go-kart rentals, and pool, table tennis and foosball tables for use.



Best Western Grand Hotel****
ul. Henryka Sienkiewicza 78, 25-501 Kielce
phone: 41 365 50 00
<http://grandhotelkielce.pl>

BEST WESTERN GRAND HOTEL

Contact for tour operators and travel agencies:
phone: 41 365 50 11, e-mail: zarzad@lysogory.com.pl



The Best Western Grand Hotel has a modern layout and comfortable interior design that provides guests with a cosy atmosphere and excellent conditions for work and leisure. Its convenient location in the centre of Kielce, 100 m from the railway and bus stations, allows you to reach the hotel conveniently and quickly and is an excellent starting point for trips to the Świętokrzyskie Mountains. The interiors of the hotel are made to a high standard, full of class and comfort. The facility has 240 beds in 122 air-conditioned and modern, well-equipped rooms and apartments. There are 11 multifunctional conference and banqueting rooms of various sizes, a restaurant, a café, and a fitness and spa zone.

GASTRONOMY

Guests staying at the Grand Hotel can take advantage of the extensive Oranzeria restaurant menu. The restaurant creates unique Świętokrzyskie regional dishes based on local products. It also serves traditional Old Polish and European cuisine. It is extremely atmospheric due to its decor, which is dominated by warmth, nature and a multitude of live plants in a beautiful arrangement. The hotel also has the Klimt café, where the aroma of delicious coffee and tasty desserts reigns supreme.

SPA & WELLNESS OFFER

The Best Western Grand Hotel offers a range of wellness services. You can undergo both oriental rituals: Balinese massage, bamboo, herbal stamps, hot chocolate, as well as classic massages. In the beauty salon, we can use various types of face and body care treatments. A certified beautician performs professional treatments, such as mesotherapy, oxybrasion, cavitation peeling or ultrasound liposuction. We will take care not only of your face by performing ACIDOBOOST acid treatments, but also hands and feet (manicures, pedicures, hybrid nails). The hotel has a sauna, where hotel guests can relax and rest, and a modern fitness room, where you can work towards the healthy and slim figure you may desire, and also improve your physical condition.

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

The Grand Hotel has an experienced team of employees who can cope with any situation and which adjusts reservations to meet the individual needs of the guests. Excellent dishes are prepared by the best chefs, and working in the wellness and spa area are a professionally-qualified beautician, masseuse and therapist, all certified in their field. The latter, especially for hotel guests, performs cosmetic consultations regarding the skin and the selection of appropriate treatments.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Each room has a bathroom, air conditioning, TV, kettle and free WiFi access. Breakfast and unlimited access to the fitness and sauna facilities are included in the price.



Additional information:

Lovers of big brand names can go shopping in the exclusive boutiques located in the Green Passage. In addition, the hotel operates a bicycle and car rental service.

ŚWIĘTOKRZYSKIE
SPA & WELLNESS



For those looking for a quiet and intimate place to stay in the heart of the city of Kielce, Kameralny Hotel is a perfect choice. This three-star facility has 22 comfortable, spacious 1-, 2- and 3-bed rooms as well as Deluxe rooms with a higher standard. There is a professionally-equipped conference room for 80 people, free parking lot, restaurant and wellness area. Nearby, there is the Wietrznia nature reserve, a cycling path, sports grounds and ski lifts.



GASTRONOMY

The restaurant at the Hotel Kameralny is an ideal place for meetings with friends or family. The restaurant room is fully air-conditioned and has a professional sound system. You can organise celebrations and business events here. The classic and cosy interior of the restaurant, combined with tasty dishes of Polish and European cuisine, will satisfy even the most demanding guests. Especially for them, a terrace and a quiet garden where a barbecue party can be organised is available in the summer season.

SPA & WELLNESS OFFER

Guests staying at the Hotel Kameralny can take advantage of the extensive offer of the Relaxation Zone. You can regenerate your muscles in a swimming pool equipped with hydromassages and jacuzzis. And during a visit to the Finnish sauna and a steam bath, equipped with an aromatherapy system, you can relax and unwind. It is also worth noting that the hotel organises fragrance-based sessions on the basis of aromatherapy, and gymnastics in the pool, also known as aqua aerobics, which is becoming more and more popular.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The rooms in the Hotel Kameralny are equipped with modern bathrooms, wireless Internet, TV and hairdryer. The price includes breakfast, parking and the possibility of using the Relaxation Zone.

Additional information:

Lovers of big brands can go shopping in the exclusive boutiques located in the Green Passage. In addition, the hotel operates a bicycle and car rental service.



THE ŚWIĘTOKRZYSKIE MOUNTAINS

The Świętokrzyskie Mountains and neighbouring towns and villages create the tourist centre of the Świętokrzyskie region. They offer a wide range of accommodation services and tourist attractions as well as numerous ways of engaging in activity-based tourism (marked hiking and bike trails, educational trails, ski lifts). Moreover, the Świętokrzyskie Mountains, along with the Sudetes, are the oldest mountain ranges in Poland. Their highest chain – Łysogóry with Łysica Mountain (612 m a.s.l.) and parts of Klonowski and Pokrzywiański ranges belong to Świętokrzyski National Park. Thanks to their natural and cultural values, pristine nature and environment, the Świętokrzyskie Mountains are perfect for the spa and wellness centres located there. Resting in the bosom of nature is the ultimate source of health and beauty and allows you to relax by boosting your energy levels. The Świętokrzyskie Mountains are marked by rather low peak elevations, in comparison to those in the Tatra or Bieszczady Mountains, which makes them accessible for everyone. The network of tourist routes leads to many fantastic places, monuments, tourist attractions and interesting natural sites, such as the stone run. Thanks to the trips of this kind, both hikers and bikers are given the opportunity to relax and improve their physical condition and health. For those who decide to visit the Świętokrzyskie Mountains during winter, there are comfortable artificial ski slopes.

One of the most valuable, though a little forgotten, advantages of the Świętokrzyskie Mountains are the big, natural forests which are the key to good health and beauty. They are predominantly high forests (pine-mixed coniferous forests and oak-hornbeam forests) and the upper reaches are full of mountain forests (fir and beech). Taking a walk, engaging in exercise or simply being in close proximity of these forests gives us the opportunity to make use of a variety of their health-improving qualities. Sylvotherapy (forest therapy) – using forests as a remedy – is one of the forms of health tourism. Forest air is much cleaner than the air near big municipalities and there is significantly less bacteria. Additionally, the air near trees is exceptionally clean bacteriologically. Coniferous trees, such as pine or firs, give off essential oils with anti-inflammatory, bactericidal, and soothing properties.

Fir – for centuries treated as a symbol of strength – soothes emotions and regulates the respiratory and digestive systems. Pine helps to regain internal balance and lower blood pressure, prevent exhaustion and depression, as well as aid the respiratory system. Moreover, land plants (embryophyte), such as bryophyte or polystichum, produce phytoncides (so-called plant antibiotics), which are marked by fungicidal, germicidal and sometimes even antiviral properties. Thanks to all these features, the forest bioclimate has a beneficial effect on the human body: it helps to reduce stress levels, improves concentration and focus, helps the immune system, stimulates natural regeneration, regulates blood circulation, and allows for relaxation and relief of tension. These fantastic natural resources are there for you, so during your stay at the spa and wellness centres you should definitely consider taking a long walk.



PLACES WORTH VISITING

ŚWIĘTY KRZYŻ – (Holy Cross) – at Łysa Góra, surrounded by a fir forest, there is a Post-Benedictine monastery – a place of a religious cult. The reliquary of the Holy Cross is stored there and while visiting the monastic complex it is definitely worth seeing the Chapel of Oleśniccy, the cloisters and Jeremi Wiśniowiecki burial vault. The view of the Świętokrzyskie Mountains from the renovated church tower, available for tourists, is breathtaking. Apart from the monastery, while at the Holy Cross you may as well see the unique rubble – stone runs, the remnants of the cult dykes, from around the 12th century, surrounding the mountain top, Missionary Museum of Missionary Oblates of Mary Immaculate (Muzeum Misyjne Misjonarzy Oblatów Maryi Niepokalanej) and Świętokrzyski National Park Natural History Museum (Muzeum Przyrodnicze Świętokrzyskiego Parku Narodowego).

Monastery tel. 41 317 82 79, www.swietykrzyz.pl
Natural History Museum ŹPN, phone: 41 317 70 87, 690 080 034
www.swietokrzyskipn.org.pl

NOWA SŁUPIA – a village located at the bottom of Łysa Góra, the top of which you can reach by the Royal Road. Centuries ago, this road was frequently used by Jogaila (Władysław Jagiełło) before the Battle of Grunwald, Casimir IV Jagiellon, John I Albert, Sigismund I the Old with Queen Bona. The road leads along the blue trail from the legendary statue of the holy-cross pilgrim, through Świętokrzyski National Park straight to the gates of the Post-Benedictine monastery. The village itself is the

former heartland of one of the biggest centres of ancient smelting in Europe. Currently, its history is depicted in the Architectural-Cultural Centre with the historical re-creation of the ancient settlement from the first centuries of the modern era. A visit to the Centre is an opportunity to become familiar with the traditional crafts, rituals and beliefs of the Przeworsk Culture. *Dymarki Świętokrzyskie* (Świętokrzyskie's Bloomery) takes place in mid-August, during which you can watch the process of iron smelting in bloomeries, using the method from 2000 years ago.

ul. Świętokrzyska 62, phone: 41 317 83 27, 517 349 983
www.dymarki.pl

ŚWIĘTOKRZYSKI NATIONAL PARK – established in 1950, it is comprised of high elevation fir woods that cover 90% of Łysogóry, with parts of the Klonowskie range and valleys separating them. The area of 1740.9 ha is fully protected, *Chełmowa Góra* (Mount Chełmowa), *Święty Krzyż* (Holy Cross), *Łysica*, *Czarny Las* and *Mokry Bór*





are in the strictly protected areas. The biggest curiosities of the national park are the stone runs – subapical rubble of quartzite boulders without any vegetation. The observation deck on *Święty Krzyż* (Holy Cross) is an excellent place to admire them. A rich exhibition of the flora and fauna of Świętokrzyski National Park is to be found in the Natural History Museum, located as well on *Święty Krzyż*.

Natural History Museum

Święty Krzyż 1, phone 41 317 70 87, 690 080 034
www.swietokrzyskipn.org.pl

BODZENTYN – In 1365, Florian Mokroski erected a palace here (in place of a former wooden manor house) and enclosed the village with a protective wall. The palace complex was a favourite place for meetings of the divine in the 2nd half of the 12th century. As of today, we can only see the remnants of the wall of this medieval structure and its only well-preserved element is a late-Renaissance main portal made of red sandstone. Apart from the palace, during your visit in Bodzentyn you must see the late Gothic church of the Assumption of the Blessed Virgin Mary and Stanislaus of Szczepanów as well as the Czernikowiczowie Homestead – the ethnographic point of Wieś Kielecka Museum.

Tourist Information Point

ul. Rynek 11, 26-010 Bodzentyn, phone: 693 690 333
www.bodzentyn.pl

CIEKOTY – at the bottom of Rodostowa mountain in Ciekoty is a mansion once leased by the Żeromski family, in which Stefan Żeromski, one of the most notable Polish wordsmiths, grew up. The original mansion was not preserved, however, and in 2010 a wooden aristocratic manor, modelled after such buildings from the second half of the 19th century, was built in place of the original manor near the picturesque lagoon. Memorabilia about the Żeromski and Katerla families is kept there and an opus and literature about the Żeromski studio was established. A modern building was erected nearby in which the Szklany Dom Educational Centre is located.

Tourist Information Point (Szklany Dom Educational Centre)

Ciekoty 76, 26-001 Masłów, phone: 41 311 21 28
www.szklanydom.maslow.pl

ŚWIĘTA KATARZYNA – a village located at the foot of the highest peak of the Świętokrzyskie Mountains – Łysica (612 m a.s.l.). Many tourist routes go through the village, mainly hiking trails which lead to places such as Bodzentyn, through Łysica to *Święty Krzyż* or towards *Góra Rodostowa*, on which the remarkable Monastic Complex of Bernardine Franciscan Sisters from 1818 is located. It also runs by the Mineral Gallery *Tajemnice Klejnotów* (The Secrets of Jewels), which contains a collection of minerals and fossils not only from Poland, and be sure to visit the chapel and spring of Francis of Assisi, famous for its therapeutic qualities, especially in eye and throat diseases.

ul. Kielecka 20, phone: 41 311 21 16, 501 282 697
www.swkatarzyna-muzeum.pl

SABAT KRAJNO AMUSEMENT AND MINIATURE PARK

– a wonderful world of miniatures of some of the most remarkable structures from around the world, including: St. Peter's Square with St. Peter's Basilica from the Vatican on a 1:13 scale, The Colosseum on a 1:25 scale, The Leaning Tower of Pisa on a 1:25 scale, The Eiffel Tower, The Sydney Opera House and many more. Apart from the Wonderful World miniature park in *Sabat Krajno*, there is also a rope park, theme park, 6D cinema, *Magia Sabatu* Restaurant and during the winter time there is the longest ski slope in the Świętokrzyskie region as well.

Sabat Krajno Amusement and Miniature Park

Krajno-Zagórze 43c, Górnó, phone: 41 312 77 11, 505 505 654
www.sabatkrajno.pl

HUTA SZKLANA MEDIEVAL SETTLEMENT

– a visit to this settlement is a unique opportunity to feel the magic of the Middle Ages and some of the traditions of the Świętokrzyskie region. It's possible to look around the medieval cottages of craftsmen who used to live at the foot of Holy Cross Mount, such as potters, carpenters, herbalists and blacksmiths, and also the homes of typical Slavic housewives from that

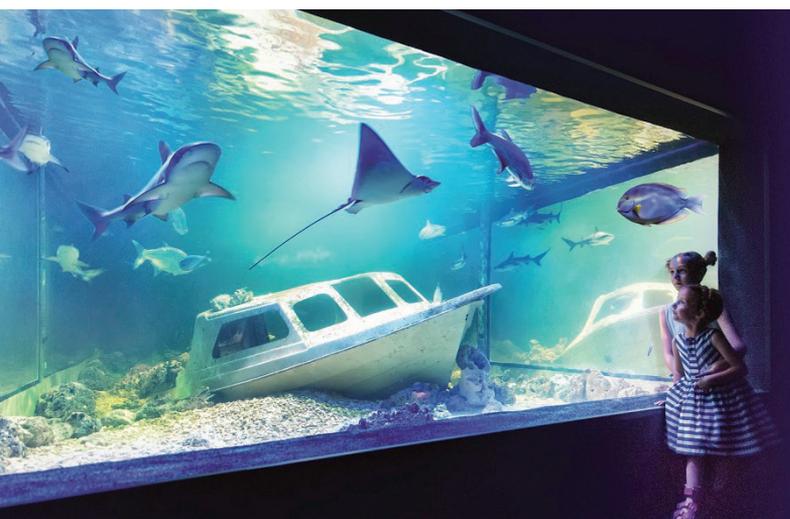


time. You can also learn more about the pagan deities that local inhabitants used to worship on the peak of Łysa Góra many centuries ago.

