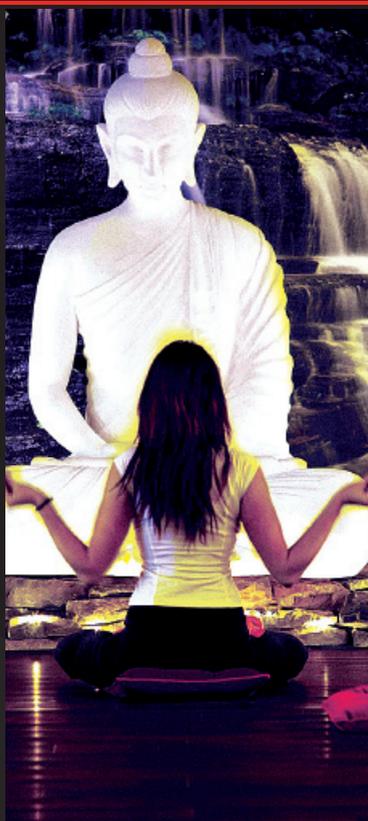




Świętokrzyskie



CATALOGUE OF TOURIST PACKAGES

Poland - Świętokrzyskie Voivodeship



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**Publisher**

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Kielce 2014

Welcome to Świętokrzyskie voivodeship!



THE ŚWIĘTOKRZYSKI REGION CAN ENCHANT ANYONE

Is it worthwhile to visit Świętokrzyskie voivodeship and spend a short or a prolonged holiday there? It is our aim to persuade those unfamiliar with the region that it is certainly a great idea to come and discover the thrills of the area: these adventures make people eager to return. The region boasts fascinating nature, intriguing history, splendid artistic and architectural monuments, singular archaeological and geological sites, Poland's oldest industrial sites, and folk traditions. Our region can enchant any season of the year - late spring, summer, autumn or snowy winter. The list of charming, magical places that should surely be visited includes: Kielce, Sandomierz, Wiślica, Jędrzejów, Pińczów, Szydłów, Święty Krzyż, Chęciny, Busko-Zdrój, and Chmielnik. Those who still hesitate and need encouragement will find below a number of proposed trip and excursion programmes.

Welcome to Świętokrzyskie voivodeship!

This up-to-date publication contains suggested programmes of various tourist events organized in Świętokrzyskie voivodeship and cover the following thematic fields:

- 1. KEY TO HEALTH**
makes use of the nature's assets and existing tourist and tourist-related infrastructure of such spas as Busko-Zdrój and Solec-Zdrój, as well as Spa & Wellness stays in top-class hotels.
- 2. HIGHLIGHTS OF THE ŚWIĘTOKRZYSKI REGION**
is for enthusiasts of cultural tourism based on the region's historical and cultural heritage represented by small, old towns, historical sacred monuments, castles, palaces, fortified buildings and mementos of Jewish culture.
- 3. BUSINESS TRIPS THAT KNOW NO RULES**
is designed for businesspeople attracted mainly to the Kielce Trade Fairs. The Kielce fair grounds constitute an energetically developing exhibition and congress centre. For example, our offers effectively combine elements of work-related events (e.g., team building) and rest and relaxation during the participants' free time as part of their trip.
- 4. IN THE LAND OF LASTING IMPRESSIONS**
is for nature lovers and fans of outdoor sports and special interest tourism, especially skiing, water sports and hiking enthusiasts.
- 5. HOMEY AMBIANCE**
is designed for those who enjoy resting in rural milieus, especially in hospitality farms that serve healthy, ecological cuisine, as well as interesting possibilities of passing the time outdoors, in close contact with nature.



HEALTH RESORT TOURISM

source of well-being and beauty

The nature of this area has bestowed innumerable benefits of which today we can reap the full measure. Even the most discriminating clients are delighted tapping into the natural resources of the Świętokrzyskie region, particularly when combined with professional services in the fields of rehabilitation and cosmetic treatments.

Stays in the region's health resorts and spa centres offer individually tailored treatments and therapies which aid rehabilitation and restore peak physical condition. Each programme is supplemented by the skillful use of medicinal waters, medical and cosmetic treatments combined with outdoor relaxation and physical activities.

Your physical condition can be successfully restored through remedial therapies based on well-known medicinal waters of the Busko-Zdrój spa, as well as through massages and the application of classical and more sophisticated physiotherapeutic cures. Cosmetic treatments are applied with the use of the highest quality medicaments. Successful treatment is possible, thanks to the correct professional choice of therapies by experienced rehabilitation staff. Restoration of body and mind is also due to relaxation provided by aroma baths with the use of floral oils, coffee and chocolate body wraps, variety of peels, and massages. Additionally, our regional Spa & Wellness centres are equipped with swimming pools, various saunas and fitness facilities. Those deciding to stay longer can count on comfortable accommodations and full board.

Treatment with the Busko-Zdrój sulphide waters is included at the *Marconi* and *Włókniarz* sanatoriums and at the *Malinowy Zdrój* Hotel Medical Spa which is getting ready to put its sulphide pools into operation. The Sanatorium & Hotel *Słowacki* Spa also offers medicinal therapies. Medicinal and cosmetic cures are available in all hotels which base their services on the concept of Wellness & Spa. Such establishments as the *Odyssey Club & Hotel* and the *Aviator* Hotel offer beauty treatments based on natural beauty products, as well as many exercises improving clients' physical and mental condition. Somewhat different treatment is available in the Relaxation and Contemplation Therapeutic Centre "The Golden Forest Hermitage" in Rytwiany, where the cure is based on the Camaldolese Rule of Silence, combined with the achievements of traditional medical sciences.



KEY
TO HEALTH

The packages below refer to health resort traditions based on well-known and tested formulas and introducing modern therapies based on new trends. Medical cures combined with top-quality treatments restore health, improve well-being and looks. When all these elements meet in the health resort offer, complete relaxation and full satisfaction are the result.

SŁOWACKI SANATORIUM & HOTEL

Słowacki Spa*** – 7-day package

Słowacki sanatorium offers restoration therapies to patients who suffer from rheumatic and neurological conditions, post-traumatic locomotory problems and skin diseases. Therapies involve treatments with the use of natural resources, such as sulphide waters, therapeutic mud, and various kinesitherapeutic and physiotherapeutic treatments provided by procedures using the most modern equipment. The sanatorium is fully equipped with facilities for the disabled.

The offer is particularly suitable for individual patients seeking relaxation and top-quality spa treatments.



ACCOMMODATIONS

Hotel Słowacki Spa in Busko-Zdrój. Single and double rooms with bath and TV. Car park, swimming pool, Jacuzzi and sauna are all at the guests' disposal.

MEALS

Breakfast, lunch and dinner served on hotel premises.

THERAPEUTIC PROGRAMME

Any four medical treatments of those offered by the sanatorium, as well as free access to the pool with hydro massage, Jacuzzi and sauna.

TREATMENTS

- Sulphide bath
- Sulphide cuts
- Carbonic acid bath
- Mud/Peat Bath
- Bubble bath with ozone
- Bath in brine
- Cryosauna
- Sollux lamp
- Solaris lamp
- Laser therapy
- Magnetic therapy
- Traditional massage (15 min.)
- Vibrating massage
- Whirlpool massage
- Mechanical massage
- AQUAMED
- Lymphatic massage (partial)
- Slyde-Styler
- Peloidotherapy – small mud wrap (hand or feet)
- Peloidotherapy – big mud wrap (knees, shoulders or hips)
- Pulsatronic
- Interferential (Nemec) currents
- Kotz currents
- Tensa currents
- Trabert currents

THE PACKAGE INCLUDES THE FOLLOWING SERVICES

- overnight stay
- 3 meals
- 4 treatments per day
- free access to pool with hydro massage, Jacuzzi and sauna

OPTIONAL SERVICES (AT ADDITIONAL COST)

- additional healing treatments
- fitness club
- beautifying services
- hair-dresser

More information: www.slowacki.busko.pl

ODYSSEY CLUBHOTEL

Wellness & Spa – Young Ladies' Meeting Place

The most attractive hotel in the Świętokrzyskie Mountains invite young ladies to relaxing social meetings, premarital gatherings, or simply as a gift offered to Mother or girlfriend. Any occasion is a good reason to come and spend a marvelous time in luxurious environment of the Odyssey Hotel.

The programme is particularly suitable for individual clients seeking relaxation and top-quality spa treatments.

ACCOMMODATIONS

Odyssey ClubHotel Wellness & Spa is a five-star facility located in the Świętokrzyskie Mountains nestled on a scenic slope of Mount Domaniówka. Single and double rooms with bath, TV LED, Internet and air-conditioning. Other facilities include restaurant, swimming pool with recreational attractions, sauna, Turkish bath, pool with brine and an exercise room. Twelve well-equipped salons with beautifying treatments, baths and massages are available for our guests. Free monitored car park.

MEALS

As included in the programme.

THE PACKAGE INCLUDES

- One overnight in comfortable double room or suite.
- And the following treatments and services for ladies
- relaxing bath in lavender flowers,
- egenerating sugar peel "At the Source Of Beauty",
- enewal massage with Oriental Sweetness candle light,
- consultation of a beautician,
- dinner in the Odyssey restaurant,
- delicious breakfast,
- unrestricted access (8 am - 9 pm) to swimming pool and sauna area, including a 20-metre pool with underwater massage, pool with brine, herbal and steam baths, Finnish sauna as well as infrared sauna, ice well and a swimming pool terrace with deck-chairs.



There is also an exercise room with fitness equipment, table tennis, and table football.

OPTIONAL SERVICES

(AT ADDITIONAL COST)

- Professional photo session on the hotel premises (reservation required)
- Purchase of the **Thali Sens** beauty collection for home use (promotional price)
- Participation in weekend exercise sessions of Pilates or Capoeira

Additional overnight stays at special prices are available exclusively for guests buying full spa packages.

More information: www.hotelodyssey.pl

ODYSSEY CLUBHOTEL

Wellness & Spa – Magic of the Night

Romantic package for lovers who want to spend unforgettable, relaxing moments in the most attractive hotel in the Świętokrzyskie Mountains. Multiple attractions offered include spa treatments for two, as well as romantic dinners.



This programme is particularly suited for individual clients seeking relaxation and top-quality spa treatments.

ACCOMMODATIONS

Odyssey ClubHotel Wellness & Spa is a five-star facility located in the Świętokrzyskie Mountains nestled on a scenic slope of Mount Domaniówka. Single and double rooms with bath, TV LED, Internet and air-conditioning. Other facilities include restaurant, swimming pool with recreational attractions, sauna, Turkish bath,

pool with brine and an exercise room. Twelve well-equipped salons with beautifying treatments, baths and massages are available for our guests. Free monitored car park.

MEALS

Breakfast, lunch and dinner served on hotel premises.

THE PACKAGE INCLUDES

- A complimentary bottle of wine in the room
- One overnight stay in a comfortable double room or suite
- Romantic candle light dinner in the Odyssey restaurant
- Consultation of a beautician
- Relaxing massage for two
- Facial massage for her and foot massage for him
- Magnolia Flower peel for two in the ruby bath accompanied by a relaxing and healthful body wrap
- Delicious breakfast
- Unrestricted access (8 am – 9 pm) to swimming pool and sauna zone, including a 20-metre pool with underwater massage, pool with brine, herbal and steam baths, Finnish sauna as well as infrared sauna, ice well and a swimming pool terrace with deck-chairs;
- there is also an exercise room with fitness equipment, table tennis, and table football.

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Professional photo session on the hotel premises (reservation required)
- Purchase of the Thali Sens beauty collection for home use (promotional price)
- Participation in weekend exercise sessions of Pilates or Capoeira

Additional overnight stays at special prices are available exclusively for guests buying full spa packages.

More information: www.hotelodyssey.pl

MALINOWY ZDRÓJ METAMORPHOSIS – a 4-day beauty package

Offer for those who want to take care of their appearance and well-being. To achieve optimal cosmetic effects, the Odyssey offers treatments are specially designed for people of all ages and with different skin conditions. The programme contains proven and effective cosmetic treatments that will ensure the revitalization of skin, improve its appearance, thus making the recipient feel special.

This programme is particularly suited for clients seeking relaxation and top-quality spa treatments.

ACCOMMODATIONS

Modern and luxurious Malinowy Zdrój Spa Hotel with Rehabilitation and Biological Renewal Centre in Solec-Zdrój. Single and double rooms with bath, TV and free Wi-Fi. Car park, swimming pool, saunas and outdoor Jacuzzi are at the guests' disposal.

MEALS

Breakfast, lunch and dinner served on hotel premises.



THE PACKAGE INCLUDES

Choice of two facial treatments after a beautician consultation from the following list:

- Pura Line Lux
- Hydra Lux Line
- Vitality Line Lux
- Babor Selection
- Age Defence
- Criolift

One treatment for hair: Renew C or Botox-like treatment

One care treatment - Silky Hands or Beautiful Hands

One Babor Feet Vitalizer or relaxing Light Legs treatment

One Spa Balneo for body or Raspberry Body Wellness

One Marine Minerals bath or Empress Milk bath

One treatment of Wraps with Dead Sea Mud or Clay for the body

One 30 min special massage

One underwater massage with algae or bath with red wine

SERVICES INCLUDED IN THE PACKAGE

- Three nights
- Three package meals (buffet breakfast and dinner, lunch a la carte)
- Swimming pool and saunas (steam, herbal and Finnish) plus tepidarium
- Outdoor Jacuzzi
- Bathrobes and hair-dryers in rooms
- Car park
- Digital TV in rooms
- Free Internet access
- Safety deposit box in each room
- Aerobics in the pool

Discount package price for holders of Malinowy Raj (Raspberry Paradise) card.

More information: www.malinowyzdroj.pl



MALINOWY ZDRÓJ

Thermal Water Swimming Pools

Thermal Water Swimming Pools in Solec Zdrój represent Poland's rare complex of pools with healing sulphide waters. Its name is derived from the highly mineralized healing sulphide waters of the Malina Spring. For many years, sulphide brine has been used in healing degenerative joints and spine, rheumatoid inflammation of joints and spine, post-traumatic conditions, and locomotory problems. The sulphide brine acts as a natural peel, making the skin smooth and firm.

The programme is particularly suited for clients seeking relaxation and top-quality spa treatments.

ACCOMMODATIONS

Modern and luxurious Malinowy Zdrój Spa Hotel with Modern and luxurious Malinowy Zdrój SPA Hotel with Rehabilitation and Biological Renewal Centre in Solec-Zdrój. Single and double rooms with bath, TV and free Wi-Fi. Car park, swimming pool, saunas and outdoor Jacuzzi are at the guests' disposal.

MEALS

Breakfast, lunch and dinner served on hotel premises.

THE PACKAGE INCLUDES

Medical Spa & Wellness

Treatments of balneotherapy (sulphide and therapeutic mud baths) as well as kinesitherapy, physiotherapy and medical consultations are available to our patients in the rehabilitation area. Classical and relaxing massages, other spa treatments, as well as various biological renewal treatments and fitness centre exercises, are also available.

Rest and relax in the Spa area

During their stay in the Thermal Waters Swimming Pool Centre, guests can enjoy tasty meals in the restaurant, an aromatic cup of coffee in the on-site café, or top-class entertainment during social events and



concerts. Picturesque natural environment and a beautiful spa park invite long walks.

Complex of swimming pools

The complex is divided into silent and loud zones. The loud zone includes a swimming pool, two water slides and such attractions as massaging benches, geysers, and counter-currents. A shallow pool for children with special attractions is located nearby. The beach around the outdoor swimming pool offers a relaxing ambiance and deck-chairs, plus a nice view over the charming spa park. The silent zone includes Wellness section with saunas (herbal, steam, Finnish) and Jacuzzi, as well as a medical treatment area equipped with a pool with healing sulphide brine.

OPTIONAL SERVICES (AT ADDITIONAL COST)

Treatments in the Malinowy Zdrój Spa Rehabilitation and Biological Renewal Centre in Solec-Zdrój.

More information: www.basenymineralne.pl

SANATORIUM MARCONI IN BUSKO-ZDRÓJ – 7-day medical package

Feliks Rzewuski, a Busko-Zdrój leaseholder, was one of the founders of the Busko-Zdrój health resort. He was also one of the health resort's patients seeking relief for rheumatic ailments. Rzewuski valued greatly the therapeutic properties of the local medicinal waters and soon founded a joint-stock company in Warsaw, quickly acquiring a permit to open a health resort in 1836. The establishment was developed intensively, new medical buildings were constructed, and more and more patients flocked to Busko-Zdrój.

The programme is particularly suited for clients seeking relaxation and top-quality medical treatments.



