



European Football Championship
8 VI - 1 VII 2012



LOWER SILESIA

Lower Silesia



TOURIST GUIDE



LOWER SILESIA

Office of the Marshal of
The Voivodship of Lower Silesia

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Lower Silesia **TOURIST GUIDE**

FOR FANS AT THE **2012** EUROPEAN CHAMPIONSHIP

Lower Silesia

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FOR FANS AT THE 2012 EUROPEAN CHAMPIONSHIP



Wrocław 2011



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Ladies and Gentlemen!

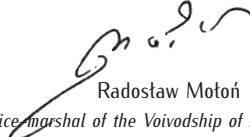
Before us is a great event – the 2012 UEFA European Football Championship, which is being co-organised by Poland and Ukraine. Likewise hosting the tournament is the capital of Lower Silesia – Wrocław.

I have the honour of inviting all football fans to Lower Silesia. I express my hope that many of you will discover the unique offerings of the region, which have been prepared with fans in mind.

In placing into your hands this Tourist Guide for Fans, I wish you many unforgettable emotions and a positive sporting experience. Through this publication, we want to invite you to take advantage of the rich and varied tourist offerings, prepared by our region. This guide will assist you in planning your stay and help you gain access to all necessary information.

I greatly hope that your stay in Lower Silesia will be so interesting that you will return again. See you on the sporting fields and tourist locations of Lower Silesia.



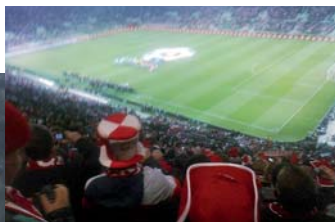

Radostaw Motoń
Vice Marshal of the Voivodship of Lower Silesia

THE 2012 EUROPEAN CHAMPIONSHIP ORGANISERS: POLAND – UKRAINE

www.2012.org.pl

The 2012 European Championship finals in football will be held in Poland and Ukraine. The timeframe: June 8 – July 1, 2012. For the third time in history, the championship finals are being organised by two countries. Previously this was done by Belgium and the Netherlands in 2000, and Austria and Switzerland in 2008. Thirty-one matches will be played during the European Championship. They will be held at eight stadiums, four in Poland – Gdańsk, Poznań, Warsaw and Wrocław; and four in Ukraine – Donetsk, Lviv, Kharkiv and Kyiv. The opening match will take place on 8 June 2012, in Warsaw, and the final on 1 July, in Kyiv.

The final tournament of the championships will take place within four groups. The teams in the first two places from each group will advance to the cup phase. This phase will use a knockout system – the loser is eliminated. In the event of a draw, extra-time shall be ordered, and if this does not produce a winner, a series of penalty kicks will follow.



THE WROCLAW MUNICIPAL STADIUM IN NUMBERS:

Total area of the stadium: 164,152 m²

Circumference of the stadium: 1851.56 m

Area of the esplanade: 52,753 m²

Structural area of the stadium: 41,017 m²

Green area: 5,402 m²

Non-covered space in cubic metres (i.e. cubic metres of open space and E0 level) = approx. 297,556 m³

Covered space (i.e. roofed space not including stands or closed space; in cubic metres) approx. 488,842 m³

Structural dimensions: 272x224 m

Height of structure: 39.33 m = 155.05 m a.s.l.

Floor level 0 = 115.72 m a.s.l.

Number of floors: 6

Number of covered seats: 42,771

The 2012 European Championship groups:

Group A

1. Czech Republic
2. Greece
3. Poland
4. Russia

Group B

1. Denmark
2. Holland
3. Germany
4. Portugal

Group C

1. Croatia
2. Spain
3. Ireland
4. Italy

Group D

1. England
2. France
3. Sweden
4. Ukraine

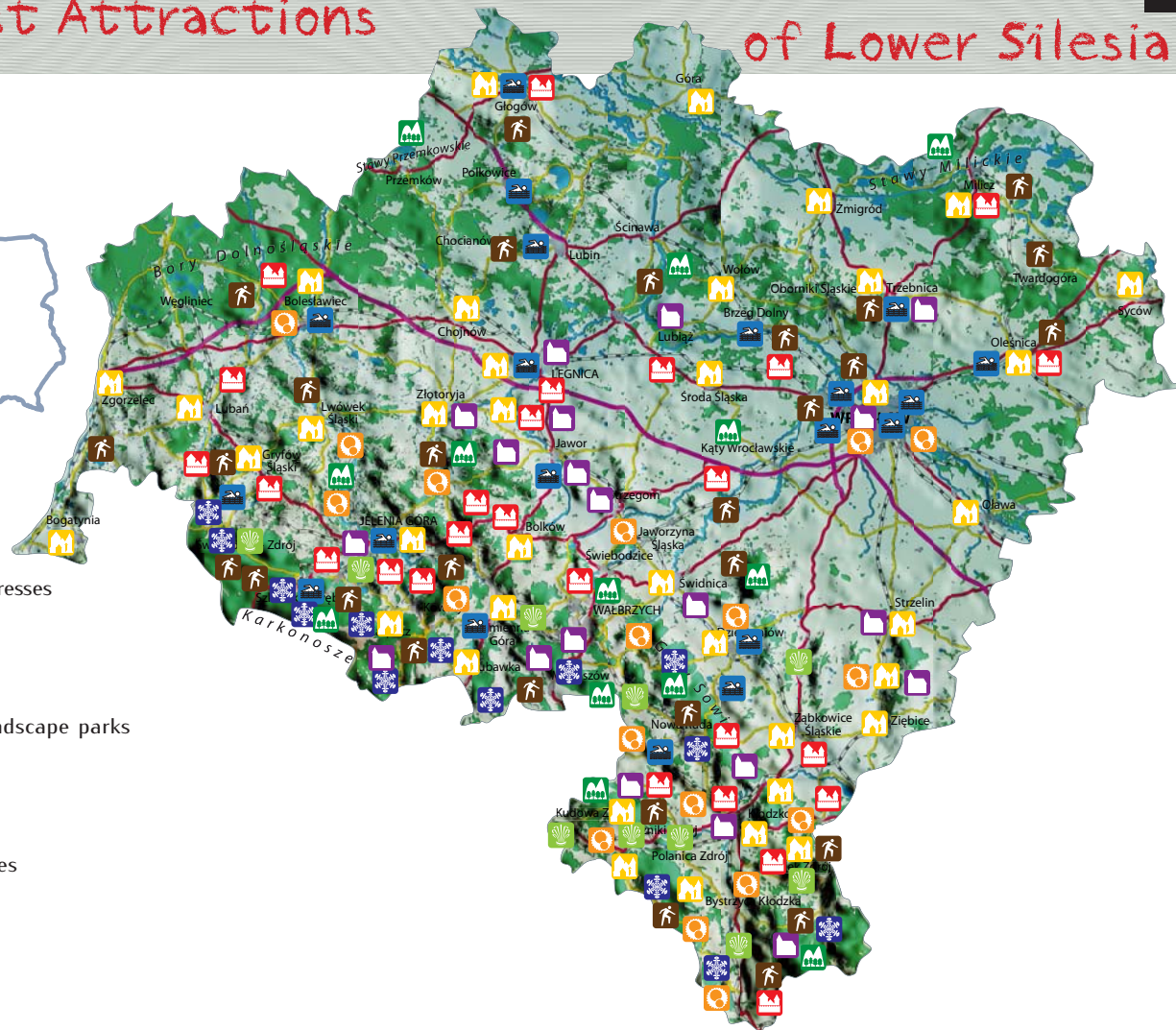
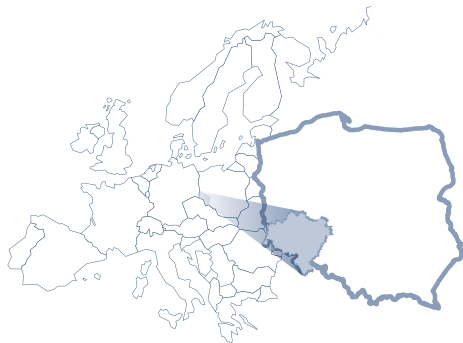


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50-101 Wrocław
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beu@um.wroc.pl
www.e2012.eu

The Tourist Attractions

of Lower Silesia



List of ROUTES

Lower Silesia

ROUTE NO 1

Description on pgs. 12–43
Zgorzelec – Bolesławiec –
Legnica – Wrocław – Oleśnica
– towards Warsaw

Length of route: 194 km in Lower Silesia,
Approximate drive time: 2 h 8 min
(A4, E40, 5, AOW, E 67, 8)

ROUTE NO 2

Description on pgs. 44–75
Jakuszcze – Szklarska Poręba – Jelenia
Góra – Bolków – Strzegom – Wrocław

Length of route: 142 km in Lower Silesia,
Approximate drive time: 2 h 15 min
(3, E65, 5, 378, A4, AOW)

ROUTE NO 3

Description on pgs. 76–89
Lubawka – Bolków – Jawor – Legnica – Lubin – Rawicz – Poznań

Length of route: 140 km in Lower Silesia, approximate drive time:
2 h 15 min (5, 3, 337)

ROUTE NO 4

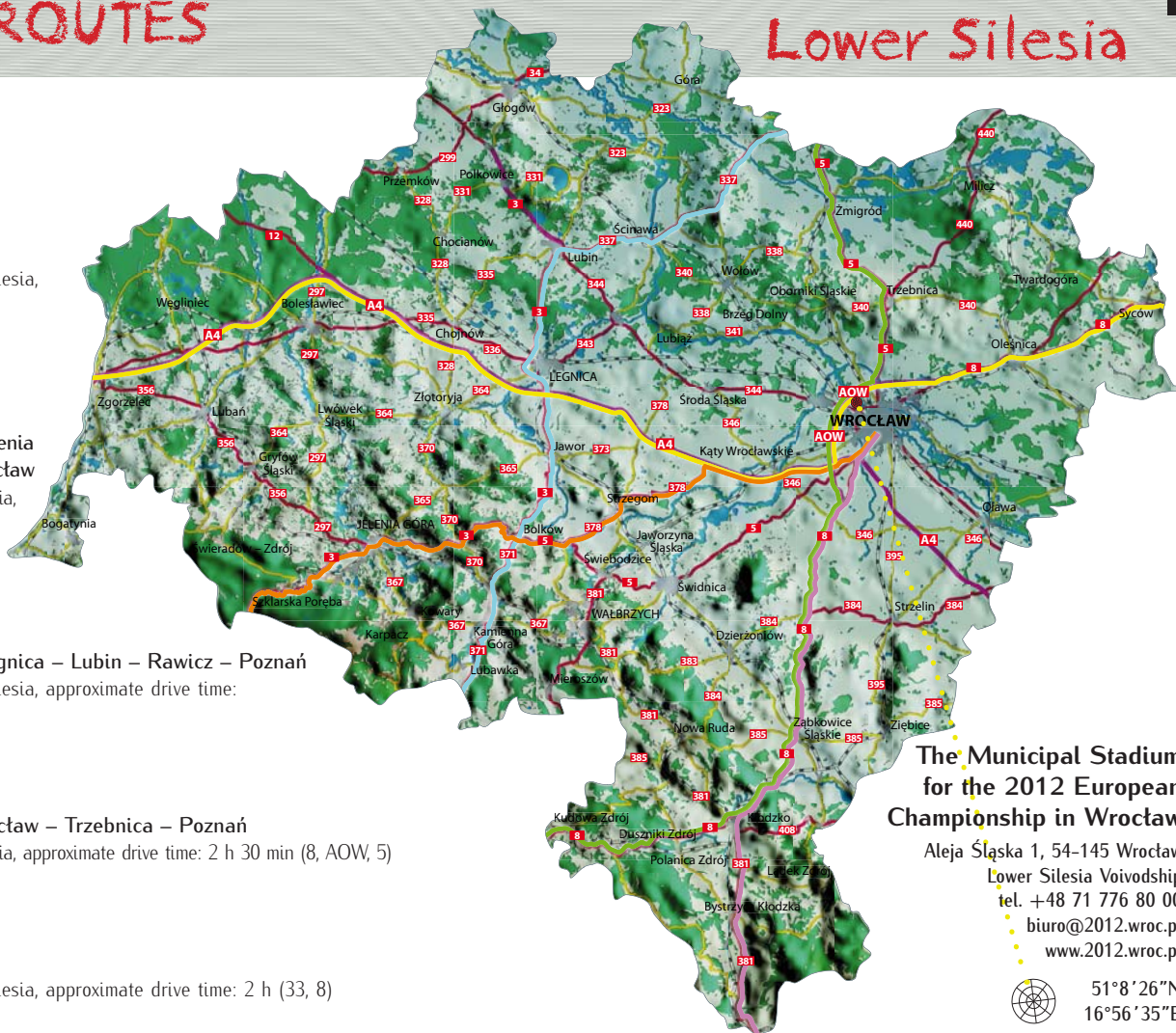
Description on pgs. 90–133
Kudowa Słone – Kłodzko – Wrocław – Trzebnica – Poznań

Length of route: 180 km in Lower Silesia, approximate drive time: 2 h 30 min (8, AOW, 5)

ROUTE NO 5

Description on pgs. 134–145
Boboszów – Kłodzko – Wrocław

Length of route: 130 km in Lower Silesia, approximate drive time: 2 h (33, 8)