Huta Szklana Medieval Settlement

Huta Szklana 37, Bieliny, phone: 41 260 81 54, 260 81 56
www.osadasredniowieczna.eu

ŚWIĘTOKRZYSKA POLANA COMPLEX – The perfect place for the whole family, with a wide range of interesting attractions. The “Oceanika” aquarium houses huge aquaria containing the widest collection of aquatic animals in Poland. The complex also includes the “Świątokrzyżko” Miniature Park, where you can see 1:20 scale models of some of the most important architectural monuments from around the world. Children, meanwhile, are sure to enjoy the inflatables and carousels found in the “Kraina Zabawy” amusement park, as well as “Brzozowa Zagroda” (the Birch



imals in Poland. The complex also includes the “Świątokrzyżko” Miniature Park, where you can see 1:20 scale models of some of the most important architectural monuments from around the world. Children, meanwhile, are sure to enjoy the inflatables and carousels found in the “Kraina Zabawy” amusement park, as well as “Brzozowa Zagroda” (the Birch

Garden), which is home to a number of rabbits, Vietnamese pigs, miniature sheep and peacocks.

Świątokrzyżka Polana Complex

ul. Laskowa 95, Chrusty k. Zagnańska, phone: 41 260 50 60
www.swietokrzyskapolana.pl

ZAGNAŃSK – this borough has two entries which would definitely win in the categories of “the oldest” and “the first of its kind”. The first of them is *Dąb Bartek* (Bartek the Oak Tree) – the most famous natural monument in Poland. According to different sources, its age ranges from 700-1000 years. The second feature is the *Zachętnie* Reserve created in the place of a former dolomite quarry. A major discovery was made there – the tracks of tetrapods impressed in fossil. These tracks are undeniable proof that the first beings which moved on four legs emerged on the land right there in Zachętnie and much earlier than it was believed.

SAMSONÓW – the ruins of the blast furnace plant complex *Huta Józef*, which was built between 1818-1823 thanks to the efforts of Stanisław Staszic. The first factory was established in the 2nd half of the 16th century – a forge called *Michałowa*. The plant was later remodelled many times and cannons, cannon balls and cold steel were manufactured there.



TRAVEL AGENCIES which organise trips to the **ŚWIĘTOKRZYSKIE MOUNTAINS**

● **PTTK Oddział Świątokrzyżski and Regio Travel sp. z o.o.**
 ul. Sienkiewicza 29, 25-007 Kielce
 phone: 41 344 77 43, 668 288 684
www.pttkkielce.pl

● **Agencja Turystyki Geo Travel**
 ul. Polna 9/32, 26-200 Końskie
 phone: 692 139 416, 882 507 020
www.geotravel.com.pl

● **Biuro Podróży PRIMA TOUR s.c.**
 ul. Staszica 1/205 (II piętro), 25-008 Kielce
 phone: 41 344 53 29, 41 343 31 50
www.primatour.pl



RECREATIONAL ACTIVITIES

There are many possibilities to engage in active tourism in the Świętokrzyskie Mountains. Fans of sports and leisure will certainly find something to enjoy, both during summer and winter. Those who love long and short walks can use many well-marked tourist routes. The most popular of them is the red Edmund Massalski trail that leads through Łysygórze – the main chain of the Świętokrzyskie Mountains. The blue trail of Edward Wołoszyn leads from Cedzyn, through Ciekoty to *Święta Katarzyna* Village, Bodzentyn and to Wąchock. Following the green trail from Zagańsk we can see *Dąb Bartek* (the Bartek Oak), *Świnia Góra* nature reserve and Bliżyn. Bike trails in this area are equally as beautiful: the yellow trail surrounding the Masłowskie Chain, the green one leading from Ciekoty to *Święta Katarzyna* and the red trail in Zagańsk borough. The slopes in the Świętokrzyskie Mountains are located in Bodzentyn, Krajno Zgórze, Niestachów, Tumlin and Kielce and during winter time they are changed into modern ski centres with artificial slopes, illu-

mination and ski equipment rentals. The gentle slopes, cosy atmosphere and local conditions make this place perfect for beginner skiers as well as families with children. While visiting this area, it is also worth going on a sleigh ride.

Although winter sports are definitely the heart of this region, fans of water sports and fishing will certainly find the local area equally interesting. You can go sailing at the dam in Cedzyna, or go canoeing or for a pedalo ride in Wilków. During summer time there are bathing beaches and plenty of places to eat and drink.

There is also something to enjoy for thrill-seekers with a set of required skills – plenty of stud farms which offer manege and parkour (obstacle course) rides as well as outdoor rides. For lovers of extreme sports who are not afraid of heights, the airport in Masłowo offers aeroplane, glider and parachute jump training.

Bike rental near the “Lubrzanka” hostel
Mąchoćce Kapitulne 211, 26-001 Masłów
phone: 662 580 864, 41 311 21 28
www.szklanydom.maslow.pl

Siedlisko Carownica – bike rental
Lechów 137 A, 26-004 Bieliny
phone: 41 242 42 19, 606 215 028
www.siedliskocarownica.pl/wypożyczalnia

Wonder Travel – bike and tourist equipment rental
Lechów 54 B, 26-004 Bieliny, phone: 881 757 338
www.facebook.com/wypożyczalnia.WonderTravel

Ski station “Baba Jaga”
Bodzentyn, phone: 607 771 209, 606 259 272
www.nartybodzentyn.pl

Ski resort “Sabat Krajno”
Krajno-Zagórze 43c, 26-008 Górno
phone: 41 312 77 11, 531 443 322
www.sabatkrajno.pl

Ski resort in Niestachów
Niestachów 167a, 26-021 Daleszyce
phone: 664 978 173 (w godz. pracy ośrodka)
phone: 664 913 114, www.niestachow.pl

“Tumlin Sport Ski”
Tumlin-Podgród 43b, 26-085 Miedziana Góra,
phone: 696 599 849, 696 617 145, 669 679 435,
tumlinsportski.pl

Water Club “Horn” (aquatic equipment rental – Cedzyna Dam)
ul. Jasińskiego 20, 25-346 Kielce
phone: 603 304 106, www.klubhorn.pl

“Bryza” Yacht Club (trainings – Cedzyna Dam)
ul. Działkowa 20, 25-626 Kielce,
phone: 41 345 10 94, www.zkmbryza.pl

Horsemanship Club Świętokrzyski
Brzezinki 52, 26-001 Masłów
phone: 41 334 45 88, 608 299 110
www.brzezinki.com.pl

Świętokrzyska Stubble
Huta Nowa 69, 26-004 Bieliny
phone: 607 489 822, FB profile

Kielecki Aeroclub (aeroplane, glider and jump trainings)
ul. Jana Pawła II 9, 26-001 Masłów k. Kielce
phone: 41 311 07 06
www.aeroklub.kielce.pl



Odyssey Club Hotel Wellness & SPA*****
 Dąbrowa 3 k. Kielc
 26-001 Masłów
www.hotelodyssey.pl

ODYSSEY CLUB HOTEL WELLNESS & SPA

phone: 41 317 44 00 – reception desk and individual bookings
 phone: 41 317 44 06 – group bookings
 phone: 41 317 44 10 – restaurant – information and table reservations
 Contact for tour operators and travel agencies:
 phone: 41 317 44 07, marketing@hotelodyssey.pl



Located near the peak of the Świętokrzyskie Mountains, Odyssey is a cosy, luxurious hotel which offers its services to people who want to relax in the Spa centre, relish delicious food and enjoy the club atmosphere. Odyssey offers 4 hotel suites and 38 double rooms, each furnished in a modern way with warm colours. Through the panoramic windows you can enjoy the beauty of the local nature and you can also see the city of Kielce in the distance. Our exquisite SPA centre will make all your wishes, even the most extraordinary ones, come true. Our conference rooms, of various sizes, allow you to smoothly organise many meetings. Thanks to its many diverse assets, as well as a professional staff, Odyssey has received many awards and commendations and for a good few years it has been in the top 10 of Polish hotels according to Trip Advisor – the biggest website for tourists.

GASTRONOMY

The Essence Restaurant in the Odyssey Club Hotel Wellness & SPA means a club atmosphere, high-quality service and the best dishes, which have received an accolade in the Polish edition of *Gault&Millau Guide*. Our restaurant has also been included in successive editions of *Magda Gessler's Culinary Guide*. Although we serve European cuisine, our dishes reflect Polish culinary traditions and contain many regional touches. On each Saturday, the Essence Restaurant holds concerts which make an unforgettable addition to the meal. Panoramic windows and the 300-metre terrace allow guests the opportunity to admire the views from the restaurant situated 365 m a.s.l.

SPA & WELLNESS OFFER

The Odyssey Club Hotel Spa offers massages and rituals from all over the world: the ancient Indian art of healing – ayurveda, Bali and Polynesian massages as well as classical and physiotherapeutic massages. We offer many different beauty and relaxing baths and many body and facial treatments based on the best, worldwide-recognised cosmetic brands. Each and every treatment is done in one of our 12 futuristic-looking surgeries, a few of which can accommodate two people at the same time, allowing couples to enjoy the treatments together.

The Odyssey Club Hotel cordially invites its guests to visit the pools, saunas and bathhouses. There is a 20 m leisure pool, a summer outdoor heated pool with an amazing view of the Świętokrzyskie Mountains panorama and saline pool with bochnian salt in a salt cave which was specially made for the most demanding guests. Guest can choose from: a Finnish sauna with a panoramic window, dry sauna with lower working temperature and infra-red sauna, steam bath, cooling suite, refreshing shower and SPA bathtub. A few times a month (2-3 times) healing parties are held in certain pools: *Świętokrzyska Noc Saunowa* (Świętokrzyska Sauna Night) and *Wieczór Kleopatry* (Cleopatra Night).



PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

All the Odyssey employees are high-quality specialists. The physiotherapists and cosmetologist hold university diplomas for the services and treatments they perform. The Essence Restaurant is run by our outstanding chef and his team of excellent cooks.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The room price includes access to our pools and saunas, club, gym and playground for children. Moreover, Odyssey offers special packages aimed at special guests which include cherry-picked treatments and meals.

ADDITIONAL INFORMATION:

The Odyssey Hotel has 3 conference rooms, gym, room with a pool and ping-pong tables and table football, bike and scooter rentals. The Odyssey is surrounded by hills and woodland which are fantastic for long walks. Near the hotel there are also ski lifts and many attractions of the Świętokrzyskie region.



Aviator Hotel ***
ul. Szybowcowa 41, 26-001 Masłów
phone: 41 20 10 400, 533 282 873
www.aviator-hotel.pl

AVIATOR HOTEL

Contact for tour operators and travel agencies:
phone: 41 20 10 400, 533 282 873, e-mail: recepca@aviator-hotel.pl



Aviator Hotel is a cosy, 3-star hotel in the suburban area of Kielce, situated in a picturesque Masłowski range valley, surrounded by Klonówka and Domianówka Mountains. Its location allows guests to enjoy many of the Świętokrzyskie region's attractions, such as bathing beaches, ski slopes, horse riding centres and tourist routes. Aviator offers 42 beds in 13 double rooms (which may also be used as single rooms), 4 triple rooms and 2 suites. The biggest asset of this hotel is the wide range of services offered by the *Orchidea* SPA. Moreover, Aviator is a perfect place for people on official trips, as it has a modern 200 m² conference room which can accommodate around 100 people and a smaller VIP room.

GASTRONOMY

Aviator Hotel runs a restaurant inspired by fusion cuisine. The selection of dishes served here is marked by perfectly combined flavours and ingredients. The menu is packed with meat, fish and vegetarian dishes, and there are also plenty of regional dishes. In the bar, our bartender serves an exquisite selection of craft beers. We warmly invite you to try our delicious desserts, flavoursome coffee, tea from all over the world and excellent selection of spirits.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

In this hotel, the vast majority of offered treatments are facial and body care treatments. However, our guests can also use professional medical treatments aimed at general spine and body posture issues, headaches, swellings or bad mood. We perform physiotherapeutic consultations, therapeutic back and body massages, kinesiology taping, face and foot zone therapies and pregnancy massages. The Aviator Hotel has 8 treatment rooms (including 3 bathing ones) and offers a wide range of physical and therapeutic treatments (magnet therapy, electrotherapy, laser treatment, cryotherapy, ultrasounds, heliotherapy).

SPA & WELLNESS OFFER

The *Orchidea* Spa is a place in which our guests can take care of their bodies, relax and regain their life force. The wide range of facial and body care treatments using cosmetics of excellent brands such as Montibello, Thalion, Selvert, Invex Remedies and Organic series ensures their high effectiveness and the happiness of our guests. We offer relaxing, purifying, slimming and remodeling, anti-cellulite, nourishing and care treatments. Moreover, our guests can also use the *Capsule of Youth* – advanced anti-obesity technology which allows the patients to burn excess calories, remodel their body shape and improve their overall physical condition. *Orchidea* SPA warmly welcomes you to enjoy the wide selection of both exotic and traditional massages (hot chocolate, bamboo, honey, shea butter, hot wax, Indian head massage, Bali, Hawaiian and Thai massages). You can find peace in the "relaxation area" equipped with Finnish and IR saunas and a big jacuzzi. For those who want to improve their physical strength, we offer a fitness room and a gym for their use.



PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

Our employees are only high-quality professionals: physiotherapists, massage therapists and a cosmetologist, who will not only give you the treatment you deserve but also share their expertise during specialized consultations.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Our comfortable, well-furnished, air-conditioned rooms are equipped with a bathroom (with shower), TV, electric kettle and Wi-Fi. The room price includes unlimited access to the fitness room. Using our packages, depending on the one chosen, our guests may enjoy meals (breakfast and high tea), selected spa & wellness treatments and the fitness room.

Additional information:

Aviator Hotel is a perfect place for holding various events, banquets, business meetings, cocktail parties and "romantic dinners". Aviator offers vouchers and gift cards, which make a perfect gift for your relatives and friends.