ACCOMMODATIONS

Sanatorium Marconi in Busko-Zdrój spa park. Single and double rooms with bath. Concert hall, restaurant, conference room and a café are available for the spa's guests.

MEALS

Breakfast, lunch and dinner served on hotel premises.

THE PACKAGE INCLUDES

Any four medical treatments of those offered by the sanatorium. All therapies need previous medical consultation and are individually selected according to information provided in the patient's medical record.

TREATMENTS AVAILABLE

Basic treatments

- Sulphide bath
- Sulphide cuts
- Iodide brine bath
- Bath in therapeutic mud emulsion
- Brine bath with hydro massage
- Vibrating brine bath
- Carbonic acid bath
- Dry carbonic acid bath (CO₂)
- Oxygen ozone and bubble bath
- Pelotherapy - entire body mud wrap
- Pelotherapy - partial mud wrap (spine + shoulders or hips + legs)
- Pelotherapy – partial mud wrap (big joints/knees + shoulder or hips))
- Pelotherapy – partial mud wrap (small joints/hands or feet)

Massages

- Aquavibron – vibrating massage
- Hydro-jet
- Classical massage
- Infrared massage
- Underwater massage
- Manual lymphatic drainage

Kinesitherapy

- Rehabilitation pool (30 min.)
- Atlas exercises
- Individual gym exercises
- Group gym exercises
- Cardiac gymnastics

- Kinesiotaping
- Exercises on RECO-ALTER tables
- Gieczew underwater hoist

Hydrotherapy

- Swimming in the swimming pool
- Hydro-massage
- Whirlpool massage
- Brine mini-pool
- Showers

Light, photo or heliotherapy

- Bioptron lamp
- PUVA lamp
- Sollux lamp
- SUP lamp
- Laser therapy

Electro-therapy

- Diadynamic or Bernard currents
- Galvanic currents
- Isodynamic

Ionophoresis

- Nemecc currents
- Kotz currents
- Tensa currents
- Trabert currents
- Pulsatronic
- Tonolysis (electric stimulation)

Ultrasound therapy

- Ultrasounds
- Fonoforeza (ultrasounds + drugs)

Magnetic therapy

- Magnetronic
- MRS/Viofor (magnetic stimulation)
- Terapuls (microwave diathermy)

Thermo-therapy

- Cryosauna
- Local cryotherapy
- Paraffin wraps

Aerosol therapy

- Inhalation near graduation towers (brine mini-graduation tower)
- Individual iodide brine inhalations
- Nebulizer therapy for sinuses
- Oxygen therapy

Other treatments & therapies

- Vibrating platform (30 min.)
- Massage with stones
- Training on stationary bike (Ergometer)
- Crosstrainer' training bike
- Beer baths with hydro-massage
- Stationary running exercise
- Solarium



SERVICES INCLUDED IN THE PACKAGE

- Five nights
- Three meals
- Four treatments per day
- Free access to pool with hydro-massage, Jacuzzi and saunas

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Additional medical treatments
- Beautifying treatments
- Entry tickets for concerts

NOTE

The length of stay depends on your choice of programmes (i.e., a daily round trip via bicycle). The programme presented above is tentative in character and the organizers are entitled to make slight alternations. It can be adjusted to individual needs and suggestions.

DETOXIFYING WEEKEND STAY – Aviator Medical Wellness Hotel ***

Located in the heart of the Świętokrzyskie Mountains, the Aviator Medical Wellness Hotel *** is an ideal place for longer or shorter stays, as well as for a restful weekend break. This professional centre of biological renewal will take good care of a client's well-being, while the pleasant environment of the hotel will fill him or her with a feeling of total relaxation.

The programme is particularly suited for guests interested in Spa and Wellness stays. The programme includes biological renewal intensifying body detoxification

The main target of this biological renewal weekend programme is to restore healthy and young appearance to guests from all social groups.

ACCOMMODATIONS

Two overnight stays in double rooms (available for single use), rooms for three persons or suites. Their modern, comfortable décor and pleasant ambiance create perfect conditions for work and rest. Such amenities as TV, wireless Internet, telephone, air-conditioning, car park, fitness room and a restaurant are all at the guests' disposal.

MEALS

Three meals per day (for a total of 2 breakfasts, 2 lunches, 2 dinners) served by the hotel restaurant which specializes in dishes of regional as well as fusion cuisine.

THREE-DAY PACKAGE INCLUDES

- Two nights
- Meals (for a total of 2 breakfasts, 2 lunches, 2 dinners)
- Three types of treatment:
 1. Detoxifying – full mud wrap (peel, body wrapping, balsam) and relax zone (Finnish sauna, infrared sauna, Jacuzzi)
 2. Drainage – vibrating massage (Aquavibron), Chinese cup massage and relax zone (Finnish sauna, infrared sauna, Jacuzzi)
 3. Body firming - vibrating massage (Aquavibron), partial modeling massage
- Unlimited access to fitness room
- Bathrobes and towels
- Free Internet access, Wi-Fi in rooms and on hotel premises
- Digital TV
- Free monitored car park

More information: www.hotel-aviator.pl



WORLD OF HEALTH *Aviator Medical Wellness Hotel* ***

Located in the picturesque valley of the Masłowski range and surrounded by Mount Klonówka and Mount Domanówka, the Aviator Medical Wellness Hotel *** in Kielce combines the exceptional environment of green meadows and forests with the scenic landscapes of the Świętokrzyskie Mountains; such a location offers guests many possibilities of relaxing activity.

This programme is particularly suited for individual guests interested in the pleasures of the Spa & Wellness experience. It includes a special recreational package that can be combined with optional rehabilitation treatments.

The Aviator Hotel offers a rich programme of rehabilitation and psychotherapeutic treatments assisting in biological renewal and

WŁÓKNIARZ SANATORIUM

nice stay and effective cure

restoration of energy so dearly needed in today's fast-paced world. Our Centre of Physiotherapy and Biological Renewal is equipped with modern facilities that ensure comfortable and efficient conditions of medical treatments and body regeneration. Experienced staff members are trained to take care of appropriate application of physiotherapeutic and kinesitherapeutic procedures and massages, often adjusted to the patient's individual needs. Restitution of health and well-being in comfortable conditions is possible, thanks to the usage of top-quality facilities combined with the skills of the highly qualified team of physiotherapists.

ACCOMMODATIONS

Six overnight stays in double rooms (available for single use), rooms for three persons or suites. Their modern, comfortable décor and pleasant ambiance create perfect conditions for work and rest. Such amenities as TV, wireless Internet, telephone, air-conditioning, car park, fitness room and a restaurant are all at the guests' disposal.

MEALS

Three meals per day (breakfasts, lunches, dinners) served by the hotel restaurant which specializes in dishes of regional and fusion cuisines.

SEVEN-DAY PACKAGE INCLUDES

- Six nights in comfortable rooms
- Three meals per day (breakfasts, lunches, dinners)
- One medical consultation
- Four physiotherapeutic treatments daily according to doctor's recommendation
- Unlimited access to fitness room
- Bathrobes and towels
- Free Internet access, Wi-Fi in rooms and on hotel premises
- Digital TV
- Free monitored car park

More information: www.hotel-aviator.pl



The Włókniarz Sanatorium is recommended for those who suffer from rheumatic problems, wish to take post-traumatic rehabilitation therapy, or treatment for restoration mobility of locomotor organs. Our rehabilitation staff successfully eliminates locomotor ailments caused by rheumatic, neurological, orthopedic, traumatic and post-operational conditions. Carefully selected treatments aid therapies used to fight circulatory disorders, certain periodontium diseases and neurosis.

This programme is particularly suited for individual patients interested in medical treatment.

ACCOMMODATIONS

The sanatorium is located within the spa grounds of Busko-Zdrój. Single or double rooms, some of higher standard. There are no architectural barriers: lifts and entrances come equipped with facilities for the disabled. The amenities available within the premises

of the sanatorium complex include a café; a daily dancing programme; Internet room; tea-room serving juices, tea and chocolate; grocer's shop; rental store for rehabilitation and orthopedic devices; rental of bikes; beauty parlor; hair-dresser; grill and bonfire site; tennis courts; health walk path; recreation grounds; guarded car park and ATM machine.

MEALS

Breakfast, lunch and dinner served on sanatorium premises.

THE STAY INCLUDES

Our physiotherapeutic facility offers over 60 treatments with the use of sulphide and iodide-bromide brines, therapeutic mud, algae, salt and mud from the Dead Sea aided by kinesitherapy, physiotherapy, hydrotherapy, laser therapy, cryotherapy and different massages. Wellness and Spa section provides biological renewal, including Medi-spa therapy. Facial and body cosmetic treatments have now been included most recently.

SERVICES INCLUDED IN THE PACKAGE

- Accommodations
- Full board
- Comprehensive medical care (doctors and nurses)

- 13-day cure with accommodations in regular or higher standard, air-conditioned rooms, additionally equipped with PC and Internet access. Dates and length of stay are always adjusted to suit our patients' individual needs.

We offer five treatments daily on the average (business days only) depending on doctor's recommendations, one of them belonging to promotional therapies such as the salt grotto, undulation massage, SHIATSU massage, massaging chair, music and relaxation, music and gymnastics, and dry carbon-dioxide bath.

More information: www.wlokniarz.pl

FIND PEACE AND QUIET in the Golden Forest Hermitage

The Camaldolese hermitage in Rytwiany is Poland's only monastery that is accessible to all and is preserved its nearly original 17th century condition. Visitors can still feel the unusual ambiance of the authentic Camaldolese hermitage. The Camaldolese hermitage in Rytwiany has an interesting programme for those who seek peace, silence and contemplation away from commotion of everyday life.

The offer is particularly suited for individuals interested in alternative rest, based on its peaceful atmosphere combined with medical care and body renewal.

ACCOMMODATIONS

Nights in elegant, stylishly furnished rooms in the 17th century monastery itself and in adjoining hermitical houses. Single and double rooms with bath. Rooms are not equipped with TV sets or Internet access because of the special character of the monastic complex.





MEALS

All meals are served in the original premises of the monastic refectory. The kitchen serves dishes cooked with the use of natural, ecological products, acquired thanks to close cooperation with the Culinary Heritage Organization of Świętokrzyskie Voivodeship.



BASIC PROGRAMME PROVIDES

- Sylvan environment, silent and peaceful ambiance
- Baroque church and monastery chapel
- Spiritual conferences and chaplain's consultations
- Solitary and silent way of spending the time



ADDITIONAL ATTRACTIONS

- Guided tours of the church and Camaldolese Gallery
- Touring in the monastic garden and enjoying its bower as well as grill and bonfire site
- Monastic library and reading room
- Bikes and Nordic walking with instructor
- Fitness room, sauna, gym



OPTIONAL SERVICES

- Classical massage
- Hot stone massage
- Chinese cup massage
- Massaging chair



SUPPLEMENTARY OFFER

- Participation in organized recollections, holidays and various kinds of stays
- Excursions to local tourist attractions

More information: pustelnia.com.pl



HIGHLIGHTS OF THE ŚWIĘTOKRZYSKI REGION

CULTURAL TOURISM

Special Interest Travels

Thanks to the generosity of nature, this little region between the Vistula and the Pilica Rivers enchants visitors and provides them with memorable experiences, as well as with peace of mind. Old, not very high mountains, photo-inspiring golden fields, green forests, blue lakes and rivers combine with the region's rich cultural heritage to create an uncommon ambiance difficult to find in anywhere else.

The Świętokrzyski Region is like the open Book of the Earth with chapters through which we wander, touring across and around the expanses of this land. Here we find the city of five nature reserves, Kielce, and Paradise Cave with Poland's most spectacular dripstones. The sacred intermingles with the commonplace in the old, mysterious Jodłowa Forest: mementos of Slavic deities are encountered along with over a thousand years of Christian traditions. The best example is the legendary history of Mount Łysa Góra that hosted witches' covens and now shelters the sanctuary with relics of the Holy Cross.

Natural resources of the region were always highly valued and skillfully used by its inhabitants over the centuries. Polish kings and nobility built their residences here. Numerous castles, palaces and manor houses are the best evidence of their presence and eventful history of the land.

With all its rich heritage, the Świętokrzyskie region and today's inhabitants proudly promote the beauty of the voivodeship, its history and traditions. That is why those who represent the locales take such great care of visitors to the region and provide them with best possible accommodations and tasty dishes of the local cuisine.



SHTETLS OF THE ŚWIĘTOKRZYSKI REGION

Jewish culture heritage

Two nationalities, Polish and Jewish, two different religions and cultures peacefully co-existed in the Świętokrzyskie region for centuries. Bustling, noisy, and colorful crowds filled many small towns and villages since time immemorial. Nowadays, certain localities are returning to the traditions of forgotten shtetls.

The programme is particularly suited for individual visitors interested in cultural tourism and seeking alternative ways of touring the region. Organized groups are also welcomed.

ACCOMMODATIONS

Gromada Hotel** in Busko-Zdrój offers single, double and triple rooms or suites, all equipped with bath, TV, radio, telephone, and access to Internet. Restaurant, café, and tea-room are also on the hotel premises.

MEALS

Breakfasts and dinners are available, while lunches can be ordered at Chmielnik's fine restaurant serving traditional Jewish cuisine dishes (this is only possible for individual visitors and small organized groups, however).

DAY 1

Arrival in Kielce and city sightseeing tour including the following sites:

- Former synagogue building in the neo-Romanesque style from the beginning of the 20th century. Devastated during WWII, it was restored in the neoclassical and socialist realism styles of the 1950s.
- Menora monument unveiled on the occasion of the 65th anniversary (26 August, 2007) of the Kielce ghetto liquidation.
- Monument on the corner of Planty and Piotrkowska Streets unveiled in 2006, commemorating victims of the pogrom of 4th July, 1946.
- The house at Planty 7 where the 1946 pogrom took place.
- Jan Karski's bench – one of Karol Badyń's five sculptures representing the legendary WWII courier.
- Castle Hill complex with the former Palace of the Cracovian Bishops and the Cathedral Basilica; optional tour of the National Museum.
- Departure for Pakosz Street to visit the Jewish cemetery.

Departure for Chęciny and sightseeing tour of the town.

- Building of the late-Renaissance synagogue from 1638
- Niemczówka – a Renaissance building from 1570
- Gothic ruins of the Royal Castle
- Jewish cemetery

Departure for Pińczów and tour of the town.

- Renaissance synagogue from 16th and 17th centuries, one of the oldest Jewish historical monuments in the entire area
- Regional Museum
- Optional walk around Pińczów to include the Church of St John Apostle and Evangelist, Renaissance house in the Mirów district (former Arian printing house), Sanctuary of Our Lady of Mirów, St. Anne's Hill and Chapel

Departure for Busko-Zdrój for dinner and hotel stay

DAY 2

- > Breakfast and checkout
- > Sightseeing tour of Busko-Zdrój
 - Wooden cemetery church of St Leonard
 - Spa park and Marconi sanatorium
 - Synagogue from 1927
- > Departure for Chmielnik to visit the Świętokrzyski Shtetl Museum, a modern, interactive museum and educational centre. Its main purpose is to present the history of the main Jewish heritage sites in the region.
- > Optional lunch (Jewish cuisine dishes) at the Cymes restaurant included in the prestigious network of establishments representing the Świętokrzyskie Culinary Heritage Organization.
- > Tour of the Jewish cemetery (19th c.) in Chmielnik containing a lapidarium built of broken tombstones.
- > Departure for Szydłów and sightseeing tour of the town:
 - Late-Gothic synagogue from the end of the 19th century. It is the oldest vestige of Jewish culture in the Świętokrzyskie region; and exhibits a small collection of Judaic.
 - Fragments of defensive walls founded by King Casimir the Great (14th c.).
 - Regional Museum located in the so-called Little Treasure House.
 - The Cracovian Gate (14th c.), a part of the medieval defensive walls.
 - St Władysław Church (14th c.).
 - All Saints Church (14th c.).
 - Ruins of the Holy Spirit Church (16th c.) and hospital.
- > End of the tour and return to base.

NOTES

The package includes the following services: accommodations and meals as mentioned in the programme; tour guide's assistance; entrance tickets to the Royal Castle in Chęciny, Regional Museum and Synagogue in Pińczów, Regional Museum, Synagogue, St Władysław Church and Castle Square in Szydłów.

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Transportation for organized groups, calculated for each group

separately.

- Visiting tourist attractions (National Museum or any other venue in Kielce).
- Lunch in the Cymes restaurant in Chmielnik.

The programme presented above is tentative in character and the organizers are entitled to make slight alternations. It can be adjusted to individual needs and suggestions.

