





The Staszów region lies in the south-eastern part of the Świętokrzyskie Voivodeship - between the Świętokrzyskie mountains, and the Ponidzie and Sandomierz regions. The terrain is extremely varied - from the valleys of the Czarna, Wschodnia and Kacanka rivers to the hills of the Szydłów Upland and the Wygiełzów Range. Historically, this area belonged to the Sandomierz region, which was closely linked to the beginnings of the Polish state. The Staszów region is distinguished by its rich cultural heritage and is a real treat for fans of history and the secrets held by castles, palaces, manors, churches and monasteries. The largest urban centres here are Staszów and Połaniec, but other places worth visiting include Rytwiany, Szydłów, Bogoria and Raków. The Staszów region is densely forested and has

a large number of bodies of water - the Golejów lakes, Buczyna Lake, fish ponds and the largest artificial lake in the voivodeship, Lake Chańcza. These natural assets, combined with the numerous sports centres and well-developed hotel infrastructure, make it the perfect place for active forms of tourism. And to complement your stay in the Staszów region, why not try some local flavours? The area around Szydłów has close to 2,000 hectares of orchards, mainly growing plums, while the ponds in Rytwiany are full of high-quality fish. The Staszów region also has many vineyards producing delicious and unique wines, with beer connoisseurs also sure of a warm welcome in Popiel, the area's first craft brewery, located in Kurozwęki, which serves beer with the addition of hemp.



HISTORICAL TOURISM - AN ADVENTURE WITH HISTORY

When visiting the Staszów region, Szydłów is an absolute must-see - a medieval town with a preserved original urban layout, surrounded by stone walls. The castle, with its hypocaustic heating system, is well worth a visit and there's also the Regional Museum, two 14th-century churches, the 17th-century hospital ruins and one of the oldest synagogues in Poland. The nearby locality of Kurozwęki has a palace complex with plenty of attractions, including sightseeing tours of the palace and dungeons, a corn maze and a bison safari. Visitors can also see the Golden Forest Hermitage in Rytwiany - a former Camaldolese monastery

called a "sanctuary of silence" which is entered on the president's List of Historical Monuments. The Staszów region is full of reminders of famous Poles such as Hugo Kołłątaj, Tadeusz Kościuszko and Józef Piłsudski.





www.stolicasliwki.pl



FOOD TOURISM - A TASTE OF OLD POLAND

The Staszów region is home to many wonderful flavours, which you can taste at any of the numerous regional culinary events organised here. Szydłów, the biggest plum producer in Poland, offers plums in all possible forms - raw, smoked, covered with chocolate or in a preserve. Fans of light drinks will enjoy visiting one of the local vineyards, such as Avra in Wola Żyzna, Rytwiany, or Carolus in Szczeka, while the Popiel brewery in Kurozwęki is sure to keep beer lovers satisifed. As far as culinary curiosities go, you may like to try a wild boar roast in Karczma Świętokrzyska or bison dishes in Kurozweki.







ACTIVE AND ADVENTURE TOURISM - INTERACTIVE ACTIVITIES

If you enjoy active leisure, we can highly recommend the area around Staszów. There are horse-riding centres in Kurozwęki, Korytnica and Szydłów, or if you prefer water sports you should head to Lake Chańcza, the Golejów lakes or Buczyna Lake. The Czarna Staszowska river offers an interesting route for even the most demanding kayaking enthusiasts, while runners and cyclists can explore the vast forest complexes on paved paths. There are also swimming pools in Staszów and Połaniec which, together with the accompanying infrastructure, allow training all-year-round.



Delfin swimming pool in Polaniec













OFFER 1



STASZÓW REGION



DAY 1

10.00 Arrival in Szydłów, then sightseeing around the castle, Skarbczyk Regional Museum, a walk along the walls, synagogue, the churches of St. Władysław and All Saints, ruins of the hospital and the Church of the Holy Spirit. Shopping for plum preserves and souvenirs at the Tourist Information Point, and for Śliwka Szydłowianka (Szydłów Plum) in chocolate at a shop in the market square.