Contact for tour operators and travel agencies:
phone: 41 201 61 44, 41 201 41, e-mail: polanika@polanika.pl



The “Polanika” Rehabilitation Centre is a part of Świętokrzyska Polana Recreation Centre and specialises mainly in children’s rehabilitation. Its beautiful location, in the middle of woodland in the Suchedniowsko-Oblęgorski Landscape Park buffer zone and in close proximity to Dąb Bartek (the Bartek Oak), offers unique possibilities for taking care of children. No wonder that over 1000 people from Poland, Europe and other continents come here to use our treatments. Our guests have 8 all-year-round guest houses at their disposal – each guest house having 8 rooms. In addition, one of our 17 rooms located in the hotel in the centre’s main building may also be chosen if preferred.

GASTRONOMY

We serve 3 meals every day in the form of a buffet with a wide selection of delicious dishes. Due to the purpose of this place, it is possible to order specially prepared meals e.g. gluten-free, lactose-free or diabetic diet. On selected dates, there is an eco-market where our guests can buy local delicacies. Additionally, our guests are welcome to visit our bistro and snack bar.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

The “Polanika” Rehabilitation Centre specialises in the rehabilitation of children who suffer from orthopaedic, neurological and immunological disorders, cerebral palsy, Down syndrome or autism. Moreover, adults with orthopaedic, neurological and rheumatic disorders, MS, the Amazons (women cancer survivors) and elderly people are also warmly welcome to use the centre’s services. The staff in *Polanika* perform a full range of physiotherapeutic treatments, overall-condition-improving treatments and offer exercises with teachers, psychotherapists and clinical speech therapists. Our most effective treatments, enjoyed especially, but not only, by our little patients, are: kynotherapy, hippotherapy, aquatic therapy, independence therapy and social skills therapy. *Polanika* has nationally unique, innovative equipment at its disposal. You can use here, among other things: ReoAmbulator, Spacecurl 3D, HandTutor, Dunag rehabilitation equipment, Anti-Gravity Treadmill AlterG, and Fisiotek. Our physical therapy, massage rooms and individual therapy rooms for children are modern and well-equipped. *Polanika* also offers a large room for physical therapy, the Snoezelen Sensory Room, and a stable with horses.



SPA & WELLNESS OFFER

Polanika offers a wide selection of skin care treatments in its beauty salon *Naturalna* (by prior arrangement via telephone). You can relax and have a rest at the pool with two basins, in a jacuzzi or sauna. For both horse-riding lovers and those who want to start their journey with this activity, *Polanika* offers lessons with professional staff. Experienced riders can go riding in the field.



PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

Polanika has at its disposal several dozen specialists in the field of physical therapy as well as experts in aquatic therapy or hippotherapy. The centre also collaborates with a psychotherapist and a team of special educational needs teachers and clinical speech therapists. Each and every patient of *Polanika* centre, at the beginning of their stay, is examined by a nurse, medical doctor and therapists. All of our experts offer their expertise and provide professional advice.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The room price includes breakfast, a parking place and activities. Each room is equipped with a bathroom and has WiFi connection, and rooms in guest houses are also equipped with a kitchenette. All rooms are wheelchair accessible. For those who stay over a week at a time are also provided with: full board, rehabilitation treatments including pool sessions, consultations with therapists and medical doctor, free entry to the Miniature Park and Oceanika and lively daily activities.

Additional information:

- “Polanika” Centre has bike and other sports equipment rental services, an outdoor gym, playgrounds and a fish pond.
- *Polanika* is a part of an 8-hectare Świętokrzyska Polana Complex that has 3-modular conference rooms at its disposal, which can fit over 400 people; as well as the Lipowy Dwór Restaurant, the Oceanarium, the Miniature Park of Świętokrzyskie Voivodeship monuments and a playground for children.



ECHO Hotel***
Cedzyna 44C, 25-900 Kielce
phone: 41 302 21 07, 41 302 21 08, 512 713 594
www.hotelecho.pl

ECHO HOTEL

Contact for tour operators and travel agencies:
phone: 691 509 817



Echo Hotel is located in Cedzyna – the heart of the Świętokrzyskie Mountains ca. 7 kilometres away from the city centre of Kielce. Its close proximity to the dam on the Lubrzanka River, surrounded by a pine wood, fresh air and its hospitable microclimate ensure a great stay in a peaceful and quiet atmosphere. Our staff's motto: "There is no place like home, except Echo Hotel" shows that we want to provide guests with the finest and highest-quality service. Echo hotel has 93 beds in 51 rooms (economy, standard, family and LUX) including 11 wheelchair accessible rooms. Echo is also a perfect place for organising conferences, trainings and business meetings, especially in the hotel's conference centre which can fit up to 400 people.

GASTRONOMY

Echo Hotel has a restaurant which explores traditional cuisine of the region. The chef particularly recommends *Dania z gęsiny* (goose dishes) (goose combined with appropriate ingredients is exceptionally tasty and healthy, and may be used in anti-cancer diets, among others), *Deska Świętokrzyska* (Świętokrzyska Board) and *Specjalność Szefa Kuchni* (Specialty of the House). There is also a café, small banquet room, summer terrace, and a canopied grill-and-bonfire point. In response to more and more people suffering from diseases of affluence such as diabetes and cancer, Echo Hotel offers health tourism services – special stay packages with anti-cancer or diabetic diets. The aim of such stays is to change our guests' eating habits – cutting down or even eliminating salt and sugar from everyday meals. Our chef, in collaboration with a nutritionist and nutrition technician, creates special menus. All of our guests during medical consultations are given the fantastic opportunity to get to know healthy eating habits and learn how to prepare nutritious meals on their own.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

Echo Hotel does not have any architectural barriers and warmly welcomes all guests with mobility impairments, suffering from diseases of the circulatory system, respiratory system, digestive system, mental impairments, mental or neurological illnesses, diabetes, obesity or in need of elimination diets. Our newest offer contains anti-cancer and diabetic diets and all our guests may participate in physical exercises prepared especially for them and their individual needs in exercise rooms or in the gym. Moreover, Echo Hotel offers a wide range of professional medical treatments using modern equipment: physical therapy, hydrotherapy, kinesiotherapy and kynotherapy. Our guests may participate in rehabilitation stays after providing a doctor's referral, information about their health conditions and a copy of their disability certificate or degree of disability certificate.

SPA & WELLNESS OFFER

Apart from the rich offer of health treatments, Echo offers also a wide range of rejuvenation, spa and wellness treatments. Our guests are especially recommended to use the Aqua Med relaxation bed, which helps to get better and faster results in muscle relaxation and pain alleviation (especially in vertebrogenic pain syndrome and osteoarticular system dysfunctions). It is the ultimate combination of massage and warmth to achieve significant health improvement and relaxation. Moreover, guests can enjoy a wide selection of massages, gel compresses, peloid mud wraps and a Finnish sauna.

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

Echo Hotel employs and collaborates with many experts, such as nutritionists, physical therapists, massage therapists and rehabilitators.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Each room is equipped with a bathroom, television set (satellite television), telephone and WiFi. Car park, table tennis and billiard are included in the room price.



Additional information:

The hotel has a library, rooms for many different exercises and classes and the surrounding outdoor area, where our guests can play volleyball. Many trips are organised by Echo Hotel as well. In the neighbourhood of the facility there is a reservoir with a bathing beach, pedalo, canoe, yacht rental and a fishing spot. During winter, lovers of winter sports may enjoy their time on the nearby ski slopes.

ŚWIĘTOKRZYSKIE
SPA & WELLNESS

Contact for tour operators and travel agencies:
phone: 664 911 217, e-mail: marketing@ameliowka.pl



GASTRONOMY

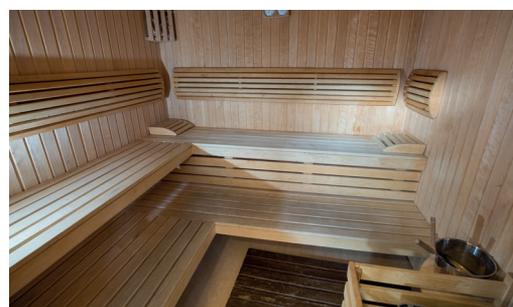
Ameliówka Hotel Restaurant is a bright and spacious place, which can fit around 200 people. It enchants its guests with beautiful terraces and panoramic windows, which allow them to admire the nature and the mountains. The dishes of Polish and European cuisine served here are prepared according to the finest, closely-guarded recipes. Ameliówka cordially welcomes everyone to try its delicious breakfasts, sumptuous dinners and exquisite suppers. The restaurant makes sure that each and every meal is delicious and of the highest-quality possible. Moreover, Ameliówka Restaurant has in its offer: meal preparation according to special dietary guidelines, the organisation of banquets, family parties and business events. The hotel has a café with 80 seats and a bar in which the irreplaceable chef prepares the finest and fanciest coffees and drinks.



SPA & WELLNESS OFFER

Each Ameliówka Hotel guest can use its special Spa zone, in which they can relax and take care of their beauty and good mood. The hotel has various massages in its offer: relaxational, traditional and firming massages as well as massages using cupping therapy. In the cosmetic salon, guests may use a wide selection of facial treatments: rejuvenating, deeply moisturising, vitamin C-enriched, cavitation peeling as well as various hand and feet treatments, such as paraffin wax treatment or peeling. Moreover, the salon offers the services of professional make-up artists at our guests' disposal. In the relaxation area, there is a jacuzzi full of bubbles and with an astonishing view of the park, a steam-massage cabin and a hot sauna with *Russian banya*.

Ameliówka Hotel*** is one of the most beautifully located tourism-conference facilities in the Świętokrzyskie Mountains. It is situated on the slope of Dąbrówka Mountain, and its guests are given the opportunity to admire the picturesque landscape of the oldest European mountains. It is worth noting that, according to geological studies, during sunny days the concentration of iodine is equally as high as the concentration by the sea during stormy weather. Thanks to its superb location, guests may be sure that their stay will be quiet and it will allow them to enjoy the local nature and wildlife (7 hectares of woodland belong to the hotel). Ameliówka is also a great place for those who want to hike and explore the Świętokrzyskie Mountains. The hotel has 200 beds in its offer in single, double, three-bedded and four-bedded rooms (including studios and wheelchair accessible rooms) and hotel suites. The hotel is equipped with a lift, wheelchair ramps and a free, monitored car park which can hold 100 vehicles. This modern facility also provides training-conference (there are 5 conference rooms), cuisine and spa & wellness services.



SERVICES INCLUDED IN THE PRICE OF A ROOM

Each room is equipped with a modern-looking bathroom, television set, and wireless Internet connection. We have billiards, table tennis and table football at our guests' disposal, included in the price of the room.

Additional information:

In their free time, our guests have billiards, table tennis, darts and foosball at their disposal. There is also a bike rental service. During the summer, the hotel highly recommends engaging in outdoor sports, such as volleyball on the special court or taking part in the Ameliówka Quest which leads to the legendary *Diabelski Kamień* (Infernal Stone). The hotel organises grills and bonfires with music and dancing, thematic evening sessions and other unusual parties – according to our guests' wishes. Guests who travel by public transport have an excellent connection to and from Kielce thanks to the services offered by private and municipal transporters from, among others, PKP (train station) and PKS (bus station) stations, without any layover. The bus stop is only 200 metres from the hotel.



PONIDZIE

For information about the natural and historical values and leisure time offers, see pages 4-7.

Hotel Bristol**** Art & Medical Spa
ul. 1 Maja 1, 28-100 Busko-Zdrój
phone: 41 330 30 33
www.bristolbusko.pl

HOTEL BRISTOL ART & MEDICAL SPA

Contact for tour operators and travel agencies:
phone: 41 330 30 33



Hotel Bristol**** Art & Medical Spa is an exceptional place in which art and therapy mix together, as therapy itself is an art. It is a place which combines the best treatment traditions and innovative solutions. Our holistic approach to health takes our guests to the world of eternal beauty, allowing them to reclaim the balance lost in their everyday rush. Hotel Bristol**** Art & Medical Spa is said to be the crown jewel of luxury – it has 71 convenient, air-conditioned rooms in 4 standards: Classic, Superior, Deluxe and hotel suites. The hotel has a modern Medical & SPA centre and a pool purified with silver nanoparticles at its guests' disposal. It is worth emphasising that Bristol is the only nursing-hotel facility in Poland in which the air is completely pure, thanks to the installed equipment which electro-statically clears the air. It is also the perfect place for all art-lovers who want to find their oasis. During their stay, our guests can enjoy many interesting cultural events, such as meetings with artists and exhibitions.

GASTRONOMY

Guests visiting Hotel Bristol**** Art & Medical Spa may use the services of the Restaurant, Café, Boutique Café, Fireplace Salon and library. The Bristol Restaurant is the culinary heart of the hotel, here even the simplest dishes turn out to be masterpieces. The unique combination of flavours in dishes served by our chef is inspired by the nature and surrounding works of art and make for the perfect setting for such exquisite culinary experiences. Upon request, the restaurant also serves individual menus, adjusted to our guests' health needs and taste. In Bristol Café, listening to excellent music and enjoying the amazing view, our guests can taste different pastries and cakes from the hotel's confectionery, drinks and beers. Almost every weekend, live concerts are held here.



TREATMENT OFFER

This exceptional nursing-hotel facility warmly welcomes, especially but not only, those who are suffering from neurological, orthopaedic, rheumatic and respiratory dysfunctions, as well as those with spinal, heart and skin diseases. We welcome insulin-dependent diabetes mellitus and diabetes mellitus type-2 patients, women after breast removal surgeries and those who have suffered from an injury. We perform water treatment, kinesiotherapy, and balneotherapy (sulphur, carbonic acid and peat baths, peat wraps, sulphur immersions). The hotel has an anti-gravitational treadmill using technology invented by NASA – thanks to which the body essentially loses up to 80% of its mass, giving the impression of floating in the air. By using such technologies, Hotel Bristol**** Art & Medical Spa ensures the highest quality standards of nursing services.

SPA & WELLNESS OFFER

Hotel Bristol**** Art & Medical Spa is a place where you can take care not only of your external, but also internal beauty. Treatments performed in the Wellness Medical SPA are based on technologically advanced aesthetic medicine solutions and guarantee quick improvements. Our guests may enjoy a wide range of treatments, such as intraceuticals, during which hyaluronic acid, vitamins and strong antioxidants are pressed into the skin layers, which improve the skin contour, reduce discolouration and wrinkles. Those who use the technologically advanced Reaction TM device, thanks to the bipolar emission of the airwaves, will improve the firmness of the skin on their faces, necks and necklines. DX Twin Endermology uses an innovative combination of vacuum massage with low-frequency acoustic vibrations to firm our bodies, reduce cellulite and stretch marks, and the amount of fat tissue. Apart from the aforementioned procedures, our guests are welcome to use a wide range of detoxifying, moisturising, anti-aging and purifying treatments. Our spa & wellness offer is complemented by a pool purified with silver nanoparticles, which has bactericidal and antiseptic properties, as well as by our sauna, jacuzzi, Kneipp path and cardio room.



PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

All of the hotel employees are experienced specialists who are passionately engaged in taking care of the guests. Their health is in the hands of the Medical Centre's qualified rehabilitators, physical therapists, medical doctors who specialise in rheumatology, physical medicine and balneotherapy. It is they who refer our guests to various treatments aimed at improving our guests' health and supervise the rehabilitation process. The treatment starts with gathering the patient's detailed medical history, followed by performing medical and functional tests which allow our specialists to choose the best rehabilitation methods.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Access to the swimming pool, saunas, jacuzzi, Kneipp path, cardio room, library and roof terrace is included in the room price. Those who have bought medical packages can also, in addition to the accommodation and meals, take advantage of the medical consultation service, physical tests, 2-5 medical treatments, aqua fitness classes, unlimited access to the pool, cardio room, Kneipp path and saunas, and get 10% off cosmetic and SPA treatments.

Additional information:

Hotel Bristol**** Art & Medical Spa is a perfect place for board meetings, conferences and trainings. It has 2 fully-equipped conference rooms with Internet connection and up-to-date audio-visual equipment. The hotel offers the possibility to rent a bike, participate in Nordic walking sessions with a trainer, go on a canoe trip or walk around Ponidzie. Moreover, the Boutique Cafe has crafts made by local artists in its offer, including Fontia cosmetics, AS Ćmielów and Ćmielów Design china, carbon and firestone jewellery, regional wines from "Płochockich" Winery from Sandomierz and regional, craft beers from AS Sandomierz and Baba Yaga Breweries. Hotel Bristol**** has its own line of Fontia cosmetics, created especially for our most demanding clients. Fontia cosmetics focus on individual skin needs and cherry-picked products guarantee the effectiveness and ultimate satisfaction of the users. They are created with medicinal sulphur water, Shea butter and a unique composition of natural plant oils (buriti, argan avocado, macadamia and sweet almond) and algae.

Contact for tour operators and travel agencies:
p. Kamil Wojciechowski, 728 410 622, e-mail: sales.mgr@slonecznyzdroj.pl



Słoneczny Zdrój Hotel**** Medical SPA & Wellness is an elegant and charming, yet modern facility with the finest service. It has 120 up-to-date single and double rooms, including 4 suites. It uses all of the advantages of the sulphur springs and offers a wide range of medical treatments and is acknowledged as one of the best rehabilitation centres in Poland. There is also a modern Vitality Spa in which our guests may enjoy luxurious body and facial treatments. Excellent service and excellent meals guarantee the highest standard of the stay.

GASTRONOMY

In Słoneczny Zdrój Hotel, there is the nationally-known Ponidzie Restaurant, which offers perfectly combined European fusion-like cuisine with the richness of regional produce. It is connected to the beautiful glazed conservatory, which makes it a perfect place for both private and business events. The restaurant has once again been included in the Polish edition of the Gault&Millau guide, which awarded it with a prestigious golden chef's hat. Moreover, on the premises of the hotel, there is also the Kalejdoskop Bar – a perfect combination of club ambiance and a wide selection of various coffees, teas, drinks and cocktails. Along with the bar, which every weekend is transformed into a luxurious night club, we also invite our guests to visit three individually-arranged rooms – Venus, Mars and *Winiarnia* (Winery).

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

Zdrój has a rich offer of innovative medical treatments. The hotel is equipped with the unique and modern Tergumed System 710, which is an excellent tool in treating spinal diseases. Moreover, in 44 treatment rooms equipped with the highest quality medical equipment, our guests may use one of many treatments offered by the hotel, such as: balneotherapy, physical therapy, and kinesiotherapy. The hotel is the only certified BMS centre (Biomechanical Muscle Stimulation) – MedyBMS. *This method is used mainly in treating motor dysfunction. It quickens the rehabilitation process and improves the overall physical condition by warming up the muscles and improving the blood circulation and metabolism.*

SPA & WELLNESS OFFER

A relaxing time in Vitality Medical SPA & Wellness is a perfect addition to the stay. We perform our luxurious body and facial treatments using only recognized brands of cosmetics. In our spa, our guests can take care of their beauty, while simultaneously having a blissful relaxation session. Thanks to our therapists, and accompanied by sensual fragrances and peaceful music, our guests can regain their internal youth and free their minds. At our guests' disposal, Słoneczny Zdrój offers a wellness zone which everyone can enjoy – a pool with a double hydro-massage system, cosy jacuzzi, and Finnish and IR saunas connected to the relaxation room. For the fans of fitness exercises, the hotel offers a professional cardio room with treadmills, rowing machines and cross-trainers.



PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

Słoneczny Zdrój Hotel takes pride in employing and collaborating only with the best experts. Apart from our highly-qualified service and kitchen employees and rehabilitation therapists, the hotel collaborates with Dariusz Klarecki M.D – physical medicine, balneotherapy specialist and epidemiologist, acting as a National Biomechanical Muscle Stimulation Consultant (BMS) who at the same time is a member of the BMS Scientific Board.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Rooms in Słoneczny Zdrój are equipped with a bathroom (shower or bathtub to choose), mini-bar, safe, satellite television, air-conditioning system and Internet connection. Our guests can choose from rooms with a balcony, rooms overlooking the area or the garden, and use of the free, monitored car park, pool, jacuzzi, saunas and the cardio room is included in the room price. For guests who buy the Medical, Rehabilitation or Weight-Loss Holidays packages, 2 specialised consultations are included in the package price.

Additional information:

On the premises of the facility, our guests may visit the sun terrace, garden, bowling alley, sports hall, and outdoor gym, as well as enjoy playing billiards, pétanque or the services of the bike rental. For children, we offer the Kids Corner and a playground



Malinowy Raj**** Mineral Hotel
ul. Partyzantów 18A, 28-131 Solec-Zdrój
phone: 41 378 99 00
www.malinowyraj.com

MALINOWY RAJ**** MINERAL HOTEL

Contact for tour operators and travel agencies:
phone: 41 378 99 00



Malinowy Raj**** Mineral Hotel is a facility situated in the health resort of Solec-Zdrój. It is the newest facility of the Malinowe Hotele chain; a trailblazer in the Polish Medical SPA and Resort market, in which the original idea of SPA centres is cultivated. The hotel has 102 double rooms (may also be used as single rooms), 3 double rooms with the possibility of connecting, 3 junior suites and 3 deluxe suites. The hotel has a Medical Centre, Cardio Zone, and Mineral Pools at its guests' disposal. They may use also the sauna and pool complex including the only saline-sulphur pool in Poland. It is worth noting that the Malinowy Raj offers sulphur baths in water from Malina Spring, which has the highest concentration of sulphur internationally.

GASTRONOMY

The hotel has a restaurant, bar and cafe on its premises. The restaurant serves European dishes with a regional twist. Meals included in the package are served in the form of a buffet. There is a possibility of ordering dishes from the menu and enjoying individually prepared dietary meals.

SPA & WELLNESS OFFER

The Medical Centre offers guests a wide selection of facial and body cosmetic treatments, using the well-known cosmetics brand Balneo Pielęgnacja, which is based on highly concentrated sulphuric water. Both men and women can take a bath in Raspberry Sorbet, enjoy a Raspberry peeling, Dead Sea or Cosmetic Clay wraps. We offer professional facial and body treatments, beauty baths, Cleopatra and wine baths. Moreover, our guests are treated as VIPs in terms of access to the Mineral Pools complex and its saunas, jacuzzi, cardio and fitness rooms. Every day we hold many exercise sessions, such as: aqua gymnastics, active morning, fitness, Pilates, Nordic Walking with an instructor and aqua aerobics. In addition, our guests may enjoy individual training sessions and learn how to swim.

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

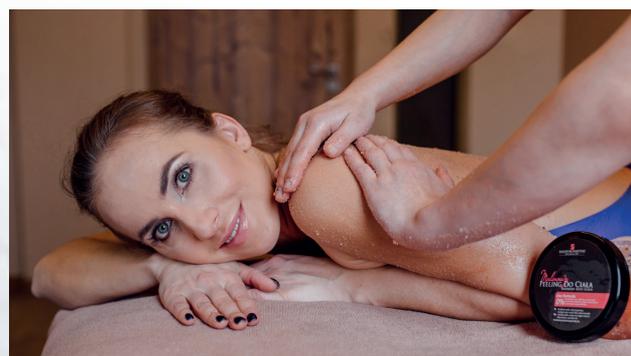
Malinowy Raj**** Mineral Hotel employs and collaborates only with experts. Our medical team includes Marek Grabski M.D, Ph.D – a specialist in internal diseases, medical rehabilitation, balneoclimatology and physical medicine, and Krzysztof Wołoszyn – a specialist in internal diseases, rheumatology, balneology and physical medicine, as well as Zbigniew Tarka – orthopaedic surgeon and traumatologist. Our guests are welcome to use our specialists' expertise during scheduled consultations.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Each room in Malinowy Raj is equipped with a bathroom, air-conditioning system, HD television, free access to NC+ television, Internet connection, hair dryer, robes, telephone, safe and a balcony. The hotel also offers rooms which can be joined together – perfect for families with children. Our guests can eat breakfast and enjoy the jacuzzi in the garden, and guests who have bought packages get unlimited access to pools, saunas, 2 or 3 meals a day in the form of a buffet and treatments (in selected packages).

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

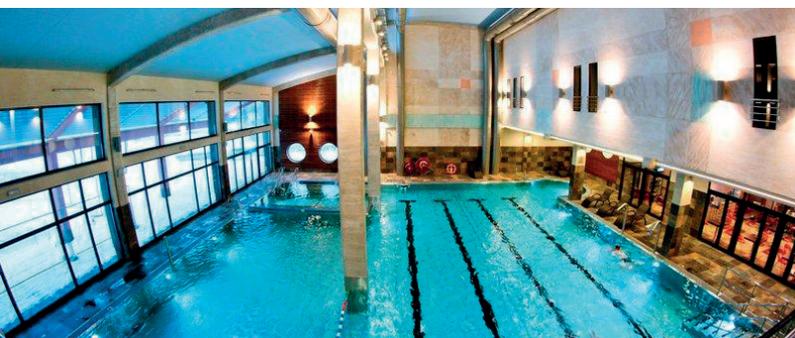
Malinowy Raj has a complex and up-to-date Medical Centre, which offers treatments based on natural therapy. We treat and rehabilitate people who suffer from many conditions, such as: degenerative joint and spine diseases, ankylosing spondylitis, vertebrogenic pain syndrome, discopathy, rheumatoid or psoriatic arthritis, fibromyalgia, osteoporosis, atopic dermatitis, gout, post-traumatic conditions, eosinopenia, further consequences of cerebrovascular accidents, multiple sclerosis, psoriasis, seborrhoeic dermatitis, diabetic complications, peripheral vascular disease. The centre has many treatments in its offer, e.g. balneotherapy (sulphur, carbonic acid and peat baths), water treatment (automatic underwater massage and algae massage), physical therapy and many different types of massages (starting from traditional massage, through hot stone massage therapy, Shiro Abhyanga – Ayurvedic Indian Head Massage, Lomilomi massage, Thai and even aromatic hot wax massage). Our guests may also enjoy baths in highly mineralised saline-sulphuric water with the highest concentrations of active sulphur compounds.



Additional information:

- On the premises of the hotel there is a conference room supplied with up-to-date equipment, bike rental, fun room and an outdoor playground for children. In our centre everyone can buy balneocosmetics – skin care cosmetics which cultivate the true meaning of SPA – “sanus per aquam” (healthy through water) – safe for everyday use.

Contact for tour operators and travel agencies:
phone: 41 377 65 66, e-mail: koziara@basenymineralne.pl



Baseny Mineralne in Solec Zdrój is the first and only swimming pool complex in Poland which offers a sulphur-saline mineral swimming pool, filled with highly mineralised sodium-chlorine (saline), sulphuric, bromide, iodine and sylvan waters with high content of active sulphur compounds ca. 900 mg/l from Malina Spring, which in natural conditions has the highest concentration of such compounds internationally. The recreational part of this complex has 4 swimming pools, 1 recreational pool and 3 seasonal outdoor pools with sunbeds. Moreover, there is a sanatorium and Medical Centre and its guests can spend the night in the 4-star Mineral Hotel Malinowy Raj connected to Baseny Mineralne.

GASTRONOMY

Located on the premises of Baseny Mineralne, the Źródło-Smaku restaurant offers meals and desserts all day. In its cosy interiors, tradition mixes with modern accents. Guests can enjoy a delicious meal, and also relax. The menu contains traditional Italian-style pizza, and a wide range of quick meals, desserts and coffees. During the summer there is a fully functional grill lodge.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

On the premises of Baseny Mineralne, there is a fully functioning Medical Centre which offers treatments and massages aimed at treating the same conditions as in the Malinowy Raj and Malinowy Zdrój hotels. Guests may use water treatments, balneotherapy, kinesiotherapy, saline and sulphur baths and various types of massage treatments. Our treatments take place in 4 massage and manual therapy rooms, and we also have a kinesiotherapy room. We use sulphuric water from Malina Spring to treat our patients. The treatment is supported by modern equipment and personalized equipment for treating conditions such as lymphedema, skin diseases and motor system dysfunctions.

SPA & WELLNESS OFFER

Baseny Mineralne is a complex in which everyone can relax and take care of their physical appearance and condition. There is a recreational pool with mineral water and massage equipment, seasonal outdoor pools, the only saline-sulphuric pool in Poland, and a set of saunas: dry, Finnish, steam, outdoor and indoor jacuzzi. For the younger guests, we offer a paddling pool with the water depth of 15-30 centimetres and temperature of 33-34 °C and water attractions such as a 15.5 m waterslide, the Słonik waterslide and the Water Hedgehog. Both adults and children can enjoy a swim or play football, volleyball or water basketball. We also offer beauty treatments and massages in the salon (such as chocolate, calendula, regeneration, slimming, raspberry, relaxation, pressing massages). Our guests can take care of their figure and physical condition in our fitness room and gym with cardio equipment from the American company CYBEX, situated on the first floor of Baseny Mineralne.

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

To provide the highest quality services, we employ only the best experts: medical doctors, physical therapists, massage therapists. Our personal trainers choose the perfect training programme for our clients and all cosmetic procedures are performed by certified cosmetologists. We offer medical consultation as well.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Guests of Malinowy Raj**** Mineral Hotel have access to the pools included in the price of their accommodation. Baseny Mineralne has a special offer of individually selected packages for those who wish to relax or take care of their beauty and physical condition, such as: medical, rehabilitation, healing, cosmetic, relaxation, holiday and family packages.