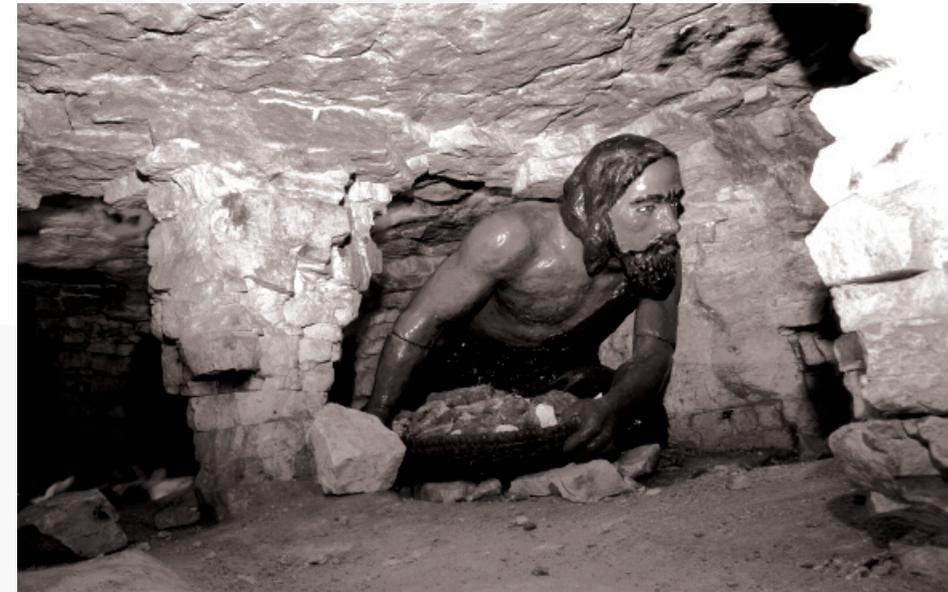
PRACTICAL INFORMATION

The following are Jewish heritage sites of the Świętokrzyskie region not included in the program:

- **Bodzentyn** (19th c. cemetery)
- **Klimontów** (19th c. synagogue)
- **Małogoszcz** (19th c. cemetery)
- **Nowy Korczyn** (17th c. synagogue – in ruins)
- **Ostrowiec Świętokrzyski** (17th c. cemetery with lapidarium)
- **Ożarów** (18th c. synagogue and 17th c. cemetery)
- **Sandomierz** (18th c. synagogue – now a state archive and 19th c. cemetery with lapidarium)
- **Skarżysko-Kamienna** (19th c. cemetery)
- **Sobków** (17th c. cemetery)
- **Starachowice** (late 19th c. cemetery)
- **Tarłów** (18th c. synagogue)
- **Wąchock** (early 20th c. cemetery)
- **Wodzisław** (17th c. synagogue)

ON THE ARCHAEOLOGICAL AND GEOLOGICAL TRAIL *in the Świętokrzyskie region*

All lovers of geology and archaeology consider the Świętokrzyskie Mountains to be a treasury trove of knowledge and open Book of the Earth from which one can learn about our planet's history. Following the Archaeological and Geological Trail of the Świętokrzyskie region, one can discover its secrets. Travelling along the trail ensures unforgettable experiences for both young and old.



This programme is particularly suited for individuals interested in geological tourism and seeking alternative ways of visiting the Świętokrzyskie region. The programme can also be used for organized school youth groups. Accommodations can be adapted for each individual's or group's needs.

ACCOMMODATIONS

- Hotel Gromada*** in Ostrowiec Świętokrzyski offers overnight stays in single rooms, double rooms and suites. Restaurant, aperitif bar, games room, car park, room service, and wireless Internet are at the guests' disposal.
- Hotel Łysogóry***** in Kielce offers overnight stays in single rooms, double rooms and suites. Restaurant, café and a spa area are at the guests' disposal.

MEALS

Day 1

- > Lunch in the JuraPark in Bałtów
- > Dinner in the hotel (Ostrowiec Świętokrzyski)

Day 2

- > Breakfast in the hotel (Ostrowiec Świętokrzyski)
- > Dinner in the hotel (Kielce)

Day 3

- > Breakfast in the hotel (Kielce)
- > Dinner in the hotel (Kielce)

Day 4

- > Breakfast in the hotel (Kielce)
- > Dinner in the hotel (Chęciny)

DAY 1

- > Arrival in Bałtów
- > Touring the Bałtów Tourist Complex attractions
 - Guided tour of the JuraPark includes travelling through time: walk along the educational path that reveals the geological and prehistoric development of our planet. The path features over 100 natural-size models of prehistoric animals (mostly dinosaurs) created with utmost care to detail and, therefore, highly valued by scientists.
 - Tour of Jurassic Museum: a vast number of wonderful exhibits (fossils and minerals) from all over our globe are on display in two rooms.
 - Lunch on the premises of the Bałtów Tourist Complex.
 - Tour of the Bałtów Zoo (upper and lower parts) in an original American school bus to observe as many as over a thousand wild animals, representing rare and endangered species.
 - Alternative suggestions: rafting trip down the Kamienna River or on board the Bałtów train if the weather is not cooperative; tour of prehistoric aquarium.



- > Departure for Krzemionki in order to visit prehistoric mines of striped flint dating back the Neolithic and early Bronze Ages (4th-2nd cc. BC). This is one of Poland's best preserved sites of this kind. It can be visited while walking along the underground tourist trail.
- > Departure for Ostrowiec Świętokrzyski for dinner and overnight.

DAY 2

- > Breakfast and check out
- > Departure for Nowa Słupia
 - Tour of the Mieczysław Radwan Museum of Ancient Metallurgy which features 42 slag pits left by Dymarki, or ancient slag-pit furnaces. The exhibition displays archaeological finds connected with the history of ancient metallurgy processes in the Świętokrzyskie Mountains as well as shedding some light on the phenomenon of the iron smelting process known as Dymarki Świętokrzyskie.

- Tour of the Cultural and Archaeological Centre at Nowa Słupia, which presents visitors a reconstruction of an old settlement, Roman camp and piecowisko, or a slag-pit furnace cluster.
- Trip along the tourist trail known as the Royal Route to the top of Mount Święty Krzyż (ca. 2 km).
- Tour of the Holy Cross (Święty Krzyż) Monastic Complex including cloisters, church, the Oleśnicki family chapel, the Oblates' Missionary Museum, and the Prince Jeremi Wiśniowiecki crypt.
- Optional tour of the Natural History Museum on Mount Święty Krzyż.
- Free time for shopping and snacks.
- Climbing to the viewing platform located in *gotoborze*, or the boulder field, which is a totally deforested area covered with quartzite boulders and completely stripped of green vegetation.
- Descent to Huta Szklana down the asphalt road.
- Departure for Kielce for dinner and overnight.

DAY 3

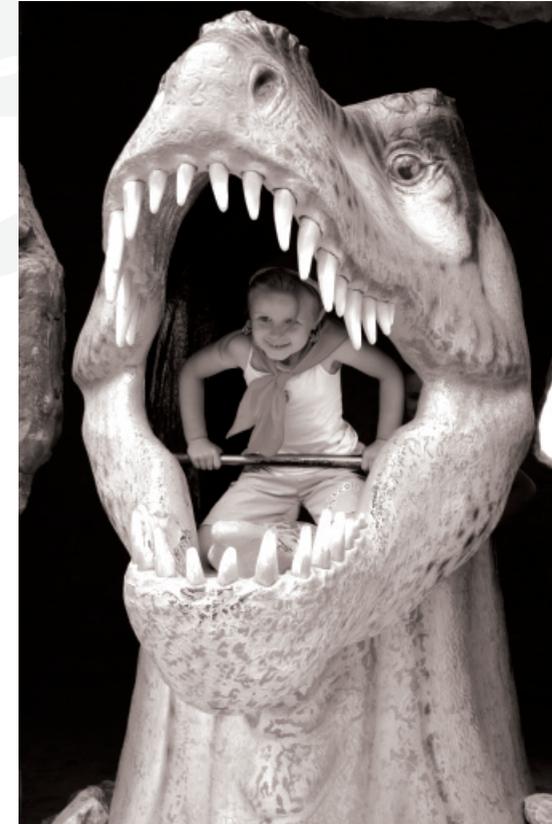
- > Breakfast in the hotel (Kielce)
- Departure for the Wietrznia Nature Reserve created in the former quarry with fascinating geological outcrops representing various tectonic processes.
- Touring the Centre of Geo-Education in the Wietrznia Nature Reserve featuring the Earth Gallery with Devonian exhibition and a 5D simulator in form of a capsule showing the film entitled *Trip into Earth's Interior*.
- Departure for the Kadzielnia Range Nature Reserve in a former quarry and containing Devonian limestone deposits with animal remains belonging to corals and other sea animals living some 350 million years ago. Rich geological formations represent tectonic and mineralization processes as well as various Karst formations. The Kadzielnia Nature Reserve boasts the largest number of grottoes and caves in the region.
- Next on the list is the Ślichowice Nature Reserve exposing the only fragment of Hercynian tectonics of the Świętokrzyskie Mountains in form of strongly folded lime rocks; the reserve features an uncovered geological profile with overturned huge rock folds and its surroundings.
- Trip to the Karczówka Landscape Reserve encompassing a hill overgrown with pine forest with a monastic complex (17th c.) on the hilltop.
- Optional tour of the Biesak-Białogon Nature Reserve which

occupies a former quarry area partly filled with water and shows many Ordovician and Cambrian outcrops.

- Optional tour of other attractions of the city of Kielce such as the former Cracovian Bishops' Palace – (now housing the National Museum), the Cathedral Basilica, and the Museum of Toys and Entertainment.
- Dinner and overnight in the Łysogóry Hotel.

DAY 4

- > Breakfast and check out from the hotel in Kielce.
- Tour of Paradise Cave which is considered to be Poland's most attractive limestone cave with rich and diversified natural collection of dripstones and visit to the nearby First Centre of Neanderthal Man – the exhibition enriches our knowledge about Neanderthal humans on the basis of the most recent scientific research
- Tour of the Royal Castle in Chęciny; its ruins contain the remains of the Gothic 13th and 14th century castle built on top of Castle Mountain.
- Sightseeing tour of Chęciny takes us to the Gothic Church of St. Bartholomew, the Renaissance Niemcówka house, and the Franciscan Order monastic complex. Optional walk to the Góra Rzepka Nature Reserve to see the Devonian outcrops showing fossils of corals and cephalopods or to the Góra Zelejowa Reserve with beautiful rock formations due to Karst weathering.



End of the tour and return to base.

NOTES

The length of stay depends on the number of visited sites and individual agreements with organizers. At least four sites out of all included in the main thematic programme should be visited.

Gratuity for the local guide in the Missionary Museum on Mount Święty Krzyż is not included in the price.

Touring Paradise Cave is possible only with a telephone reservation pre-arranging the visit. Sometimes, access to the cave is not possible for reasons independent of the organizers

SERVICES INCLUDED IN THE PACKAGE

- Accommodations and meals as per programme
- Entrance tickets to attraction as mentioned in the programme: JuraPark, Jurassic Museum, Bałtów Zoo, Museum and Reserve in Krzemionki, Museum of Ancient Metallurgy, Cultural and Archaeological Centre in Nowa Słupia, Świętokrzyski National Park, viewing platform on the boulder field, Paradise Cave, and Royal Castle in Chęciny.
- Entries to the following tourist attractions: monastic complex on Mount Holy Cross, Centre of Geo-Education in the Wietrznia reserve, St. Bartholomew's Church, Niemczówka house, Franciscan monastery, and nature reserves.
- Tour guide's assistance.

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Transportation calculated separately for each group.
- Tourist attractions suggested in the programme: rafting trip down the Kamienna River or a ride on the Bałtów train, visiting the Natural History Museum on Mount Święty Krzyż, entries to the National Museum in Kielce, Cathedral Basilica and the Toy Museum.

SANDOMIERZ GEM UPON THE VISTULA RIVER

With more than 120 historical architectural monuments from different epochs, Sandomierz is one of the most frequently visited places in the entire voivodeship. Its special atmosphere is also due to the preservation of the medieval urban layout of Sandomierz' Old Town with its market square, Town Hall and narrow streets leading to such treasures as the brick Church of St. James (13th c.), the Royal Castle, the Gothic Opatów Gate, and the Gothic Długosz House, now the seat of the Diocesan Museum housing rare collections.

In addition to its captivating architecture, Sandomierz is lavished in its magnificent natural environment. The deep, mysterious Queen



Jadwiga Gorge is located deep within the city itself and the peaceful Piszczele Park invites restful strolls. A trip on a cruise boat down the Vistula River is an excellent occasion to admire the panorama of the Old Town, situated on its high river bank. If tired of the city noise, the visitor or inhabitant can enjoy a longer walk through the town's scenic environs: the Góry Pieprzowe, or the Pepper Mountains, is a good destination to choose as they are known to encompass the largest natural habitat of rose shrubs in Poland and 500-million year old rock formations.

This programme is particularly suited for individuals interested in cultural tourism and short weekend breaks.

ACCOMMODATIONS

Hotel Sarmata *** occupies the period interiors of the 19th century manorial complex; double and triple rooms are located in three separate buildings. The restaurant serving regional dishes, the wine-vault, the summer garden, a sauna, Jacuzzi, fitness room, playgrounds, and guarded car park are put at the disposal of our guests.

MEALS

- Buffet breakfast at hotel
- Dinner at hotel restaurant

DAY 1

- > Arrival to Sandomierz and check in
- > Guided city tour to include the following sites:
 - Opatów Gate - the only surviving one of four gates in the defensive walls built in the late 14th century. A splendid panoramic view of the Old Town, the Vistula River and the Pepper Mountains spreads out from the terrace on the top.
 - Holy Spirit Church (13th c.) was a few times reshaped; and contains a figure of Pensive Christ (14th c.).
 - The Market Square and Town Hall constitute the central part of the historic urban layout of Sandomierz. Picturesque burghers' homes surround the square with the centrally located Town Hall (14th -17th cc.).
 - Underground Tourist Route
One of the town's star attractions is the Underground Tourist Route (450 m in length, 12 m in depth), which leads through a chain of 34-odd cellars beneath the houses around the market square.
 - Free time can be used for snacks and shopping in souvenir shops, jewelers' workshops and art galleries situated in the buildings lining

the market square.

- Walk through the Dominican Gate, also known as the Needle Ear, an entry for pedestrians through the city walls.
- Church of St. James – one of Poland's oldest brick churches.
- Walk near the Church of St. Paul.
- Excursion down the Queen Jadwiga Gorge (400 m long and 10 m deep) located in the middle of the loess soil region.
- Royal Castle with optional tour of the District Museum.
- Visit to the Cathedral Basilica of the Nativity of the Blessed Virgin Mary.
- Optional tour of the Diocesan Museum sheltered by the late-Gothic Długosz House.
- Cruise on the Vistula River.
- Return to the hotel for dinner and overnight.

DAY 2

- > Breakfast at the hotel and check out
 - Hiking in the nature reserve of the Pepper Mountains, built of 500-million-year-old Cambrian shale and known to be the largest natural habitat of rose shrubs in Poland.
 - Optional trip to Koprzywnica to visit the old Cistercian monastic complex.
 - End of the tour and return to base.

NOTES

SERVICES INCLUDED IN THE PACKAGE

Accommodations and meals as per the programme; tour guide's assistance; entry tickets to tourist attractions, such as the Opatów Gate, Underground Tourist Route, and boat cruise on the Vistula River. Other visits are either free or available for a voluntary offering.

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Tour of the District Museum in the Royal Castle or visit to the Diocesan Museum.
- Lunch in the Sandomierz market square restaurant.

PRACTICAL INFORMATION

Tour of the Underground Tourist Route and the river cruise require advanced telephone bookings. Sometimes, access to certain tourist attractions can be unavailable for reasons independent of the organizers.

The programme presented above is tentative in character and the organizers are entitled to make slight alternations. It can be adjusted to clients' individual needs and suggestions.

ALONG THE WOODEN ARCHITECTURE TRAIL of the Świętokrzyski Region

Folk art in its purest form is found embodied in wooden chapels, churches and country houses. Stand-alone wooden churches are often situated in beautiful natural environments and human settlements are often full of material objects created by men. All these things can be found on the Wooden Architecture Trail of the Świętokrzyski Region with its five car trails.

This programme is particularly suited for individuals interested in seeking alternative ways of visiting the Świętokrzyskie area.

ACCOMMODATIONS

Hotel Przedwiośnie** in Mąchocice Kapitulne is situated in the very heart of the Świętokrzyskie Mountains. It offers double and triples rooms with bath, TV and free Internet access. Restaurant, café, pool with hydro massage, sauna, tennis court, multiple function playgrounds, roofed grilling ground for 400 people, open grill site, billiards, darts, and board games are all put at the disposal of the guests.