**The Municipal Stadium
for the 2012 European
Championship in Wrocław**

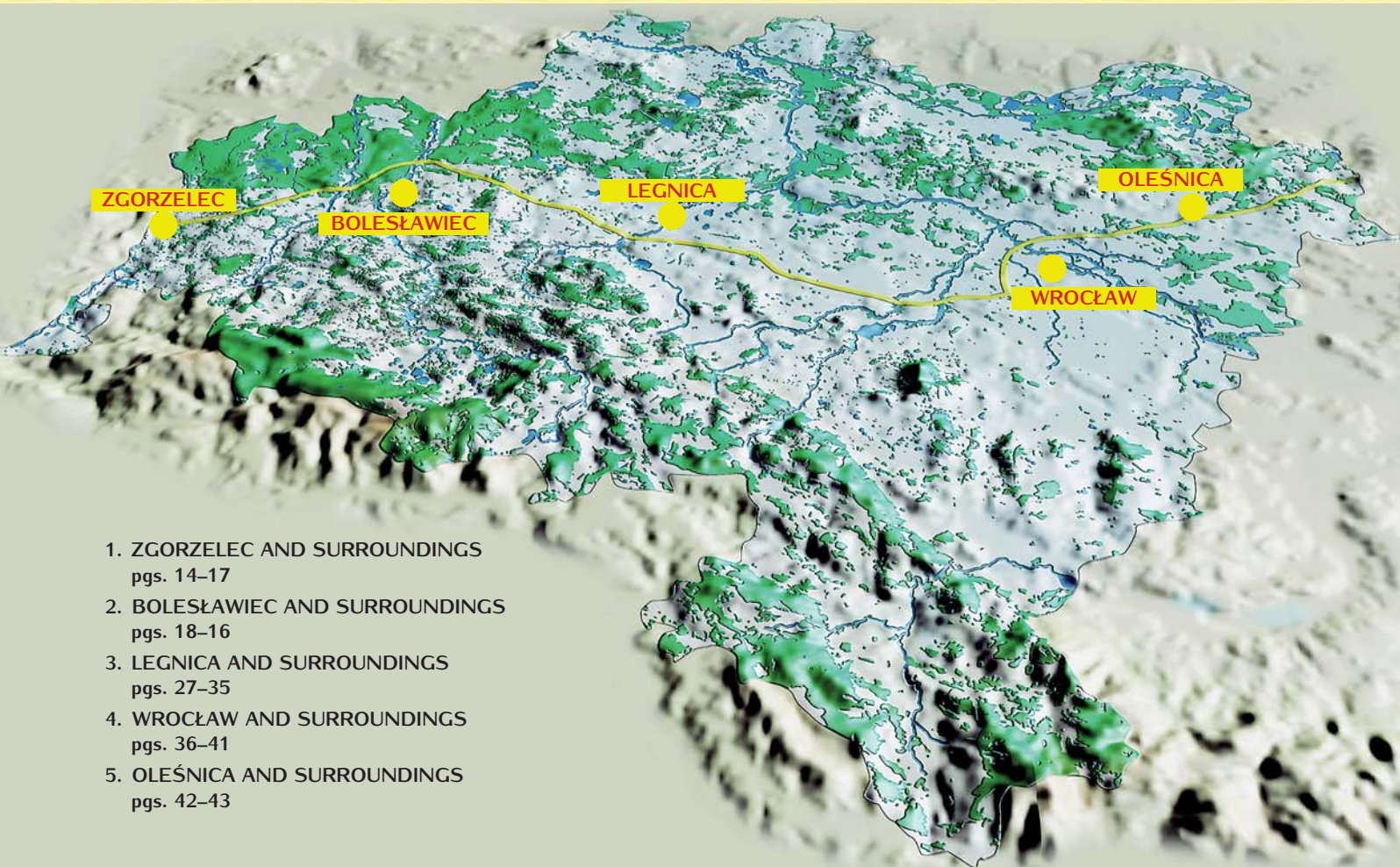
Aleja Śląska 1, 54-145 Wrocław
Lower Silesia Voivodship
tel. +48 71 776 80 00
biuro@2012.wroc.pl
www.2012.wroc.pl



51°8'26"N
16°56'35"E

ROUTE 1 Zgorzelec – Bolesławiec – Legnica
– Wrocław – Oleśnica – towards Warsaw

Length of route in Lower Silesia: 194.0 km,
Approximate drive time: 2 h 8 min (A4, E40, 5, AOW, E 67, 8)



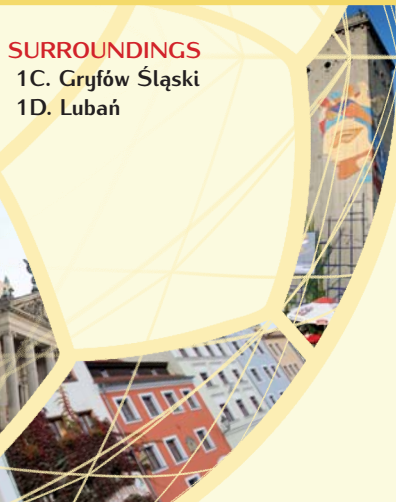
1. ZGORZELEC AND SURROUNDINGS
pgs. 14–17
2. BOLESŁAWIEC AND SURROUNDINGS
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3. LEGNICA AND SURROUNDINGS
pgs. 27–35
4. WROCLAW AND SURROUNDINGS
pgs. 36–41
5. OLEŚNICA AND SURROUNDINGS
pgs. 42–43

ROUTE 1 Zgorzelec – Bolesławiec – Legnica – Wrocław – Oleśnica – towards Warsaw



1. ZGORZELEC AND SURROUNDINGS

- | | |
|---------------|-------------------|
| 1A. Zgorzelec | 1C. Gryfów Śląski |
| 1B. Bogatynia | 1D. Lubań |



ROUTE 1

ZGORZELEC 1A.

Located on the border of Germany, the Czech Republic and Poland, on the right bank of the Nysa Łużycka River. A former German border crossing is found here in the 10th cent it was a Slavic stronghold. It received city rights in the 13th cent. After World War II it was divided into two parts, with the right bank suburb finding itself on the present day Polish side. After many years the city is slowly integrating again.

Worth seeing:

- The Art Nouveau Górnoluzyczna Hala Dziękczynienia (Hall of Gratitude) from 1898-1902, built to honour victory over the French in 1871, currently a cultural house
- the military cemetery of soldiers of the 2nd Polish Army
- historic stone terraced houses on the Nysa Łużycka River
- the Jakuba Böhme home
- the Lusatian Museum
- the rail viaduct
- Stalag VIII A in Ujazd
- the windmill complex on Wrocławska Street
- Kołodziej Garden
- Plac Pocztowy (Postal Square)
- the Church of St Boniface
- the Church of St John the Baptist
- the Church of St Joseph the Labourer
- the Orthodox Catholic Church
- buildings of the former Kruczy Folwark (Raven's Farm)
- the Baroque palace on Francuska Street
- the railway station complex on 5 Henrykowska Street
- the statue of John Paul II
- the Millennium memorial
- the amphitheatre
- *głaz narzutowy* (erratic block)
- a sculpture in the park

Events:

- The Zgorzelec Film Festival
- The Zgorzelec Folk Festival
- Zgorzelec Days



Tourist information: Przemysław Lachowicz – Zgorzelec tour guide
tel. +48 667 71 23 65, przemeklachowicz@o2.pl, www.it.zgorzelec.pl

1B. BOGATYNIA

A former industrial site – brown coal mine and power plant. The settlement was mentioned in the 13th cent. Development increased after 1958, with the construction of the brown coal mine and the power plant.

Worth seeing:

- preserved wooden Lusatian Houses with upper-Lusatian construction from the 17th to 19th centuries.
- the Church of Sts Peter and Paul from the 17th century.
- a farmstead from 1812
- the Museum of Brown Coal Mining
- view from the brown coal mine
- three-way border crossing (Poland, Czech, Germany)



Gryfów Śląski



Gryfów Śląski – Town Hall



Tourist information: City and Commune Offices, ul. I. Daszyńskiego 1, 59-920 Bogatynia
tel. +48 75 772 51 00, umig@bogatynia.pl, www.bogatynia.pl

ROUTE 1

GRYFÓW ŚLĄSKI 1C.

Gryfów Śląski was the centre of cloth and linen textile weaving in the times of the Duchy of Świdnica and Jawor. In the 19th cent silk weaving was done here. The ruins of the 13th cent Gryf Castle are nearby.

Worth seeing:

- the Market Sq and terraced houses from the 17th cent
- large fragment of the city walls
- the Renaissance Town Hall, with tower, from 1642, and the spire from 1929, the first reinforced concrete tower in Lower Silesia
- The Gothic Parish Church of St Hedwig (in its interior there is a wooden altar from around 1600 and a sandstone epitaph of the Schaffgotsch family)



Events: *Kwisonalia* (open air music and recreation festival)

LUBAŃ 1D.

The city lies in a valley on the left bank of the Kwisia River. For centuries, the influence of the Silesian and Lusatian cultures intertwined here. Important trade routes ran through here from Silesia to Bohemia and Ruthenia to Meissen and Lusatia. This location contributed to the rapid development of settlements, which by 1200, had received city rights. The 19th cent saw the development of industry when ceramic factories, railway workshops and a mechanical weaving mill were created in Lubań.

Worth seeing:

- the Renaissance Town Hall
- *Bracka Bastion* – 18th cent basalt fortified walls
- the *Under the Boat* house from the 18th cent
- the former canvass shop
- an 16th cent granary
- stone tenement buildings
- basalt stone outcrops in the park in Kamienna Góra

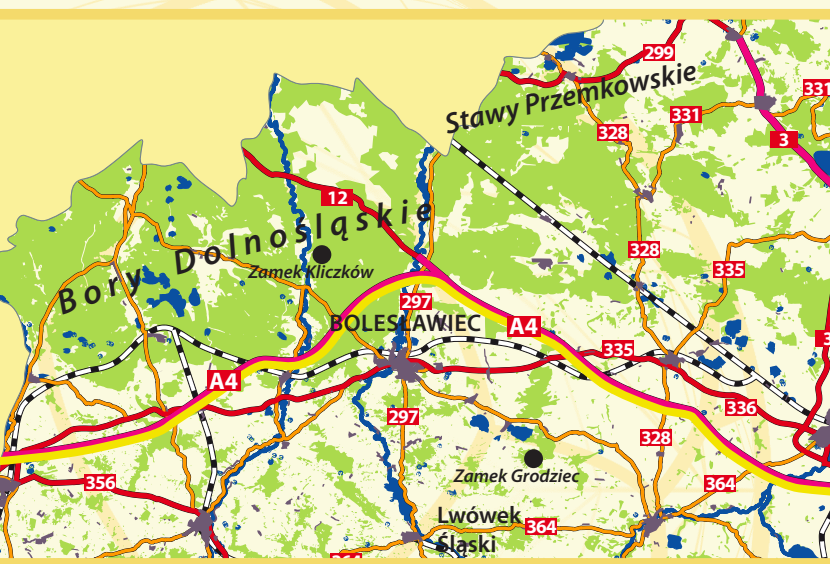
Events: Bracka Tower Days

Tourist information: ul. Bracka 12, 59-800 Lubań
tel. +48 75 722 25 41, it@luban.pl, www.sudety.it.pl

Bracka Bastion



ROUTE 1 Zgorzelec – Bolesławiec – Legnica – Wrocław – Oleśnica – towards Warsaw



2. BOLESŁAWIEC AND SURROUNDINGS

- | | |
|--|---------------------|
| 2A. Bolesławiec | 2E. Grodziec Castle |
| 2B. Clay Festival in Bolesławiec | 2F. Kliczków Castle |
| 2C. Pławna – a Magic Place | 2G. Lwówek Śląski |
| 2D. Bory Dolnośląskie – The Forests of Lower Silesia | 2H. Przemków Ponds |



ROUTE 1

BOLESŁAWIEC 2A.

The city, located in the south-western part of Poland, enjoys a reputation as one of the most beautiful towns in Lower Silesia. Bolesławiec grew within a fork of the two rivers – Bóbr and Kwisza, and in Forests of Lower Silesia.

Bolesławiec's history dates back to medieval times, when the Bobrzanians (one of the tribes of Silesia) settled on the left bank of the Bóbr River. In 1251, the city was granted town privileges by Bolesław Rogatka (the Horned). In later centuries the city flourished, thanks to beer brewing rights, crafts and trade development. By in the 17th cent, it had gained the rank of a major ceramics centre.

Contemporary Bolesławiec is a rapidly growing industrial and commercial centre for leading industries in the fields of ceramics, pharmaceuticals and textiles. With rich deposits of clay present in the Kwisa – Bóbr basin, the area is famous for its pottery. Today, the characteristic Bolesławiec stamp decorates products which are exported to many countries around the world.

Worth seeing:

- fragments of the 15th cent defensive walls
- the 15th cent Town Hall with Wedding Hall and its Baroque reconstructions of a rare example of a cylindrical oriel in the interior
- Baroque and Neoclassical buildings in the Market Sq
- the stone Church of the Assumption and St Nicholas from the 15th cent, with Baroque interior, including sculptures by the great artists of Silesian Baroque – Weber and Neunhertz
- the Museum of Ceramics with collections of Bolesławiec ceramics
- the stone railway viaduct over the Bóbr River – one of the longest of its kind in Europe – built between 1844 to 1846, measuring 490 m long and 26 m in height, considered a high-class technical monument, but also as a valuable art object, comparable to Roman aqueducts
- a monument erected in honour of Field Marshal Kutuzov (who died in Bolesławiec in 1813, as commander of Russian troops pursuing Napoleon's army)
- a military cemetery on II Armia WP Street for Kutuzov's soldiers from the Napoleonic campaign, and the Soviet Red Army from during the Second World War.

