



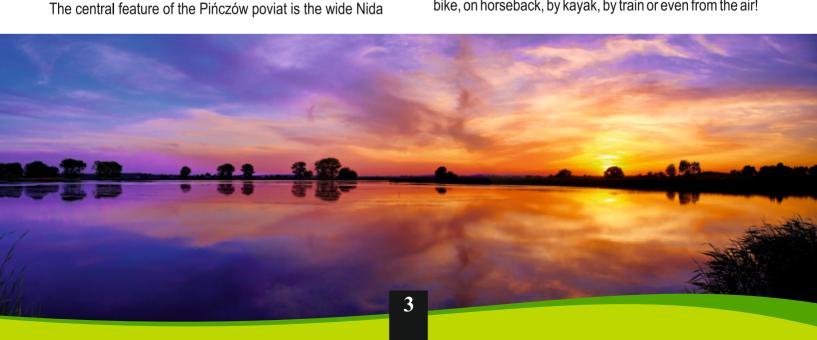
GET ON YOUR FEET THE NATURAL WAY

Ponidzie lies in the southern and south-eastern part of the Świętokrzyskie Voivodeship, within the two poviats (administrative areas) of Busko-Zdrój and Pińczów.

Busko-Zdrój poviat, a place where the richness of nature meets numerous historical monuments to human activity (Wiślica, Nowy Korczyn, Stopnica, Gnojno, Pacanów). The region's most important assets are its mineral waters (sulphide and iodine-bromine brines) and peat deposits that by 1836 had already made Busko-Zdrój one of the most unique spa localities in Europe. The medicinal waters from Solec-Zdrój are also highly valued as well. Today, Busko-Zdrói is a modern resort which connects the healing function with wellness and spa. Modern hotels, apartments and inns have been built alongside the existing medical facilities, and now Busko-Zdrój is able to offer healing waters and spa treatments together with the tradition, culture, cuisine and natural riches of this land. Busko-Zdrói is also a vibrant centre of culture which for over 25 years has been organising a festival dedicated to the memory of opera singer Krystyna Jamroz, who was born in the town.

river with its natural meanders and unique inland delta. The limestone plateaus that surround it form a dense network of ravines and loess gorges. The Pińczów poviat is also rich in culture and history - with archaeological discoveries from the Neolithic period, through the Celtic and Germanic settlements, to modern times, not to mention the old charters of Pińczów and Działoszyce, battle sites, sites of insurrections, palaces, churches both Catholic and Protestant, as well as synagogues. The area bears many traces of the famous figures who once lived here: Cardinal Zbigniew Oleśnicki, architect and sculptor Santi Gucci, prior of the Czestochowa monastery Augustyn Kordecki, diarist Jan Chryzostom Pasek, one of the co-authors of the 3rd May Constitution - Hugo Kołłątaj, writer Adolf Dygasiński and many others. The stud farm in Michałów, worldfamous for its Arabian horses of pure blood, has been operating for more than half a century.

Ponidzie gets you on your feet again and encourages you to stay active. To learn all about its history and attractions, you just have to get up and explore one sight after another, at your own pace and in the way you like best - on foot, by bike, on horseback, by kayak, by train or even from the air!



SPA TOURISM - RESTORE THE JOY OF LIFE

Using the beneficial properties of the natural sources of sulphide water, the hotels located in Busko-Zdrój offer a wide range of medical services. In their many facilities, you can take advantage of an extensive list of treatments, such as balneotherapy, physiotherapy and kinesiotherapy. The