14.00 Lunch at Gospoda Rycerska.

14.30 Transport to Grabki Duże to see the exterior of an 18th-century Turkish-style palace.

15.00 Visit to the Avra vineyard in nearby Wola Żyzna: walk around the vineyard, with the option of having minor care treatments, visit to the wine cellar with a look behind the scenes of wine production, and a tasting.

17.30 Walk in Raków - the former capital of the Polish Brethren. Places to visit include the late-Renaissance Mayor's House from the 17th century.

18.30 Return to the hotel for dinner and overnight stay.

Tourist Information Point in Szydłów **

ul. Szkolna 6, 28-225 Szydłów tel. +48 41 354 53 13

Purple Valley Plum Boutique Sp. zo.o.

ul. Rynek 21, 28-225 Szydłów tel. +48 797 355 094

Gospoda Rycerska

ul. Rynek 8, 28-225 Szydłów tel. +48 606 894 349

Avra Vineyard

Wola Żyzna 50A, 28-225 Szydłów tel. +48 519 175 791

Mayor's House in Raków

ul. J. Sienieńskiego 6, 26-035 Raków

DAY 2

9.00 Transport to Wiśniowa to see the 18th-century Kołłątaj Palace and the church which houses the heart of Hugo Kołłątaj. In Wiązownica-Kolonia, a brief look at the architecturally interesting 19th-century Dzięki Palace. In Staszów, the region's capital, the main sights to see include the 18th-century cloth hall in the market square and the Museum of the Staszów Region.

12.00 Transport to the Palace Complex in Kurozwęki for a look around the palace and castle dungeons.

14.00 Lunch (bison dishes available).

15.00 Bison safari - carriage ride among a herd of American bison, mini-zoo, walking in the corn maze.

19.00 Dinner, and beer tasting from the local Popiel brewery (including beer with hemp). Overnight stay.

Kołłątaj Palace Wiśniowa 111, 28-200 Staszów

STASZÓW REGION



Museum of the Staszów Region

Contact via the Staszów Cultural Centre ul. Parkowa 6, 28-200 Staszów tel. +48 15 864 41 12

Palace Complex Sp. z o.o. Kurozwęki, ul. Zamkowa 3 28-200 Staszów tel. +48 15 866 72 72 recepcja@kurozweki.com www.kurozweki.com



STASZÓW REGION

DAY 3



9.00 Transport to the Golden Forest Hermitage in Rytwiany, which is entered on the list of Historical Monuments, for a look around the former Camaldolese monastery, the Camaldolese gallery, themed exhibitions, and the museum dedicated to the TV series Czarne Chmury ("Black Clouds").

12.00 Visit to the 14th-century castle remains, followed by a visit to the Rytwiany vineyard and adjacent botanical garden. Tasting, and the option to buy wine (from 1 October).

14.00 Transport to Golejów and lunch at the Karczma Świętokrzyska restaurant, where the house speciality is a wild boar roast.

15.00 Transport to Połaniec and a walk up Kościuszko Mound, which is where Tadeusz Kosciuszko issued the Proclamation of Połaniec in 1794.

16.00 After the walk, there is the option of using the Delfin swimming pool.

Golden Forest Hermitage

ul. Klasztorna 25 28-236 Rytwiany tel. +48 15 864 77 95 recepcja@pustelnia.com.pl www.pustelnia.com.pl

Rytwiany Vineyard

ul. T. Kościuszki 41, 28-236 Rytwiany tel. +48 883 328 545

Karczma Świętokrzyska

ul. 11 Listopada 205, 28-200 Staszów tel. +48 602 122 970 www.karczmaswietokrzyska.pl

Sports and Recreation Centre in Polaniec

ul. W. Witosa 1, 28-230 Połaniec tel. +48 15 865 11 30 www.osir.polaniec.eu







OLD POLISH FLAVOURS

OFFER 2



OLD POLISH FLAVOURS

DAY 1

Participation in one of the local events

The Feast of the Plum in Szydłów (August) - orchard harvest celebrations of the largest plum-cultivating hub in Poland, with demonstrations of drying plums in the traditional way, exhibitions, fruit and preserves tasting, a market, competitions, concerts and a funfair.