Events: Bolesławiec Ceramics Days – August

Tourist information: pl. Piłsudskiego 1c, 59-700 Bolesławiec
tel. +48 75 735 14 16, www.boleslawiec.pl

2B. THE CLAY FESTIVAL IN BOLESŁAWIEC

ROUTE 1

A Love Parade for clay – GLINIADA is an annual event which takes place simultaneously with the Bolesławiec Ceramics Festival. It is the “child prodigy” of Bogdan Nowak – long-time friend and assistant of the French mime Marcel Marceau. This street festival features hundreds of ceramic clay figures, celebrating under the common slogan – “We are all formed from the same clay.” The parade is complemented by workshops, concerts and happenings.



Tourist information: Bolesławiec Association for Local Initiatives
– VIA SUDETICA, ul. Komuny Paryskiej 34, 59-700 Bolesławiec, www.viasudetica.pl
Bogdan NOWAK – Papa Glinolud, tel. +48 604 63 03 00
bog_nowak@o2.pl, www.villaambasada.pl

PLAWNA A MAGIC PLACE 2C.

Pławna Dolna is a village situated in the foothills of the Izerskie Mountains, today a magical place. It attracts children and adults. The Castle of Silesian Lower Legends in Pławna Dolna, as it is called today, was established in 2008, on the initiative of a local artist – the painter Darek Miliński. The author's idea was to familiarise visitors with the wealth of tales and legends in Silesia.

During shows held at the castle, you can listen to histories and stories depicted with the use of wooden puppets. *Liczyrzepa*, the Spirit of the Mountains, and other historical figures such as knights and princesses locked in towers and castles, accompany us during the dramas. After the presentation, each participant can take part in blacksmithing, lithography and ceramic activities. You can also visit the Miliński art gallery and a medieval settlement with a Trojan horse.



Tourist information: the Cafe Miliński Gallery
Pławna 93, 59-623 Lubomierz, tel. +48 793 79 46 38
biuro@zamekslaskichlegend.pl, www.zamekslaskichlegend.pl

2D. THE FORESTS OF LOWER SILESIA

The Forests of Lower Silesia are among the largest forest complexes in Central Europe with a surface area of about 165,000 ha. The whole area is part of the Silesian-Lusatian Lowlands macro-region, situated between the terminal moraine of the Żarskie and Dalkowskie Hills to the north, and the Izerskie and Kaczawskie foothills to the south. The geological structure and relief of the region is the result of glaciation in central Poland, which left a huge mass of sand here. A characteristic feature of the landscape is the significant number of ponds, bogs and sand dunes located in the woods.

Due to the low fertility of the soil, the area here was never converted to cropland. Human habitation did not occur here in too large a scale, and was mostly confined to river valleys. The local population was engaged mainly in bee-keeping, hunting, fishing, and tar and charcoal production. From the 14th cent iron ore was successfully developed here, based on a low-percentage of bog iron.



Worth seeing:

- the Romanesque churches in Old Żagań
- the Romanesque churches in Biedrzychowice
- the Knight's stronghold in Dzierzychowice
- the ducal castle in Przewóz from the late 13th cent
- the palace-park complex in Iłowa



Tourist information: the 'Bogs of Lower Silesia' Local Forest Action Group
ul. Żeromskiego 25, 68-120 Iłowa, tel. +48 68 377 47 17
bory.dolnoslaskie@wp.pl, www.borydolnoslaskie.org

ROUTE 1

GRODZIEC CASTLE 2E.

Grodziec Castle is situated on a high basalt hill (389 m) near Zagrodno. It was built in the second half of the 15th cent by Frederick I, Duke of Legnica, in place of the previous 14th cent. fortifications of the House of Bożywoj. The destruction of the Thirty Years War was so great that no thorough restoration was carried out, and in the 18th cent, the leaning castle was abandoned. In the years 1906-1908, the medieval fortress was reconstructed. Current repair work today enables us to explore the castle's main buildings, towers and main gate.

Events:

- a knight's tournament – battle for the castle
- a concert of medieval music



Tourist information: Grodziec Castle Tourist Establishment
Grodziec 111, 59-516 Zagrodno, tel. +48 76 300 10 20
grodziec@grodziec.com, bernacki@grodziec.com, www.grodziec.com

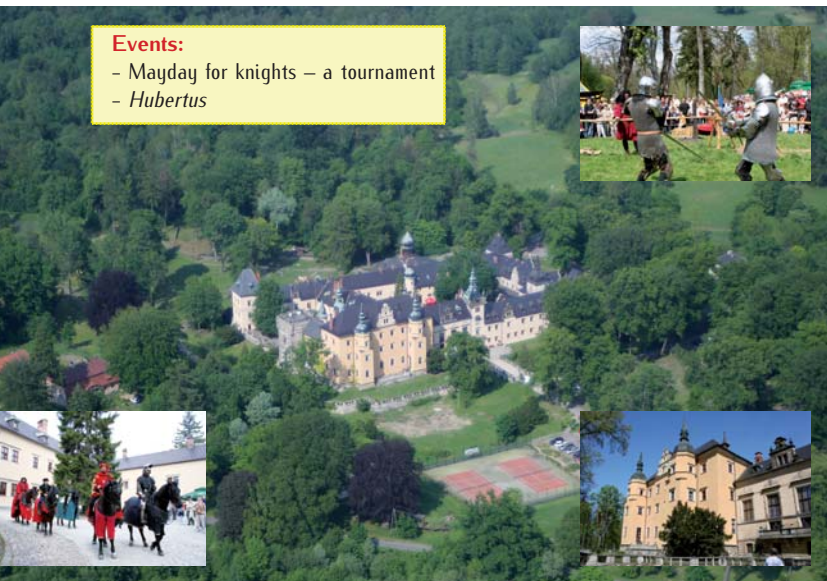
2F. KLICZKÓW CASTLE

Kliczków Castle is situated at the edge of the Silesian Forest, among the picturesque lakes of the Bóbr River. The castle was built around 1290, by Duke Bolko I the Strict. In 1391, it became the possession of the Rechenberg family, who, in the second half of the 16th cent, rebuilt the Gothic castle. A Great rebuilding, completely changing the appearance of the residence, took place between 1881-1883. After World War II it had many owners. A fire that broke out in 1948, destroyed the castle. Today the castle and its immediate surroundings are a conference & leisure centre, including modern equipped conference rooms, indoor pool with Jacuzzi, sauna, gym, tennis courts and a playground.

The park is one of three in Europe, with a cemetery for the horses and dogs of the former owners of the palace.

Events:

- Mayday for knights – a tournament
- *Hubertus*



Tourist information: Kliczków Castle Conference – Recreation Centre
ul. Kliczków 8, 59-724 Osiecznica tel. +48 75 734 07 00
zamek@kliczkow.com.pl, www.kliczkow.com.pl

ROUTE 1

LWÓWEK ŚLĄSKI 2G.

Located on the Bóbr River, at the junction of Izerskie and Kaczawskie Foothills, on the edge of the Bóbr Valley Landscape Park, Lwówek Śląski was formerly a gold mining centre in the 10th – 14th centuries. From the 12th – 16th centuries Lwówek was a centre of textile and cloth weaving. The tradition of brewing here began in 1209. In the 13th cent, it was the capital of the Duchy of Lwówek. To this day, the medieval spatial layout of the city, has remained preserved.

Worth seeing:

- the Gothic-Renaissance town hall from the fourteenth cent, rebuilt in the 16th cent
- the Parish Church of the Assumption, one of the oldest in Silesia
- the Hohenzollern Palace from the 19th cent, now the headquarters of the municipalities and cities of the county
- a stone bridge over the Bóbr River from 1558
- one of the best preserved city walls from the 14th and 15th centuries, a double ring, with towers and Bolesławiec and Lubań Gates
- Płóczki Górne with its agate deposits

Events:

- Beer Days – June
- Agate Summer – July
- St Nicholas Rally – December



Tourist information: Lwówek Śląski, pl. Wolności, Town Hall
tel. +48 75 647 79 12, it@lwowekslaski.pl, www.lwowekslaski.pl

2H. PRZEMKÓW LANDSCAPE PARK

The Przemków Landscape Park is located within four geographical mezo-regions: the Szprotawa Plains, Lubin Plateau, Lower Silesian Forests and Legnica Plains. The park was established in 1997, and has an area of 22,338 ha. The characteristic features of the landscape east of the Lower Silesian Forests are vast pine forests, some deciduous, breeding ponds, peat bogs (the Borówka Peat Bog Reserve) and inland dunes.

Noteworthy is the presence of snakes – the *Coronella austriaca*, magnificent butterflies – the scarce swallowtail, and stag beetles. The park has a total occurrence of 220 species of birds, including 147 breeding sites (the Przemków Ponds Reserve).

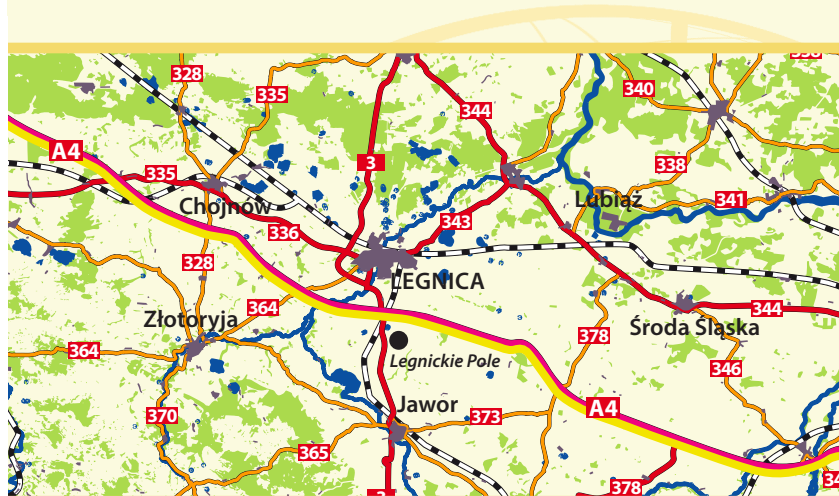
Worth seeing:

- the City of Przemków
- the Church of the Assumption in Przemków from the 15th to 18th centuries
- the Orthodox Church of St Michael the Archangel from the 18th and 19th centuries
- the Church of Sts Peter and Paul from the 16th cent in Sieroszowice
- the Church of St James in Pogorzelińska from the 17th-19th centuries
- the Church of St Bartholomew in Buczyzna from the 16th-19th centuries
- the Lusatian culture booths in Jakubowo Lubińskie, Piotrowice and Przemków



Tourist information: Lower Silesian Landscape Park Complex, Legnica Branch
Piotrowice 89, 59-170 Przemków, tel. +48 76 831 09 24
legnica@dzpk.pl, www.dzpk.pl

ROUTE 1 Zgorzelec – Bolesławiec – Legnica – Wrocław – Oleśnica – towards Warsaw



3. LEGNICA AND SURROUNDINGS

- 3A. Chojnów
- 3B. Złotoryja
- 3C. Legnica
- 3D. Jawor
- 3E. Legnickie Pole
- 3F. Lubiąż
- 3G. Środa Śląska



3A. GRODOWIEC – SANCTUARIUM

Grodowiec is a village situated in the picturesque Dalkowskie Hills near Lubin. The village is one of the oldest in the Głogów area, and probably existed in the 12th cent. Since the Middle Ages, it has been known as a place of pilgrimage to the famous image of grace of the Madonna and Child. When a collegiate church was founded in Głogów, in 1120, its canons usually served as provosts in Grodowiec Sanctuary, and they visited the shrine. From the 17th cent, it became a local centre for pilgrims from across Poland, the most numerous from the Diocese of Poznań. In 1662, the Franciscans of Głogów began organising a solemn procession.

After the Second World War, the cult of Our Lady of Grodowiec was revived again, and there has been a renewal of traditional processions. In the main altar, made of wood, is a miraculous figure of Our Lady of Grodowiec, in an attitude of prayer. It is a typical Gothic sculpture.

The Way of St James is a pilgrim's trail which runs through Grodowiec. It runs from Jakubowo to Santiago de Compostella.



Grodowiec



Złotoryja – Market Sq

Złotoryja
– Kowalska
Bastion



ROUTE 1

ZŁOTORYJA 3B.

Złotoryja lies on the Kaczawa River. The emergence of the city was connected with the extraction of gold from the sands and gravel carried by the river. A mining settlement was mentioned in the 12th cent, with the exploitation of gold lasting until the 14th cent.