Additional information:

Baseny Mineralne offers a free, monitored car park. Our guests can purchase balneocosmetics made of the sulphuric waters from Malina Spring.



Malinowy Zdrój Hotel**** Medical Spa is the first facility of the Malinowe Hotele Group. The hotel, which has been furnished by top professionals in a modern style, has 105 rooms, including 3 comfortable suites. It was the first facility in Poland to offer balneological treatment in highly concentrated sulphur water from the Malina Spring. The hotel has a wide selection of balneotherapy, kinesiotherapy and physical therapy treatments. In the professionally-equipped cosmetic salon, many different cosmetic procedures are performed using cosmetics of highly recognized brands including the own-brand line of balneo-cosmetics.

GASTRONOMY

The exquisite meals prepared by our chef and the highest levels of service ensure the happiness of our guests. Our restaurant prides itself on offering traditional Polish dishes, complemented with European cuisine. Dishes are served in the form of a buffet, which allows the guests to compose their meals according to their individual tastes. The restaurant offers its own cakes and pastries and a wide selection of excellent wines from French, Italian and Chilean vineyards. Both in the restaurant and in the café, our guests can order dishes from the menu, which changes from season to season.

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

In the Malinowy Zdrój Rehabilitational Centre, we treat many different types of dysfunctions, such as: degenerative joint and spinal diseases, vertebrogenic pain syndrome (sciatica), discopathy, rheumatoid or psoriatic arthritis, fibromyalgia, osteoporosis, atopic dermatitis, gout, post-traumatic conditions and many more. In the well-equipped treatment and kinesiotherapy rooms, our staff perform balneotherapy (sulphur baths and immersions in highly concentrated sulphur water [highest concentration of sulphur around the world], carbonic acid and peat baths, peat wraps, and sulphur immersions), hydrotherapy, kinesiotherapy, physical therapy or heat therapy (cryo-chamber and other types of sauna). Rehabilitation in Malinowy Zdrój is based on complex, individual and functional rehabilitation procedures. It is preceded by gathering the patient's detailed medical history and performing functional tests, which make it possible for the specialists to choose appropriate methods and prepare the individual plan of treatment.

SPA & WELLNESS OFFER

Malinowy Zdrój Hotel warmly invites all its guests to visit the professional Beauty Salon, in which it offers a wide range of facial and body treatments using balneo-cosmetics (dermo-cosmetics based on concentrated sulphur water), as well as cosmetics of recognized brands. Moreover, our guests may enjoy feet and hand treatments, manicures and pedicures, and a hairdressing service along with professional haircare treatments, as well as our set of relaxing massages such as: Ayurveda massage, Mexican stone massage therapy, Babor Body Wellness massage. Additionally, the centre offers individual and group relaxation sessions, such as: Yoga, Pilates, Stretching and over 20 types of Beauty Baths. Our guests may enjoy the swimming pool with a hydro-massage system, salt-iodine cave, 3 types of sauna – steam, herbal and Finnish – along with the tepidarium, outdoor jacuzzi and cardio room with fitness equipment.

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

Our professional staff includes specialists in internal medicine, medical rehabilitation, balneoclimatology and physical medicine, balneotherapy, an orthopaedic surgeon and a traumatologist. Malinowy Zdrój also provides its guests with nutritionists and rehabilitators. There is also a possibility of having medical or dietary consultations.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Each room is equipped with: a television set (with Canal+), free Internet connection, hair dryer, robes, telephone and a safe. Access to the pool, saunas and outdoor jacuzzi is included in the price of the accommodation. As a part of a package, our guests are provided with 3 meals a day in the form of a buffet (full board) and a set of treatments (number and type of treatments are dependent on the selected package) and unlimited access to the pool, saunas and outdoor jacuzzi.



Additional information:

Malinowy Zdrój Hotel**** Medical Spa also offers tennis coaching, Nordic Walking sessions and aqua aerobics. Our guests will find a conference room, bike rental, night club, bowling alley, billiards and tennis courts here. In the Rehabilitation Centre and in the Beauty Salon, our guests can purchase balneocosmetics (own-brand line), which are dermo-cosmetics with the highest concentration of healing sulphur water with high biological activity of sulphur and iodine compounds taken from the Malina Spring. Its keratolytic properties quickens skin regeneration and boosts the penetration of other active ingredients, improving their efficacy.



STASZÓW LAND

The Staszów Land is a region located between the Świętokrzyskie Mountains, the Vistula River, the Ponidzie Region and the Sandomierz Land. The Staszów Land is a beautiful and charming region, featuring forests on one side, and picturesque fields and orchards on the other (including the famous Szydłów plum orchards near the town of Szydłów). The landscape is mostly rural with rolling hills from where you can have a beautiful view of your surroundings. The Golejów Forests (Lasy Golejowskie) are a unique place in the area of the town of Staszów, with dozens of lakes and ponds, sometimes called “Staszów Lake District” or even “Little Masuria” (Masuria is a region in north-east Poland, famous for its numerous lakes, including the biggest in the country). One of the lakes in the Golejów Forests is called Duży Staw. It serves as a bathing lake and, having a well-developed water equipment rental point, plays a recreational and touristic role. Many holiday resorts are also located there. What is interesting and special about this place are the small “wandering” islands, floating on the surface of the water. There is also another body of water definitely worth a visit in the neighbourhood – the Chańcza reservoir on the Czarna Staszowska River. Its surface area is almost 500 hectares, which makes it a good place for water sports like sailing, canoeing or windsurfing.

The Staszów Land is located far away from large urban areas and industrial centres (with the exception of the sulphur mine in Grzybów), which creates perfect conditions for rest and relaxation. Places like Rytwiiany can give you an opportunity to enjoy all the benefits that such a quiet and peaceful enclave provides. It feels like time has stopped here. You can easily have a break from everyday life, listen to yourself, find time for reflections and deep thoughts, and truly rest.



PLACES WORTH VISITING

RYTWIANY – the former Camaldolese monastery complex, where you can see the Church of the Annunciation of the Blessed Virgin Mary, outbuildings, a part of the monastery buildings' ground floor with Tęczyński Hermitage. In the complex you can also find a Camaldolese gallery, a museum dedicated to the famous 1970s Polish TV series "Czarne Chmury" (Black Clouds), and a monastic garden. Another place worth seeing in the village is the mid-19th century Radziwiłł family palace – currently a three-star hotel offering spa and wellness services.

Rytwiany – ul. Artura Radziwiłła 19
phone: 15 864 32 56, www.hotelrytwiany.pl

KUROZWĘKI – in Kurozwęki, you can visit a castle built in the second half of the 14th century. The residence gained its present baroque-classical look in the 18th century. The inside of the castle is well worth a look, as are the basements: two pavilions from the 18th century – the Orangerie and the Oficyna. You can also visit a mini zoo and walk through the maize maze. The American Bison Herd is also an outstanding attraction, which you can observe from inside the "safari bison" car.

Kurozwęki – ul. Zamkowa 3, Kurozwęki
phone: 15 866 72 71, 15 866 72 72, www.bizony.com

SZYDŁÓW – thanks to its perfectly preserved medieval urban layout and town walls, it is sometimes called "the Polish Carcassonne." The former Treasury has been repurposed as a torture chamber display and a museum with three exhibitions: historical, archaeological, and geological. The courtyard makes a perfect arena (especially in the summer) for the chivalric tournaments which are held here, and for other events such as the Plum Festival. You can also see the Knights' Hall, climb up the defensive walls (680 metres from a total of over 1000 metres are still standing to this day), visit the 14th century Church of St. Ladislaus and a synagogue from the first half of the 16th century. Next to the parish cemetery you can find the ruins of the former Church of the Holy Spirit. Out of three town gates leading to the centre of the town, there is only one left – the Kraków Gate (*Brama Krakowska*).

Tourist Information Point – ul. Targowa 3, 28-226 Szydłów
phone: 41 354 53 13, www.szydlow.pl

STASZÓW – the town has managed to preserve its 17th century architectural layout. The heart of the town is its market square with its classicist town hall from the 18th century – the former booth halls built by a nobleman, the then-owner of the town, August Czartoryski. There are two interesting churches nearby: the Sanctuary of St. John Paul II, and the historic Church of St. Bartholomew from the 14th century. In the latter, you can find an impressive stucco in the chancel. In the 17th century a beautifully decorated, mannerist-style chapel of Our Lady of the Rosary (also known as the Chapel Tęczyński) was built on to the church.

Tourist Information Point – ul. Parkowa 6, 28-200 Staszów
phone: 508 497 133, www.staszow.travel



POŁANIEC – traces of its existence date back to the 11th century. The town has a rich history influenced by the Tatars. Today, it is worth visiting the 19th century complex of the church of St. Martin with the 18th century baroque chapel of Our Lady of the Rosary, and also the 18th century synagogue. It was here in 1794 that the Polish hero Tadeusz Kościuszko issued his famous Proclamation, giving substantial civil rights to the peasants. To commemorate that, a mound was established in the place where Kościuszko's army was stationed, and every year the Proclamation of Połaniec is read there. In this town, you can also spend time in the modern swimming pool, "Delfin" (osir.polaniec.eu).

Tourist Information Point – Pl. Uniwersału Połanieckiego 1
28-230 Połaniec, phone: 15 832 32 28, portal.polaniec.eu



PACANÓW – home of the European Fable Centre and Koziółek Matołek (Matołek the Billy-Goat), the cult classic character from one of the first and most famous Polish comic books. The Centre was created especially for children, but adults who would like to return to their childhood, at least for a moment, will also be delighted. In the Centre you can find a library, reading room, bookshop, cinema ("Szkatułka"), a little theatre ("Mały Teatr") and workshop rooms. The tourists appreciate the exhibition "Bajkowy Świat" (Fairy Tale World) the most – a multimedia adventure, full of sounds and colours. Here you can interact with the exhibits, meet Thumbelina in "Czarodziejski Ogród" (Magic Garden), and in "Kraina Soria Moria" (Soria Moria Land) you can take part in a game in which you need to face the evil Ice Queen.

Pacanów – ul. Makuszyńskiego 1, phone: 41 376 50 79, www.stolica-bajek.pl

RAKÓW – a town located by the Chańcza reservoir, founded in 1567 by the nobleman, Jan Sienieński, Dąb coat of arms, in a place that had never been occupied before. Since the beginning of its existence it was connected to Arianism, and even considered to be its capital – there was an active Arian church, Arian press, and in 1602-1638 it was home to the famous Racovian Academy. Today you can visit the late baroque parish Church of the Holy Trinity, former Franciscan Reformats Church of St. Anne (both from the 17th century), and the old Arian buildings.



VINEYARDS AND WINERIES

Favourable soil, climatic and topographical conditions were the decisive factors in establishing many new vineyards in the Świętokrzyski region. Two of them were founded in Rytwiany and one in the area of Szydłów, with such grape varieties as: Rondo Regent, Seyval Blanc, Hiberna, and Riesling. Even though the tradition of wine may not be very long in the region, the wines from local wineries have been successful in both Polish and international wine competitions. What is more, the owners of the wineries themselves organise and take part in many wine events, such as Świętokrzyski Wine Festival in the Bristol**** Art & Medical SPA Hotel in Busko-Zdrój. The wineries offer not only wine for sale, but also tours and tastings, and some of them even accommodation.

● **Carolus Vineyard and Winery (the place also includes a fish farm),**
Szczeka 50, 28-200 Rytwiany
phone: +48 660 576 928
Facebook profile.

● **Rytwiany Vineyard and Winery**
ul. Kościuszki 41, 28-236 Rytwiany
phone: +48 883 328 545
Facebook profile

● **Avra Vineyard and Winery**
Wola Żyzna 50a, 28-225 Szydłów
phone: +48 667 509 509, +48 519 175 791
www.winnicaavra.pl



www.pustelnia.com.pl

“Golden Forest Hermitage” Therapeutic Centre
in Rytwiący for Relaxation And Contemplation
ul. Klasztorna 25, 28 – 236 Rytwiący
phone: 15 864 77 95, www.pustelnia.com.pl

GOLDEN FOREST HERMITAGE

Contact for tour guides and travel agencies:
phone: 15 864 77 95 lub e-mail: recepcja@pustelnia.com.pl



GASTRONOMY

The restaurant offers tasty, healthy and simple meals prepared from fruit and vegetables, mostly growing in the monastic garden. For guests staying in the Hermitage, three meals a day are provided: breakfast, two-course lunch, and dinner. There are coffee, tea, juice and other beverages available in the Hermitage bar. There is a possibility to adjust the meals to special requirements (gluten-free, diabetic diet etc.).

MEDICAL AND THERAPEUTIC TREATMENTS OFFER

The resort refers to the former activity of the Camaldolese monks, and today it aims to help people who might be suffering from any of today's lifestyle diseases and problems associated with the progress of civilisation, such as stress, neurosis, insomnia, obesity, social and career burnout, low self-esteem, grieving breakdown, heartbreak, behavioural addictions, such as workaholism, internet addiction, shopping addiction, gambling etc., religious burnout, panic attacks, scrupulosity, and others. Considering the afore-mentioned issues, the Golden Forest Hermitage runs many different therapies for people seeking help in the resort. These include, for example, various therapeutic activities, family and marriage counselling, physical work as therapy, individual and group coaching sessions, spiritual teachings and conferences, social development conferences, spiritual direction and confession, individual prayer and contemplation in silence, taking part in an all-day religious programme, fasting with a weight-loss diet, everyday exercises and sport activities, music therapy, dance, painting and handcraft workshops, film evenings and debates. The Hermitage facilities include a treatment room, a room for individual consulting, a chapel and a gym.

SPA & WELLNESS OFFER

The Golden Forest Hermitage is a special place for prayer and contemplation, as well as a place where you can take care of your health, relax and have a break away from everyday life. A wide range of massages can help you to fight stress: you can choose from a classic massage, hot stone massage or Chinese cupping therapy, to professional massaging chairs or the sauna. If you would like to improve your physical fitness and appearance, you can try aerobics, gymnastics, the gym, and the well-equipped sports hall (exercise mats and balls, etc). To meet guests' needs, the Hermitage offers bike and nordic walking pole rental, which additionally motivates visitors to explore the area by cycling trips and walks.

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

The Golden Forest Hermitage offers the services of professionals with experience in the treatment of lifestyle diseases and problems associated with the progress of civilisation. These professionals include psychologists and psychiatrists, addiction therapists, and chaplains.