MEALS

Three breakfasts and lunches in the restaurant of Hotel Przedwiośnie in Mąchocice Kapitulne.

THE PROGRAMME INCLUDES THE FIVE FOLLOWING TOURIST ROUTES

ROUTE 1

- Busko-Zdrój - cemetery, Church of St. Leonard;
- Chotelek Zielony (Busko-Zdrój commune, Busko-Zdrój county) - larch wood Church of Bishop St. Stanisław (1527);
- Probołowice (Złota commune, Pińczów county) - parish Church of St. James the Apostle;
- Stradów (Czarnocin commune, Kazimierz county) - Church of St. Bartholomew (1657);

HIGHLIGHTS OF THE ŚWIĘTOKRZYSKI REGION

- Topola (Skalbmierz commune, Kazimierz county) - parish Church of the Assumption of the Blessed Virgin Mary;
- Cudzynowice (Kazimierza Wielka commune, Kazimierz county) Church of All Saints (1757);
- Gorzków (Kazimierza Wielka commune, Kazimierz county) - parish Church of St. Margaret (8th c.);
- Swiniary (Solec-Zdrój commune, Busko-Zdrój county) - Church of St. Stanisław the Bishop (mid-17th c.);
- Zborówek (Pacanów commune, Busko-Zdrój county) - Church of Saints Giles and Nicholas (1459);
- Niekrasów (Osiek commune, Staszów county) - larch wood Church of the Visitation of the Blessed Virgin Mary (late 17th c.);
- Strzegom (Rytwiany commune, Staszów county) - Church of Our Lady of Sorrows and St. Andrew the Apostle (16th -17th c.).

ROUTE 2

- Kurzelów (Włoszczowa commune, Włoszczowa county) - cemetery, Chapel of St. Anne;
- Bebelno (Włoszczowa commune, Włoszczowa county) - Church of the Nativity of the Theotokos (1745) and the bell tower from the 18th century;
- Kossów (Radków commune, Włoszczowa county) - Church of Our Lady of Sorrows of Częstochowa from the early 17th



- century and the bell tower from the 18th century;
- Rakoszyn (Nagłowice commune, Jędrzejów county) - Church of Bishop St. Stanisław from 1778-79;
- Obiechów (Słupia commune, Jędrzejów county) - Church of the Visitation of the Blessed Virgin Mary;
- Mnichów (Jędrzejów commune, Jędrzejów county) - wooden Church of St. Stephen (18th c.) with wooden bell tower;
- Chomentów (Sobków commune, Jędrzejów county) - parish Church of St. Mary Magdalene;
- Tokarnia near Chęciny - Open-Air Ethnographic Park of the Kielce Rural Areas;
- Rembieszyce (Małogoszcz commune, Jędrzejów county) - parish Church of Saints Peter and Paul.

ROUTE 3

- Laszczyk family manor in Kielce-Centrum (ul. Jana Pawła II 6);
- Kakonin (Bieliny commune, Kielce county) - wooden country house;
- Bodzentyn (Bodzentyn commune, Kielce county) - Czerniekiewicz family old farm-house – Open-Air Ethnographic Museum of the Kielce Region;
- Radkowie (Pawłów commune, Starachowice county) - Church of Our Lady of Częstochowa (1621) (transferred from Miedzierz in 1962);
- Krynki (Brody commune, Starachowice county) - the singular wooden gate bell tower (1779) near the Church of St. Martin and the Assumption of the Blessed Virgin Mary;
- Parszów (Wąchock commune, Starachowice county) - parish Church of the Pentecost;
- Skarżysko-Bzin (Skarżysko-Kamienna commune, Skarżysko-Kamienna county) - Church of St Joseph;
- Bliżyn (Bliżyn commune, Skarżysko-Kamienna county) - filial Church of St. Sophie (1818);
- Mroczków (Bliżyn commune, Skarżysko-Kamienna county) - parish Church of St. Roch;
- Odrowąż (Stąporków commune, Końskie county) - filial Church of St. Rosalie.

ROUTE 4

- Góra Witosławska (Waśniów commune, Ostrowiec Świętokrzyski county) - Chapel of the Pentecost;
- Gierczyce (Wojciechowice commune, Opatów county) - Church

- of Bishop St. Nicholas (early 18th c.);
- Stodoły (Wojciechowice commune, Opatów county) - Church of St. Teresa (17th c.);
- Kleczanów (Obrazów commune, Sandomierz county) - Church of Saints Katherine and Stanisław the Bishop (late 17th c.);
- Gliniany (Ożarów commune, Opatów county) - parish Church of St. Adalbert;
- Ruda Kościelna (Ćmielów commune, Ostrowiec Świętokrzyski county) - Church of the Marriage of the Virgin;
- Ostrowiec Świętokrzyski - Church of the Sacred Heart of Jesus (known as the metallurgists' church);
- Bodzechów (Bodzechów commune, Ostrowiec Świętokrzyski county) - Church of Saints Sophie and Stanisław Kostka (1767) (transferred from Wsola village in 1932 and remodeled in 1937);
- Sarnówek (Bodzechów commune, Ostrowiec Świętokrzyski county) - parish Church of St. Anthony of Padua.

ROUTE 5

- Small Kielce Loop
- Kielce - Białogon - Church of the Transfiguration of Jesus from 1917-1918;
 - Kielce-centrum - parish Church of the Immaculate Heart of Mary;
 - Kielce-centrum - Laszczyk family manor;
 - Mójca (Daleszyce commune, Kielce county) - Church of Our Lady of Sorrows of Częstochowa;
 - Kielce-Zagórze - Chapel of Our Lady of Częstochowa;
 - Wola Kopcowa - wooden Chapel of St. Joseph the Worker
 - Kielce - Dąbrowa - wooden Chapel of the Blessed Virgin Mary, Mother of God;
 - Kielce - Dyminy – wooden Chapel.

SERVICES INCLUDED IN THE PACKAGE

- hotel accommodations
- usage of hotel entertaining and relaxation amenities
- meals as per program
- tour guide's assistance
- visiting sites on the Wooden Architecture Trail

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Organization of transportation calculated separately for each group.
- Tours of additional tourist attractions:

- > **Tour of Paradise Cave** is considered Poland's most attractive limestone cave with rich and diversified natural collection of dripstones and visit to the nearby First Centre of Neanderthal Man - the exhibition enriches our knowledge about Neanderthal humans on the basis of the most recent scientific research.
- > **The Royal Castle in Chęciny** was built in the 13th and 14th centuries, 360 metres above sea level. It has hosted many royalties, including Queen Bona. Now, the Castle's remains are well-preserved and still feature two towers, which offer beautiful vistas of its surroundings.
- > **The legendary oak, Bartek**, is undoubtedly nature's most famous and admired monument in Poland. Standing in the village of Bartków near Zagnańsk, *Bartek* (30m tall, 14m girth, 3m diameter) spreads its eight main branches out 20 to 40 metres.
- > **The Świętokrzyski National Park** offers such attraction as the monastery and church on Mt Święty Krzyż which is known to shelter relics of the Holy Cross, viewing platform on the boulder field, Święta Katarzyna locality with the Bernardine convent, and Gallery of Fossils and Minerals.
- > The capital city of the voivodeship, **Kielce**, invites the tourist to its Kadzielnia Nature Reserve with its scenic amphitheater, the former Palace of the Cracovian Bishops, the Cathedral Basilica, and the Museum of Toys with exhibits that delight both children and adults.
- > **Szydłów** is often called the Polish Carcassone, due to its well-preserved medieval city walls and ruins of the royal castle. There are also two churches built in the Middle Ages and a late-Renaissance synagogue.
- > Built in the baroque and neoclassical styles, **the Palace in Kurozwęki** has a splendid façade kept in its original Pompeian pink color. Next to the palatial premises is a breeding farm for American bison. The herd can be admired on the meadows surrounding the palace from inside a buggy or a special safari-type vehicle. Other attractions include a mini-zoo, a rope park of 100 metres, paintball and Europe's only one corn labyrinth.
- > **Busko-Zdrój** is famous because of its 19th - century complex of sanatoriums that offer a variety of treatments based on the sulphide medicinal water. Most of the buildings are located in the spa district

and surrounded by old parks.

- > **Pińczów** with its environs is often called the Polish Tuscany. The town is known for its eventful history and many rare historical architectural monuments. It has always hosted people of various cultures, nationalities and religions. Its main tourist attractions include the exhibition of the Regional Museum, the Franciscan church, and an old synagogue, one of the most valuable Jewish heritage buildings in the whole region.
- > Although only a small village today, **Wiślica** is one of the oldest settlements in Poland, and has played an important role in the Polish history. It boasts a 12th century Gothic collegiate church which contains the so-called Slab of Orants. It is a gypsum panel with engravings filled with black paste mixed with charcoal. The famous gypsum baptismal font located under the foundation of the church became an archaeological sensation. It probably served as a font for collective baptisms in the 9th century. If so, it would be the site of the earliest baptisms on Polish territory

The length of stay depends on agreements with organizers. At least four wooden architecture sites out of all included in the main thematic programme should be visited. There is a possibility to choose locations to be visited en route and tour optional attractions for additional cost. Gratuity for the local guide in the Missionary Museum on Mount Święty Krzyż is not included in the price.

Touring Paradise Cave is possible only with a telephone reservation pre-arranging the visit. Sometimes, access to the cave is not possible for reasons independent of the organizers.

Accommodation establishments can be adjusted to the needs of organized group tours.

NOTES

The length of stay depends on the number of visited sites and individual agreements with organizers. It is possible to add some thematic tours or visits in Świętokrzyskie voivodeship.

The programme presented above is tentative in character and the organizers are entitled to make slight alternations. It can be adjusted to clients' individual needs and suggestions.



CASTLES AND PALACES in the Świętokrzyskie Region

The recollection of long ago pitched battles includes the roar of cannon balls, whizzing arrows, fire, smoke, battle cries and war songs coming from every direction to raise the spirits of the fighting men. The image of defenders hidden behind castle walls and armed men on city fortifications, as well as that of invaders storming palaces and manor houses, belong to these bygone times. Nowadays, to get the feel for those events, people join special interest tours around Świętokrzyskie voivodeship.

This programme is particularly suited for organized group tours of any age and individual visitors interested in cultural tourism.

ACCOMMODATIONS

Fortalicium, or stronghold, in Sobków offers double rooms, triples, and rooms for four and five persons, with bath. Each room is decorated to look like a castle chamber.

Restaurant, covered shed, mini-zoo, horse farm, and promenade along the Nida River are at the guests' disposal.

MEALS

Two breakfasts and two dinners are served on overnight premises.



HIGHLIGHTS OF THE ŚWIĘTOKRZYSKI REGION

PROGRAMME

DAY 1

- Arrival and tour of the stronghold plus promenade along the Nida River
- Dinner and night accommodations

DAY 2

- Breakfasts and departure for Chęciny
- Tour of the Renaissance building of the Niemczówka house (16th c.) and lecture on the town's history
- Tour of the Royal Castle in Chęciny built in the 13th and 14th centuries, 360 metres above sea level. It has hosted many royalties, including Queen Bona. Now the Castle remains are well-preserved and still feature two towers, which offer beautiful vistas of the surroundings.
- Visit to the old Franciscan monastic complex founded by King Casimir the Great (14th c). It housed a Calvinist congregation chapel during the Reformation. It was later renovated and enlarged; galleries and St. Leonard Chapel were added. From the end of the November Insurrection of 1830 until 1928, the buildings were used as prison, and later as school and hostel. In spite of many reconstruction works, the buildings retain their Gothic style appearance.
- Tour of **Paradise Cave** which is considered to be Poland's most attractive limestone cave with rich and diversified natural collection of dripstones and visit to the nearby **First Centre of Neanderthal Man** – the exhibition enriches our knowledge about Neanderthal humans on the basis of the most recent scientific research.
- Departure for Kielce, tour of Kadzielnia's singular geological reserve with its scenic amphitheater and visit to the former Palace of the Cracovian Bishops, considered to be the best preserved building from the times of the Vasa dynasty in Poland. Tour of the splendid palatial interiors and art gallery with Polish paintings from the 19th and 20th centuries.
- Return to base and dinner.

DAY 3

- Breakfast and check out
- **Departure for the Krzyżtopór Castle in Ujazd.** It was built for the fabulously rich voivode of Sandomierz. According to legends, horses were fed from marble mangers and the ball room had an aquarium in place of the ceiling. Today, we can only admire the ruins of the castle which was considered the most spectacular building in Europe, until the construction of Versailles.
- **Szydłów** is often called the Polish Carcassone, thanks to its well-preserved medieval city walls and ruins of the royal castle. There are also two churches built in the Middle Ages and a late-Renaissance synagogue.
- Departure for Sandomierz, a town occupying seven hills. With its more than 120 historical architectural monuments from different epochs, Sandomierz is one of the most picturesque and oldest towns in Poland. Worth a tour are such sites as the old town square, the medieval brick Church of St. James, the Royal Castle, the Gothic Opatów Gate, and the St. Jadwiga Gorge.
- Free time for independent lunch
- Return to base

SERVICES INCLUDED IN THE PACKAGE

- Accommodations in the stronghold
- Meals as per programme
- Tour guide's assistance
- Visiting sites mentioned in the programme

OPTIONAL SERVICES (AT ADDITIONAL COST)

Attractions organized on the stronghold premises:

- Excursions on horseback
- Winter sleighing cavalcades
- Rides in stage-coaches, buggies, and sleighs
- Chivalrous shows and combats
- Trips by boats
- Social events
- Cannon shots
- Court dances
- Break Dance Shows
- Fireworks
- Kayaking trips
- Team-building bonfires



Transportation for organized groups, calculated for each group separately.

PRACTICAL INFORMATION

Touring Paradise Cave is possible only with a telephone reservation pre-arranging the visit.

NOTES

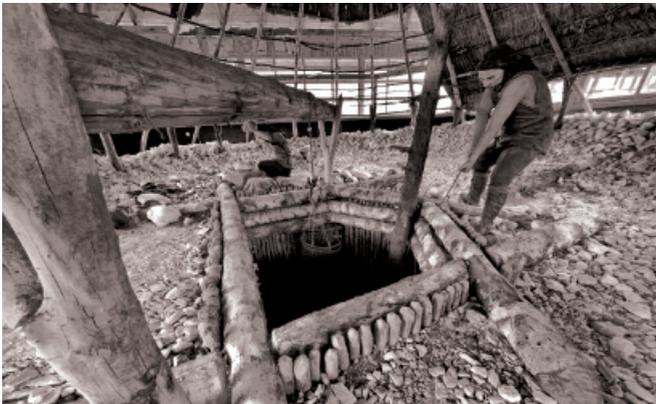
The length of stay depends on the number of visited sites and individual agreements with organizers. It is possible to add some thematic tours or visits in Świętokrzyskie voivodeship.

The programme presented above is tentative in character and the organizers are entitled to make slight alternations. It can be adjusted to clients' individual needs and suggestions.

ON THE TRAIL OF ADVENTURES

Greatest Tourist Attraction of the Region

The JuraPark in Bałtów is undoubtedly one of the greatest tourist attraction of the Świętokrzyski Region and, therefore, other great sites are always compared to its outstanding position. The trail of the greatest tourist attraction of the region includes the sites of great tourist, historical or industrial value. Additionally, the sites of the trail encompasses buildings and sites connected with great personalities of the region.



This programme is particularly suited for individual visitors interested in cultural tourism and short, weekend breaks. It is also good for organized groups of youth and adults.

ACCOMMODATIONS

Rooms for two and four persons in four holiday cottages located on the premises of the Bałtów Tourist Complex. Two holiday houses with six rooms each with bunk beds and two family houses with two double rooms and four studios for four persons each.

MEALS

Three breakfasts and three dinners on the premises of the Bałtów Tourist Complex.

PROGRAMME

DAY 1

- Arrival and dinner
- Tour of the **Bałtów Zoo** (upper and lower parts)

DAY 2

- Breakfasts
- Excursion along the Trail of Adventures

> **Guided tour of the JuraPark** includes travelling through time: walk along the educational path that reveals historical development of our planet. The path features over 100 natural-size models of prehistoric animals (mostly dinosaurs) created with utmost care to detail and, therefore, highly valued by scientists.

> **Tour of Jurassic Museum:** in two rooms a great number of wonderful exhibits (fossils and minerals) from all over our globe are on display. Those interested in the prehistoric world will see fossils left by creatures living in the Mesozoic sea. Collection of minerals will reveal their secrets and enchant visitors with their forms and colors.