Worth seeing:

- the former Aurelia gold mine under Mount Mikotaj
- fragments of the defensive walls from the 14th and 15th centuries, the Kowalska Tower from the 14th cent, height 25 m, with a Renaissance attic
- the *Defina* Fountain from the beginning of the 17th cent in Rynek Górny
- the Miner's Fountain in the Market Sq commemorating the death of 500 gold miners in a battle with the Mongols at Legnica in 1241
- the Gothic Church of the Nativity of Our Lady from the 14th cent with viewing tower
- the Church of St. Hedwig, formerly Franciscan, from the 18th cent, with Baroque interiors
- the Executioner's House from 14th/15th centuries, now the Museum of Gold



Events: International Gold Panning Championships – August

The Aurelia Gold Mine

Gold panning lessons and demonstrations: GOLDCENTRUM

tel. +48 609 54 71 43, www.goldcentrum.pl/centrum, info@goldcentrum.pl

Information: Parish Presbytery
tel. +48 76 831 51 64, www.grodowiec.pl

Tourist information: Aurelia Gold Mine Polish Brotherhood of Gold Panners
ul. Żeromskiego 15a, Złotoryja, tel. +48 76 878 70 40
OSiR, Rynek 1, tel. +48 76 878 37 78
ZOKiR, pl. Reymonta 5, tel. +48 76 878 33 74, +48 76 878 34 28

3C. LEGNICA

Legnica is situated at the confluence of the Kaczawa, Czarna Woda and Wierzbak rivers, on the border of Sudeten Foothills and the Silesian Lowland. In the early Middle Ages, a tribal stronghold of the Trzebowianie, was located here. By the 13th cent a ducal castle existed here, and in 1241, near Legnica, a battle with the Mongols took place on Legnica Field. From 1248, Legnica was the capital of the Duchy of Legnica, and then Legnica-Brzeg (until 1675). At the end of the 18th cent there was an economic recovery. The first factories and hardened roads were expanded, as were municipal infrastructure and communication. In 1844, Legnica and Wrocław were connected by a railway line.

The dynamic development of Legnica in the 20th cent was interrupted by two successive wars. The Second World War especially left its mark on the city's economy. In 1945, Legnica found itself inside Poland's border, and in that July, it was chosen as the headquarters of Northern Forces Group of the Red Army. Its metropolitan character began to slowly recover in the early 1960s, in connection with the discovery of rich copper deposits in the area.

Worth seeing:

- the Renaissance terraced houses in the Market Sq – old herring stalls
- the Renaissance house *Pod Przepiórczym Koszem* (Under the Quail Basket) with cylindrical oriel
- the old town hall from the 18th cent (now Art Center) with a low tower from 1929
- the Fountain of Neptune in the Market Sq from the 18th cent and the mermaid
- the Cathedral of the Holy Apostles Sts Peter and Paul
- the Piast Castle from the beginning of the 13th cent, with current neo-Gothic alterations after a fire, the entrance gate with busts from the Legnica Piast dynasty
- the Church of St John from the 18th cent with the Gothic chancel rebuilt as a Mausoleum for the Piasts of Legnica-Brzeg
- the Church of St Mary, one of the oldest in Lower Silesia, originally Romanesque, in present 19th cent appearance
- the Baroque edifice of the Knight's Academy
- the Abbot of Lubiąż's House from the 18th cent
- fragments of city walls and Głogów and Chojnów gates from the 14th cent XIV w.

Museums: *Legnica Castle, ul. Zamkowa, open: Tue – Sat: 10-16*
prior reservations at the Copper Museum

The Copper Museum – the former Abbot's palace in Lubiąż, 3 Partyzantów St
tel. +48 76 862 49 49; open Wed.-Sun: 11-16.30

ROUTE 1

Events:

- The *Satyrykon* International Exhibition
- International Gold – Silver Forming Review
- Pod Kyczerą* European Meeting of National and Ethnic Minorities
- Summer Film Academy
- Legnica Organ Evenings
- The *Miasto* International Theatre Festival
- Of a national character there are:**
- The Legnica *Cantat* National Choir Tournament
- Conversatorium Organ*
- The National Review of Young Painters
- The *Ekopiosenka* National Ecological Song Festival
- The Young Paganini National Violin Competition



Legnica centrum

Tourist information: Sport and Recreation Centre, ul Najświętszej Marii Panny 7
59-220 Legnica, tel. +48 76 723 38 01
ci@osir.legnica.pl, www.osir.legnica.pl, www.legnica.um.gov.pl, www.infolegnica.pl

3D. JAWOR

ROUTE 1

The town is situated on the Nysa Szalona River in the Silesian-Lusatian Lowlands. The Prajaworzanie people originally lived here. In the 7th cent the Trzebowian Slavic tribe settled here. About 300 years later, Mieszko I, joined these lands to his country. In the mid-13th cent Jawor received city rights. Between 1303-1346, the city was the capital of the independent Duchy of Jawor. Later it became the domain of Czech kings, a royal city and capital of the province. At the beginning of the 15th cent an infamous expulsion of the local Jewish community was included in the history of the city (1420). In the 16th cent, the town grew into one of the strongest centres of Silesian weaving. In the second half of the 17th cent, following the Peace of Westphalia and the ending of the Thirty Years War, the Catholic Habsburg Emperor, Ferdinand III, pressured by Protestant Sweden, granted the Silesian Lutherans the right to build three churches in the areas directly subordinate to his authority. He thus founded the Church of Peace in Jawor.

Worth seeing:

- the Evangelical Church of the Holy Spirit known as the Church of Peace, built of wood and clay, one of two in Lower Silesia from the 17th cent, with an impressive Baroque interior, decorated with galleries and the coats-of-arms of the nobility of Jawor, a UNESCO World Heritage Site
- Piast Castle, mentioned in the 13th cent, rebuilt several times
- the 14th cent town hall with 65-metre tower, the pride of the Town Hall is the Council Hall with stained glass windows made by the Berlin Institute for Stained Glass
- the Neo-renaissance former Bernardine monastery from the 15th cent, currently the Regional Museum
- Strzegomska Tower from the 16th cent with fragments of the city walls
- a terraced house at 3 Legnicka St from the 16th cent with a Renaissance portal, rebuilt in the twentieth century
- the Church of St Martin from the 12th cent, with characteristic early Gothic silhouette which contrasts with the lavish Baroque interior

Events: Jawor Concerts of Peace – late August to early September
The International Bread Fair – July, August

Tourist information: City Offices, Rynek 1
59-400 Jawor, tel. +48 76 870 20 21
um@jawor.pl, www.jawor.pl, www.targi-chleba.pl



Jawor



The Church of Peace



The Church of Peace



Jawor

LEGNICKIE POLE 3E.

Legnickie Pole (Legnica Fields) lies in the Silesian-Lusatian Lowlands, on the waters of the Wierzbik River.

In 1241 in, a battle with the Mongols took place near the village, ending in the tragic death of Prince Henry the Pious. Until the 16th cent, the village belonged to the Benedictines, invited from the Czech Republic in the 13th cent, by Princess Anne, widow of Henry II the Pious. In 1836, the monastery buildings were expanded. During the Second World War, behind the historic walls of the former monastery, the Oflag VIII POW camp was located. Here French, Yugoslav and Soviet officers were imprisoned. A decree by the President of Poland established Legnica Fields, and the former Benedictine monastery, as Historic Monuments.

Worth seeing:

- the Church of the Holy Trinity was built here for the Benedictines in the 12th-14th centuries, in it is the Museum of the Battle of Legnica Fields
- the Church of St Hedwig, designed by Dientzenhofer in the 18th cent, one of the greatest architects of Central European Baroque, the frescoes were done by Cosmas Asam, a Bavarian artist



Tourist information: Communal Offices
ul. K.I. Dientzenhofera 1, 59-241 Legnickie Pole, tel. +48 76 858 28 10
sekretariat@legnickiepole.pl, www.legnickiepole.pl

3F. LUBIĄŻ

A village in the Wołów district on the right bank of the Odra River. It was a long-standing trade settlement. Lubiąż had city rights from the 13th cent to 1844. In a bend of the Odra river we can find: a Baroque Cistercian monastery, the monastery church, the Church of St James, a monastery, the palace of the abbots and monastic buildings. This is one of the largest monastery complexes in Europe. Inside there are works by prominent artists of the Silesian Baroque: the painters Willmann, Scheffler and Bentum; and the sculptors Mangoldt and Steinle. During the last war it housed a secret, underground arms factory.

Worth seeing:

- the monastery complex with the Ducal Hall, the refectory, the abbey church and numerous outbuildings
- Exhibitions



The former Cistercian Monastery complex

Events:

- Korso Palace
- Slot Art Festival
- Electricity



Tourist information: pl. Klasztorny 3, 56-100 Lubiąż
tel. +48 71 389 71 66, www.karczmacysterska.pl
Fundacja Lubiąż, pl. Maxa Borna 9, 50-204 Wrocław
tel. +48 71 322 21 29, www.fundacjalubiaz.org.pl

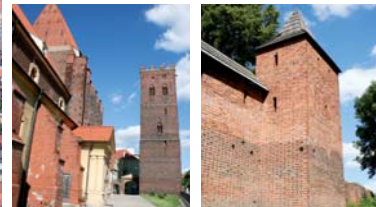
ROUTE 1

ŚRODA ŚLĄSKA 3G.

Środa Śląska is located on a plateau above the Średzka Woda River. In ancient times, important trade routes ran through Silesia connecting Eastern and Western Europe. On one of these routes (in the 12th cent) was a trade settlement named Środa (Wednesday). Around 1214, it became a town in the Magdeburg Law, which was known as the Średzkie Law. The town belonged to the Duchy of Wrocław until the 13th cent, and later came under the dominion of the Czechs. During fighting in 1945, Środa Śląska was largely destroyed. In 1985, a large treasure of silver coins was unearthed here, mostly Prague coins belonging to Wenceslas II. Even more discoveries were made in 1988, when hundreds of gold and silver coins, some gold ornaments and a ducal diadem from the 15th cent, were uncovered.

Worth seeing:

- the 15th cent town hall, rebuilt in the 16th and 19th centuries, now the Regional Museum
- large fragments of the brick city walls, from the 14th and 15th centuries
- the Church of St Andrew from the 13th cent, one of the oldest in Silesia
- a Gothic belfry from the 14th cent
- ruins of the Castellan fortification from the 12th cent, demolished in 1803
- the Romanesque Church of St Mary from about 1220, with two penance crosses in front of the church
- the Treasure of Środa Śląska in the Regional Museum

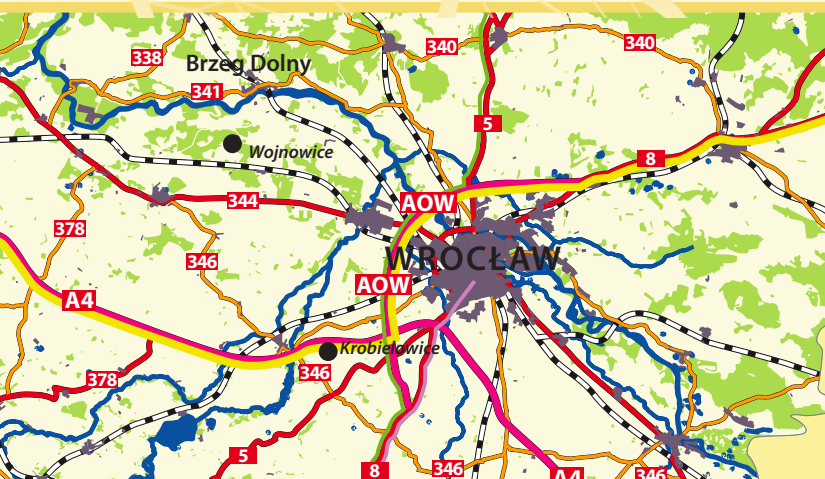


Events:

- Wine Days in the City of Treasures – September
- Środa Śląska Days

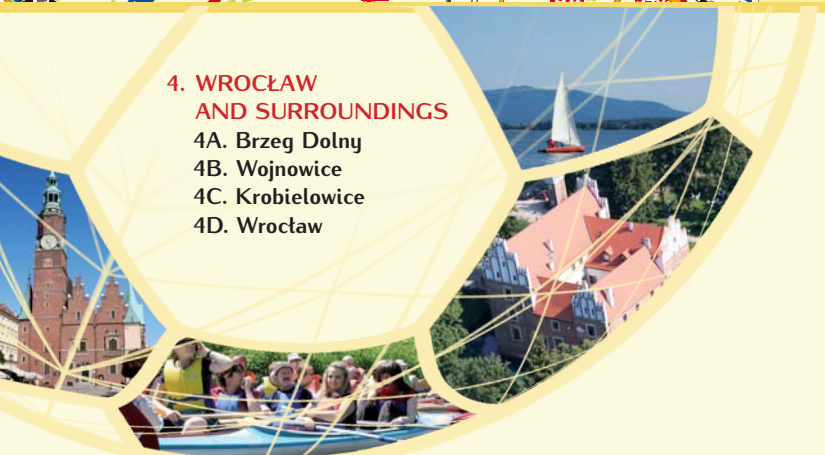
Tourist information: Municipal Offices, Plac Wolności 5
55-300 Środa Śląska, tel.+48 71 317 30 52, www.srodaslaska.pl

ROUTE 1 Zgorzelec – Bolesławiec – Legnica – Wrocław – Oleśnica – towards Warsaw



4. WROCLAW AND SURROUNDINGS

- 4A. Brzeg Dolny
- 4B. Wojnowice
- 4C. Krobielowice
- 4D. Wrocław



ROUTE 1

BRZEG DOLNY 4A.

Brzeg Dolny is located on the right bank of the Odra River. The first settlement dates from the 6th to 8th centuries. In the 15th-16th centuries it was known for its Odra River crossing, which still operates here today. It is now a centre of the chemical industry. Attractions include a modern swimming pool and sports complex.

Worth seeing:

- the Classicist palace designed by K.G. Langhans, builder of the Brandenburg Gate, surrounded by a park
- The Baroque terraced houses in the Market Sq from the 17th cent

Tourist information:

Communal Office of Tourism and Promotion
ul. 1 Maja 21, 56-120 Brzeg Dolny,
tel.+48 71 319 65 34
admin@brzegdolny.pl, www.brzegdolny.pl



WOJNOWICE 4B.