SERVICES INCLUDED IN THE PRICE OF A ROOM

All rooms have bathrooms with a shower, and single or double beds with comfortable, firm mattresses. The Hermitage provides white bedclothes, towels, cosmetics and mineral water for guests. The resort packages offer guests full board, as well as the possibility to use selected SPA treatment and recreational facilities. Guests also have 24-hour access to a free, monitored car park.

The Golden Forest Hermitage in Rytwiący is an old, 17th century baroque post-Camaldolese monastery, which now serves as a health resort with accommodation, restaurant, conference rooms, as well as recreational and therapeutic facilities. It is situated on a hill among forests, 2.5 kilometres from other residential buildings, which makes it free from the hustle and bustle of the city. Thanks to being close to cosy, mostly deciduous forests and the monastic garden, you can spend time in relaxing silence, surrounded by beautiful nature. Guest rooms of the Hermitage are located in the attics of the monastery buildings and in little hermitage lodges. The facilities have disabled access, including a lift.



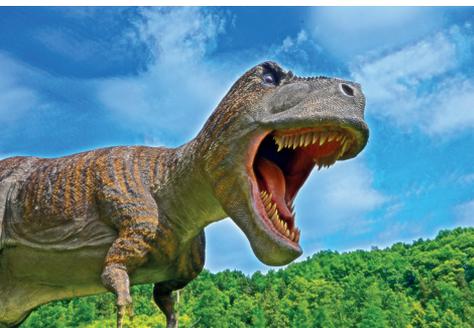
Additional Information:

The Golden Forest Hermitage offers visits to the historical monastery, Camaldolese gallery and museum of the “Czarne Chmury” (Black Clouds) TV series. You can also take part in an organised trip to nearby places and touristic attractions, to the Mineral Pools in Solec-Zdrój, or have a sulphur bath and treatment in Busko-Zdrój. There is also the possibility to organise private social meetings in the conference rooms or integration meetings in the monastic gardens.



STARACHOWICE

The town of Starachowice is mostly associated with an industrial centre, known for its developed metallurgical industry. It was also known as a production centre of MAN buses, and STAR trucks in the past. However, besides its industrial functions, the town and its surroundings can offer interesting natural and cultural sites, making the area attractive for tourists. Thanks to the Kamienna River running through the centre of the town, you can admire many beautiful rock outcrops here. There are several water reservoirs built on the river and its tributaries, for example the Pasternik, Lubianka, Brodzki and Wąchock reservoirs. These artificial lakes do not only provide storage of water, but they also make a perfect place for leisure, especially in the summer time. The town is surrounded by a large forested area. In the neighbourhood you can find plenty of interesting examples of inanimate nature, often under protection, such as: the geological outcrop on Armii Krajowej Street in Starachowice, The Rocks in Krynki nature reserve (Skały w Krynkach), and The Rocks at Adamów (Skały pod Adamowem). You don't need to go outside of the town to be able to admire the beautiful view of the Holy Cross Mountains (Góry Świętokrzyskie) and its highest peaks: Łysica and Łysa Góra (Bald Mountain). Because of its industrial tradition, the main attractions in Starachowice are technical monuments. A perfectly preserved blast furnace plant now serves as the Museum of Nature and Technology, and the former industrial boiler house features a modern palaeontological exhibition. You can also see the preserved historical buildings in the district of Wierzbnik (former town, now a part of Starachowice), with the historical network of streets and spaces, and the workers' housing estate (spatial arrangement from the 17th century). In the nearby district of Michałów, you can see the remains of a rolling mill and a puddling works, which belonged to a partly realized network of iron works on the Kamienna River, introduced by Stanisław Staszic, a Polish social and political writer and scientist living at the turn of the 18th and 19th century.



PLACES WORTH VISITING

MUSEUM OF NATURE AND TECHNOLOGY IN STARACHOWICE

– unique in terms of the variety of its collections. It is the best preserved complex of iron metallurgy in Europe, with its most precious part being the Blast Furnace, dating back to the first half of the 19th century. In the museum you can also see an exhibition of historic cars (STAR trucks produced here) and fossilized dinosaur tracks. Thanks to the large area it covers, the museum can also hold concerts, artistic shows, outside cultural events, and exhibitions or workshops.

Tourist Information Centre

Museum of Nature and Technology

ul. Piłsudskiego 95a, 27-200 Starachowice
phone: 693 779 899, www.starachowice.travel

Museum of Nature and Technology

ul. Wielkopieczowa 1
phone: 41 275 40 83, 783 730 094
www.ekomuzeum.pl

“RYDNO” ARCHAEOLOGICAL RESERVE

– established to preserve the remains of the prehistoric haematite mines, which operated in the valley of the Kamienna river between the towns of Wąchock and Skarżysko-Kamienna. For several years now, in May, the Reserve holds an event called “Piknik Archeologiczny PraOsada RYDNO”, where archaeologists introduce visitors to the history of the area. During the event you can also try prehistoric archery, and shoot arrows with bone arrowheads from a crude bow (www.rydno.com).

NARROW-GAUGE RAILWAY IN STARACHOWICE

– the rides are organised every Sunday from May to September. The Railway operates on two routes: from Iłża (Błazińska Street) to Marcule, and from Starachowice (Targowa Street) to Lipie. The ride takes 20 minutes one way.

Starachowicka Kolej Wąskotorowa – tel. 505 981 227, www.skw.org.pl

MONASTERY IN WĄCHOCK

– the monastery was founded in 1179 by Kraków’s Bishop Gedko of the Gryficy family. Here you can visit a Romanesque chapter house with a ribbed vault, and an early Gothic refectory. In the monastic cloister you can also find the tomb of Major Jan Piwnik “Ponury” – commander of the regional units of the Home Army (Polish resistance movement during World War II).

Klasztor w Wąchocku – ul. Kościelna 14, tel. 41 275 02 00, www.wachock.cystersi.pl

KRZEMIONKI – the most interesting archaeological site in Poland, and also one of the most important relics of prehistoric mining in the world. The location features a complex of striped flint mines, operating in the Neolithic Age and at the beginning of the Bronze Era (3900-1600 BC). Regardless of the thousands of years that have passed, the undergrounds of the mines are very well preserved to this day. You can admire the mines while taking an underground route which is almost 500 metres long. The Krzemionki Opatowskie Reserve is currently undertaking steps to be included in the UNESCO World Heritage List

Krzemionki – Sudół 135a, 27-400 Ostrowiec Świętokrzyski
tel. 41 330 45 51, 669 970 499, www.krzemionki.pl



BAŁTÓW – holds the biggest touristic complex in the Świętokrzyskie region, thanks to the many attractions which are growing in number every year. Here you can enjoy Jura Park, with more than 100 life-size dinosaur models, Bałtów Zoo, which provides a near-natural habitat for the animals, the Jurassic Museum, amusement park, the Land of Horses offering horse rides and riding lessons, The Jewish Gorge, Rollercoaster, 5D Cinema, Prehistoric Oceanarium, Sabbath Place, palaeontological workshops, restaurants, and souvenir shops. In 2017 a new attraction was introduced – Poland in Miniature. This is a 1-hectare representation of the outline of the Polish borders, with the main rivers, lakes and geographical regions marked. It also features 48 miniatures of the most architecturally-interesting castles and palaces in Poland.

JuraPark – Bałtów 8a k. Ostrowca Świętokrzyskiego,
phone: 41 264 14 20 i 21, www.juraparkbaltow.pl



RECREATIONAL ACTIVITIES

Thanks to its cultural value, the proximity of the Holy Cross Mountains (Świętokrzyskie Mountains), and surrounding forests, with the Kamienna River flowing by, the area can offer many interesting hiking and biking trails. With them you can get to the Cistercian monastery in Wąchock (red hiking trail), to the castle in Bodzentyn (green trail), and to Langiewicz Meadow and Wykus Reserve (black trail). If you follow the red biking trail “Around Starachowice” (“Wokół Starachowic”), you can get to the towns of Radkowice, Wykus, Mostki, and Wąchock; with the blue trail, “Technical Monuments of the Kamienna River valley” (Śladami zabytków techniki doliny rzeki Kamiennej”), you can reach the town of Ostrów Świętokrzyski; and the yellow trail “Forest Lane” (“Leśne dukty”) will lead you to the towns of Młynek, Brody, Adamków, and more.

Contact for tour operators and travel agencies:
e-mail: hotel@europa-hotel.pl



GASTRONOMY

Hotel Europa features the "European" Restaurant. Maintained in warm and sunny colours all year round, this is a unique, two-level banquet hall for 350 people. It offers a variety of dishes – vegetarian, fit, gluten-free, and for children. You can also order dishes adjusted to your special dietary requirements. The restaurant serves dishes which have been awarded the Regional Culinary Heritage certificate. A meeting for two, or a more casual business meeting? The 'Dublin' Irish bar will be a perfect place to host it. It offers a well-supplied bar with different types of alcoholic beverages from all around the world, including the Irish beer, Guinness. Nightlife lovers will not be disappointed either – the modern club Illusion offers the highest standard of music, VIP Zone, comfortable lounges, dance floor, club lights, professional sound system, and a bar serving great cocktails and alcohols.

SPA & WELLNESS OFFER

If you are looking for a wide range of spa and wellness treatments, this is the perfect place for you! Hotel Europa offers a variety of treatments: care, relaxation, slimming, and nourishing body treatments, as well as a diversity of face care treatments, with an individual counselling on home treatment. Guests can enjoy a massage in a particular area or a full-body massage, with the use of natural oils and Shea butter, lipogel, firming or relaxing creams, hot chocolate, hot stones or honey. Those new to relaxing baths can choose from a beer, wine, or paraffin bath, or a relaxing phytomelatonin bath. The spa and wellness services include also manicure, pedicure, and make-up. There's also a possibility to receive a treatment in the NeoQi capsule. The spa parlours in the hotel cooperate with the Italian brand EFFEGILAB with Phytomelatonin (youth hormone of plants). This is an exclusive innovation in natural anti-ageing "dermocosmetics", which brings harmony to body and mind.

Hotel Europa offers its guests in the Relaxation Zone direct access to a terrace. Here you can find a complex of chlorine-free pools – one of few such complexes in Poland, where an innovative Swiss method of a chlorine-free water treatment was implemented. It guarantees crystal clear, odourless, and oxygen-rich water which does not cause eye irritation or allergies, but takes care of skin instead. The pools offer additional water attractions (counter current, cascades, geysers), and a pool for recreation and rehabilitation equipped with water massage nozzles. You can also find two jacuzzies here – one inside, and the other one on the terrace outside; a wading pool; and a complex of 4 saunas: two Finnish saunas, one steam sauna, and a laconium. The dry sauna, which can be used by 50 people at a time, holds sessions and sauna nights lead by a sauna master. Guests can also use the 100 sqm gym with professional exercise equipment of the highest class.

PROFESSIONAL STAFF AND CONSULTATIONS WITH SPECIALISTS

All the employees at the Hotel Europa are highly qualified. The Relaxation and Spa Zone offers the services of certified cosmetologists, massage therapists, physiotherapists, aqua fitness, zumba, swimming, squash instructors, and personal trainers. Among them are a 16-time World Champion in powerlifting, and a multiple Polish and European Triathlon Championship-winning swim instructor.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Each room in the Hotel Europa has a bathroom (hair-dryer, set of towels, bathrobe, and set of toiletries), telephone, TV (cable TV system), air conditioning, Internet, and safe door locks with magnetic stripe cards. In higher-standard rooms, guests are also provided with a kettle, tea and coffee-making facilities and a fridge; and in the Apartments – a kitchenette, a separate toilet, and a living room. The price for each room includes access to the Relaxation Zone (chlorine-free pool, gym, saunas, inner and outer jacuzzi and hydromassage). Two play rooms for children, terrace with sunbeds, table tennis, darts and table football are also free of any extra charge.

Hotel Europa Starachowice is a modern conference and business centre, located at the foot of the Holy Cross Mountains. It's a perfect place for enjoying a moment of relaxation and rest, as well as for organising a conference, an unforgettable party, or celebrating a special day. The Hotel offers 150 rooms in 4 different standards: Economy, Standard, Standard Plus, and Apartment, with a total of 350 bed places. You can also visit a modern Relaxation Zone, where you can enjoy swimming pools, saunas, jacuzzi, spa parlours, gym and a squash court. Hotel Europa has a range of conference halls (1100 square metres of conference area, and over 700 square metres of restaurant and banquet area). Every event is prepared individually, adjusting the details to the guests' needs. Hotel Europa is a family-friendly place, providing many facilities and attractions for younger visitors.



Additional information:

Hotel Europa has a full-size, certified squash court, billiard room, bike and Nordic Walking pole rental, a shop offering well-known Ćmielów china and the hotel's stuffed toys. Especially for its guests, it offers discounts on entry cards for the neighbouring attractions. Guests with children can use additional furnishings and equipment, such as bottle warmers and humidifiers, making the stay in the hotel more comfortable for the family. Taking into consideration the comfort of families, the hotel offers play rooms with computer games, a playground outside, a special menu for children in the restaurants, wading pool in the Relaxation Zone with water temperature of 30 C, and spa treatments for children. The reception provides first aid kits, a list of paediatricians in the area, and contact to reliable baby-sitters.



KOŃSKIE LAND

A famous Old-Polish Industrial Region with traditions connected to iron ore mining and processing, Końskie Land nowadays is a very picturesque region with no active heavy industry, but beautiful nature instead. Next to technical monuments and historical sites formerly belonging to noble families like the Małachowscy or the Jezierscy, we can also find here vast forests, meadows and fields. A significant part of this area is now under the protection of the Końskie-Łopuszno Nature Park.

The forest complex mentioned above, dominated by pine, with additions of birch and oak, similar to the Fir Forests (Puszcza Jodłowa) in the Holy Cross Mountains, has many incredible health-benefitting effects. Airborne essential oils and phytoncides cleanse the air of all pathogenic germs, and they also have a great influence on our bodies. Any form of physical activity in such an environment guarantees to boost your immune system and improve the circulatory and respiratory systems. Additionally, the prevailing colour green and the fresh smell of the forest help you to relax, lowering your stress levels and improving your mental state. To experience the positive effects of this “forest immersion”, you can take a minimum half an hour walk. And here the forest area and walking paths seem to be limitless! With a range of marked hiking and biking trails, you can go from Heaven to Hell (Niebo – Heaven, and Hell – Piekło, are the names of villages connected by the trail), and to the most interesting sites of the Land of Końskie. The treasures of the forest floor – mushrooms and forest fruit – are an additional factor encouraging us to take a walk in the area.