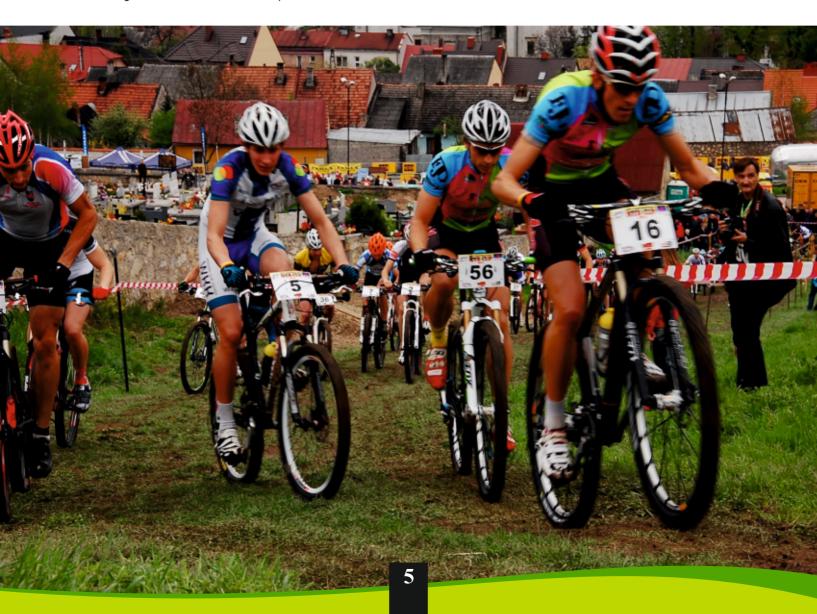
modern Vitality Medical SPA & Wellness complex has rooms equipped with top-of-the-range rehabilitation and SPA equipment. The resorts in Solec-Zdrój also offer guests medicinal treatments, such as sulphide baths, peat wraps and carbonic acid baths.



ACTIVE TOURISM - A PHYSICAL RESET

Boasting a wealth of recreational options, Ponidzie is a paradise for lovers of active leisure who can make use of facilities such as indoor swimming pools, sports halls, a rock-climbing wall, multifunctional sports fields, and

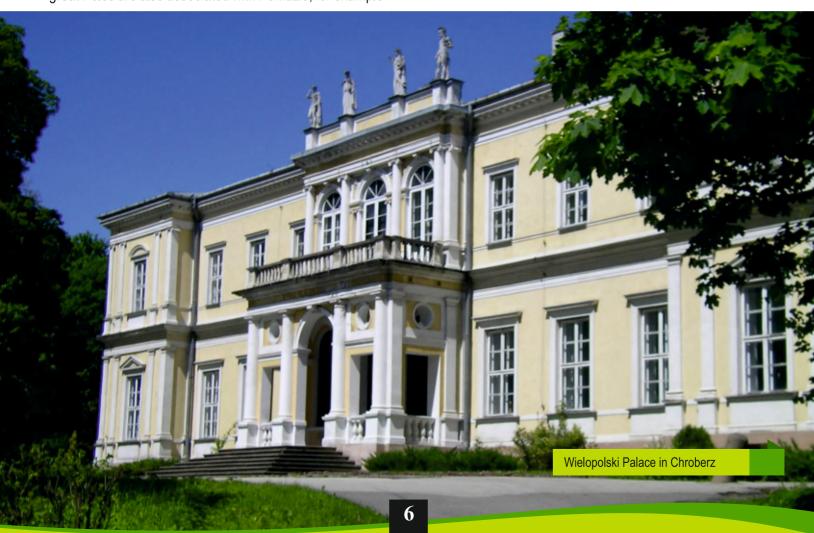
traditional as well as open-air gyms. There are also very active cycling and jogging clubs in the region, as well as a water club and an aeroclub. There is just no way to get bored in Ponidzie.



CULTURAL TOURISM - NATURAL TRANQUILLITY

History has given Pińczów a colourful past, which is documented by its numerous architectural monuments. These include the chapel of St. Anne, the monastic complexes of the Pauline Fathers and Reformed Franciscans, Wielopolski Palace and a synagogue. Equally interesting places can also be found in the nearby area - such as churches, palaces and battle sites. Many great Poles are also associated with Ponidzie, for example

Jan Chryzostom Pasek, Adolf Dygasiński and Hugo Kołłątaj. In Busko-Zdrój, meanwhile, there are many interesting enterprises functioning alongside the hotel and resort facilities, such as art galleries (Imosowa Pecyna, Portkisty, Artoja and BWA), the Zagłoba Oil Mill and the Izba Chlebu (Chamber of Bread), all of which can complement and enrich the time between treatments.









RELAXATION FOR BODY AND SOUL IN THE **COMPANY OF ART**



OFFER 1

DAY 1

Relaxation for the body



14.00 Arrival at the Bristol**** ART & MEDICAL SPA in Busko-Zdrój and selecting the appropriate package from the ones on offer, e.g. one from the basic, purification, relaxation, or beautification day spa packages. The first day is dedicated to massages, treatments, baths and cocktails.