Municipal and Commune Cultural Centre in Szydłów ul. Targowa 3, 28-225 Szydłów, tel. +48 41 354 53 13

Bread Day in Staszów - the flavours of our forefathers (August) - an event that combines the commune's harvest celebrations with music concerts and artistic shows. The undoubted star of the event is the traditionally baked bread - made with flour milled from this year's grain.

Staszów Cultural Centre

ul. Parkowa 6, 28-200 Staszów, tel. +48 15 864 41 12

Forest Pharmacy in Rytwiany within the Golden Forest Hermitage (September) - traditional forest fruit fair, with herbs, medicinal lotions, honey, tea, liqueurs, preserves and jams, and other local and regional products.

Golden Forest Hermitage

ul. Klasztorna 25, 28-236 Rytwiany, tel. +48 15 864 77 95

STASZÓW REGION



Pierogi Feast in Wysokie Średnie (July) - an event dedicated to pierogi, where the diversity of fillings is sure to impress every gourmet.

Municipal Cultural Centre in Bogoria

ul. Spacerowa 3, 28-210 Bogoria, tel. +48 15 867 41 65

Forest Floor Vegetation Feast in Strzegom (July) - an event promoting preserves and dishes based on forest fruits, such as blackberries and blueberries, as well as mushrooms and game. The event is accompanied by competitions and artistic performances.

Municipal Cultural, Sports and Tourist Information Centre in Rytwiany

ul. Szkolna 1, 28-236 Rytwiany, tel. +48 15 830 19 42

In Debno on the feast day of St. Thecla (September), potatoes are roasted in an event marking the end of the potato-picking season. The potatoes are served in all possible ways, with the taste of potatoes baked over the campfire a must for everyone attending this event.

Raków Municipal Office

ul. Ogrodowa 1, 26-035 Raków, tel. +48 41 353 50 30

Lunch and dinner during the event, and then transport to the overnight accommodation.

OLD POLISH FLAVOURS

DAY 2

Fishing adventure

For those who love fishing, we recommend that you spend at least one day in the fishery at Rytwiany Fish Farm, which covers an area of 180 ha. For over 100 years, the local ponds here have been used to breed carp, grass carp, pikes, tench and crucian carp. Highly valued for their delicious taste and high nutritional value, the carp are kept in harmony with the natural environment and in accordance with good fishing practices. The farm sells locally and also supplies large stores and fishing associations. In addition to those fish mentioned above, it's also possible to catch catfish, roach, bream, ide, pike-perch and the European perch. The fishery is equipped with barbecue and campfire facilities, and nature lovers will delight in the multitude of bird species to be found here, including swans, grebes and greylag geese. Accommodation is available on site or in the nearby Rytwiany Hotel.

Rytwiany Fish Farm

ul. A. Radziwiłła 21a, 28-236 Rytwiany tel. +48 509 294 655

Rytwiany Hotel

ul. Artura Radziwiłła 19, 28-236 Rytwiany tel. +48 15 864 32 55 hotel@hotelrytwiany.pl www.hotelrytwiany.pl

STASZÓW REGION



The ponds in Rytwiany









OFFER 3



STASZÓW REGION

DAY 1



Variant 1

8.00 Arrival at the Lacrima Arabians Equestrian Centre in Szydłów, with the option of a recreational horse ride around the vicinity. More experienced riders can receive training in sport riding and jumps. In rainy weather, the classes take place in a covered riding hall.

14.00 Lunch on the site.

Lacrima Arabians Equestrian Centre ul. Ogrodowa 4, 28-225 Szydłów tel. +48 882 078 176

Variant II

8.00 Transport to the Stajnia nad Strumykiem agrotourism farm in Korytnica, near Szydłów. Horse riding classes are available for all levels, and there is a riding hall, jumps and also rides around the vicinity.