This small village is located 25 km from Wrocław and is known for its Gothic-Renaissance castle on the water. Wojnowice Castle dates from the 14th cent. In the years 1513-1570, this knight's defensive castle was transformed into a Renaissance residential seat. Currently it is administered directly by the Association of Art Historians. A House of Creative Work was set up here to serve creativity and science in Wrocław and the country.

Worth seeing:

- the castle building (its surroundings, moat and garden)

Tourist information:

Wojnowice Castle
ul. Zamkowa 2, 55-334 Wojnowice
tel. +48 71 317 07 26
zamekwojnowice@poczta.onet.pl
www.zamekwojnowice.pl



4C. KROBIELOWICE

This village is located in the county of Wrocław. Known for its Baroque palace built in the 16th cent. Krobielowice Palace was rebuilt in the 17th cent, and from 1814, it became the property of the eminent Prussian commander Blücher. Currently, there is a tourist hotel, restaurant and golf course. Nearby the village is the restored Blücher Mausoleum.



Rędziański Bridge



Wrocław - Ostrów Tumski



Tourist information: Krobielowice Palace
55-080 Kąty Wrocławskie, tel.+48 71 316 66 48
info@palackrobielowice.com, www.palackrobielowice.com

ROUTE 1

WROCLAW 4D.

Wrocław is one of the largest Polish cities and the historic capital of Lower Silesia. It is centrally located in the Silesian Lowland, on the Odra River, in the place where it receives the Oława, Widawa, Bystrzyca and Ślęza Rivers. This former settlement is situated at the crossroads of ancient trade routes from east to west, and the 'amber trail' from south to north. By the 10th cent, on an island in the Odra, then called Ostrów Tumski (Cathedral Island), there existed the Slavic castle which gave birth to the city. In 1000 a diocese was established here. Wrocław received city rights in 1241, after the Tatar invasion. In the 13th cent, the first city walls were erected. The Market Sq was laid out in 1241, its dimensions are 208 x 175 m and it is one of the largest in Europe. The blocks of buildings surrounding the Town Hall are a mixture of architectural styles, derived largely from the 19th and 20th centuries

Most of the buildings were rebuilt and reconstructed after the war, many of them had hidden Gothic relics (cellars, portals). In best preserved of these, along the unspoilt western frontage, you can see the Mannerist *Pod Gryfami* (Under the Griffins) house and the *Pod Siedmioma Elektorami* (Under the Seven Electors) building with spectacular polychrome.

Today, Wrocław is a large economic centre (electromechanical, metal, machinery, textile, chemical, non-ferrous metals processing, transport equipment and food industries). The city is the centre for administration, culture and science in the region.

Wrocław - Town Hall



Wrocław



Tourist information: Tourist Information Centre
Rynek 14, 50-101 Wrocław, tel. +48 71 344 31 11, info@itwroclaw.pl
www.wroclaw.pl, www.turystyka.dolnyslask.pl, www.dolnyslaskweb.pl

Worth seeing:

- the Gothic Town Hall (one of the finest contemporary secular buildings in Europe)
- the Church of St Mary Magdalene from the 14th cent with 12th cent Romanesque portal and terrace
- the Gothic Church of St Elizabeth, with a tower of 86 m in height, and viewing terrace
- Hansel and Gretel houses – former church houses
- the *Ostrów Tumski* (Cathedral Island) complex: the Gothic cathedral of St John the Baptist with the Chapel of St Mary from the 14th cent and the magnificent Baroque chapels (the north tower of the cathedral has a viewing terrace – serviced by a lift)
- St Giles, a Romanesque church – the oldest in the city
- the Church of the Holy Cross from the late 13th cent
- Tumski Bridge, the oldest mentioned in Wrocław
- the Gothic Church of St Mary on the Sand on *Wyspa Piskowa* (Sand Island), one of the largest in Wrocław, inside there is a Romanesque sandstone portal from the 12th cent
- the Baroque edifice of the University, a former Jesuit Academy from the 18th cent, inside there is a most beautiful interior – the Baroque *Aula Leopoldina*

MUSEUMS: the National Museum, Panorama Racławicka, the Municipal Museum, the Ethnographic Museum, the Museum of Natural History, the Archdiocese Museum

ROUTE 1

- Sightseeing: (*Aula Leopoldina*), 1 Uniwersytecki Square, there is an observation deck on the Mathematical Tower
- Grunwaldzki Bridge – a suspension bridge
 - *Hala Stulecia* (Centennial Hall) – from the year 1913 (the world's first building made of reinforced concrete, its dome is 65 m in diameter and height 23 m), nearby is a 96 meter needle – an obelisk from 1948. Sightseeing: 1 Wystawowa St, tel. +48 71 347 51 00
 - *Panorama Racławicka* – a monumental painting (120 x 15 m), placed in a specially built rotunda, depicting the battle between the insurgents of Kościuszko and the Russian army in Racławice. Sightseeing: 11 Purkyniego St, tel. +48 71 344 23 44,
 - Szczytnicki Park – visit the Japanese Gardens open from: 1.IV to 30.X., Daily. 9-18,
 - the Botanical Gardens of the University of Wrocław. Open from: 1.IV to 30.X., Daily. 9-18
 - the National Museum
 - the Millennium Bridge
 - Rędzński Bridge



Wrocław – Euro 2012 Stadium



Wrocław – Market Square



Wrocław – Wratlavia Cantans



Wrocław – Centennial Hall

Events:

- *Wratlavia Cantans*
- the Wrocław Opera
- Jazz on the Oder – Wrocław Jazz Festival
- Festival of Polish Contemporary Music
- Wrocław Non Stop
- Review of Theatrical Song
- the International Guitar Festival
- the International Festival of Viennese Music
- Meetings of Sailing and Folk Music
- Shanties in Wrocław – a Festival of Sailor's Song
- the Wrocław Marathon
- *Juvenalia* – a student festival
- the Holiday Picnic
- May Day Picnic
- Three Kings Day
- Spring Boat Ride around Wrocław
- Breaking the Guinness Record for Guitars

Wrocław – spectacular operas

TEATRES: *Teatr Narodowy* (the National Theatre), *Teatr Współczesny* (the Wrocław Contemporary Theatre), Capitol – Musical Theatre, *Teatr Komedia* (the Wrocław Comedy Theatre), *Teatr Arka* (Arka Theatre), *Teatr Lalek* (the Wrocław Puppet Theatre)

CINEMAS: Korona, Arkady, Helios, Magnolia, Warszawa, Galeria Grunwaldzka

ROUTE 1 Zgorzelec – Bolesławiec – Legnica – Wrocław – Oleśnica – towards Warsaw



5. OLEŚNICA AND SURROUNDINGS 5A. Oleśnica



ROUTE 1

OLEŚNICA 5A.

Oleśnica lies near Wrocław, on an area of plains, at the feet of Trzebnickie Hills. It is one of the oldest towns in Lower Silesia, situated on the Amber Trail, which led from the Adriatic to the Baltic Sea.

In 1255 the Duke of Wrocław, Henry the White, granted Oleśnica its location under the so-called Średzkie Law. As early as the late 13th cent there was a mint working here. From 1320, it was the capital of the duchy and the residential city of Prince Konrad I, heir to the Polish Crown. After the death of Konrad White the Younger, the last ruler of the local line of the Piast dynasty, Oleśnica and the duchy were sold to the Ziębice line of the Czech Poděbrady. It then came under the dominion of the Dukes of Württemberg. In the 16th cent, the second largest printing house in Silesia, and a Renaissance castle, were built. In the first half of the 18th cent the town became an important centre in the production of footwear.

Worth seeing:

- the Prince's Castle of Oleśnica – was the site of the old castle, rebuilt into a Renaissance one in the 16th cent, and partly in the 19th and early 20th centuries
- the Castle Church of St John from the first half of the 14th cent
- the City Hall from the first half of the 15th cent
- the Church of the Virgin Mary and St George
- the Church of the Holy Trinity
- the *Złote Gody* Column
- Wrocław Gate (one of the four towers of the old entrance to the city)
- a complex of preserved city walls
- the 'Widows Home' from the 18th cent



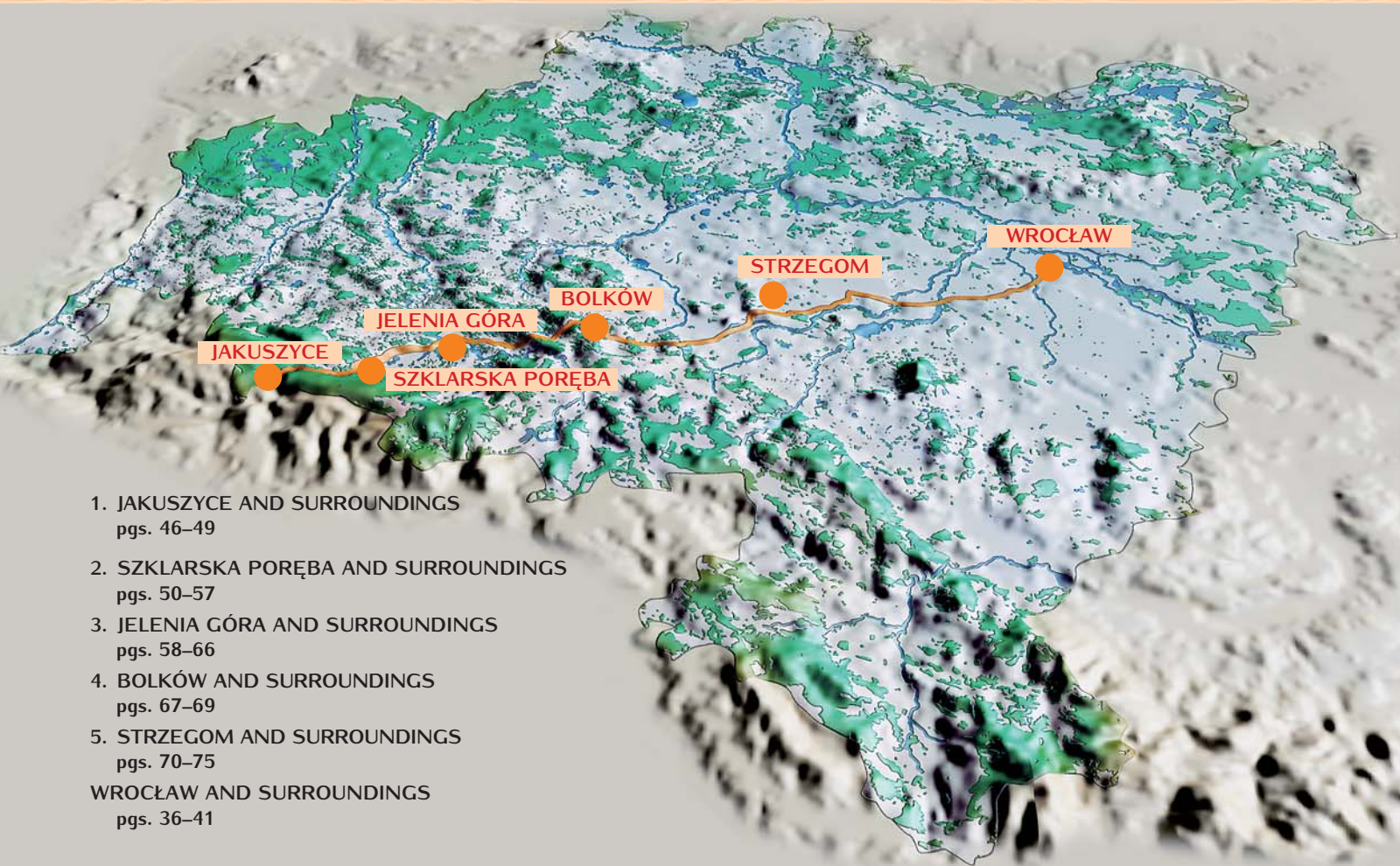
Events:

- the International Folklore Confrontation
- the *Pastoratka* Inter-county Review of Christmas Carols
- the *Kogutek* Review of Spring and Easter Customs and Rituals

Tourist information: Market Sq – Town Hall, 56-400 Oleśnica
tel. +48 71 798 21 16, www.olesnica.pl

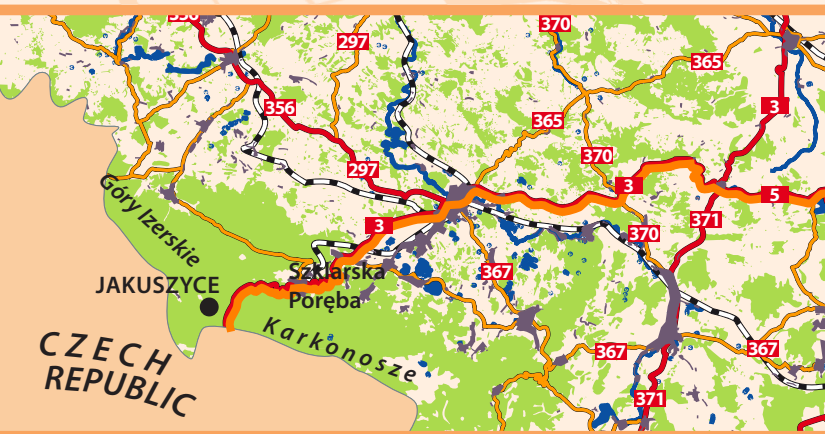
ROUTE 2 Jakuszyce – Szklarska Poręba – Jelenia Góra – Bolków – Strzegom – Wrocław

Length of route: 142.0 km in Lower Silesia,
Approximate drive time: 2 h 15 min (3, E65, 5, 378, A4, AOW)



1. JAKUSZYCE AND SURROUNDINGS
pgs. 46–49
 2. SZKLARSKA PORĘBA AND SURROUNDINGS
pgs. 50–57
 3. JELENIA GÓRA AND SURROUNDINGS
pgs. 58–66
 4. BOLKÓW AND SURROUNDINGS
pgs. 67–69
 5. STRZEGOM AND SURROUNDINGS
pgs. 70–75
- WROCLAW AND SURROUNDINGS
pgs. 36–41

ROUTE 2 Jakuszyce – Szklarska Poręba – Jelenia Góra – Bolków – Strzegom – Wrocław



1. JAKUSZYCE AND SURROUNDINGS

- 1A. the Izerskie Mountains
- 1B. Jakuszyce
- 1C. the Piast Run
- 1D. the Dog Sledge Race



THE IZERSKIE MOUNTAINS 1A.