20.00 Dinner, and an evening with music and art.

DAY 2

Relaxation for the soul

9.00 Departure on the Słoneczny Ekspres (Sunny Express) bus on a themed trail of encounters with art (visits to the art gallery in Busko-Zdrój Cultural Centre, and the Imosowa Pecyna and Portkisty galleries in Nowy Folwark meeting with the storyteller Michał Imosa, Artoja Gallery meeting over coffee with the artist Olga Hnatyszak-Myśliwiec).

14.00 Lunch mixed with art in Słoneczny Zdrói.

15.00 Visit to the BWA art gallery for a meeting with the local artists Bogdan Ptak and Tamara Maj (each meeting lasts at least 1.5 hours).

17.00 Return to the hotel for dinner.







"BACK ON YOUR FEET" **RELAXATION PACKAGE**



OFFER 2

DAY 1



14.00 Arrival at Hotel Słoneczny Zdrój Medical Spa & Wellness****

15.00 Lunch in the hotel restaurant.

17.00 Afternoon relaxation during treatments at Vitality Medical Spa & Wellness, swimming pool, jacuzzi and two types of saunas (Finnish and infrared), salt brine gradation tower and Cardio Room access.

DAY 2

10.00 Departure onboard the Sunny Express bus with a guide on a culinary tour of Ponidzie and Powiśle (Zagłoba Oil Mill in Mikułowice - presentation of oil pressing using machinery which is over 100 years old, Peczelice - meeting in the orchard and tasting of juices made from local fruits, plants and herbs in the company of bees).

14.00 Local lunch at Smaki Ponidzia in Busko-Zdrój (homemade pierogi), then a visit to the Chamber of Bread by the Church of St. Brother Albert in Busko-Zdrój.

17.00 Return to the hotel for dinner.







A PHYSICAL RESET



OFFER 3

DAY 1

14.00 Arrival at the Terma Słowacki Resort Medical SPA, and lunch.

15.00 A relaxing afternoon of comprehensive care and biological renewal.

DAY 2



11.00 Departure from the hotel by minibus.

12.00 Kayaking on the 21-km-long Wiślica - Nowy Korczyn route (from Wiślany to the summer residence of the kings of Poland).

16.00 Traditional campfire with local products in Nowy Korczyn - homemade sausage on a stick and bread baked in horseradish, to the music of the bard of Ponidzie, Wojtek Belon.

18.00 Return to the hotel by minibus.

* For groups of at least 10 people.









SIGHTSEEING IN THE SOLEC REGION



OFFER 4

DAY 1

DAY 2

DAY 3

14.00 Arrival at the Malinowy Zdrój Hotel**** Medical SPA, and lunch. **15.00** Use of a wide range of services at the hotel in balneotherapy, physiotherapy, kinesiotherapy and the treatment of illnesses. The leading department is balneology.

20.00 Dinner in the hotel restaurant.

10.00 Walk - exploring Solec-Zdrój. **13.00** Lunch at the local restaurant Malinowy Raj.

15.00 Trip to the neighbouring localities of Wiślica, Nowy Korczyn and Stopnica.

18.00 Return to the hotel for dinner.

10.00 Visit to the Church of St. Nicholas in Solec-Zdrój.

11.00 Trip along a trail of roadside shrines, statues and crosses.

15.00 Lunch at Dwór Dziekanów (Zielonki 33).

16.00 Visit to the church in Świniary.

17.00 Return to the hotel.









PONIDZIE BY KAYAK



OFFER 5

DAY 1

The kayaking route on the Nida boasts a well-established recreation infrastructure. There are several kayak rental places in Ponidzie which, in addition to the necessary equipment, also offer a transport service, training, the services of a guide/lifeguard and food.

10.00 Kayaking Motkowice - Pińczów (17 km): start by the bridge in Motkowice (in the Imielno commune) and end in Pińczów just after the bridge.

15.00 Lunch in the Hamerlunch restaurant, then sight-seeing in Pińczów, including the Regional Museum, synagogue, the Church of St. John, the Reformed Franciscans' church and monastery, and a view of Ponidzie from St. Anne's Hill.