14.00 Lunch on the site.

Stajnia nad Strumykiem

Korytnica 26, 28-225 Szydłów tel. +48 508 208 066

15.00 Transport to the Cztery Wiatry Spa & Sport Resort in Korytnica, check-in at the hotel.

16.00 Guests can enjoy the indoor swimming pool with massage nozzles, counter-currents and jacuzzi. For tennis fans, there are floodlit professional tennis courts for playing after dusk. The courts have artificial grass covered with quartz sand, and one court has a wall to practise against. Dinner and overnight stay on the site.

Cztery Wiatry Spa & Sport Resort

Korytnica 88, 28-225 Szydłów tel. +48 41 35 35 247

STASZÓW REGION

DAY 2

9.00 Trip around Lake Chańcza in kayaks equipped with a third seat for a child, in pedal boats for four people or 3-person canoes. The picturesque lake shoreline has lots of small bays where you can stop for a rest during the trip, look at the many water birds and check out the pools created by beavers.

14.00 Lunch.

15.00 Transport to the paintball field at Chańcza Hotel (minimum: 15 people). Field size: 100 m x 200 m, partly wooded. The paintballing activity offers exciting games based on selected scenarios run by experienced instructors. The field also has an air rifle range and archery facilities.

18.00 Campfire in the paintball field, roasting sausages.

20.00 Return to Cztery Wiatry Hotel for the night.

Chańcza Hotel

Chańcza 64a, 26-035 Raków tel. +48 41 353 53 14





DAY 3

Kayaking on the Czarna Staszowska river

Two variants of the route:

The first route starts at the dam on Lake Chańcza.

9.00 Kayaking down the meandering, shaded river among the forests and fields near Kotuszów, Korytnica and Kurozwęki. The river is unregulated, which means you can still admire the original shape of the shoreline. The crayfish living at the bottom of the shallow sections prove the high level of water purity.

14.00 Visit to the Palace Complex, then lunch in Kurozwęki. **15.00** Return via a 14-km-long kayak trip, ending in Staszów.

18.00 Transport to the hotel for dinner and overnight stay.

The second variant of the route begins in Rytwiany. It is approximately 18 km long and because of the difficulty in the middle section it is recommended for more experienced kayakers. The width of the river at this stretch varies from 5 m to 15 m. A few kilometres past Rytwiany there is a dam which can be tackled in two ways: either by carrying the kayaks below the dam and resuming there, or continuing via a canal to the mill where the kayaks are then carried. In the locality of Rudniki, after approximately 10 km, there is a kayak station, which is also the place to rest and have something to eat (provisions are packed in the kayaks).

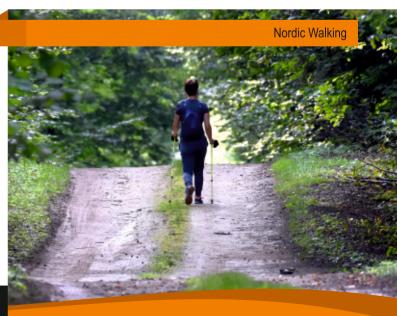
STASZÓW REGION



The trip ends at the kayak station on the border of Połaniec and Winnica.

Szwedserwis Konrad Szwed

Podleszany 297, 39-300 Mielec tel. +48 509 367 724 www.kajakiem.info



DAY 4

10.00 Arrival at the District Sports Centre in Staszów, where the facilities include an indoor swimming pool with slide, a sauna, a sports hall, a gym and a climbing wall.

14.00 Transport to Golejów and lunch in the Perła restaurant. After lunch, you can rent some water equipment (canoe, pedal boat, stand-up paddleboard), or alternatively the Delfin swimming pool complex in Połaniec has indoor and outdoor swimming pools and several saunas, such as a Finnish sauna, a steam room, a bio-aroma sauna and a jacuzzi. On-site amenities include a restaurant, gym, beauty parlour, dietician and a physiotherapy practice. Skateboard fans can use the skate park on ul. Królowej Jadwigi.