> **Departure for Krzemionki** near Ostrowiec Świętokrzyski in order to visit prehistoric mines of striped flint dating back the **Neolithic and early Bronze Ages** (4th-2nd cc. BC). Perfectly preserved flint mine landscape with post-shaft markings and mine heaps, as well as reconstructed architecture of underground galleries 4-5 thousand years old. Thanks to the nearly 500 metres long underground tourist route visitors can learn about all technologies of stripe flint extraction and see world's only niche mines. This site is a part of the recently opened Archaeological and Geological Trail of the Świętokrzyskie



- Region.
- > **Departure for Nietulisko** and tour of the ruined rolling mill (19th c.) which was the last link of the metalworking factories situated upon the Kamienna River.
- Return to the base for dinner and some free time

DAY 3

- Breakfast
- Excursion along the Trail of Adventures
- > Poland's first **Porcelain Experience Museum in Ćmielów** manufactures real works of art which became a great success in the 1960s. Its products can be found in art galleries all over the world. Visitors can not only admire its stylish china objects but take active part in the process of their production.
- > **Ruins of the Ćmielów** castle remind us of the Great Chancellor of the Crown Krzysztof Szydłowiecki. The first castle was raised in 1388 as a Gothic fortress and was located in well-protected spot surrounded by the head waters of the Kamienna River. Krzysztof Szydłowiecki had the castle renovated in the Renaissance style at the beginning of the 16th century.
- > The **Wielopolski family palace in Ostrowiec Świętokrzyski** houses the Archaeological and Historical Museum that features permanent and temporary exhibitions. Surrounded by an old park (2.6 hectares), the neoclassical building was constructed in the 19th century and designed by Leandro Marconi.
- Departure for Bałtów
- > Tour of the Jewish Ravine and enjoying one of the questing paths; Questing is a game including treasure hunting based on cultural, historical and natural heritage of the area.
- > Rafting trip down the Kamienna River is the only excursion that combines rafting down the lowland river course with stories recounted by accompanying raftsmen. The rafting trip is replaced by a train ride in the event of inclement weather. The ride lasts about 30 minutes and is also enriched by stories told by tour guide.
- Dinner and overnight.

SERVICES INCLUDED IN THE PACKAGE

- Overnight in the Bałtów Tourist Complex
- Meals as per programme
- Tour guide's assistance
- Visiting sites mentioned in the programme

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Transportation for organized groups, calculated for each group separately
- Organization of team-building bonfire
- Additional Bałtów Tourist Complex offers includes horseback rides, the aquarium, 5D cinema, and roller-coaster rides

Optional tours to other attractions located in the area of the greatest tourist attractions of the Region:

- Neoclassical 19th c. **palace** of the **Durucki-Lubecki** family in Bałtów is surrounded by a 18th- century park with many of nature's beauties. Before WWII Prince Aleksander Drucki-Lubecki (bearing the Druck coat of arms) lived there. He was a descendant of Ksawery Drucki-Lubecki, minister of the treasury in the Congress Kingdom of Poland from 1821-1830, and founder of the Bank of Poland (1828) and the Land Credit Society (1825).
- **Church in Chodcza** was designed by Oskar Sosnowski in the "national" style. Polish architect and conservator of historical monuments, Professor Oskar Sosnowski took part in the Polish-Soviet war in 1920. His constructions show links with historic forms but the materials he used were quite modern: for example, reinforced concrete. He was one of the founders of the Society of Polish Town Planners (1922).
- Not far from **Solec upon the Vistula** stands a little church of the Bishop St. Stanisław. Its history goes back to the events that took place in the 11th century and stands on the spot where most probably Piotrowin appeared in the court of justice. Nowadays, a Mass is held in the little church once a year on St. Stanisław's feast day.
- The leader of the January Insurrection, Dionizy Czachowski, died in the village of **Jawor Solecki**. On the 6th November, 1983 the meadows surrounding the village witnessed the last battle and the death of Colonel Czachowski. After a heroic defense, Czachowski was abandoned by

some of his troops and tried to escape with a few remaining riders but he didn't succeed.

- **Rzeczniów** was the exclusive property of Piotr Małachowski (1730-1799), castellan of Wojnicz and Cracovian voivode as well as starost, or foreman, of Oświęcim and Przedborze. Until his father's death in 1767, Piotr Małachowski had Rzeczniów as his only estate. He was highly respected as excellent, understanding landlord.

- **Sienno** has a memorial room devoted to Reverend Professor Włodzimierz Sedlak, founder of Polish school of bioelectronics, lifelong student of archaeology, geology, paleontology, paleobiochemistry and paleobiophysics.

- **Bodzechów**. Writer Witold Gombrowicz stayed in Bodzechów while his father managed the ironworks there. At that time, Gombrowicz, who was brought up in the manor house, made many observations that were later used in his literary works. Many literary images found in such works as *Pornography*, *Ferdydurke* and *Wedding* appear to be locations taken from Ćmielów, Grocholice, Ostrowiec Świętokrzyski, Ruda (now Kościelna) or Bodzechów. Bodzechów lies on the Świętokrzyski Literary Trail.

- Witold Gombrowicz's family attended the Gothic **church in Grocholice Wszechświęte**, and the writer was baptized there. The baptismal font used for that occasion is still in the church. His name, Marian Witold Gombrowicz, is found in the parish records.

- Witold Gombrowicz's father set up and managed a *Witulina* carton factory in **Doły Biskupie**, a locality otherwise known as Witulin. Places connected with the writer's childhood and youth are linked on the green biking trail and the Świętokrzyski Literary Trail designed for motorists.

NOTES

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BUSINESS TRIPS THAT KNOW NO RULES

BUSINESS TOURISM

Business Trips That Know No Rules

There are many business and congress centres in Świętokrzyskie voivodeship. They are known for their high standards, professional staff, and modern equipment. The majority of them offer comfortable overnight accommodations. In addition to basic services, many of them feature such supplementary attractions as: Spa & Wellness centres, swimming pools, etc.

The title of the economic jewel of the region goes to the Kielce Trade Fairs (Targi Kielce) to which nearly one-third of Poland's trade fair market belongs. Among trade fair centres in Central and Eastern Europe, the Kielce Trade Fairs rank third considering its size and number of exhibitors. They are generally regarded better than such well-known fair grounds as those in Budapest (Hungary), Prague (Czech Republic), Bratislava (Slovak Republic), Bucharest (Romania), or Plovdiv and Sophia in Bulgaria. Many attractive localities of the region are easy to reach, due to a dense road network. The region offers a multitude of attractions such as an unpolluted environment, diversified landscape, hundreds of rare historical monuments and museums.

The region boasts Europe's oldest mountain range of the Świętokrzyskie Mountains as well as beautiful caves, large forest complexes, rivers and other bodies of water. Enthusiasts of outdoor activities can enjoy modern sports complexes, biking routes, well-marked hiking and biking trails, and centres for practicing water, winter, motor and air sports. Hundreds of cultural events are organized in Świętokrzyskie voivodeship,

including festivals, mass outdoor events, shows, and such. Thanks to the growth of environmental awareness and substantial financial outlays for the protection of natural environment, the natural resources of the region have been returned to their former pristine state prevailing for centuries before.

Due to so many overnight accommodations, our business trip packages include many excellent places for business and team-building meetings year round. Such establishments as the Hotel 356 or the Pod Żłotą Różą Hotel offer comfortable rooms, exquisite cuisine based on regional dishes and many seasonal attractions. The Gromada Hotel in Cedzyna is picturesquely located amidst forests and close to large bodies of water. Team-building meetings can be organized in the Tokarnia Ethnographic Park, offering original but comfortable rural accommodations and a rich cultural programme of folk events in which guests can actively participate.

Comfortable accommodations, tasty regional cuisine and eventful stays can only help in making wise strategic decisions during business meetings and negotiations.



KIELCE

the Świętokrzyski Region Business Capital

Targi Kielce, or the Kielce Trade Fairs, is an experience organizer of fairs, exhibitions and conferences ranked very high among Polish and Central European exhibition centres.

A great advantage of the Kielce centre is its location on the crossroads of Polish and international roads, only 100 km from Poland's largest cities, such as Warsaw, Krakow and Łódź.

Due to its leading position on the trade fair market, Targi Kielce attracts many events that became fair products inseparably associated with the Kielce Exhibition Centre.

MAJOR FAIR EVENTS ORGANIZED BY THE TARGI KIELCE S.A. (JOINT STOCK COMPANY)

- AGROTECH (International Fair of Agricultural Technology)
- AGROTRAVEL (International Fair of Rural and Agricultural Tourism)
- ALUMINIUM & NONFERMET (International Fair of Aluminum & Technology, Materials and Non-Ferrous Metal Products)
- AUTOSTRADA-POLSKA (International Fair of Road Construction)
- CONTROL-STOM (Fair of Industrial Measuring Technology)
- CONTROL-TECH (Fair of Industrial Measuring Technology and Non-Destructive Testing)
- CZAS DZIECKA (International Fair of Toys and Articles for Mother and Child)
- DOM (Fair of Residential Building Materials and Interior Fitments)
- EDURA (International Exhibition of Fire and Rescue Technique)
- EKOTECH (International Environmental Protection and Waste Management Expo)
- ENEX-New Energy (Fair of Renewable Sources of Energy)
- ENEX (International Power Industry Fair)
- EXPO-GAS (Gas Engineering Fair)
- EXPOSITIO (European Exhibition of New Museum Technologies, Art Conservation and National Heritage)



- KIELCE SPORT-WINTER (International Sport and Outdoor Equipment Fair)
- KIELCE SPORT-SUMMER (International Sport and Outdoor Equipment Fair)
- LAS-EXPO (Timber Industry & Forest Resources Management Fair)
- LOGISTYKA (International Logistics Fair)
- MASZBUD (International Construction Equipment and Special Vehicles Fair)
- METAL (International Fair of Technologies for Foundry)
- MSPO (International Defense Industry Exhibition)
- NECROEXPO (International Funeral and Cemetery Fair)
- PLASTPOL (International Fair of Plastics and Rubber Processing)
- PNEUMATICON (Fair of Pneumatics, Hydraulics, Drives and Controls)
- SACROEXPO (International Exhibition of Church Construction, Church Fittings and Furnishings and Religious Art)
- WELDING (International Fair of Welding Technology and Equipment)

- SPORT-OBIEKT (Exhibition of Sport Facilities, Fittings and Construction)
- TRAFFIC-EXPO (International Fair of Infrastructure, Airport Technologies and Infrastructure Exhibition)
- VENUS (Fair of Aesthetic Medicine, Cosmetic and Hairdressing Equipment)

ACCOMMODATIONS

Thanks to the well-developed Targi Kielce, the city has also come to possess many modern hospitality establishments. Many of them have good business and congress infrastructure. They are known for their high standards, professional staff, and modern equipment. In addition to basic services, many of them feature such supplementary attractions and Spa & Wellness centres, indoor swimming pools, etc.

- **Hotel 365***** is located in the recreational district of Kielce known as Park Stadion. In addition to comfortable rooms and a wonderful restaurant, the hotel has a well-equipped conference room and rich indoor and outdoor recreational amenities including ski slope, skating rink, sports gear rental, and a children's game room. www.hotel-365.pl
- **Hotel Arkadia*** offers elegant and functional rooms of different standards; its amenities also include a restaurant. www.hotelkielce.pl
- **Hotel Astoria**** is located in the city centre; single and double rooms as well as a restaurant are put at the disposal of guests. www.hotelastoria.pl
- **Hotel Bristol**** is the oldest hospitality facility in Kielce and is situated in the very heart of the city (ul. Henryka Sienkiewicza). Its standard rooms are equipped with satellite TV and Internet access. There are also a beauty parlor and a mini-casino. www.bristol.kielce.pl
- **Hotel Citi**** occupies a modern building in the city centre; it has a conference room, drink bar, press stand, bank, swimming pool and sauna. www.citipark.pl
- **Hotel Dal***** is a centrally located modern hotel with comfortable singles, doubles and suites. A bar, beauty parlor and hair-dresser, as

well as air-conditioned conference room, are on the premises of the hotel. www.hoteldal.pl

- **Hotel Dyminy**** is a modern, air-conditioned establishment offering single, double and triple rooms; a restaurant and two conference room are also on the premises. www.hoteldyminy.pl
- **Hotel Faraon**** has nice rooms and a restaurant. www.hotelfaraon.pl
- **Hotel Ibis**** is centrally located and has comfortable rooms plus high-standard services. It features a bar and an innovative menu in its restaurant. www.ibishotel.com
- **Hotel Kameralny***** is not far from the city centre; comfortable rooms as well as a bar, restaurant, conference room swimming pool, Jacuzzi and sauna are at the hotel guests' disposal. www.hotelkameralny.com
- **Hotel Karczówka**** is situated on the peaceful slope of Mount Karczówka; its guests can avail themselves of comfy rooms, restaurant and bar. www.hotelkarczowka.oit.pl
- **Hotel Kongresowy***** offers many business and congress services that include modern and well-equipped conference rooms. It provides full catering service and organization of events. In addition to the congress infrastructure, guests can use the hotel restaurant and bar, as well as book a visit in the hotel spa centre. www.hotelkongresowy.pl
- **Hotel La Mar***** constitutes a modern tourist and recreational complex encompassing a hotel, restaurant, conference centre and such amenities as a bowling alley, swimming pool and fitness room. www.hotellamar.pl
- **Hotel Leśny Dwór**** is located in the peaceful surroundings of the Stadion Leśny. Its amenities include a restaurant and three conference rooms. www.lesnydwor.com.pl
- **Hotel Łysogóry***** can host events and congresses; it is centrally located and specializes in business tourism. Comfortable rooms, high quality of services, modern conference facilities, restaurant, café, shopping centre and the spa area create a pleasant atmosphere. www.lysogory.com.pl

- **Hotel Maraton**** is situated in the recreational district of Kielce, close to the Stadion Leśny grounds. Our guests can enjoy hotel restaurant, fitness room and field and track sports grounds. www.mosir.kielce.pl
- **Hotel Pod Złotą Różą***** This centrally located hotel is popular with guests who like restful ambiance and stylish décor and boasts two air-conditioned conference rooms and an originally decorated restaurant. www.zlotarosa.pl
- **Hotel Qubus****** belongs to a prestigious national chain of hotels and offers top-quality amenities, including air-conditioned rooms, a restaurant serving dishes of Polish and international cuisine, relaxation area with fitness room, and Turkish and Finnish saunas. www.qubushotel.com
- **Hotel Stadion** **** stands near the modern soccer stadium and green recreation grounds known as Stadion Leśny. An indoor sports hall for team games and a restaurant are also on the hotel premises. www.mosir.kielce.pl
- **Hotel Śródmiejski**** This cosy, centrally located hotel inhabits an old house and features comfortable and well-fitted rooms and a café. www.hotelsrodmiejski.pl
- **Hotel Tara***** is located in the city centre and offers single, double and triple rooms and suites; it also has a restaurant. www.tara.kielce.pl
- **Hotel Tęczowy Młyn***** is very closely located to the Targi Kielce grounds, just in front of the main entrance. Its amenities feature air-conditioned rooms, a restaurant with VIP centre, bar and conference rooms. www.teczowy.com
- **Hotel Wena's**** is located next to the exhibition grounds of Targi Kielce; its single, double and triple rooms are equipped with baths and TV. www.hotelwena.pl
- **Hotel Willa Magnat**** is centrally located and, in addition to comfortable rooms, it has a restaurant, bar and billiard room. www.willamagnat.eu
- **Hotel Stangret***** was constructed on the recreational grounds of Stadion Leśny; it offers comfortable and peaceful accommodations,

a restaurant in its original décor, beautiful surroundings and an equestrian centre inviting those who like activity after work. www.stangret-kielce.pl

TIME AFTER WORK HOURS...

Kielce is an energetically developing cultural centre of the Świętokrzyski region. Its cultural infrastructure include such institutions as Stefan Żeromski Theatre, the Świętokrzyska Philharmonic, Kielce Dance Theatre, Kielce Cultural Centre, cinemas and other cultural establishments.