Around 8 km from the town of Końskie lies the biggest holiday resort in the Świętokrzyskie voivodeship – Sielpia, a town located by the artificial lake on the Czarna Konecka River. The reservoir is surrounded by pine forest, and offers an organised bathing place, sandy beach, and a lake pier. In the summer time you can find many accommodation facilities and restaurants here, and the town is full of life. When coming here out of season, you will find it a perfect place to relax – the town turns into a quiet oasis of peace, accompanied by a picturesque landscape.



TRAVEL AGENCIES OFFERING LOCAL TOURS

● Travel Agency “Geo Travel”
ul. Polna 9/32, 26-200 Końskie
phone: 692 139 416, 882 507 020, www.geotravelcom.pl

● Końskie branch of the Polish Tourism Association (PTTK)
ul. Partyzantów 1, 26-200 Końskie
phone: 41 372 31 70, 514 030 401, www.pttkkonskie.pl

PLACES WORTH VISITING

FAŁKÓW – on a little hill in Fałków are the ruins of an old castle, dating back probably to the 14th century. At the beginning of the 17th century, the castle became the property of Wojciech Lasocki of Brzeziny, and that could have been the time when a modern manor house (dwór) was established in place of the former Gothic building. Its small size indicates that it played a defensive role. Another place worth visiting is the church located on a small rise at the market square, built in 1929-1939. It presents a unique, concave façade with two flat roof towers. In 2002 the Historical-Ethnographical Museum was established in Fałków, introducing visitors to the folk art and history of the region, and giving them the possibility to take part in an old handicrafts workshop. The Museum's collection includes everyday objects from the past, such as sewing machines, paraffin lamps, irons, inkwells, historical outfits and agricultural machinery.

RADOSZYCE – according to the Polish chronicler Jan Długosz, around 1370 King Casimir III the Great granted Radoszyce town rights, and founded the first stone church and the castle. The church was then completely reconstructed in the first half of the 17th century, and in the 19th century a tower was added to its front. Inside the church, the stucco decoration in the chancel deserves special attention. It is worth mentioning that in the 19th century Radoszyce was the centre of Hasidism and that around 1900 50% of its inhabitants were Jews. Even today, there is still an old Jewish cemetery from the 18th century, severely damaged during the World War II.

KOŃSKIE – the town has been known since the 12th century. In its centre you can admire one of the most interesting palace and park complexes in Poland. The complex was established in the middle of the 18th century thanks to Jan Małachowski – Great Chancellor of the Crown. The next part of the construction process took place in the first half of the 19th century. Nowadays, you can see here the wings of the palace, Egyptian Orangery, Greek Temple, Grandchildren's Hut, gazebo, gloriolite, and walls with towers. While walking through the park, admire the historic trees such as oaks, lime trees, hornbeams, maples, birches, ash trees, European larches, European beeches, and white poplars. The complex hosts many cultural, educational and sporting events, and the park serves as a place for resting and walking in for both locals and tourists alike. In Końskie you can also visit the late Gothic church of St. Nicolaus from the turn of the 16th century, with late Romanesque bas-relief tympanum carvings from the 13th century.

Tourist Information Centre

ul. Partyzantów 1, 26-200 Końskie, phone: 41 372 90 88, www.konskie.travel

MALENIEC – in the town you can visit a complex of a rolling mill and nailery with over 200 years of history. It was established by a castellan of Łuków, Jacek Jezierski, in 1784. To this day, the complex has preserved its methods of production, rolling metal sheets and manufacturing household tools. The rolling mill halls and shovel-making plant from 1839, as well as unique machines and water wheels, are also very well preserved (Maleniec 54, phone: 41 373 11 42, www.maleniec.pl).

SIELPIA – the biggest recreation resort in the Świętokrzyskie voivodeship, with a 60-hectare reservoir and a sandy beach, a well-developed hotel infrastructure and water equipment rentals. A dense network of hiking and biking trails makes it easy to get to the greatest attractions of the area – the metallurgical plant in Maleniec, Skałka Piekło (Hell Rock) Reserve near Niekłań, and the broads of the Krasna River. In the 19th century, it was one of the biggest working industrial plants in the Old-Polish Industrial Region, and now serves as a museum. One of its most precious exhibits is a huge metal drive wheel with a diameter of 8 metres, among many other unique machines and devices.

Seasonal Tourist Information Point

Sielpia (former Summer Cinema building),
ul. Spacerowa, by the jetty

SKAŁKI PIEKŁO (HELL ROCKS) NEAR NIEKŁAŃ – the site is an inanimate nature reserve, and one of the most unique places in the Świętokrzyskie region. Its main attraction are two groups of incredibly shaped rocks – resembling mushrooms, chimneys or pulpits, up to 8 metres in height. These rocks consist of Triassic and lower Jurassic limestone, and were carved by erosion to their current forms. To get there from Końskie, you need to take road no. 42 to Stąporków, then take the road to Szydłowice through Niekłań Wielki and then Niekłań Mały. Here you need to stop at the parking lot, and take the red or blue hiking trail – and in 20 minutes you'll be able to admire the rocks.

MODLISZEWICE – the fortified manor house in Modliszewice was founded at the end of the 16th century by Andrzej Dunin-Modliszewski, Łąbęź coat of arms. It was built on a small rise on an island in the location of the former castle or manor house of the Odrowąż family. A wooden drawbridge led to the entrance of the house. The building is a perfect example of a typical wealthy Polish nobleman's headquarters, with a reference to medieval-style fortifications. In the 1980s, the manor house was partially restored and protected against damage.

OBLĘGOREK – near the town of Strawczyn, in Oblęgorek, you can find a mansion that used to belong to the Polish Nobel Prize-winning author Henryk Sienkiewicz, presented to him by the Polish society for 25 years of his career in literature. Nowadays, the palace serves as the writer's biographical museum, and includes an office, living room, dining room, smoking room, bedroom, and many objects once belonging to Sienkiewicz, including his family photographs. The palace is surrounded by a beautiful park, with the path leading to the building through the Red Gate lined by lime trees.

The Museum of Henryk Sienkiewicz (Branch of the National Museum)

Aleja Lipowa 24, Oblęgorek, 26-067 Strawczyn
phone: 41 303 04 26, 664 384 069, www.mnki.pl/sienkiewicz

BOBRZA – the town features the remains of the furnace built by Franciszek Lempe in 1826-1831. The plant was supposed to be the biggest ironworks in the Polish kingdom. It included five blast furnaces of the height of 18 metres. The stone retaining wall, 500 metres long and 15 metres high, was built to protect the plant from landslides. However, the outbreak of the November Uprising in 1830 interrupted further construction. Except for the monumental retaining wall, you can see the remains of blast furnaces, production halls, coal storage, parts of the workers' housing estate, and a water-powered gristmill.



Contact for tour operators and travel agencies:
phone: 44 787 36 02, 509 029 745, e-mail: z.podzamcze@gmail.com



Podzamcze Inn is a hotel and restaurant located in the Końskie region, near the picturesque ruins of the castle in Fałków. It's surrounded by forests, offering a quiet and peaceful atmosphere, and is an excellent base for people wanting to enjoy forest walks and relax in the bosom of nature. Podzamcze Inn offers 19 comfortable rooms with bathrooms, and a restaurant serving delicious meals. In the near future, following modernisation of the garden, guests will be able to experience health benefits provided by a new graduation tower. The garden itself will also be beautifully redesigned.

GASTRONOMY

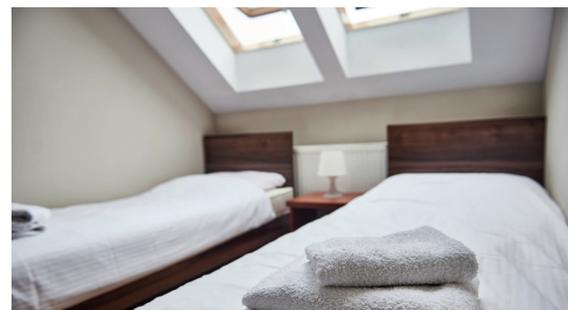
The restaurant of the Inn offers a friendly atmosphere, delicious meals, and attentive staff, which leaves our guests wanting to come back. The varied menu contains both traditional home-made dinners, and gourmet dishes – everything to satisfy our guests' tastes. The restaurant serves mainly European cuisine, with some seasonal dishes, such as Polish pierogi with blueberries, round dumplings (knedle) with strawberries, or salad with asparagus.

SPA & WELLNESS OFFER

The 4000 sqm garden includes a large sauna made out of pine wood and equipped with a wood-burning stove. Using this type of sauna guarantees perfect well-being, and is an excellent way to get rid of stress, release muscle tension and cleanse the body. Spending several minutes in here can turn out to be extremely beneficial for the body, and it can make you feel truly relaxed and well-rested.

SERVICES INCLUDED IN THE PRICE OF A ROOM

Parking, breakfast (buffet), and wi-fi are included in the price of a room.



Additional Information:

- Podzamcze Inn offers a conference hall with multimedia equipment.
- The Inn can organise special events, business meetings, and a campfire with barbecue in the garden. There's also a possibility to rent the modern sports hall, located 500 m from the Inn, where you can use the volleyball, basketball or handball courts, and a gym.





SANDOMIERZ-OPATÓW LAND

The area of Sandomierz and Opatów is one of the most attractive parts of the Świętokrzyskie region. The land around the Vistula River, bordering the Podkarpackie voivodeship on the East, is a place dominated by agriculture and orchards. You won't find any big industrial centres here, but incredibly rich and diverse cultural heritage hidden in its historical villages and towns. Many architectural monuments come from the Cistercians (Koprzywnica), the Bernardines (Opatów), Jews (Klimontów), and wealthy noblemen (like Krzysztof Ossoliński in Ujazd), or even kings (Casimir III the Great in Sandomierz), and remain until today precious traces of their former presence in this area. To make it even more interesting, you can visit numerous loess gorges here, the most famous being the Queen Jadwiga Gorge in Sandomierz, and the 500-million-year-old Pepper Mountains (Góry Pieprzowe). The surroundings are dominated by vast gardens and orchards, blooming in the spring, and bearing fruit in the summer and autumn. In the area of Sandomierz itself, there are 20 thousand hectares of apple, plum, apricot, peach, and sweet cherry orchards. It provides a unique opportunity for buying and trying fresh fruit and vegetables, juices, salads or preserves. Dishes served in the local restaurants, especially regional ones, use the variety of the products from the area, and they guarantee healthy and delicious meals. Another attraction worth recommending in this region is the Apple Trail of Sandomierz, running through fruit farms, fruit processing farms, and restaurants, while presenting traditions of apple and pear farming, and modern technologies in fruit production.

Wine lovers can choose a journey through the Sandomierz Wine Trail, where you should try the local high-quality wines. Thanks to the unique specifics of the region, many of the local events are focused on the culinary arts. While attending festivals like: the Time of Good Cheese and Polish Wine (Czas Dobrego Sera i Polskiego Wina), or the Young Wine Festival (Święto Młodego Wina) in Sandomierz, you can taste wines from local wineries. At the European Apple Harvest Festival (Europejskie Święto Jabłka) in Obrazów, and at the Regional Festival of Blooming Apple Trees (Wojewódzkie Święto Kwitnących Jabłoni) in Samborzec, you can try roasted apples, and at the Regional Tomato Festival (Wojewódzkie Święto Pomidora) in Dwikozy – delicious tomato soup. To complement these culinary experiences, there are also cultural events organised, such as the Unusual Movies and Meetings' Festival (Festiwal Filmów-Spotkań NieZwykłych) or the Jagiellonian Fair and Knight Tournament in Sandomierz, the Opatów Fair in Opatów, and knight tournaments in Ujazd.





SANDOMIERZ WINE TRAIL

Sandomierz Wine Trail is a touristic culinary (oenological) trail, which connects a series of wineries producing the best wine in Poland. Thanks to the loess soil of the region and its specific microclimate, the local vines present a yearly opportunity to produce wine with rich aromatic notes and flavours, which can be appreciated by many wine connoisseurs.

It results in growing numbers of medals being awarded to Sandomierz's winemakers at many international wine competitions. But wineries are not only vines and vineyards where the tastings are held – they are also great places to stay for a longer time, taking a moment to rest and relax (winiarzesandomierscy.pl).



VINEYARDS AND WINERIES AROUND Sandomierz and Opatów

- Vineyard Płochockich**
 Daromin 2, 27-612 Wilczyce
 phone: 504 012 189
www.winnicaplochockich.pl
- St. Jacob Vineyard and Winery**
 ul. Staromiejska 3, 27-600 Sandomierz
 phone: 724 083 950
www.sandomierz.dominikanie.pl
- Sandomierska Vineyard and Winery**
 Góry Wysockie 136, 27-620 Dwikozy
 phone: 782 679 034, 511 776 360
www.winnicasandomierska.pl
- Terra Vineyard and Winery**
 Malice Kościelne 22, 27-540 Lipnik
 phone: 570 971 971, 570 972 972
www.winnicaterra.pl
- Nad Jarem Vineyard and Winery**
 Żłota 161, 27-650, Samborzec
 phone: 668 101 448, 509 327 327
www.winnicanadjarem.pl
- Nobilis Vineyard and Winery**
 Faliszowice 52, 27-650 Samborzec
 phone: 602 777 117
 FB profile
- Kędrow Vineyard and Winery**
 Faliszowice 32, 27-650 Samborzec
 phone: 666 033 884, 698 506 244
- Król Vineyard and Winery, Radoszki 99**
 27-612 Wilczyce, phone: 799 220 274
- Malucha Vineyard and Winery**
 ul. Polna 58, 27-600 Sandomierz
 phone: 15 832 16 12, 609 55 25 70
- Na Rozdrożu Vineyard and Winery**
 Andruszkowice 110, 27-650 Samborzec
 phone: 887 453 673, FB profile



PLACES WORTH VISITING

SANDOMIERZ – located on the Vistula, the town spreads across seven picturesque hills, cut by loess gorges (the most famous one being the Queen Jadwiga Gorge). Sandomierz is proud of its monumental, original architecture, with its foremost examples being the Old Town with fragments of medieval walls, Opatów Gate from the 14th century (viewpoint), the town hall crowned with a Renaissance attic, and the burghers' houses. Running through basements, pantries and dungeons, the Underground Tourist Trail begins in Oleśnicki Manor (Kamienica Oleśnickich). In the Old Town, it is worth visiting the exhibition "The World of Father Matthew" ("Świat Ojca Mateusza"), dedicated to the popular Polish TV series, where you can also take pictures with the characters of the show. You can also go back in time to the world of medieval knights by visiting the "Knights' Armoury". Within its borders, Sandomierz holds many precious sacral monuments, such as the Gothic Cathedral of the Nativity of the Blessed Virgin Mary with Rutheno-Byzantine frescoes, or the Church of St. Jacob, built in 1226-1250, which is one of the most valuable late-Romanesque monuments in Poland. The Royal Castle of King Casimir III the Great, built on a steep mound, serves now as the District Museum, and the House of Jan Długosz (the chronicler) presents rich collections of the Diocesan Museum. Hiking enthusiasts should definitely take a trip to the Pepper Mountains. The beautiful panorama of Sandomierz is best enjoyed during a cruise on the Vistula River.