14.00 Lunch at a local restaurant. After lunch, a walk to Kościuszko Mound.

District Sports Centre in Staszów ul. Oględowska 6, 28-200 Staszów tel. +48 15 813 00 50 www.pcs-staszow.pl

STASZÓW REGION



Sports and Recreation Centre in Polaniec

ul. W. Witosa 1, 28-230 Połaniec tel. +48 15 865 11 30 www.osir.polaniec.eu



PRACTICAL INFORMATION

Bicycle rental, Nordic Walking sticks rental, stand-up paddleboard rental. Summer cabin (24.06 - 31.08) and campsite rental.

Wilga Recreational Complex

Golejów, 28-200 Staszów tel. +48 15 864 54 84 www.osir.staszow.pl

Kayak rental:

Szwedserwis - Konrad Szwed

Podleszany 297, 39-300 Mielec www.kajakiem.info tel. +48 509 367 724

Sports and Recreation Centre in Polaniec

ul. W. Witosa 1, 28-230 Połaniec tel. +48 15 865 11 30 tel. +48 665 946 750 osir.polaniec.eu

Accommodation

Cztery Wiatry Spa & Sport Resort

Korytnica 88, 28-225 Szydłów tel. +48 41 35 35 247 recepcja@czterywiatry.pl www.czterywiatry.pl

Chańcza Hotel

Chańcza 64a 26-035 Raków tel. +48 41 353 53 14 recepcja@hotelchancza.pl www.hotelchancza.pl

Rytwiany Hotel

ul. Artura Radziwiłła 19 28-236 Rytwiany tel. +48 15 864 32 55 hotel@hotelrytwiany.pl www.hotelrytwiany.pl

Golden Forest Hermitage

ul. Klasztorna 25 28-236 Rytwiany tel. +48 15 864 77 95 recepcja@pustelnia.com.pl www.pustelnia.com.pl

Palace Complex in Kurozweki Sp. z o.o.

Kurozwęki, ul. Zamkowa 3 28-200 Staszów tel. +48 15 866 72 72 recepcja@kurozweki.com www.kurozweki.com

Dzięki Palace and Park Complex

Wiązownica Kolonia 31, 28-200 Staszów tel. +48 609 392 162

PRACTICAL INFORMATION

Przy Karpiu Guest House

ul. Staszowska 7, 28-225 Szydłów tel. +48 504 468 153

Pod Sosnami Recreational Complex in Golejów

ul. 11 Listopada 200, 28-200 Staszów tel. +48 505 089 813 www.podsosnami-golejow.pl

Food

Karczma Świętokrzyska

ul. 11 Listopada 205, 28-200 Staszów tel. +48 602 122 970 www.karczmaswietokrzyska.pl

Perla Restaurant

ul. 11 Listopada 202, 28-200 Staszów tel. +48 15 864 63 34 www.restauracja-perla.com

Gospoda Rycerska

ul. Rynek 8, 28-225 Szydłów tel. +48 606 894 349

Winnica Restaurant

ul. Kościuszki 41, 28-230 Połaniec tel. +48 15 865 08 26 www.winnica-gosciniec.pl

Tourist information

Czym Chata Bogata Local Tourist Organisation in Staszów

Tourist Information Point **

ul. Sudecka 9, 28-200 Staszów tel. +48 15 813 03 03 www.czymchatabogata.org lot@czymchatabogata.org

Tourist Information Point in Szydłów **

ul. Szkolna 6, 28-225 Szydłów tel. +48 41 354 53 13 www.szydlow.pl qck@szydlow.pl

Regional Tourist Information Centre

Palace Complex Sp. z o.o. Kurozwęki, ul. Zamkowa 3 28-200 Śtaszów tel. +48 15 866 74 07 pcit@kurozweki.com



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