STEFAN ŻEROMSKI THEATRE

In addition to theatrical performances, the Stefan Żeromski Theatre organizes many other cultural activities. The best actors of the season are chosen in the public *For Wild Rose* plebiscite. The theatre is also involved in cultural educational events for children and school youth. www.teatr-zeromskiego.com.pl

KIELCE DANCE THEATRE

It is one of the three dance theatres in Poland. The city of Olsztyn hosted its first performance in 1995. At present, the managing staff of the theatre is building an artistic troupe specializing in repertoire based on jazz dance styles. www.ktt.pl

OSKAR KOLBERG ŚWIĘTOKRZYSKA PHILHARMONIC

It constitutes a part of the International Centre of Cultures which is a multi-function institution promoting culture and providing audiences with periodically organized classical music concerts, as well as with various stage shows of more than regional importance. www.filharmonia.kielce.com.pl

KIELCE CULTURAL CENTRE

Facilities of the Kielce Cultural Centre can host cultural events of different sorts including plastic arts, ballet, cinema, music and theatre. In addition to the organization of performances, concerts and shows given by Polish and international pop stars, the Kielce Cultural Centre achievements include special events that have gained regional and nation-wide popularity: Targi Kielce Jazz Festival, OFF FASHION contest for fashion enthusiasts and designers, NURT Documentary Forms Festival, ANIMA MUNDI International Festival of Organ and Sacral Music. www.kck.com.pl

TEAM-BUILDING EVENTS ORGANIZED *in Paradise Cave environs*

Excellent entertainment and full team-building sessions prevail during brand names' events, picnics, grills and bonfires near Paradise Cave, winner of the plebiscite for the Top Highlight of Polish Nature. Paradise Cave enchants everyone with its rich and diversified forms in its underground world. It offers a breathtaking journey into the depths of our planet. A well-organized event plus a tour of the Cave will last forever for any visitor. Companies and institutions seeking stunning events will certainly tap into this idea.

This programme is particularly suited for groups of adults wishing to combine a business trip with team-building.

ACCOMMODATIONS

Hotel Łysogóry*** in Kielce. It can host events and congresses, is centrally located and specializes in business tourism. Comfortable singles, doubles and suites with TV, air-conditioning and free Internet; rooms for four persons are also available. The hotel has modern conference facilities, restaurant, café, green parlor, music club and casino.

MEALS

Full catering and restaurant services on the hotel premises, as well as during outdoor events.

Breakfasts, lunches and dinners are served in both Victoria and Oranżeria restaurants.

The Victoria Restaurant has often been a prize winner at culinary contests.

Grills, bonfires and team-building dinners for groups are served in Paradise Cave environs or at the *Raj* Country Inn.

SUGGESTED EVENTS AND GAMES

Outdoor events

- Bonfire with sausage and potato roasting
- Grill
- Roasting of suckling pig or lamb

TEAM-BUILDING EVENTS

- Starting ritual fire
- Carving wooden spoons and toys
- Making metal chain by hand
- Making fishing nets and demonstration of old-time methods of fishing
- Exercises in the art of archery
- Baking of unleavened bread
- Tug of war, or rope pulling

THEMATIC EVENINGS

- Bavarian evening
- Sabbath, or witches' coven
- Hellish ball

OTHER ATTRACTIONS

- Sky lanterns
- Barman's shows
- Wine and beer tasting
- Whiskey tasting
- Making caricatures
- Karaoke
- DJ

SERVICES INCLUDED IN THE PACKAGE

- Accommodations
- Selected events and attractions
- Meals as per programme
- Team-building bonfire or banquet with regional music band or DJ

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Tour of Paradise Cave which is considered to be Poland's most attractive limestone cave with rich and diversified natural collection of dripstones.

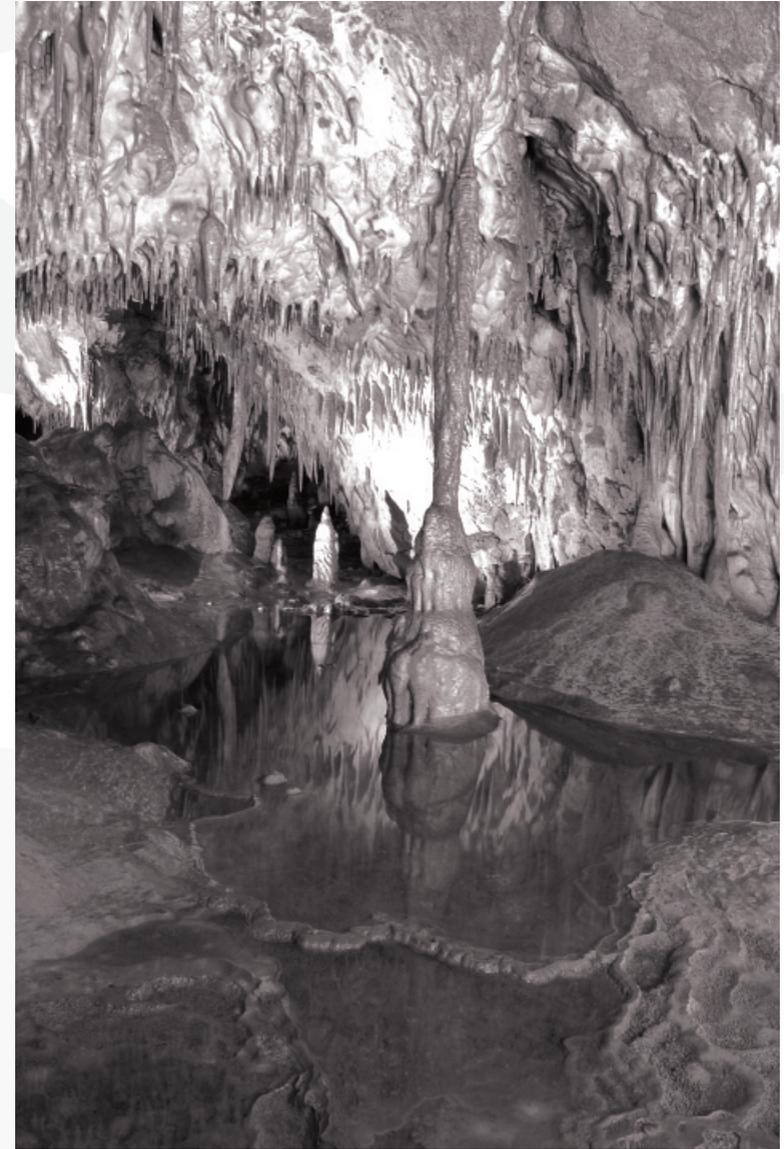
- Visit to the nearby First Centre of Neanderthal Man – the exhibition enriches our knowledge about Neanderthal humans on the basis of the most recent scientific research. One of the tour attractions is a replica of a mammoth, 3.5 metres high and nearly 6 metres long. Its trunk is close to 2.5 metres in length. This interactive exhibition is housed in a spherical dome located close to the car park.

Optional transportation for organized groups, calculated for each group separately.

NOTES

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HOTEL 365***

BUSINESS & RELAX

This cosy establishment provides a nice ambiance and many attractions year round. Rich natural environment invites for hiking tours. Company events are professionally organized. The hotel premises were carefully designed to satisfy requirements and wishes of different clients.

This programme is particularly suited for groups of adults wishing to combine a business trip with team-building events.

ACCOMMODATIONS

Overnight is provided by the Hotel 365*** located in the recreational district of Kielce known as Culture and Rest Park Stadion. In addition to comfortable double and triple rooms and suites with baths, TV and free Internet, the hotel has a well-equipped conference room and rich indoor and outdoor recreational amenities including a ski slope with T-bar, J-bar and carpet lift near the hotel, skating rink, sports gear rental (skis, skates, bikes, etc.), as well as bike services and wash.

MEALS

All meals are available in the *Siedem Pokus* hotel restaurant.

PROGRAMME

The conference facilities can accommodate business meetings and conferences lasting even a few days. Our conference room can sit up to 100 persons. Peaceful environment ensures appropriate atmosphere and air-conditioned room as well as abundant technical facilities such as multimedia projector, wireless Internet and flip chart provide full service and comfortable working conditions. Full catering service is also available. The hotel can host all kinds of events including training sessions for working staff, promotional events for clients, and the like. After work hours, participants can find relax in the *Siedem Pokus* restaurant or taking a walk outdoors through the park of the Stadion Leśny. The hotel has its own green area and a nice forested spot with view over the ski slopes. Enjoying a bonfire, guests can roast sausages or pork loins or taste mulled wine. Home prepared smoked fish or regional meat cuts can also be provided.



SERVICES INCLUDED IN THE PACKAGE

- Accommodations
- Organization of conferences
- Meals as per programme
- Team-building integration bonfire or banquet with regional music band or DJ

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Optional transportation for organized groups, calculated for each group separately
- Sports gear rental (bikes, skates, skis, quads)
- Paintball
- Zorbing or globe riding
- Rafting trip down the Nida River
- Tour guide's assistance
- A *Zbój Madej* team-building evening
- Guided countryside tour including the following attractions:
 - > **Kielce** - the capital city of Świętokrzyskie voivodeship is called a geological paradise due to the five nature reserves that are located within city limits. Excursions to the Kadzielnia Reserve, tour of the former Palace of the Cracovian Bishops, stroll along one

of Poland's nicest promenade along ul. Sienkiewicza and around the Market Square.

- > **The Royal Castle in Chęciny** was built in the 13th and 14th centuries, 360 metres above sea level. It has hosted many royalties, including Queen Bona. Now the Castle remains are well-preserved and still feature two towers, which offer beautiful vistas of its surroundings. The sightseeing tour of Chęciny takes the visitor to the Gothic Church of St. Bartholomew, the Renaissance Niemczówka house, and the Franciscan Order monastic complex.
- > Tour of **Paradise Cave** which is considered to be Poland's most attractive limestone cave with rich and diversified natural collection of dripstones.
- > Visit to the nearby **First Centre of Neanderthal Man** - the exhibition enriches our knowledge about Neanderthal humans on the basis of the most recent scientific research. One of the tour attractions is a replica of a mammoth, 3.5 metres high and nearly 6 metres long. Its trunk is close to 2.5 metres in length.

NOTES

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The programme presented above is tentative in character and the organizers are entitled to make slight alternations. It can be adjusted to clients' individual needs and suggestions.

KUROZWEKI SULIM'S OFFER

The Palace in Kurozweki is located in peaceful and scenic surroundings. Here the present intermingles with the past and creates excellent conditions for those who want to take a break from the routine business meeting.

The offer is particularly suitable for groups of adults wishing to combine a business trip with team-building.

ACCOMMODATIONS

The Palatial Complex in Kurozweki offers six comfortable rooms located in the former gate tower and in the attic. Five cosy double rooms are found in the stylish interiors of the Orangery. The Annex contains two luxurious suites. Additionally, there are five rooms in the former brewery. Some rooms have TVs.



Other amenities include a restaurant, pizzeria, café, bar, playgrounds, mini-zoo, football pitch, and beach ball area.

MEALS

Two breakfasts and two dinners on the palace premises.
Dishes prepared of bison meat can be included in the menu (at additional cost).

PROGRAMME (3 DAYS FOR 30 PERSONS) *

- Refined menu prepared by the palace kitchen including dishes of bison meat.
- Banquets, conferences and meetings in the palatial chambers.
- Tour of the palace premises including the oldest, subterranean, medieval parts with archaeological and military exhibition that ends in the courtyard. It also features the palace's baroque and neoclassical interiors. The palace has hosted many eminent guests: one of them was King Stanisław August Poniatowski who led dances in the sumptuous ball room.
- The mini-zoo located on the palatial grounds exhibits ostriches, lamas, wild-boar and other animals.
- Guided safari vehicle ride around the American bison enclosure.
- Evening entertainment features fireworks show, cannon salvos, group of fire dancers and jazz duet concert by fantastic musicians.
- Thematic paths and outdoor games can help to arrange direct promotions of company products as well as become a good opportunity to check knowledge acquired by guests participating in trainings.

* *Programme and nature of the stay are always adjusted to clients' requirements.*

SERVICES INCLUDED IN THE PACKAGE

- Accommodations in the palace
- Organization of conferences
- Meals as per programme
- Tour of the palatial buildings and grounds
- Safari vehicle ride around the American bison enclosure

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Optional transportation for organized groups, calculated for each group separately
- Paintball
- Ride in buggies
- Guaranteed attractions offered by partners:

EMERYK.COM - Journey or RPG (role-playing game) with the use of legendary military vehicles Mutt 151A2 manufactured in 1977.

KOLOROWE WOJNY (COLOR WARS) - Paintball, military paintball, speedball, survival.

Niedzielski Promotion Group - Meetings organized in different conventionalities such as MOULIN ROUGE, PRL (Polish People's Republic), NIEBO-PIEKŁO (Heaven or Hell Game), CASINO, TWENTIES & THIRTIES.

NOTES

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SKIING IN KIELCE

Ski slopes are closer than you think

Out of the eight ski centres in the Świętokrzyskie region, two are located in the voivodeship's capital, Kielce. You don't have to stay in traffic jam for hours on the Zakopane road or on the road to Krynica, if you want enjoy pleasures of skiing or snowboarding while taking advantage of city life attractions.

The offer is particularly suitable for groups of adults wishing to combine a business trip with team-building sessions or individual tourists interested in winter activities.

ACCOMMODATIONS

Hotel Pod Żółtą Różą*** This centrally located hotel occupies a restored house from the early 20th century. Double rooms with bath, TV and free Internet. Each of its 24 rooms has different décor and color. Hotel amenities include a restaurant, a two-level banquet room, conference rooms and a cosy patio.

MEALS

Breakfasts and dinners on the hotel premises.

PROGRAMME

Skiing on either or both slopes situated within Kielce city limits.

MOUNT TELEGRAF (406 m)

The highest elevation in Kielce. Beautiful view over the city from mountain top. Length - 500 metres, width - 70 metres. The slope has snow-making and lighting facilities and is well-prepared with use of snow-grooming machines. Ski-service and ski rental point is located near the lower station that also has a restaurant and a large car park.

MOUNT PIERŚCIENICA (367 m)

It is a part of the Poślowickie Range surrounding Kielce to the south. A breathtaking panoramic view of the city is to be had at the summit. Its peak is crisscrossed by biking trails. Stadion Leśny (Stadium Forest), Kielce's "green lungs," as well as the favourite promenade of its inhabitants,

is located at the foot of the mountain. The slope (500 m long, 50 m wide, with a drop of levels 59 m) is equipped with a double T-bar, electric lighting, snow-making facilities and maintained in good shape by trail groomers. A bar, ski-service, ski-rental point as well as a large parking lot are near the lower station.

SERVICES INCLUDED IN THE PACKAGE

- Accommodations in the hotel
- Organization of conferences
- Meals as per programme

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Optional transportation for organized groups, calculated for each group separately
- Sports gear rental (skis, quads)
- Services of ski instructor
- Ski-pass
- Guided tours including the following attractions:

Kielce - the capital city of Świętokrzyskie voivodeship is called a geological paradise, due to the five nature reserves that are located within city limits. Excursions to the Kadzielnia Reserve, tour of the former Palace of the Cracovian Bishops, stroll along one of Poland's nicest promenade along ul. Sienkiewicza and around the Market Square.

The **Royal Castle in Chęciny** was built in the 13th and 14th centuries, 360 metres above sea level. It has hosted many royalties, including Queen Bona. Now the Castle's remains are well-preserved and still feature two towers, which offer beautiful vistas of its surroundings. The sightseeing tour of Chęciny takes the visitor to the Gothic Church of St. Bartholomew, the Renaissance Niemcówka house, and the Franciscan Order monastic complex.



Tour of Paradise Cave which is considered to be Poland's most attractive limestone cave with rich and diversified natural collection of dripstones.

Visit to the nearby **First Centre of Neanderthal Man** - the exhibition enriches our knowledge about Neanderthal humans on the basis of the most recent scientific research. One of the tour attractions is a replica of a mammoth, 3.5 metres high and nearly 6 metres long. Its trunk is close to 2.5 metres in length.

Ethnographic Park in Tokarnia which features fragments of rural settlements with farms and such country infrastructure as mills, windmills, smithies, country inns, schools, shops, churches, vicarages, manors and granges.

The legendary oak, **Bartek**, is undoubtedly nature's most famous and admired monument in Poland. Standing in the village of Bartków near Zagnańsk, **Bartek** (30m tall, 14m girth, 3m diameter) spreads its eight main branches out 20 to 40 metres.

The **Świętokrzyski National Park** offers such attractions as the monastery and church on Mount Święty Krzyż, which is known to shelter relics of the Holy Cross, the viewing platform on the boulder field, Święta Katarzyna locality with the Bernardine convent, and Gallery of Fossils and Minerals.

NOTES

The length of stay depends on the number of visited sites and individual agreements with organizers. It is possible to add some thematic tours or visits in Świętokrzyskie voivodeship.

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HOTEL GROMADA IN CEDZYNA

Team-building meetings



Hotel Gromada in Cedzyna offers top-level hospitality, services of professional staff, comfortable accommodations and friendly atmosphere.

It is located close to national road 74 and only 8 km from Kielce. Therefore, it can serve as a stopover or provide a nice recreational break. The surrounding forest and nearby lake invite walks and biking tours.

The offer is particularly suitable for groups of adults wishing to combine a business trip with team-building purposes.