19.00 Overnight stay in the Sports and Recreation Centre by Pińczów Lake.



PONIDZIE BY KAYAK

PONIDZIE



DAY 2

DAY 3

- **10.00** Kayaking Pińczów Chroberz (18 km): start at the bridge in Pińczów and end at the marina in Chroberz.
- **15.00** Catered meal (from the Kwadrans restaurant in Pińczów) at a picnic shelter at the marina.
- **16.00** Visiting the Centre of Cultural Heritage and Agricultural Tradition of Ponidzie in the Wielopolski Palace in Chroberz historical, archaeological and other exhibitions (ul. Parkowa 14, tel. +48 41 356 40 03 ext. 33, tel. +48 504 088 785).
- **10.00** Kayaking Chroberz Wiślica (20 km): start at the marina and end at the bridge in Wiślica/Koniecmosty.
- **15.00** Meal at the Turysta-Bis pizzeria (Rynek 30, tel. +48 669 990 688).
- **16.00** Visit to the Archaeological Museum (basilica underground rooms, the Długosz House, and many others).









PONIDZIE ON HORSEBACK



OFFER 6

Ponidzie has long been known for its horses. At the beginning of the 20th century, it was famed for racing horses bred in the stables of Margrave Wielopolski in Chroberz. The post-war history began with the Michałów Stud Farm, which opened in 1953 and is known all over the world for its Arabian horses.

In Pińczów, lovers of horse riding can use the offer of the Ponidzie Folk Equestrian Club with its nearly 50-year-long history (ul. Targowa 1, tel. +48 606 101 443).

DAY 1

11.00 Activities for children, young people and adults in the club, then lunch at the neighbouring Nad Starą Nidą hotel.

19.00 Grilling sausages on a campfire in the club, then overnight stay at the Nad Stara Nida hotel.

tel. +48 41 357 24 40, +48 791 601 187 www.hotelnadstaranida.pl





DAY 2

12.00 Carriage rides in Ponidzie and sightseeing in the area.







WATER FUN IN THE KON-TIKI CLUB



15

OFFER 7



DAY 1

10.00 All-day classes in the basics of water skiing, then lunch provided by an outside caterer.

18.00 Roasting sausages on a campfire together.

20.00 Overnight stay in nearby camping cabins or tents within the club's perimeter.



DAY 2

- **10.00** Continuation of the classes in the morning, and at the end, fun on the water with water balls, banana boat ride, WOW Extreme, pedal boat and motor boat rides on the lake.
- **13.00** Lunch in the Laguna pizzeria (ul. Pałęki 24, tel. +48 500 899 252).
- **14.00** Visit to Regional Aeroclub in Pińczów on the other side of the lake, which offers sightseeing flights and flying lessons.

(ul. Legionistów 26A, tel. +48 668 409 128, www.arwp.pl)







PONIDZIE BY TRAIN



OFFER 8

The history of this Pińczów commuter train dates back to the early 20th century but since the 1990s it has been serving tourists instead, with regular trips made each Sunday in the summer holiday season - from May to September. The station in Jędrzejów is located at ul. Dojazd 1 (tel. +48 695 592 836, www.ciuchcia.eu), and the station in Pińczów is located on ul. 3 Maja, at the roundabout.



DAY 1 (SUNDAY)

LONGER OPTION

10.00 Departure from the station in Jedrzejów.

11.50 Arrival in Pińczów, and sightseeing in the town.

14.35 Departure, with stops at Umianowice (for a campfire) and Wygoda.

18.00 Return to Jedrzejów.

SHORTER OPTION

Departure from Pińczów to Umianowice (campfire), then return to Pińczów at 14.20.

* The train runs for groups of at least 15 people. There is a dining car on the train.







OFFER FOR CHILDREN



OFFER 9



DAY 1

The European Fairytale Centre in Pacanów has a wide offer for children and young people:

- World of Fairytales a unique exhibition that combines the latest technological advances in multimedia techniques with traditional museum exhibits.
- Small Theatre a small doll theatre presenting wellloved fairytales in beautiful arrangements. Land of Soria Moria - interactive exhibition.
- Manitou Native American Village accommodation in tepee tents, breakfast of chiefs, shooting range, and the option to organise an evening campfire. The offer also includes meals for children and their guardians, including "Birthday with Pocahontas". Details about the packages and the whole stay are available online (Pacanów, ul. Kornela Makuszyńskiego 1, reservations tel. +48 41 376 50 79).







THE FLORA AND FAUNA OF PONIDZIE



OFFER 10

DAY 1

12.00 Arrival at Bogucice, and a walk along the geological trail: Bogucice - Grabowiec - Gacki - Krzyżanowice (9 km). **17.00** Dinner and overnight stay at Zacisze Training and Recreation Centre in Krzyżanowice.