Tourist Information Centre, Rynek 20, 27-600 Sandomierz
tel. 15 644 61 05, www.sandomierz.travel

Tourist Information Point in Sandomierz, Branch of the Polish Tourist and Sightseeing Society (PTTK), Rynek 12, 27-600 Sandomierz
tel. 15 832 23 05, 15 832 26 82, www.pttk-sandomierz.pl

KOPRZYWNICA – famous for the former Cistercian monastery complex, founded by Nicolas Bogoria in the 12th century. To this day, only the eastern wing of the quadrangle monastic buildings has survived, featuring the late-Romanesque chapter house with a rib vault. Late-Romanesque architectural details, rib vaults, and fragments of medieval polychromy are also preserved in the Church of the Blessed Virgin Mary and in the Church of St. Florian. Also worth a look is the late-Baroque facade with the church porch, built on in the 18th century, and the chalice-shaped tower called "kulawka" (meaning a goblet with no stem or base).

OPATÓW – the most important and impressive monument of Opatów is the Romanesque Collegiate Church of St. Martin, dating back to the 12th century, built from cut sandstone. Inside you can see the "Opatów Lament" ("Lament Opatowski") – the tombstone of the chancellor Krzysztof Szydłowiecki, depicting 41 people grieving over his death. The Benedictine monastery and church also has a long history – it was built on a hill called Żmigród in the 14th-15th century, and restored later in the Baroque style. Only one of four gates in Opatów has survived to this day – the Warsaw Gate (Brama Warszawska). Former merchant basements under the market square were connected to create a network of corridors and stairs, and are now available for sightseeing as an underground tourist route.

Tourist Information Centre
pl. Obrońców Pokoju 34, 27-500 Opatów, tel. 15 86 81 301, www.opatow.travel

KLIMONTÓW – from a distance you can see the beautiful panorama of the town, with the towers and the dome of the baroque Collegiate Church of St. Joseph rising above other buildings. This majestic temple is one of the most impressive sacral monuments from the 17th century in Poland. Other sites worth visiting in Klimontów are: the former Dominican church of the Blessed Virgin Mary and St. Hyacinth from 1617-1620, former Dominican monastery buildings, and a neoclassical synagogue from 1851.

Tourist Information Point
ul. Krakowska 19, 27-640 Klimontów, tel. 15 865 53 90

UJAZD – a village famous for the castle "Krzyżtopór", designed by Wawrzyniec Senes in 1631-1644, recognized as the largest palace building in Europe before Versailles was built. The founder of this "Palazzo in fortezza" – Krzysztof Ossoliński, the Sandomierz Voivode – wanted to amaze his contemporaries. Thus, the monumental palace complex was built into the five-sided bastion fortress, and its construction was based on the calendar: it had as many windows as there are days in a year; as many chambers as there are weeks in a year; as many large rooms as there are months; and 4 towers symbolising the 4 seasons of the year. The ceiling in one of the towers was made up of an aquarium, and the horses in the stables could drink water straight from marble troughs (address: Ujazd 73, phone: +48 15 860 11 33, www.krzyztopor.org.pl).

SULISŁAWICE – the sanctuary located here is called "Częstochowa of Sandomierz" (with Częstochowa being the most famous place of religious worship in Poland). Numerous pilgrims come here to see the miraculous painting of Our Lady of Sorrows from 1450. The home for the worshipped painting is within the church of an English neo-gothic style, built in 1871-1888. The complex of the sanctuary also includes an

Travel agencies offering
local tours in Sandomierz
and its vicinity

Sandomierz branch of the Polish Tourism Association (PTTK)
Rynek 12, 27-600 Sandomierz,
phone: 15 832 23 05, 15 832 26 82
www.pttk-sandomierz.pl

ŚWIĘTOKRZYSKIE
SPA & WELLNESS



older church – in its former sacristy you can now see a memorial room dedicated to the “Jędrusie” unit of the Home Army (Polish resistance movement during World War II) (address: Sulisławice 90, tel. +48 15 866 93 62, www.sulislawice.pl).

ZAWICHOST – a royal town located on the early-medieval Ruthenian trail, running from Western to Eastern Europe, situated on a historic crossing over the Vistula River. You can visit the former Franciscan church of St. John the Baptist, built in the 13th century – the first monastery of the Order of

St. Clare in Poland. There are also two other temples worth visiting – the baroque Church of the Blessed Virgin Mary from 1738-1740 with Romanesque elements, and the Holy Trinity Church from the 12th century, restored in the 15th and later in the 18th century (www.zawichost.pl).

ĆMIELÓW – famous for its 200-year-long tradition of producing china, which is now presented in the Living Museum of Porcelain (Żywe Muzeum Porcelany). On the tour through the Museum you will learn about the process of producing porcelain, what is used to make it, and how to tell the difference between porcelain and ceramics. The Museum also organises workshops where you can make your own porcelain rose or decorate a cup. In quite an unusual place, an old 22-metre furnace to be more specific, you can watch a film about the town of Ćmielów (address: ul. Sandomierska 243, Ćmielów, phone: +48 15 861 20 21, www.turystyka.cmielow.com.pl).

Żywe Muzeum Porcelany
ul. Sandomierska 243, Ćmielów, tel. 15 861 20 21
www.turystyka.cmielow.com.pl



RECREATIONAL ACTIVITIES

While visiting the Sandomierz-Opatów Land, you have the chance to improve your health and physical condition. The biggest potential of this region is the comprehensive network of biking trails running along local roads with not much traffic. The Green Velo East of Poland Cycling Trail, total length 2000 km, will take you from Sandomierz to Klimontów, Krzyżtopór Castle in Ujazd, or along the Vistula River to Radomyśl on the San River. You can also take a trip around the area using biking trails called “Landscapes of Sandomierz” (“Sandomierskie Krajobrazy”) (black, blue, and yellow colour). Hiking enthusiasts should visit the Queen Jadwiga Gorge, Piszczele Park or the Pepper Mountains near Sandomierz. In the area of Opatów, take the blue trail to get to Gołoszyce, Pielaszów, or Dwikozy. Among other ideas for spending your free time in the area, the cruises on Vistula are worth mentioning, as well as the ski lift in Konary near Klimontów, and the “Błękitna Fala” Indoor Pool Complex in Sandomierz.

RENTAL OF BICYCLES AND RECREATIONAL EQUIPMENT

● **Rental Point at the Tourist Information Centre**
Rynek 20, 27-600 Sandomierz
tel. 15 644 61 05
www.sandomierz.travel

● **Bicycle and water equipment rental**
Miejski Ośrodek Sportu i Rekreacji, Bulwar im. Marszałka Piłsudskiego
27-600 Sandomierz, tel. 790 780 964, mosir.sandomierz.pl

● **“Błękitna Fala” Indoor Pools Complex**
ul. Zielna 6, 27-600 Sandomierz, tel. 790 780 962, www.mosir.sandomierz.pl

Contact for tour operators and travel agencies:
Mr Krzysztof Tusznió, phone: 502 797 000
e-mail: ktusznió@hotelsarmata.pl



GASTRONOMY

The Sarmacka Restaurant is the perfect place to organise social and business meetings. The themed restaurant, with air conditioning (84 seats) and a winery (50 seats), guarantees guests delicious meals while feeling the historical atmosphere of the place. From the windows, there's a beautiful view of the manor yard, the Chocim lantern, and the park surroundings. In the summertime, the restaurant is complemented by a coffee terrace and summer garden, where you can spend some pleasurable moments sitting under umbrellas on rattan garden furniture.



SPA & WELLNESS OFFER

In addition to the comfortable rooms and gourmet cuisine, guests can also take advantage of the Relaxation Zone in the hotel, where they can rest and relax after a long, hard working day or intensive tour around Sandomierz. Especially for them, the hotel offers a dry Finnish sauna made of Nordic spruce and cedar from North Africa. The temperatures there range from 90 to 110°C, with the humidity being 5-10%, which helps to improve the body's immune system. The conditions in the sauna also enable the aromatic scent of cedar oils to be released more efficiently. "The heart of the sauna" makes it possible to create therapies with the use of essential oils (for example with eucalyptus oil). For guests' comfort, the benches in the sauna are made from African obeche wood, sometimes called "cold wood", which has a low thermal conductivity (it does not heat up), and is knotless and resin-free. Water leisure enthusiasts can use a relaxing bath, combined with an underwater body massage in the jacuzzi. The hot tub uses different systems of air-water nozzles and precise systems of massage intensity regulation. It is made of a non-slip material, creating a warm and pleasant feeling for guests. Thanks to underwater illumination, providing 5 levels of light intensity and 6 colour choices, the bath will add more colour to your life!

SERVICES INCLUDED IN THE PRICE OF A ROOM

All the rooms and apartments have: 26" LCD TV, radio, 17" electronic safe with 230V power supply, telephone, free Internet access (LAN & WiFi). The bathrooms in rooms and apartments are equipped with showers and hair dryers, and the apartment in the attic of the manor house is equipped with a 2-person bathtub. Guests choosing any of the hotel packages have free access to the sauna, jacuzzi, and relaxation massages.

Hotel Sarmata*** is a unique hotel, established on the foundations and structures of the buildings of a historic manor complex, dating back to 1861. In the interiors, recreated with the greatest care and attention to detail, guests will be able to feel the spirit of Sarmatism, try the specialities of the regional cuisine, and relax away from the hustle and bustle of everyday life. Those who are looking for a comfortable hotel with a guarded parking lot, regional restaurant and winery with a rich wine menu should not miss the opportunity to stay at the Hotel Sarmata*** Manor Complex. The Hotel offers a total of 127 bed places in 41 comfortable rooms and 9 apartments, located in the manor house, its annex, and in the main part of the hotel.



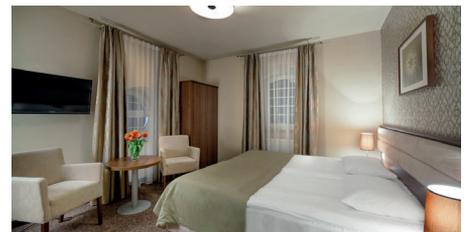
Additional information:

The Hotel Sarmata*** Manor Complex is perfectly adapted for organising different meetings and conferences or workshops. It has 2 conference halls (310 sqm and 200 sqm) with audiovisual equipment. For hotel guests, there are guided trips to Sandomierz, as well as other optional excursions with tastings offered by regional vineyards. Situated near the Green Velo trail, the hotel is cyclist-friendly, and has a Cyclist-Friendly Place certificate. It is also a perfect place for families with children as the hotel offers a number of amenities for younger members of the family.

Contact for tour operators and travel agencies:
phone: 533 355 394, 533 355 397



Miodowy Młyn Hotel*** in Opatów is a three-star hotel located in the very heart of the Amber Trail, and it operates in an adapted historic old mill from the beginning of the 20th century. Today, the Miodowy Młyn Hotel is a place with a unique atmosphere – it combines elegance, comfort and charm. The variety of attractions offered, the modern conference facilities, a banquet hall for 180 guests, VIP room, and professional staff guarantee that guests can enjoy both their stay for leisure purposes, and business meetings. The hotel offers 26 comfortable rooms, including a room with disabled access, and two luxury apartments. Guests can enjoy free parking, the gym and the sauna. Families with children can enjoy many amenities which are prepared especially for younger visitors.



GASTRONOMY

The Miodowy Młyn Hotel*** offers an atmospheric restaurant, appreciated even by the most demanding gourmets. The Head Chef and his team combine the latest culinary trends with local and international ingredients to prepare delicious fusion-style dishes. The stylish banquet hall, together with the restaurant, can hold a variety of events: banquets, wedding receptions, revelry, themed events such as mead tastings, evenings with the local legendary Bandit, local story-telling events, “The Search for the Witches of the Świętokrzyskie Region”, as well as any type of family gathering, or private and business meetings. The drink bar offers a wide range of alcoholic beverages from all around the world, including meads, local wines, regional beers, vodkas, and others.

SPA & WELLNESS OFFER

Guests who want to have a break from everyday life can relax in the Hotel SPA. Taking a Finnish sauna will help to wipe away the effects of exhaustion, remove toxins from the body, improve circulation and induce relaxation. It takes just a few moments to improve your well-being and relax your tired, tense muscles. Your visit to the sauna can be supplemented with a massage: classic, slimming or neck and back massage. If you enjoy taking care of your body and physical condition, you can visit the professional gym with Matrix equipment, dedicated both to strength and cardio exercises. Active recreation and biking trip enthusiasts can use the bike rental in the hotel, and choose a biking trail depending on the place you want to visit, the distance and the level of difficulty.

SERVICES INCLUDED IN THE PRICE OF A ROOM

The room price includes a breakfast buffet, monitored parking, access to the Internet and unlimited access to the gym and sauna. Guests who choose one of the hotel packages, depending on the selected offer, can also enjoy full-board, 1-2 spa treatments with no extra charge, a discount on massages, a discount on the restaurant dishes, or a discount on tickets to the Entertainment and Miniature Park in Krajno.

Additional information:

Miodowy Młyn Hotel*** offers two conference-banquet halls: Honey Hall (Sala Miodowa) with direct access to the terrace, and the minor VIP Hall. Both Halls include air-conditioning, natural lights and a light dimmer, wireless WiFi, a projector, a screen, a laptop, ceiling speakers, and a wireless microphone. The hotel offers a ski safekeeping depository and younger visitors can enjoy table football and a playground with a slide. On request, the hotel can organise a party with electronic music and a DJ, dance party with an orchestra or a regional folk band; it offers also the services of an activity organiser. In the hotel you can also buy regional products and souvenirs, such as: local wines and beers, Opatów fudge, home-made goose rillettes (each November), honeycombs from local ecological apiaries, and jewellery and other accessories made from striped flint.



LEGEND

- | | | | |
|---|---------------------------------|---|---|
|  | Voivodeship border |  | Historic church |
|  | National roads |  | Museum |
|  | Road number |  | Castle / Palace / Manor |
|  | Local and other roads |  | Places of interests connected with Jewish culture |
|  | Rivers and reservoirs |  | Attractions for children |
|  | Districts | | |
|  | Towns and cities | | |
|  | Parks – National and Landscape | | |
|  | Kurozwęki | | |
| | Places of interest for tourists | | |

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Ministerstwo
Sportu i Turystyki



KEY TO
WELL-BEING