ACCOMMODATIONS

Hotel Gromada*** offers overnight stays with double rooms with bath and TV. Guests can count on such amenities as four conference rooms, a restaurant, covered grill, café, patio, aperitif bar, sauna, fitness room, laundry service, car park and Orange Internet hotspot.

SERVICES INCLUDED IN THE PACKAGE

- Accommodations in the hotel
- Organization of conferences
- Meals as per programme
- Team-building bonfire or banquet

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Optional transportation for organized groups, calculated for each group separately
- Guided tours including the following attractions:

Kielce - the capital city of Świętokrzyskie voivodeship is called a geological paradise due to the five nature reserves that are located within city limits. Excursions to the Kadzielnia Reserve, tour of the former Palace

of the Cracovian Bishops, stroll along one of Poland's nicest promenades along ul. Sienkiewicza and around the Market Square.

The **Royal Castle in Chęciny** was built in the 13th and 14th centuries, 360 metres above sea level. It hosted many royalties, including Queen Bona. Now the Castle's remains are well-preserved and still feature two towers, which offer beautiful vistas of its surroundings. The sightseeing tour of Chęciny takes the visitor to the Gothic Church of St. Bartholomew, the Renaissance Niemcówka house, and the Franciscan Order monastic complex

Tour of **Paradise Cave** which is considered to be Poland's most attractive limestone cave with rich and diversified natural collection of dripstones.

Visit to the nearby **First Centre of Neanderthal Man** – the exhibition enriches our knowledge about Neanderthal humans on the basis of the most recent scientific research. One of the tour attractions is a replica of a mammoth, 3.5 metres high and nearly 6 metres long. Its trunk is close to 2.5 metres in length.

Ethnographic Park in Tokarnia which features fragments of rural settlements with farms and such country infrastructure as mills, windmills, smithies, country inns, schools, shops, churches, vicarages, manors and granges.

The legendary oak, **Bartek**, is undoubtedly nature's most famous and admired monument in Poland. Standing in the village of Bartków near Zagnańsk, **Bartek** (30m tall, 14m girth, 3m diameter) spreads its eight main branches out 20 to 40 metres.

The **Świętokrzyski National Park** offers such attraction as the monastery and church on Mount Święty Krzyż which is known to shelter relics of the Holy Cross, viewing platform on the boulder field, Święta Katarzyna locality with the Bernardine convent, and Gallery of Fossils and Minerals.

SERVICES INCLUDED IN THE PACKAGE

The length of stay depends on the number of visited sites and individual agreements with organizers. It is possible to add some thematic tours or visits in Świętokrzyskie voivodeship.

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IN THE LAND OF LASTING IMPRESSIONS

IN THE LAND OF LASTING IMPRESSIONS

The Świętokrzyski Region boasts a particularly attractive natural environment. Over 60 percent of it is protected by different forms of nature conservation and that is why sports and outdoor enthusiasts are attracted to the most attractive, green, unpolluted areas of the voivodeship.

The Świętokrzyskie Mountains are the greatest treasure of the region. Relatively low, gently rolling range is crisscrossed by hiking trails, leading visitors through the most scenic parts of the Świętokrzyski National Park and a multitude of landscape parks. *The Świętokrzyski Region, Step by Step* is the best offer for fans of hiking tours.

Kayaking trips are more and more popular on the safe currents of the Nida and Pilica Rivers. In winter, skiers can enjoy seven mountain slopes. Other tourists attractions include: biking trails, equestrian centres with riding schools, climbing walls, caves open for exploration, quads and paintball game grounds.



WEEKEND KAYAKING TRIP DOWN *the Nida River*

The Nida River is the Vistula's left bank tributary which meanders through the Ponidzie region, a land of uncommon nature and climate known as the Świętokrzyski steppe. Hills, meadows and fields constitute natural environment of great value and, therefore, is carefully protected within regional Landscape Parks and the European Network Natura 2000. The eventful history and rich traditions of the Ponidzie region are well-represented by architectural monuments, archaeological sites, and countryside chapels with crosses and woodcarvings.

The Nida River is one of Poland's warmest and sun-kissed water courses – its water temperature rises above plus 27 degrees Celsius during summer.

The Biała Nida (the White Nida) marks the beginning of the trail; this section is ideal for weekend trips featuring an easy and very picturesque kayaking trip.

The offer is particularly suitable for individuals and informal groups interested in active tourism and alternative forms of holidaying in the region. Organization for weekend kayaking trips for companies and institutions is possible. Participants need no special experience to take part in those events.

ACCOMMODATIONS

Participants are accommodated in tents on bivouac grounds; rental of tents is possible but requires advanced booking.

MEALS

Tourists are entirely in charge of their own meals, except sausages for the bonfire evening provided by organizers. Gas in bottles and fresh water are also available for participants' use.

PROGRAMME

Friday (on bivouac grounds)

- Arrival at meeting place indicated by the organizers with participants' using their own transportation method. However, there is the possibility of being picked up from the Jędrzejów railway station
- Free time for setting up tents and exploration of environs
- Team-building games by bonfire

Saturday (kayaking trip)

- Leaving bivouac grounds; packing tents and luggage onto trucks provided by organizers
- Taking participants' cars to car park
- Distribution of kayaking gear
- Training before tour departure: approx. 20 minutes of basic training, presentation of safety rules and enumerating emergency details and procedures
- Kayaking trip (approx. 11 km); short distance that allows beginners to learn how to paddle and control equipment.
- Free time for setting up tents, preparing bonfire, taking a walk around and swimming in the river
- TEAM-BUILDING games by bonfire

Sunday (kayaking trip)

- Leaving bivouac grounds; packing tents and luggage onto trucks provided by organizers.
- Kayaking trip (approx. 20 km) includes:

- * Breaks for rest and swimming
- * Arriving AT the White and Black Nidas junction
- * Tour of the knightly stronghold in Sobkowo. The 16th century ruin of the fortified nobleman's residence is adapted for tourist needs.

Optional tour of the site depending on the available time and number of visitors.

- End of kayaking trip; folding up equipment and transport of participants to their cars.

SERVICES INCLUDED IN THE PACKAGE

- Comfortable, well-prepared, safe kayaks; paddles; and safety jackets
- Assistance of experienced instructors
- Transportation of luggage along the trip route and taking participants back to their cars after the trip end
- Overnight accommodations on bivouac grounds
- Kayaking training for participants
- Personal accident insurance
- Fresh water, tourist cooker, kettle
- Bivouac gear (hatchet, shovel, sports and recreation gear: badminton, volleyball, etc.)
- Sausage for bonfire evening (Saturday); the organizers can help with shopping, if necessary.
- First-aid kit

OPTIONAL SERVICES

- Transportation of participants from the Jędrzejów railway station if notified in advance
- Rental of tents if required and additional cost
- Tour of the Sobków stronghold depending on time reserve and number of visitors

PRACTICAL INFORMATION

- Participants should be equipped with the following gear and items:
- + Tent, sleeping-bag, sleeping mats (tents for rent available)
 - + Sandals and shoes for water sports, sunglasses, cream with UV filter
 - + Torch, knife, fork, dinner-pail, mug, etc.
 - + Food provisions (tourist' cooker is provided by organizers)
 - + Head gear, swimming suit
 - + Mosquito repellent
 - + Warm clothes

- Certificate of payment for the kayaking trip
- Pocket money
- Participants aged 16-18 should have written approval from their parents or legal guardians

The programme presented above is tentative in character and the organizers are entitled to make slight alternations.

The tourist enterprise *Kajakiem.pl* is responsible for trip organization.

Their offer also includes the following:

- One week trip down the Nida and Pilica Rivers
- Weekend trip down the Czarna Nida, Pilica and Liswarta Rivers
- Rental of kayaks
- Team-building kayaking trips in cooperation with event organizing agents.

Przedsiębiorstwo Turystyczne
 „Kajakiem.pl” Anita Górecka
 ul. Rakowska 29
 28-300 Jędrzejów
 tel. 698 393 949
www.splywy-kajakowe.pl
www.kajakiem.pl
www.poradnik-kajakowy.pl



THE ŚWIĘTOKRZYSKI REGION, STEP BY STEP

The area of the Świętokrzyskie Mountains is a real paradise for enthusiasts of hiking trips. This low but old mountain range is located in central Poland, only a few hours' drive from Warsaw, Łódź, Cracow, Katowice, Lublin and Rzeszów. Climbing the hiking trails in the Świętokrzyskie Mountains is not really very challenging because steep slopes do not occur often, due to small altitude differences.

Even a short outing in the countryside of the Świętokrzyski region ensures close contact with nature because the mountainous territory is protected within the area of the Świętokrzyski National Park, five landscape parks and many nature reserves. Trails lead through vast complex of the Jodłowa and Świętokrzyska Forests, which host rare species of fauna and flora, as well as geological curios.

Tired hikers can enjoy the hospitality of rural accommodations on farms, hotels, country-inns and private rooms. Their standards are different and adjusted to requirements and budgets of families, students, senior visitors, organized groups, etc.

The programme is particularly suitable for individual tourists and informal groups interested in active tourism and alternative forms of holidaying in the region. The programme is best suited for organized groups of experienced hikers.

ACCOMMODATIONS

Day 1: Rest and recreation centre *Jodełka* in Święta Katarzyna offers single, double, triple and four-bed rooms with baths, TV and alarm-clocks. Other amenities include a fitness room, TV room, bicycle rental, billiards and table tennis.

Day 2: Overnight in the Stowarzyszenie Apostolstwa Katolickiego Karczówka pilgrim's house in Kielce offering dorms with baths in the 17th century monastery located on the summit protected in the landscape reserve.

Day 3 (option): Overnight in the youth hostel in Chęciny in double, triple and four-bed rooms with baths in corridors. Other facilities include car park, bonfire site, table tennis, TV room and sports grounds.

MEALS

One dinner in the *Jodełka* Rest and Recreation Centre
 One breakfast in the *Jodełka* Rest and Recreation Centre
 One dinner in the pilgrim's house in Karczówka

PROGRAMME

Day 1: Nowa Słupia – Huta Szklana – Kakonin – Łysica – Święta Katarzyna (approx. 20 km)

- Early morning arrival to Nowa Słupia
- Departure for Święty Krzyż (blue trail, 3 km)
- Tour of the Holy Cross (Święty Krzyż) monastic complex including cloisters, church, Oleśnicki family chapel, missionary museum of the Oblates, and the Prince Jeremi Wiśniowiecki crypt
- Climbing to the viewing platform located in *gołoborze*, or the boulder field
- Hiking to Kakonino (red trail, approx. 10.5 km) with a stopover near an old rural house
- Hike up Mount Łysica (red trail, approx. 5 km)
- Descent to Święta Katarzyna (red trail, approx. 2.5 km)
- Overnight and dinner in the rest and recreation centre

Day 2: Święta Katarzyna – Krajno – Mount Wymysłona – Mount Radostowa – Mount Klonówka – Masłów – Mount Domaniówka – Dąbrowa (approx. 20 km)

- Early breakfast and check out
- Hike up Mount Radostowa (red trail, approx. 7 km); stopover
- Hike up Mount Klonówka to see a huge quartz boulder known as Devil's Stone (red trail, approx. 6 km); stopover
- Hike to Masłowo (red trail, approx. 2 km); tour of the Transfiguration Church
- Hike to Dąbrowa near Kielce (approx. 5 km)
- Transfer by public transport to overnight lodgings
- Check in, dinner and overnight

Day 3: Kielce (Karczówka) – Mount Brusznia – Białogon – Mount Patrol – Jaskinia Raj (Paradise Cave) – Mount Zelejowa – Chęciny (approx. 20 km)

- Breakfast at pilgrim's house and check out
- Tour of monastery and nature reserve of Karczówka
- Hike to the Białogon district (red trail, approx. 4.5 km); visit to the wooden Church of the Transfiguration
- Hike to Paradise Cave (red trail, approx. 7 km); optional tour
- Hike towards the Zygmuntówka quarry (red trail, approx 1 km); optional tour
- Hike and tour of the Mount Zelejowa nature reserve (red trail, approx. 2.5 km)
- Departure for Chęciny (approx. 3 km); optional lunch and tour of the Gothic castle ruins (13th-14th cc.)
- End of tour and return

SERVICES INCLUDED IN THE PACKAGE

Accommodations and meals as per programme; tour guide's assistance; entry tickets to the Świętokrzyski National Park, viewing platform of the boulder field, Prince Jeremi Wiśniowiecki crypt; free entry to nature reserves and hiking trails.

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Optional transportation for organized groups, calculated for each group separately
- Entry tickets for optional tours (Paradise Cave, ruins of the Royal Castle in Chęciny)

PRACTICAL INFORMATION

Gratuities for local guides are not included in the tour price. Voluntary offerings in the Missionary Museum on Mount Święty Krzyż and for renovation of sacral buildings.

Touring Paradise Cave is possible only with a telephone reservation pre-arranging the visit. Sometimes, access to the cave is not possible for reasons independent of the organizers.



HOMEY
AMBIANCE

AGRITOURISM

Homey Ambiance

Crystal-clear air, vast expanses of forests abundant in mushrooms and interesting floral and animal species, stretches of meadows, mountains and valleys with streams and rivers, all these built up a homey ambiance ideal for rest and recreation away from city noise and commotion. The Świętokrzyski region is also a real treasure trove of tastes and aromas found in the regional cuisine as well as fresh fruit, vegetables and homemade liquors. Hosts will always treat you to tasty, traditional dishes including nettle soup, blackthorn liquor, or an original stuffed potato dish known as *bulwa nadziewana*.

Bread is still home-baked in many rural areas of the Kielce region. Visitors are invited to prepare fruit preserves themselves. Dishes served by hosts have terrific tastes and aromas, due to the great number of ecological and healthy products found in the Świętokrzyski countryside.

Gourmets will be more than happy to sample the delights of the European Network of Regional Culinary Heritage which let them enjoy traditional regional dishes, including freshly baked bread, juicy meats and excellent homemade fruit liquors.

While travelling through the Świętokrzyski region, tourists may just as well get acquainted with the Polish and global agritourism programme by visiting *Agrotravel* International Fair of Rural and Agricultural Tourism organized annually in Kielce fair grounds *Targi Kielce*. The fair attracts approximately 140 exhibitors from Poland and abroad. The *Agrotravel* fair is accompanied by study tours and conferences.

Those who visit the Świętokrzyski region will find many opportunities to restore their health by relishing close contact with nature, tasting ecological products and homemade dishes, exploring attractive tourist sites, while touring the area either by hiking, biking or driving.



TASTES AND AROMAS OF THE REGION

Świętokrzyskie Regional Culinary Heritage

The Świętokrzyskie Region Culinary Heritage is part of the European Network of Regional Culinary Heritage. The Świętokrzyskie regional organization unites local producers of natural, healthy and tasty food products, as well as farmers' shops, country inns, restaurants and hospitality farms.

Clients of the hospitality farms associated in the network of the Świętokrzyskie Regional Culinary Heritage can count on refined tastes and mouth-watering aromas, as well as on singular recipes based on many years of tradition. The region's traditional dishes include such specialties as *zalewajka świętokrzyska* (potato soup with mushrooms), *dzionie rakowskie* (similar to black sausage), *parzybroda* (cabbage soup), homemade liquors and *placek spod kamienia* (layer-cake).

Gourmet meals are not the only attractions of the stay in the Świętokrzyskie region since hospitality farms are usually located in the most picturesque natural environment. Rest in natural surroundings after a rich and tasty meal is always a great pleasure. Fresh air and peaceful ambiance make the guest feel re-invigorated and refreshed.

The offer is particularly suitable for individual tourists interested in culture tourism and alternative forms of holidaying in the region.

ACCOMMODATIONS

Stays of a few days in agritourism farms, members of the network of the Świętokrzyskie Region Culinary Heritage.

MEALS

Homemade and regional cuisine dishes served by hospitality farm hosts.