DAY 2

10.00 Visit to the Stud Farm in Michałów, a world-famous breeder of Arabian horses (tel. +48 41 356 54 06, www.stadninamichalow.pl).

13.00 Visit to the Garden at the Crossroads in Młodzawy - it has thousands of plant species, birds, waterfalls and a cave (Młodzawy Małe 17, tel. +48 41 357 92 65, www.ogrodnarozstajach.pl).

15.00 Meal at the Młodzawy Małe pizzeria (next to the garden, tel. +48 41 357 91 82). **16.00** Visit to the Bird Refuge in Złota (ul. Krótka 1, tel. +48 664 434 568).









THE MADONNAS OF PONIDZIE



OFFER 11

The Madonnas of Ponidzie is a trail connecting local places of worship, of which the best known are the Sanctuary of Our Lady of Mirów in Pińczów and the Church of the Holy Spirit and Our Lady of Sorrows in Młodzawy Małe. The religious sites are connected by a 102-km-long bike trail. Meandering very much like the Nida, the trail creates natural "loops", which means riding the trail is within the capabilities of every cyclist, including children and senior citizens.

DAY 1

10.00 The trail starts in Pińczów and goes to the Mirów monastery and Our Lady of Mirów, Bogucice (Church of the Visitation of the Blessed Virgin Mary), Grabowiec reserve, lakes in Gacki, Chroberz (Wielopolski Palace and the Church of the Assumption of the Blessed Virgin Mary), Złota, Pełczyska (Church of St. Adalbert), Wola Chroberska and Młodzawy.

18.00 Dinner and overnight stay at one of the agrotourism farms in Młodzawy.

DAY 2

10.00 Visit to the Church of the Holy Spirit and Our Lady of Sorrows with its holy image, departure from Młodzawy, Kozubów, Dzierążnia (Church of St. Mary Magdalene), Działoszyce (Church of the Holy Trinity, ruins of the synagogue).

14.00 Meal in Bistro Pajęczynka (Plac Partyzantów 21, tel. +48 884 602 316).

15.00 Ride to Sancygniów (Deskur Palace and the Church of Saints Peter and Paul), then Wolica, Góry (Church of the Assumption of the Blessed Virgin Mary), Wrocieryż (Church of St. Martin) and then return to Pińczów.









ACHIEVING SPIRITUAL CALM



OFFER 12



DAYS 1-3

The Reformed Franciscan monastery in Pińczów has a Franciscan Spirituality Centre, called Culmen Et Fons, which organises closed retreats for people who have decided to spend some time away from the place where they live. The retreats are a time to step away from yourself, and your visions of life and the person you are. Each retreat has a specific theme and person/persons leading it. The centre also organises individual stays, psychological counselling and so-called Days of Focus.



PRACTICAL INFORMATION

Accommodation

Nad Starą Nidą Hotel - Pińczów, ul. Targowa 4, tel. +48 41 357 24 40, www.hotelnadstaranida.pl

Zacisze Training and Recreational Complex Krzyżanowice Dolne 13, tel. +48 41 35 71 882, tel. 603 058 675, www.oswzacisze.pl

Municipal Sports and Recreation Centre in Pińczów, ul. Pałęki 26a, tel. +48 41 357 20 44, tel. +48 600 031 874 - camping cabins, campsite

Loch Ness Campsite, Gacki, tel. +48 41 357 58 89, +48 604 147 334, www.lochness.com.pl

Bristol Busko ART & Medical SPA, ul. 1 Maja 1, Busko-Zdrój, tel. +48 41 330 30 33, <u>www.bristolbusko.pl</u> Bristol Apart Hotel, ul. Kopernika 5, Busko-Zdrój, tel. +48 41 330 30 33, www.bristolbusko.pl

Hotel Słoneczny Zdrój Medical Spa & Wellness Bohaterów Warszawy 115, Busko-Zdrój, tel. +48 41 378 88 00, www.slonecznyzdroj.pl

Słowacki Spa Sanatorium, ul. 1 Maja 33, Busko-Zdrój, tel. +48 41 378 78 79, www.slowacki.busko.pl

Terma Słowacki - Resort, Medical, Spa ul. Grotta 35, Busko-Zdrój, tel. +48 41 370 80 95, +48 795 513 180, <u>www.termaslowacki.pl</u>

Lawendowy Zdrój Sanatorium - Medical & Spa ul. Korczyńska 25, Busko-Zdrój, tel. +48 530 138 148, www.lawendowyzdroj.pl