The medium high Izerskie Mountain range is in the extreme westernmost part of the Polish Sudetes.

The Iżery creates a series of ridges along its north-west course, the highest point being Wysoka Kopa (1126 m).

The climate is quite varied – characterized by long and snowy winters. Numerous flattened criques, often with small streams, foster the development of unique high-altitude peatland vegetation. The Iżera Valley Peat Reserve and Krokusy Nature Reserve in Górzyniec, have been created here.

This area is very attractive to tourists, among others because of its scenic and geological interest. The existing network of trails and forest roads allows for interesting excursions. Particularly charming are the Wysoka and Kamieniecki scenic trails, which run along the peaks of the chain, and through the Iżera Valley. Magnificent views of the Karkonosze Mountains and Jelenia Góra Valley are also available on 'the Curve of Death' – which runs at an altitude of 755 m a.s.l. between Szklarska Poręba and Świeradów-Zdrój.

At the foot of the mountains, Polana Jakuszycka is found, with its well known Piast Run which is organized annually. Currently, the Izerskie Mountain region is used extensively by mountain bikers.



1B. JAKUSZYCE

ROUTE 2

Jakuszyce is located on the slopes of the Karkonosze and the Izerskie Mountains. Formerly it was a small mountain village situated at the border crossing to the Czech Republic (Jakuszyce – Harrachov). Today Jakuszyce is a part of Szklarska Poręba. It is situated at an altitude of 886 m a.s.l. The climate is comparable to the climate at an altitude of 1500 m in the Alps. Therefore, due to the long residual snow cover, winter sports and cross country skiing centres are located here.



Events:

- Sled Dog Races– January
- The Piast Run – March

1C. THE PIAST RUN

Every year in March, since 1976, the Piast Run international ski event has been held in Polana Jaskuszycka, near Szklarska Poręba.

This 'Festival of Cross-country Skiing' in Jakuszyce involves a total of about 6–7 thousand people. Participants from Poland, Czech, Germany, and sometimes other countries, gather for the start. The Piast Run begins on Friday with the Karkonosze Ski Race for Children and Young People – a.k.a 'The Little Piast Run'. Saturday is the day of the main run, over a distance of 50 km, using classic technique.



Information:

The Piast Run in Jakuszyce
tel. +48 75 717 33 38
biuro@bieg-piastow.pl
www.bieg-piastow.pl

Tourist information: ul. Jedności Narodowej 1a, 58-580 Szklarska Poręba
tel. +48 75 754 77 40, it@szklarskaporeba.pl, www.szklarskaporeba.pl

SLED DOG RACES – JAKUSZYCE 1D.

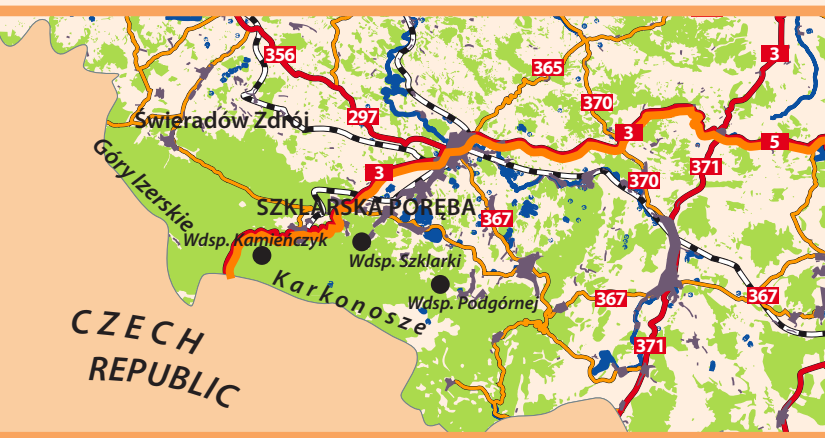
Polana Jakuszycka, has been holding sled dog races for the past several years.

The event attracts many enthusiasts of: Siberian huskies, Alaskan malamutes, Greenland dogs, samoyeds, akitas and mixed breed sled dogs. This is one of the most difficult, international sled dog races – and still beats records for popularity. Over 700 sled dogs spring from the start over 110 km of ski runs and sporting rivalry. Seventy of the best teams from around the world in a show full of emotions – all this every year in January.



Tourist information: Municipal Offices – Tourism and Promotions Office
ul. Jedności Narodowej 1a, 58-580 Szklarska Poręba
tel. +48 75 754 77 40, it@szklarskaporeba.pl, www.szklarskaporeba.pl

ROUTE 2 Jakuszyce – Szklarska Poręba – Jelenia Góra – Bolków – Strzegom – Wrocław



2. SZKLARSKA PORĘBA AND SURROUNDINGS

- 2A. the Karkonosze Mountains
- 2B. Szklarska Poręba
- 2C. Kamięńczyk Waterfall
- 2D. Szklarka Waterfall
- 2E. Świeradów-Zdrój
- 2F. Podgórna Waterfall



THE KARKONOSZE MOUNTAINS 2A.

The Karkonosze Mountains with their highest, most beautiful peak, Śnieżka (1602 m), are the highest and most extensive mountain group in the Sudety Mountains. They extend from Szklarska Pass (886 m) in the west, to Okraj Pass (1046 m) in the east.

From a geological point of view the main ridge of the Karkonosze is formed of granite, while the Śnieżka Massif is made of metamorphic rock.

The climate is moderately cool and moist, very different from other Sudeten climate bands. There is a great variation in weather conditions.

Baltic glaciation has had a great influence on the sculpture of the land, and formed the majority of post-glacial forms here, including the very characteristic post glacial Łomniczki, Wielki and Mały Staw (Great and Little Ponds), Mały Śnieżny Kocioł (Little Snow Cauldron), Duży Śnieżny Kocioł (Big Snow Cauldron) and Czarny Kocioł (Black Cauldron).

Wind erosion of the rocks has led to massive rock debris deposits, or boulder fields (on Śnieżka, Smogornia and Szrenica Mountains) and granitic rock groups with Polish names like: the pilgrims, sunflower, horse heads, the three little pigs, stone gate and sheep rocks.

Many of the streams flowing from the Karkonosze form waterfalls falling from vertical cliffs and glacial rock chasms. The longest (300 m) sequence of cascades in the Polish Karkonosze is formed by the Łomniczka Basin. In addition there are waterfalls known as Szklarka, Kamięńczyk and Podgórna.



Śnieżne Kocioł





Śląski Dom (Silesian House)



Śnieżka

The uniqueness of the Karkonosze Mountains and their unequalled qualities saw the first nature reserves created in 1933: Śnieżne Kottły (Snow Cauldron), Czarny Kociot (Black Cauldron), Łomniczki Cauldron and Mały and Wielki Staw (Little and Great Ponds). On January 16 1959, the Karkonosze National Park was created, which in 1993, became part of the border of a UNESCO World Biosphere Reserve.

In terms of flora, the Karkonosze are characterised by Alpine zonal vegetation. There are about 650 species of vascular plants, 450 species of moss and 400 species of bryophytes and lichens. The presence of protected species (40) are of huge a value, as well as relics and endemics (Basalt *Saxifraga*, the Karkonosze bell and the Sudeten mountain ash). Among the rare species of fauna present here are: the mouflon, mountain shrew and European mountain plover.

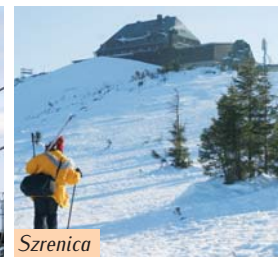
Today the Karkonosze are the most popular mountain range in the Sudetes, every year they attract hundreds of thousands of tourists from both sides of the border, both in summer and winter. They are attractive to trekkers and cyclists, while for skiers – the resorts at Karpacz, Kowary, Szklarska Poręba and the surrounding villages, offers many interesting attractions.

Tourist information: ul. Jedności Narodowej 1a, 58-580 Szklarska Poręba
tel. +48 75 754 77 40, it@szklarskaporeba.pl, www.szklarskaporeba.pl

Szklarska Poręba is at an altitude of 440-886 m, in the county of Jelenia Góra, and in the valley of the Kamienna River. From the south the town stretches up the slopes of the Karkonosze Mountains (Mount Szrenica – 1362 m), while from the north it reaches to the Izerskie Mountains, and to the eastern feet of the Karkonosze. When visiting Szklarska Poręba it is worth seeing the highest waterfalls in the Sudetes – Kamieńczyk and Szklarka. Important buildings in the city include St Lucas' Mill (built in 1870) and the *Chata Walońska* (Walloon Huts). Dinopark and the Alpine Coaster summer luge are attractions for the youngest.

Szklarska Poręba is a starting off point for many tourist trails, you can start from here to places such as Śnieżne Kottły (Snowy Cauldrons) and Szrenica, or from Jakuszyce to the Astro-trail in the Izerskie Mountains.

Thanks to its location and climate, Szklarska Poręba draws a wider crowd of winter sport lovers every year. Alpine and Cross-country skiing enjoy the greatest popularity, but there is no lack of those who love snowboarding, ski-touring, sledging, dog sleighing and walking tours on snow shoes.



Szrenica



Ski lifts: the *Karkonosz* – express cable car length: 2,393 m
the *Szrenica* – cable car section I length: 1,417 m

SZKLARSKA PORĘBA

Events:

- Sled Dog Races – January
- the *Łabski Cup* in downhill skiing
- *Babiniec Night Jam Session* – freestyle competitions in snowboarding and skiing
- the Radio Three Cup in downhill skiing
- the National Junior Olympics in winter sports
- Stars on the Snow – stars of Polish show business on the slopes of SKI ARENA
- Szrenica – March
- the Szklarska Poręba Mayor's Cup of downhill and snowboarding
- the *Śniegolepy* Polish Championships in snow sculpture – January
- the Piast Run – March
- Retro Race – February
- *Izerska May Day* – May
- Spring Nordic Walking – May
- Historic Vehicle Rally – July



Ski lift on Szrenica



the C. & G. Hauptmann Museum



Mineralogy Museum



Krucze Skaty

Tourist information: ul. Jedności Narodowej 1a, 58-580 Szklarska Poręba
tel. +48 75 754 77 40, it@szklarskaporeba.pl, www.szklarskaporeba.pl

KAMIEŃCZYK WATERFALL 2C.



The Kamieńczyk waterfall in Szklarska Poręba is the highest of the Sudeten waterfalls. The Kamieńczyk stream flows here into a gorge, creating three waterfalls with a height of 27 meters. The middle threshold contains a water curtain, which obscures the *Złota Jama* (Golden Cave) where gold was discovered in the Middle Ages, by Walloon gold prospectors in the Karkonosze Mountains. The waterfall is open to the public (attendance fee). There is a chalet and restaurant (*Szatas*) at the waterfall.

SZKLARKA WATERFALL 2D.



The picturesque Szklarka Waterfall between Piechowice and Szklarska Poręba, is visited by many tourists because of the relatively easy access to it, especially for the disabled in wheelchairs. Szklarka Stream, right at the mouth of the Kamienna River, creates a waterfall more than 13 m high. It is an enclave of the Karkonosze Mountains National Park. Next to the waterfall is the *Kochanówka* chalet.

Tourist information: ul. Jedności Narodowej 1a, 58-580 Szklarska Poręba
tel. +48 75 754 77 40, it@szklarskaporeba.pl, www.szklarskaporeba.pl

2E. ŚWIERADÓW-ZDRÓJ

ROUTE 2

Świeradów-Zdrój is a spa town located in the Izerskie Mountains, on the edge of the western Sudetes, in the Kwisa River Valley and at an altitude of 450–650 m. Świeradów-Zdrój is a spa with a long and rich tradition. There are mineral and radon water springs to be found, as well as mud deposits.

Every year a huge number of tourists visit Świeradów-Zdrój for the winter season. The climate and shape of the terrain attract guests from Poland and abroad. The superbly prepared ski runs and lifts guarantee winter sport lovers many hours of active leisure. The greatest attraction for skiers is the modern *Kolej Gondolowa* (cable gondola) with a length of 2172 m.

The town possess a well developed hotel and gastronomic base. Those who arrive for day-long winter madness may rest and relax in the numerous SPA facilities.

Worth seeing:

- the Spa House from the late 19th cent (with 45m tower and clock, and the 80-meter walking hall, the longest in the Sudetes)
- *Czarci Młyn* (Devil's Mill) built in 1890,
- the Neo-Gothic Church of St Joseph.
- the Spa park with specimens of azaleas and rhododendrons
- Mineral water pump room.
- the chalet *Chatka Górzystów* (formerly an evangelical school),
- the chalet *Na Stogu Izerskim* (created in 1924, in the Silesian-Lusatian style).
- the 'dream' Residence *Marzenia*, built in 1901 on the initiative of Julius Pintsch from Berlin.