HOSPITALITY FARMS, MEMBERS OF THE NETWORK

IN THE BUSKO-ZDRÓJ ENVIRONS

The agritourism farm Dworek Staropolski

in Młynczyńska offers three options of stay

- Stylish stay in comfortable rooms
- Stay in separate holiday house
- Stay in an early 20th century cottage sleeping on straw mattresses and cooking over a hearth

The farm is known for its homemade dishes prepared with local products and seasoned with herbs picked in nearby meadows. They specialize in dishes with fish from their own pond (sturgeon) and old homemade liquor *sośniak*. www.dworekstaropolski.pl

IN THE KIELCE ENVIRONS

The agritourism farm Daleko od szosy in Brody (Pierzchnica commune) started its operations ten years ago. The hostess prepares dishes with products from her own garden. Her specialties include such dishes as *zalewajka świętokrzyska* (potato soup with mushrooms),

nettle soup, *bida* (thin soup of poor people), *parzybroda* (cabbage soup), *dziod pierzchnicki* (potato dumplings) or *skwarkowiec* (yeast-cake with cracklings). They also serve beverages made with elderberry or flowers, cottage cheese and yellow cheese.

www.dalekoodszosa.wczasywpolsce.pl

Agritourism farm Gratka in Celiny is situated in a protection area of the landscape park. The hosts are proud owners of the only vineyard in the whole neighbourhood. For cooking, they use ecological products of their own or bought at local food markets. Bread, rolls and cakes are made solely of spelt flour which the Gratka family obtains from their own wheat crops. They also produce *dzionie rakowskie* registered on the List of Traditional Regional Food Products. Amateurs of plein-air painting and enthusiasts of banqueting can count on the organizational skills of their hosts. www.celiny.pl

Agritourism farm Korzyna in Korzenno (Raków commune) is picturesquely located on a high river bank. Its amenities include wooden country house with rooms for rent, bread oven, swimming pool, tennis court, tree stands for hunters, and fish ponds. All dishes and foodstuffs served on the farm come from their own fields or organic farming. Many of them are on the List of Traditional Regional Food Products. www.korzyna.pl

Agritourism farm of Wiesława and Dariusz Wójcik is situated in Trzcianka at the foot of Mount Łysa Góra. Theirs is a typical organic farm that specializes in breeding original Polish variety of chicken and cultivation of herbs. Phone: +48 41 317 74 54

The agritourism farm U zielarza in Orzechówka is known for its organic farming and production of *ćmaga świętokrzyska*, or herbal potion. Another specialty of the farm is *batiar lwowski*, or cottage cheese. Recipes for both products were created in the 20th century. Other attractions on the farm include a museum of hatchets, therapeutic pyramid and orchard with old varieties of fruit trees. www.orzechowski.com

IN THE KOŃSKIE ENVIRONS

The agritourism farm Kalinowy Młyn in Rudzisko (Końskie county) is located near the Barbarka River amidst fields and fish ponds. There is a wooden windmill from the early 20th century and a 200 year-old lime tree on the farm premises. Hosts specialize in pumpkin preserves

prepared with produce from their own garden. They often serve soup made of local carp and a cake with dry prunes.
Phone: +48 692 226 076

IN THE SANDOMIERZ ENVIRONS

The agritourism farm Szymanówka (Zawichist commune) can boast a long fruit growing tradition dating back to the inter-war period. Besides *Sandomierz apple* varieties, they grow apricot and pear, as well as hazel nut, trees. The hosts are members of the **Sandomierz Apple Route Society**. They are also involved in actions aiming at the registration of the *Sadomierz apple* varieties on the List of Traditional Regional Food Products. Phone: +48 603 858 596

The agritourism farm Wojtasówka in Obrazów has been in operation since 1946. They grow many new varieties of apple and cherry trees which, thanks to the properties of loess soil and local microclimate, have special taste, aroma and color. The hostess specializes in dishes with apples, such as duck with apples, apple-pie Obrazów style or baked apples, as well as in production of fruit preserves made of their own produce. www.wojtasowka.superturystyka.pl

IN THE SKARŻYSKO KAMIENNA ENVIRONS

The ecological agritourism farm **Zagroda Królów** is known for its cultivation of northern high bush blueberry known in Poland as American blueberry. The hostess produces many blueberry preserves. She also breeds an original Polish variety of chicken and Kielce geese. Moreover, she rears an original Polish breed of sheep and a Jersey cow to make rennet cheese. Her culinary skills and care for traditions is best expressed by such specialties as rye flour gingerbread, *placek spod kamienia* (layer-cake), leg of lamb, and Kielce goose roast.
www.zagrodakrolow.pl

IN THE STARACHOWICE ENVIRONS

The agritourism farm Pytlówka in Tarczek is located in the very heart of the Świętokrzyskie region. Peaceful and quiet environment ensures a healthy rest and recreation. The hosts offer pony rides and bikes for rent. Those who like healthy food will certainly enjoy their cuisine based on organic farm produce. The hostess specializes in *prazoki* (potato dumplings) and pumpkin cake.

The agritourism farm Małaczyński Zakątek near the village of Małaszyn is located in the northern part of Świętokrzyskie voivodeship. These nature-loving hosts offer photo-safaris, fishing, horse riding and many regional cuisine dishes, such as Małaszyn carp and buckwheat groats stuffing, both registered on the List of Traditional Regional Food Products. Game dishes, such as Idzik's wild boar ham, also belong to the hosts' rich culinary offer.
Phone: +48 507 947 076

IN THE STASZÓW ENVIRONS

The ecological agritourism farm Ekorab from Jesień near Staszów welcomes nature lovers and offers such organic food dishes, as *zalewajka świętokrzyska* (potato soup with mushrooms), raspberry preserves and spelt flour bread. Mattresses and pillows are filled with spelt straw and young visitors can take part in Green Village meetings.
www.ekorab.pl

The Fishing agritourism farm Rytwiany took its name from the name of the commune. The fish farming occupies an area of 180 hectares and is based on tried and true, old practices and natural feeding stuffs. The Rytwiany carp is their main product, registered on the List of Traditional Regional Food Products. www.swietokrzyskikarp.pl

IN THE WŁOSZCZOWA ENVIRONS

The Fishing agritourism farm Lasochów in the village of Oksa was founded in 1554 by Mikołaj Rej. The farm occupies 250 hectares of fish ponds and 220 hectares of arable land. Fish are fed with organic grains from the farm's own crops and the local variety of carp known as Oksa carp is the farm's main product. The Oksa carp is registered on the List of Traditional Regional Food Products.
Phone: + 48 41 380 84 80, 601 550 129

ETHNOGRAPHIC PARK (SKANSEN) IN TOKARNIA

Relaxing in an interesting environment and in the company of good friends is always a pleasant experience. Such conditions, plus efficient organization of rest, are ensured by staff of the Ethnographic Park in Tokarnia. Entering the park through the main gate is like travelling back in time to the 19th century. Visiting the well-preserved cottages, farmsteads and manor house, visitors may feel like heroes of such great works of Polish literature, *Nad Niemnem* and *Wesele*. One can imagine that those who lived in those houses have just left them.

The programme is particularly suitable for adults participating in team-building events or individual tourists interested in being close to nature, combined with touring the surrounding neighbourhood.

ACCOMMODATIONS

Rooms for guests (20 persons maximum) are located in the house with eight flats where families of agricultural workers transferred from Ruda Pilczycka formerly lived. The house itself was built in 1914. Guests can rent any of seven comfortable rooms equipped with fireplace, big bathroom with shower, and satellite TV. There are also a car park and a country inn on the ethnographic park premises.



MEALS

Breakfasts and dinners on the premises of the skansen.

WEEKEND PROGRAMME

DAY 1

- Arrival at the skansen and check in
- Tour of the Ethnographic Park and its exhibits representing infrastructure of old settlements which features fragments of rural settlements with farms and such country infrastructure as mills, windmills, smithies, country inns, schools, shops, churches, vicarages, manors and granges. So far, thirty rural buildings have been reconstructed or transferred to occupy approx. 65 hectares of land. They include a manor from Suchedniów, a granary from Złota, a church from Rogów, a windmill from Grzmucin, the organist's house from Bieliny which now functions as pharmacy, little grocer's and tailor's workshop, a shoemaker's house from Daleszyce, farmsteads from Bieliny, Radkowice, Suków, as well as farmhouses from Rokitno, Słężany, Bronkowice, Siekierna, Chrobrza and Świątniki. The farmstead from Bukowska Wola houses an exhibition of sculptures by Jan Bernasiewicz, from Jaworznia.

OPTIONAL TOURS IN THE ENVIRONS (AT ADDITIONAL COST)

* The Royal Castle in **Chęciny** was built in the 13th and 14th centuries, 360 metres above sea level. It hosted many royalties, including Queen Bona. Now the Castle's remains are well-preserved and still feature two towers, which offer beautiful vistas of its surroundings. The sightseeing tour of Chęciny takes the visitor to the Gothic Church of St. Bartholomew, the Renaissance Niemcówka house, and the Franciscan Order monastic complex

* Tour of **Paradise Cave** which is considered to be Poland's most attractive limestone cave with a rich, diversified natural collection of stalagmites and stalactites. Its fairytale-like beauty creates an exquisite quality which distinguishes Paradise Cave from similar geological formations in Poland.

* Visit to the nearby **First Centre of Neanderthal Man** - the exhibition enriches our knowledge about Neanderthal humans on the basis of the most recent scientific research. One of the tour attractions is a replica of a mammoth, 3.5 metres high and nearly 6 metres long. Its

trunk is close to 2.5 metres in length.

* **Fortalicium, or stronghold, in Sobków** stands on the bank of the Nida River. It was constructed by Stanisław Sobek in 1560-70. The ruins of a neoclassical palace built by the Szaniawski family in 1770 still sit inside the stronghold. Formerly, defensive walls with four corner towers had enclosed the stronghold on all sides. At present, only fragments of those walls and three towers covered with wooden roofs, as well as embrasures on lower levels, are still preserved. The complex has been partly renovated so that now it contains guest rooms and a restaurant.

- Dinner on the skansen premises
- Free time and team-building bonfire

DAY 2

- Breakfast on the skansen premises

- Departure for the Gród agritourism farm. Its greatest attraction is the medieval smithy with rich collection of combat weapons on display and old tools used for their manufacturing. Educational classes offered by hosts include a presentation of blacksmith's skills, coin minting, a lecture about history of weapon, and a demonstration of shooting using cannons, catapults and bows. On the premises, there is also a wooden castle with tower used for banqueting, a fish pond, a stone grilling site, bonfire site, replicas of old cannons, and numerous sculptures. Rural cuisine specialties are offered to organized tourist groups. A very popular attraction is the replica of the Battle of Grunwald (1410) encampment, featuring ten one-mast tents and the huge two-pole tent of King Władysław Jagiełło. All these tents can be used for overnight use.

- **Participation in the events organized periodically in the Ethnographic Park (skansen) in Tokarnia:**

* **Wytopki Ołowiu, or Lead Melting (end of May)**

It is the stellar event of the Kielce Region Rural Museum, first organized back in 1993. It depicts the time when the Świętokrzyskie region became known for the discovery and exploitation of metallic ores, especially lead and copper ores. The programme of events includes a demonstration of lead melting during which guests get souvenir medals and can sample dishes of regional cuisine.

* **Świętokrzyski Jarmark Agroturystyczny, or Świętokrzyski Agritourism Fair (June)**

Main objective of the fair (Homey Ambiance – tastes of regional cuisine) is the presentation of accommodation and culinary offers presented by agritourism farms. Sale of handmade folk articles, shows

of old customs and traditional crafts are also included in the fair programme. Performances by folk groups with guest stars, such as Genowefa Pigwa, enhance the attractiveness of the event.

* **Hubertus Świętokrzyski, or St. Hubertus' Feast (October)**

The Hubertus Świętokrzyski is a periodical and regional holiday of hunters, foresters and horseback riders. It is the only day in the whole year that people can take part in the traditional St. Hubert's fox hunting, listen to a concert of hunting signals, watch shows of hunting with hawks, and taste roasted wild boar. Celebrations are preceded by rally of fellowships with flags and introduction to St. Hubert's Mass. Other accompanying events include a display of hunting trophies, hunting and nature photographs, contests for children (apropos their knowledge of forest animals and nature), tasting roasted wild boar, presentation of old folk games, shows of traditional skills, fair of folk art and crafts, and horseback rides around the skansen premises.

SERVICES INCLUDED IN THE PACKAGE

- Accommodations on the skansen premises
- Tour of the Ethnographic Park
- Meals as per programme
- Team-building bonfire
- Participation in events organized on the skansen premises

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Transportation for organized groups, calculated for each group separately
- Tour of the Chęciny Royal Castle, Paradise Cave and the Sobków stronghold
- Excursion to the Gród agritourism farm on the second day
- Tour-guide's assistance outside skansen grounds

NOTES

The length of stay depends on the number of visited sites and individual agreements with organizers. It is possible to add some thematic tours or visits in Świętokrzyskie voivodeship.

The programme presented above is tentative in character and the organizers are entitled to make slight alternations. It can be adjusted to clients' individual needs and suggestions.

AGROTRAVEL INTERNATIONAL FAIR *of Rural and Agricultural Tourism*

Poland's best dishes recommended by the European Network of Regional Culinary Heritage, meads, homemade liquors, porcelain and handicraft articles can be seen, sampled and purchased during the International Fair of Rural and Agricultural Tourism. AGROTRAVEL is attended annually by 140 exhibitors from Poland and abroad. Interesting workshops and excursions are available for fair participants.

ACCOMMODATIONS

Hotel *Lysogóry**** in the centre of Kielce, the capital city of Świętokrzyskie voivodeship. Double and triple rooms with bath, TV and free Wi-Fi. The *Victoria* Restaurant, *Klimt* bar, *Black Horse* music club, and the spa area are at the guests' disposal.

MEALS

Three breakfasts on the hotel premises, two lunches inside the Kielce Trade Fair, dinner at a gala banquet, and one dinner during the study tour.

PROGRAMME

DAY 1

- Afternoon arrival, check in, free time, dinner

DAY 2

- Breakfast on the hotel premises
- Departure for the Kielce Trade Fair
* Participation in the International Conference on the Development of Agricultural and Rural Tourism
* Visiting exhibition stands and getting acquainted with exhibitors' displays
* Participation in fair contests
* Participation in the gala banquet with dancing organized in the *Lysogóry* Hotel

DAY 3

- Afternoon arrival, check in, free time, dinner

DAY 2

- Breakfast on the hotel premises
- Departure for the Kielce Trade Fair
* Visiting exhibition stands
* Participation in chosen workshops
* Study tour of the JuraPark in Bałtów or to the Medieval Settlement in Huta Szklana (two options)

THE BAŁTÓW TOURIST COMPLEX

* **Guided tour of the JuraPark** includes travelling through time: walk along the educational path that reveals historical development of our planet. The path features over 100 natural-size models of prehistoric animals (mostly dinosaurs) created with utmost care to detail and, therefore, highly valued by scientists.

* **Tour of Jurassic Museum:** a great number of wonderful exhibits (fossils and minerals) from all over our globe are on display in two rooms. Those interested in the prehistoric world will see fossils left by creatures living in the Mesozoic sea. Collection of minerals will reveal their secrets and enchant visitors with their forms and colors.

* **Tour of the Bałtów Zoo** (upper and lower parts) in an original American school bus to observe as many as over a thousand wild animals, representing rare and endangered species. Interesting stories about animal life told by the local tour-guide change the study tour into a passionate, lively lesson on biology.

* **Tour of the Jewish Ravine** and enjoying one of the questing paths; questing is a game including a treasure hunt based on cultural, historical and natural heritage of the area.

* Dinner on the premises of the Bałtów Tourist Complex

THE MEDIEVAL SETTLEMENT IN HUTA SZKLANA

* **Guided tour of the medieval settlement** with witch Lilana or sorcerer Wszemysław. The settlement is a reconstruction of wooden huts from the period between the 12th and 14th centuries; an interactive technique is used to show the life and work of Slavs, practicing such artisan skills as those of potters, carpenters, blacksmiths, weavers, saddlers, beekeepers,

herbalists and housekeepers.

+ Participation in interactive workshops in teams of 20 to 25 persons; the following workshops can be chosen:

- Weaver's workshop; weaving straps and working on hand looms accompanied by tales about old weaving techniques; contest with a prize for the fastest weaver of straps.

- Potter's workshop; forming pieces of earthenware and figurines accompanied by tales about old potter's techniques and usage of potter's products.

- Wicker basket making and working in wood; learning to make wicker baskets accompanied by tales about magic properties of wood in Slav culture. Water-pouring contest using wooden spoons.

- Workshop for herbalists and fans of medieval culinary skills; baking flat bread in a hearth accompanied by tasting of herbs, honeys, and plum jam; learning how to identify medicinal plants (herbs) and tales about their medical and magical properties.

DAY 4

- Breakfast on the hotel premises
- Departure for the Kielce Trade Fair and visiting exhibition stands or individual city tour of Kielce
- Departure

SERVICES INCLUDED IN THE PACKAGE

- Overnight accommodations
- Meals as per programme
- Participation in chose of workshops
- Participation in chose of study tour

OPTIONAL SERVICES (AT ADDITIONAL COST)

- Transportation for organized groups, calculated for each group separately
- City guide's assistance in Kielce

NOTES

The length of stay depends on the number of visited sites and individual agreements with the organizers. It is possible to add some thematic tours or visits in Świętokrzyskie voivodeship.

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"... for the development of Świętokrzyskie Voivodeship..."