Busko-Zdrój Health Resort S.A., Generała Feliksa Rzewuskiego 1, Busko-Zdrój, tel. +48 41 370 32 00 ww.ubz.pl

Gromada Hotel*** ul. Waryńskiego 10, Busko-Zdrój, tel. +48 41 378 30 01 www.gromada.pl/hotelbusko-zdroj **Zamek Dersława Inn*****, al. Mickiewicza 18, Busko-Zdrój, tel. +48 41 378 85 47, +48 605 133 041 www.derslaw.busko.com.pl

Pałac w Konarach Hotel*** Konary 43, Stopnica, tel. +48 41 230 52 16, +48 518 296 034 www.palacwkonarach.pl

Hotel Medical Spa Malinowy Zdrój****

ul. Leśna 7, Solec-Zdrój, tel. +48 41 370 40 00, +48 41 370 40 03, www.malinowehotele.pl/malinowyzdroj/

Mineral Hotel Malinowy Raj****

ul. Partyzantów 18a, Solec-Zdrój, tel. +48 41 378 99 00, +48 41 378 99 99, www.malinowehotele.pl/malinowyraj/

Elżbieta and Waldemar Kucięba, Chroberz, ul. Podzamcze 20, tel. +48 41 356 42 26, +48 602 640 563

Renata and Mirosław Wojciechowski, Młodzawy Duże 70, tel. +48 41 357 92 71 Nad Nidą Farm, Krzyżanowice Średnie 39 A, tel. +48 666 915 108, +48 692 971 496

Restaurants

Zakąski i Napitki, Waryńskiego 1, Busko-Zdrój, tel. +48 530 723 086 Smaki Ponidzia, 1 Maja 23a, Busko-Zdrój, tel. +48 574 802 813

Zamek Dersława, al. Adama Mickiewicza 18, Busko-Zdrój, tel. +48 41 378 85 47

Cynamonowa Cafe and Restaurant aleia Adama Mickiewicza 22, 28-100 Busko-Z

aleja Adama Mickiewicza 22, 28-100 Busko-Zdrój, tel. +48 41 356 61 69

Ponidzie Restaurant, ul. Bohaterów Warszawy 115, Busko-Zdrój

Restaurant in the Nad Starą Nidą hotel, Pińczów, ul. Targowa 4, tel. +48 41 357 24 40, www.hotelnadstaranida.pl

Hamerlunch Restaurant, Pińczów, ul. Kościuszki 1, tel. +48 41 357 77 17, www.hamerlunch.pl Kwadrans Restaurant, Pińczów, Plac Wolności 4, tel. +48 41 357 38 93, www.kwadrans-piwniczka.com.pl Restaurant at OSW Zacisze, Krzyżanowice Dolne 13, tel. +48 41 35 71 882, +48 603 058 675

PRACTICAL INFORMATION

Art galleries

Imosowa Pecyna, Nowy Folwark 71, 28-100 Nowy Folwark, tel. +48 697 415 572 Arte Rustica - rustic art studio of Olga Hnatyszak -Myśliwiec, Radzanów 42, tel. +48 517 361 097 www.arterustica.pl

Artoja Artistic Gallery, Bohaterów Warszawy 93, Busko-Zdrój, tel. +48 517 361 097, www.artoja.pl Zielona Gallery, aleja Adama Mickiewicza 7, Busko-Zdrój, tel. +48 41 378 71 91 www.bwakielce.art.pl/informacje/galeria-zielona

Mobile Bike Service Przemysław Sosień, tel. +48 608 847 682

Trailer rental Włoszczowice/Kije k. Pińczowa, tel. +48 602 668 704, nidacamp@o2.pl

Water equipment rental

Kon-Tiki Water Club, Pińczów, ul. Pałęki 28, tel. +48 881 444 441, klubkontiki@gmail.com, www.kon-tiki.pl

Nida canoe rental, Krzyżanowice Średnie 39 A, tel. +48 666 915 108, +48 692 971 496, +48 609 389 631 Zacisze Training and Recreation Centre, Krzyżanowice Dolne 13, tel. +48 41 35 71 882, +48 603 058 675 Elżbieta and Waldemar Kucięba, Chroberz,

ul. Podzamcze 20, tel. +48 41 356 42 26, +48 602 640 563

Swimming areas

Beach at Pińczów Lake (showers, playground) by the Sports and Recreation Centre in Pińczów, ul. Pałęki 26a, tel. +48 41 357 20 44, +48 600 031 874 Beach at the Loch Ness Campsite in Gacki tel. +48 41 357 58 89, +48 604 147 334 Marinas