Tourist information: ul. Zdrojowa 10, 59-850 Świeradów-Zdrój
tel. +48 75 781 63 50, it@swieradowzdroj.pl, www.swieradowzdroj.pl

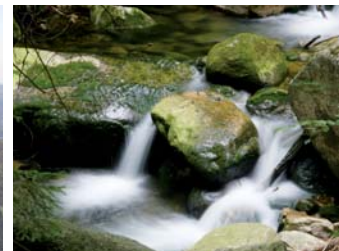
PODGÓRNA WATERFALL 2F.

Beautiful, though less popular, the third waterfall in the Karkonosze is Podgórna in Przesieka. At an altitude of 550 m a.s.l it is created by the Podgórna River. The waterfall can be admired from both the bridge below and the stone terraces from the top.

Green and yellow trails run to nearby Karpacz and Borowice.



The Izerskie Mountains



Tourist information: ul. Bankowa 27, 58-500 Jelenia Góra
tel. +48 75 767 69 25, it@jeleniagora.pl, www.jeleniagora.pl

ROUTE 2 Jakuszyce – Szklarska Poręba – Jelenia Góra – Bolków – Strzegom – Wrocław



3. JELENIA GÓRA AND SURROUNDINGS

- | | |
|---------------------------|--------------------|
| 3A. Chojnik Castle | 3G. Wojanów Palace |
| 3B. Jelenia Góra | 3H. Karpacz |
| 3C. Jelenia Góra Aeroclub | 3I. Kowary |
| 3D. Paulinum Palace | |
| 3E. Łomnica Palace | |
| 3F. Stanisław Palace | |



ZAMEK CHOJNIK 3A.

Chojnik Castle is located on a peak which rises to 627 m a.s.l, in picturesque mountains of the same name. Its steep cliffs form downward sloping vertical walls, with a height of 150 m.

A stone castle was built between 1353–1364, by the Duke of Świdnica-Jawor, Bolko II the Small. In 1377, Gotshe Schoffow, heir to the House of Schaffgotsch, became the owner. The castle belonged to the family until 1945. In the summer of 1635, all the properties of the family, and with them Chojnik Castle, were confiscated. Imperial soldiers garrisoned in the castle. It was returned to the von Schaffgotsch family in 1648. On August 31 1675, after being hit by lightning, the castle caught fire, and enormous destruction was caused. After this event, the building was never rebuilt. Because of its location, Chojnik is the only castle in Silesia which was never conquered. The picturesque ruins of the castle began to attract tourists in the late 18th cent. For their convenience, a castle tavern was founded in 1822, as was a point for hiring guides and litter porters. A tourist hostel has been in service here since 1860, it operates from a converted northern bastion, decorated in the Gothic style.

Since 1993, the Brotherhood of the Knights of Chojnik Castle have been active here. Every year, in September, they organise a Knights Tournament for "The Golden Bolt of Chojnik."



Tourist information: Chojnik Castle, 58–570 Jelenia Góra – Sobieszów
tel. +48 75 755 63 94, tel. +48 75 755 35 35 (the chalet), tel. +48 502 25 21 57
kontakt@chojnik.pl, www.chojnik.pl

Lying in a valley of the Bóbr River, Jelenia Góra is surrounded by mountains on all sides. From the west, the city is surrounded by the Izerskie Mountains, from the north by the Kaczawskie Mountains from the east the Rudawy Janowickie and to the south are the Karkonosze.

In the 13th cent, the town acted as a significant centre of commerce and craft in the Duchy of Świdnica-Jawor. In 1392, Jelenia Góra, together with the whole duchy, came under Czech rule. The Jagiellonians, sitting on the throne of Prague, granted the city broad autonomy and the right to mint its own coins, and in 1519, the important privilege of holding annual fairs. In the second half of the 16th cent, the manufacturing of linen canvases called *woale*, began in the city and its surroundings. From the middle of the 17th cent, there was significant development in the trade of yarn and cloth.

In the 19th cent, a few industrialists built their factories here. Tourist traffic in the Karkonosze Mountains also rose sharply – for which Jelenia Góra was a natural base. Many hotels, guesthouses and restaurants were established, and the production of food and souvenirs started. The passing through the city of the railway line from Wrocław to Berlin, contributed to further economic growth.

Within the city limits of Jelenia Góra we can find Cieplice Spa, which treats disorders and diseases of the: motor, urinary, and cardiovascular systems as well as eye and gynaecological diseases. The temperatures of the warm sulphur springs here reach about 90 degrees C.



Worth seeing:

- the Baroque terraced houses of the Market Sq with arcades
- the Town Hall from the 18th cent (next to the stone fountain of Neptune from 1727)
- the Church of the Holy Cross also known as the Church of Grace, called so from the beginning of the 18th cent, with 19 funerary chapels nearby
- the Gothic Parish Church of Sts Erasmus and Pancras from the 15th cent, with Renaissance furnishings
- fragments of the city walls from the 15th cent
- the Orthodox Church of the Apostles Peter and Paul
- the Chapel of St Anne from the 16th cent with bastion gate,
- the Wojanów Gate (16th cent)

In Cieplice Zdrój:

- the Classicist Schaffgotsch Palace from the 18th cent
- the French style Spa Park with Spa Theatre and Spa Pavilion buildings
- the Norwegian Museum of Natural History in the park
- the Baroque Church of St John the Baptist
- The oldest spa house in Cieplice, the Long House, from the 16th cent
- the buildings of the former Cistercian monastery complex from the 18th cent
- Chojnik Castle – in Sobieszów, built around 1355 as a stronghold
- the Gerhart Hauptmann House in Jagniątków, home of the eminent German playwright and 1912 Nobel Prize winner, now a museum

Events:

- the Festival of Lights – December
- the Viennese Music Festival
- the International Festival of Street Theatre
- Krokus – the Jelenia Góra International Jazz Festival
- the *ZOOM-Zblżenia* International Festival of Independent Video Film
- Spring in Cieplice – May
- the Knight's Crossbow Tournament of the Golden Bolt in Chojnik
- the Karkonosze Open International Tournament of Dance



Tourist information: ul. Bankowa 27, 58-500 Jelenia Góra
tel. +48 75 767 69 25, it@jeleniagora.pl, www.jeleniagora.pl

3C. THE JELENIA GÓRA AEROCLUB



The Jelenia Góra Aeroclub is one of the leading flying clubs in Poland and Europe. At its disposal are two airports: in Jelenia Góra and Jeżów Sudecki. The Aeroclub was founded in 1946, today it operates in 5 sections: aircraft, glider, parachute, modelling and historical. Currently the Aeroclub carries out numerous training and tourist flights. Popular events organised by members include: the Polish Gliding Championship for Juniors and Seniors, landing accuracy competitions, Baby Grunau and parachuting competitions. Numerous events and the possibility to fly over the Jelenia Góra Basin and the Karkonosze attract tourists to the airport.

Tourist information: the Jelenia Góra Aeroclub, ul. Łomnicka-Lotnisko 58-500 Jelenia Góra, tel. +48 75 752 60 20, tel. +48 75 752 37 01, www.aeroklub.jgora.pl

3D. PAULINUM PALACE



The palace is located in the centre of Jelenia Góra, surrounded by a park. The facility is isolated from its urban atmosphere by densely forested hills and high cliffs.

The present castle was erected in 1872. After World War II, the palace became the largest repository in Lower Silesia for works of art. A casino was then located here in 1952, for officers from the nearby military garrison. In the 60s, the palace burned down. Since 2002, the palace has been home to a stylish hotel and professional – recreational conference centre.

Tourist information: Paulinum Palace, ul. Nowowiejska 62, 58-500 Jelenia Góra tel. +48 75 649 44 00, palac@paulinum.pl, www.paulinum.pl

ROUTE 2

ŁOMNICA PALACE 3E.

The palace is located in Łomnica, 6 km from the city of Jelenia Góra, among the Łomnickie Hills, on the Bóbr River. The palace dates from the 14th cent. From 1738, it belonged to the Manzel family. In 1800, a few meters away, a second large Baroque palace was built in the Classicist style. It was called the 'Little Palace' or 'House of Widows'.

Since 1997, the 'House of Widows', has been a hotel and restaurant. In addition, from 1999, in the large and small palaces, regular cultural events such as: exhibitions, lectures, concerts, seminars and conferences are held to support activities protecting the surrounding monuments.



Tourist information: Łomnica Palace, ul. Karpnicka 3, 58-500 Jelenia Góra 14 tel. +48 75 713 04 60, hotel@palac-lomnica.pl, www.palac-lomnica.pl

STANISZÓW PALACE 3F.

Situated among the Łomnickie Hills, Staniszków is one of the loveliest villages in the Jelenia Góra Valley.

The palace was built between 1784-1787, on the initiative of Count Heinrich von Reuss.

A park was established around the palace. The park and woods occupy a total of 194 hectares. In the 19th cent an artificial ruin was set up in the park with a hunter's room, an artificial grotto, hermitage, hanging rocks, vast meadows and vantage points.

Today a hotel and restaurant function at the palace.



Tourist information: Staniszków 100, 58-500 Jelenia Góra tel. +48 75 755 84 45, hotel@palacstaniszow.pl, www.palacstaniszow.pl

3G. WOJANÓW PALACE

ROUTE 2



Wojanów Palace is located in the Valley of Palaces and the Gardens of the Jelenia Góra Basin, at the feet of the Karkonosze Mountains.

The first mention of a property in Wojanów appears in 1299. From this period, up to 1727, these properties belonged to the von Zedlitz family. The palace survived World War II unharmed, but soon after it was ransacked, and all its valuables stolen.

Since 2004, the owner of the facility has been Wojanów Palace Ltd. The palace and its park have been completely renovated, and were opened in 2007, as a training and conference centre, with facilities for sports, leisure and spa. The palace is now the Wojanów Historic Palace and Park Complex, which after a thorough restoration, has returned in full beauty to the landscape of the Jelenia Góra Basin.

Tourist information: Wojanów Palace, Wojanów 9, 58-508 Jelenia Góra
tel. +48 75 754 53 00, repcja@palac-wojanow.pl, www.palac-wojanow.pl

3H. KARPACZ

Karpacz lies in the Łomnica Valley of the Karkonosze Mountains, at the foot of Śnieżka Mountain, at an altitude of 480-885m a.s.l.

In the 15th cent, it was a forest village, and was also a place visited by seekers of precious metals and stones. Over time the area was transformed into a pastoral village. In the 17th and 19th centuries it was famous for the production of medicines by the so-called *laborantów* (laboratory assistants).

Today, Karpacz is a perfect place for lovers of winter sport and summer tourism. Numerous ski runs and lifts on the slopes of the Karkonosze, along with equipment rentals, allow visitors to experience cross-country and downhill skiing. Of great interest, especially among children, is Snowtubing – that is sledding on tyre tubes. Lovers of ski-touring and hiking will also find something.

Karpacz is a place where tourists can find many attractions and events in both winter and summer.

Worth seeing:

- the wooden Wang Church, moved from a lakeside in southern Norway and partly reconstructed here in 1844, is an example of Nordic-Romanesque church architecture. At 8 Na Śnieżkę St, Karpacz Górny, tel. +48 75 761 92 28, open from Mon to Sat 9-17, on Sunday 11.30-17. From May, open from Mon to Sat 9-18
- the neo-Romanesque and neo-Gothic church of the Sacred Heart of Jesus from 1908
- the Museum of Sport and Tourism, the history of tourism in the Karkonosze, winter sports and the natural environment; 2. Kopernika St, Karpacz, tel. +48 75 761 96 52, +48 75 761 96 52, open 9-16 on Mondays closed after holidays
- the Municipal Toy Museum – a collection of dolls and toys from around the world collected by Henryk Tomaszewski, 5. Karkonosze St, Karpacz Górny, tel +48 75 761 85 23, open Tuesday 9-16.30, from Wednesday to Friday 9-15.30, 10-16.30 Sunday, closed on Mondays and days after holidays.



Events:

- the Polish Amateur Championships in Alpine Skiing and the Family Cup In Snowboarding
- the Karkonosze Slide
- Downhill on Just About Anything
- Music in the Wang Church
- Picnic in Western City
- the Samotnia Cup



Tourist information: ul. Konstytucji 3 Maja 25, 58-540 Karpacz
tel. +48 75 761 97 16, it@karpacz.eu, www.karpacz.pl

3I. KOWARY

ROUTE 2

Kowary is located in the Western Sudetes, on the border of the Karkonosze and Rudawy Janowickie Mountains, and the Jelenia Góra Basin.

The establishment and development of the city Kowary was mainly associated with iron ore mining and blacksmithing. In 1148, the Waloon Miner, Angelus Lawrence, discovered iron ore on the slopes of Rudnik Mountain. Ten years later, on the recommendation of then Polish prince Boleslaw IV the Curly, the settlement was established. In 1158, iron ore mining began. In 1513, the King of Bohemia and Hungary, Ladislaus Jagiello, gave civic rights to Kowary. The city also became famous for the production of Smyrnian carpets.

In 1926, the presence of uranium ore was discovered, and was mined mainly in the late 40s and 50s. Today, Kowary is a city of tradition, a town at the foot of the Karkonosze Mountains and a place of active relaxation.