Harbour by Kon-Tiki Water Club in Pińczów ul. Pałęki 28, tel. +48 881 444 441

Chroberz Marina on ul. Chrobrego - managed by the Złota municipality, tel. +48 41 356 16 33, ext. 19

Winter offer

Sleigh rides - Ponidzie Folk Equestrian Club in Pińczów, ul. Targowa 1, tel. +48 606 101 443 Ice skating rink on Pińczów Lake - Kon-Tiki Club, Pińczów, ul. Pałeki 28, tel. +48 881 444 441

Tourist information

Tourist Information Centre in Busko-Zdrój ul. Mickiewicza 22, tel. +48 41 37 05 415 Tourist Information Point in Solec-Zdrój Partyzantów 8A, tel. +48 41 377 60 49 Tourist Information Point in Solec-Zdrój ul. Kościelna 3. tel. +48 41 377 67 32

Tourist Information Point in Solec-Zdrój in Nowy Korczyn Rynek 16, tel. +48 511 299 988

Tourist Information Point in Pacanów

ul. Kornela Makuszyńskiego 1, tel. +48 41 376 50 79

Tourist Information Point in Wiślica ul. Okopowa 8. tel. +48 41 369 09 00

Tourist Information Centre in Pińczów

ul. Piłsudskiego 2a, tel. +48 41 357 54 04

Tourist Information Point in Chroberz

ul. Parkowa 14, tel. +48 41 356 40 03, ext. 33

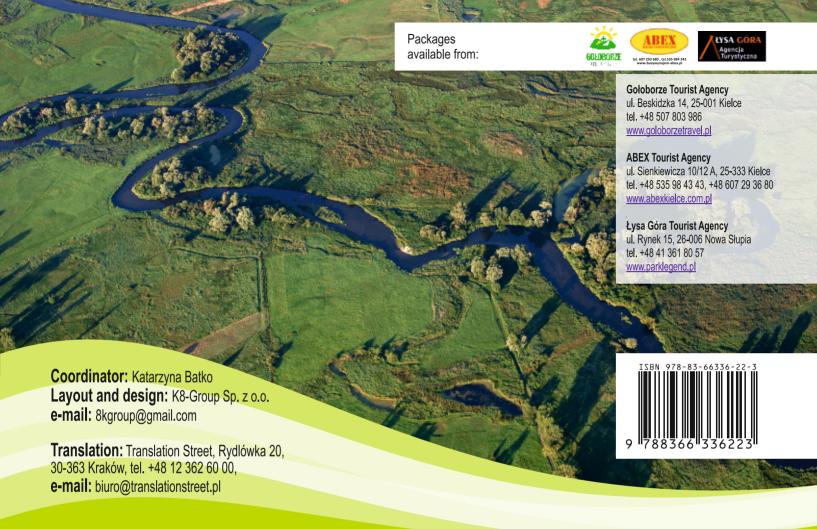
PTTK Branch in Busko-Zdrój

ul. Wojska Polskiego 30, tel. +48 539 004 639

POLREGIO railway connections from Busko-Zdrój:

- weekend trains during the summer holidays run between Kielce and Busko-Zdrój
- trains to: Kielce, Kraków, Katowice, Częstochowa, Skarżysko-Kamienna, Starachowice, Ostrowiec Świętokrzyski, Jędrzejów and Sędziszów

www.atrakcje.busko.pl; www.busko.travel www.pinczow.travel



Publisher:

Świętokrzyskie Voivodeship Regional Tourism Organisation (ROT WŚ) ul. Ściegiennego 2/32, 25-033 Kielce tel. +48 41 361 80 57 rot@swietokrzyskie.travel www.rot.swietokrzyskie.travel

Photos:

A. Garlej, D. Garlej, K. Kurczyna, P. Kucubała, A. Mazurek, J. Zielinski, archives of the Busko-Zdrój Cultural Centre, the European Fairytale Centre in Pacanów, Malinowe Hotele Sp. z o.o. and ROT WŚ.

Editing and proofreading:

A. Kukiełka - Bocheńska

Text:

M. Donoch D. Garlej