Worth seeing:

- the Gothic fortified church of the Blessed Virgin Mary
- Radociny Palace from the 16th cent, originally Renaissance, now pseudo-Renaissance, surrounded by a park with rare tree species
- on a bridge over the Jedlica with the figure St John Nepomucene from 1725
- Tradition House with an exhibition on mining in Kowary
- the Park of Miniature Lower Silesian Monuments
- the Kowary Mines Underground Tourist Trail
- the Kowary Drifts Underground Tourist Trail, and Radon Inhalatorium

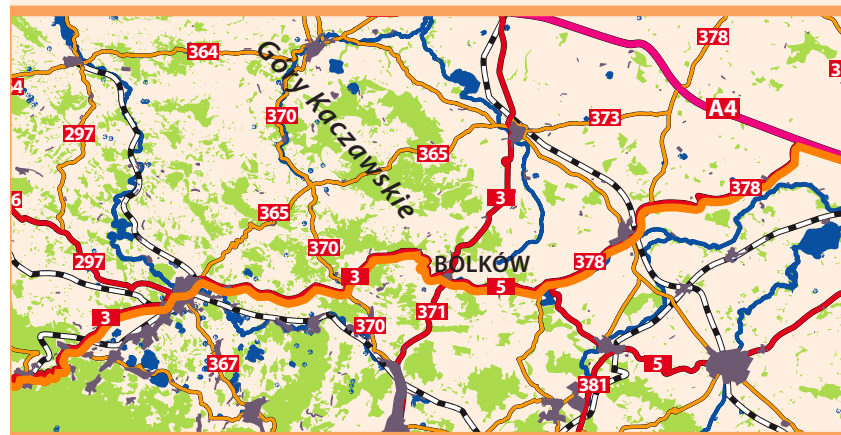
Events:

- the Horned Sledding League – January, March
- International Horned Sled Run – March
- the Kowary Mountain Bike Race – Okraj – August
- Roma Culture Days – August
- the March of St Nicolases – December



Tourist information: ul. 1 Maja 1a, 58-530 Kowary
tel. +48 75 718 24 89, it@kowary.pl, www.kowary.pl

ROUTE 2 Jakuszyce – Szklarska Poręba – Jelenia Góra – Bolków – Strzegom – Wrocław



4. BOLKÓW AND SURROUNDINGS

4A. the Kaczawskie Mountains
4B. Bolków

4A. THE KACZAWSKIE MOUNTAINS



The Kaczawskie Mountains are closed in from the north by the Jelenia Góra Valley. Its eastern border is the Nysa Szalona River with the Bóbr River to the west. In the north, the mountains extend into a mountain pass in the Kaczawskie Foothills. The highest peak in the Kaczawskie Mountains – rising from South Grzbiet Ridge – is Skopiec (724 m a.s.l.).

Geologically, the Kaczawskie are particularly interesting, because of the presence of large areas of limestone (near Wojcieszów) associated with a karst phenomena. However, it is effusive rocks (basalts), that make up the unique character of these mountains, in terms of shape. There are also many other rocks: slate, porphyry, melaphyre, and sandstone. The entire Kaczawskie Foothills are build of tertiary basalts.

These mountains are not high, but are a very large complex (310 km²) with a picturesque landscape, interesting rock formations on the slopes, and peaks formed into cones. This band has a vast and charming mountain range. Here, near Złotoryja, Wilcza Mountain (373 m) is found. The only rose basalt in this part of Europe.

The Kaczawskie are attractive for long walks and bicycle rides. For cyclists, a dense network of roads, seldom used by cars, and a large number of forest trails await. Wojcieszów is the main tourist destination.

Those places especially recommended include the highest peaks and Pilchowickie lake, in the Bóbr Valley. Borowy Gorge is worth seeing with its *Perta Zachodu* (Pearl of the West) chalet, which lies on Modre Lake, in a very picturesque turn in the Bóbr.

Likewise noteworthy is the Gwiaździsta Cave in Wojcieszów and the local, now closed, quarry – from which you can enter from two further caves.

The Kaczawskie offer an ideal vantage point of the Karkonosze and Izerskie Mountains. At the foothills it is worth venturing to: Ostrzyca (501 m) with a basalt boulder field, Wilcza Mountain (364 m) and the 'Wielistawskie Organs' a reserve at the top of Wielistawka (375 m). You should also visit the Chełmy Mountain Nature Park and the Myśluborski Gorge Reserve.

Tourist information: ul. Bankowa 27, 58-500 Jelenia Góra
tel. +48 75 767 69 25, +48 75 767 69 35
it@jeleniagora.pl, www.jeleniagora.pl, www.cieplce.pl

ROUTE 2

4B. BOLKÓW

Bolków is located on the border of the Wałbrzyskie and Kaczawskie Foothills over the Nysa Szalona River.

Bolków was a commercial settlement in the 13th cent. Between 1703-1810, the city was owned by the Cistercians of Krzeszów. In the 19th cent the textile industry was developed. In nearby Świdnica, there is a fortified castle from the 14th cent, which by the 18th cent, had lost its importance, and after a fire in the second half of the 19th cent, had become a ruin.

The most famous monument is Bolków Castle, with its wedge-shaped tower, built in the 13th cent, on a high hill above the town. This is one of the most beautiful mountain castles in Poland. Its Renaissance part, together with a system of fortifications, was founded in the 16th cent. The castle is now the site of numerous cultural events, and permanent museum exhibitions.

Worth seeing:

- the Castle built in the 13th cent, on a high hill above the city, the Renaissance portions are from the 16th cent
- a Classicist town hall on the site of the original from the 14th cent
- the arcaded houses in the Market Sq from the 18th cent
- The Medieval city walls
- the Church of St Hedwig from the 13th cent, with a statue of St John Nepomucene from 1724
- Świny Castle



Events:

- a knight's tournament and picnic
- Castle Party
- an amateur theatre review

Tourist information: Municipal Offices of Bolków, ul. Rynek 1, 59-420 Bolków
Zamek Bolków, ul. Księża Bolka, 59-420 Bolków, tel. +48 75 741 32 97
tel. +48 75 741 32 13, um@bolkow.pl, www.bolkow.pl

ROUTE 2 Jakuszyce – Szklarska Poręba – Jelenia Góra – Bolków – Strzegom – Wrocław



5. STRZEGOM AND SURROUNDINGS

- 5A. Strzegom
- 5B. Świdnica
- 5C. Wałbrzych
- 5D. Książ Castle
- 5E. Szczawno-Zdrój



STRZEGOM 5A.

Worth seeing:

- the late-Gothic Church of Sts Peter and Paul, one of the largest in the Lower Silesia region: length 80 m, height 26 m, with stone flying buttresses
- the Baroque sculpture of St. John Nepomucene in the Market Sq
- a Baroque statue of the Holy Trinity beside the church of Sts Peter and Paul from the mid 13th cent
- the remnants of city walls from the 12th and 15th centuries, with two towers preserved
- the Church of St Hedwig cemetery from the 14th cent
- near the city are the ruins of a powder windmill and fort from the 18th cent
- the 14th cent trade fair tower in the Market Sq, now with glass dome

Events:

- the WKKW World Cup Strzegom
- the International Folklore Festival

Tourist information: tel. +48 74 856 05 23, www.strzegom.pl



Strzegom – basilica



ŚWIDNICA 5B.

Świdnica, one of Poland's most beautiful cities, is located on the Bystrzyca River, in the Sudeten Foreland region.

Historically, in the area of present day Świdnica, a Slavic settlement was located. Around 1220, a Franciscan monastery was founded here. Świdnica was granted civic rights over twenty years later. Then the city was most widely known in Europe for Świdnica beer. Until 1291, the town was within the boundaries of the Duchy of Wrocław, it then became the capital of the independent Piast Duchy. By the year 1392, it was already a large economic centre in Silesia, and came under Czech sovereignty. There were 16 guilds here, including bakers, weavers, potters, shoemakers, furriers and tailors. From 1526, the city was under Habsburg rule. The second half of the 19th cent was a period of significant development in Świdnica. The culture

and traditions of several European peoples intertwined here, among them: Czechs, Hungarians, Austrians, Germans and Poles – and each left behind precious souvenirs, even in the local architecture.



Świdnica – Cathedral



Świdnica – Church of Peace

Worth seeing:

- the Gothic Parish Church of St Stanisław and Vaclav with the highest tower in Lower Silesia (103 m), with valuable Gothic and Baroque furnishings
- the Evangelical-Augsburg Church of Peace from the 17th cent, with timber-framed construction, baroque decoration, one of the largest wooden churches in Europe and placed on the list of World Heritage Sites
- The Museum of Old Commerce with a rich collection of merchant's furniture located in the Town Hall
- the Museum of Weapons and Militaria
- the restored houses of the Market Sq
- Baroque sculptures including the column of the Holy Trinity, designating the geometric centre of the city in the Middle Ages
- wells with Neptune and Atlas

Events:

- the Bach Festival in the Church of Peace
- Świdnica Jazz Nights
- the Festival of Film Direction
- Open Theatre Festival
- the Platinum Świdnica Krause Road Rally – April
- Świdnica Days – June
- Świdnica Carols – December

Tourist information: ul. Wewnętrzna 2, 58-100 Świdnica
tel. +48 74 852 02 90, it@um.swidnica.pl, www.um.swidnica.pl www.ks-j.pl

Wałbrzych is located in the central part of the Sudetes, in a valley surrounded by the Wałbrzyskie Mountains on the Pęcznica River.

It is the second largest city in Lower Silesia. Listed as a settlement in the 12th cent, today there are well-preserved urban ensembles, palaces and monuments of art. In the Middle Ages silver and lead mining were developed. In the 19th and early 20th centuries, coal was mined here and there was a strong growth in industry.

Wałbrzych today is regarded as the city with character and unusual climate, although devoid of industrial character. Wałbrzych certainly does not leave anyone indifferent.

The surroundings of the town are perfect for tourism such as hiking, skiing and mountain biking.

Worth seeing:

- Burgher houses from the 18th and 19th centuries in the Market Sq
- the neo-Gothic Church of Guardian Angels
- the Classicist Evangelical Church, designed by renowned architect K.G. Langhans
- the Cistercian Palace built at the beginning of the 17th cent, now the county seat
- Książ Castle
- Książ Stud Farm
- the Palm House in Lubiechów
- the Museum of Industry and Technology



Wałbrzych – Market Sq

Tourist information: Tourist Information and Cultural Centre Rynek 9, 58-300 Wałbrzych, tel. +48 74 666 60 68
cit@um.walbrzych.pl, www.cit.walbrzych.pl



The castle is located within the borders of Wałbrzych, in the Książ Landscape Park. It is situated on a rocky promontory and surrounded by the natural ravine of the Petcznica River. The castle is surrounded by 300 hectares of parkland – a dendrological reserve. Terraces with fountains decorate the castle.

It was built between 1288–1292, on the command of the Duke of Świdnica–Jawor, Bolko I. In old chronicles it was called *Clavis ad Silesia* – the key to Silesia. During the Hussite wars from 1428–1429, it was captured and partially destroyed, then rebuilt in the 1890s by John Henry VI von Hochberg. The last reconstruction of the castle took place between 1908–1923. In 1941, the facility was confiscated by the Nazis. They removed valuable works of art, furniture and the contents of the castle library. The subterranean passages that were dug under Książ were most likely to

be part of a future headquarters for Hitler. Currently, seismic movements are recorded here.

Książ Castle is the largest in Poland. It has over 400 rooms, and a total volume is 150 thousand m³. The greatest is the 18th cent Maximilian's Hall. The architecture of the castle represents almost all possible styles, as it was repeatedly rebuilt and modernized.

The old buildings of the castle stables are now used in breeding stallions of a Silesian type known around the world. Horse-drawn cart racing is done here and is a sport growing in popularity.

Near the castle, in the Palm House of Lubiechów, flowers are cultivated to decorate the castle's interiors.

Events:

- International Festival of Chamber Music
- the Festival of Flowers
- Art Gallery

Tourist information:

Książ Castle
Piastów Śląskich 1, 58–306 Wałbrzych, tel. +48 74 664 38 50
office@ksiaz.walbrzych.pl, www.ksiaz.walbrzych.pl

Szczawno–Zdrój lies at the foot of Chełmiec Mountain, in the valley of the Szczawnik Stream. It enjoys a mild and refreshing climate thanks to a mixture of influences: continental and oceanic. The spa is one of the oldest in Lower Silesia.

The first mention of this ducal village can be found in the *Księga Henrykowska* (Book of Henryków) from 1221. At the end of the 13th cent, the village was incorporated into the properties of Książ Castle. Szczawno–Zdrój earned civic rights in 1945. The healing properties of the mineral waters occurring here were known and used for several centuries, but their properties were examined and confirmed for the first time in 1598, by the Hochberg court physician – Caspar Schwenckfeldt. From 1816, on the initiative Dr. Augustus Zemplin, the intensive development of the spa was begun.

Numerous treatments and rehabilitation are offered at Szczawno and attract both resort patients and those seeking biological renewal and SPA. Services offered include: water therapy, cryotherapy, laser therapy, ultrasound, massage and a pneumatic chamber.

Worth seeing:

- Spa Park and Swedish Park with specimens of rare trees, shrubs, azaleas and rhododendrons
- a former Swiss-style tavern
- the Piast Crown Sanatorium – a house from 1818, the birthplace of G. Hauptmann, Nobel laureate.
- a mineral water pump room, concert hall and the walking hall from the late 19th cent
- spa buildings from the 19th and early 20th centuries



Events:

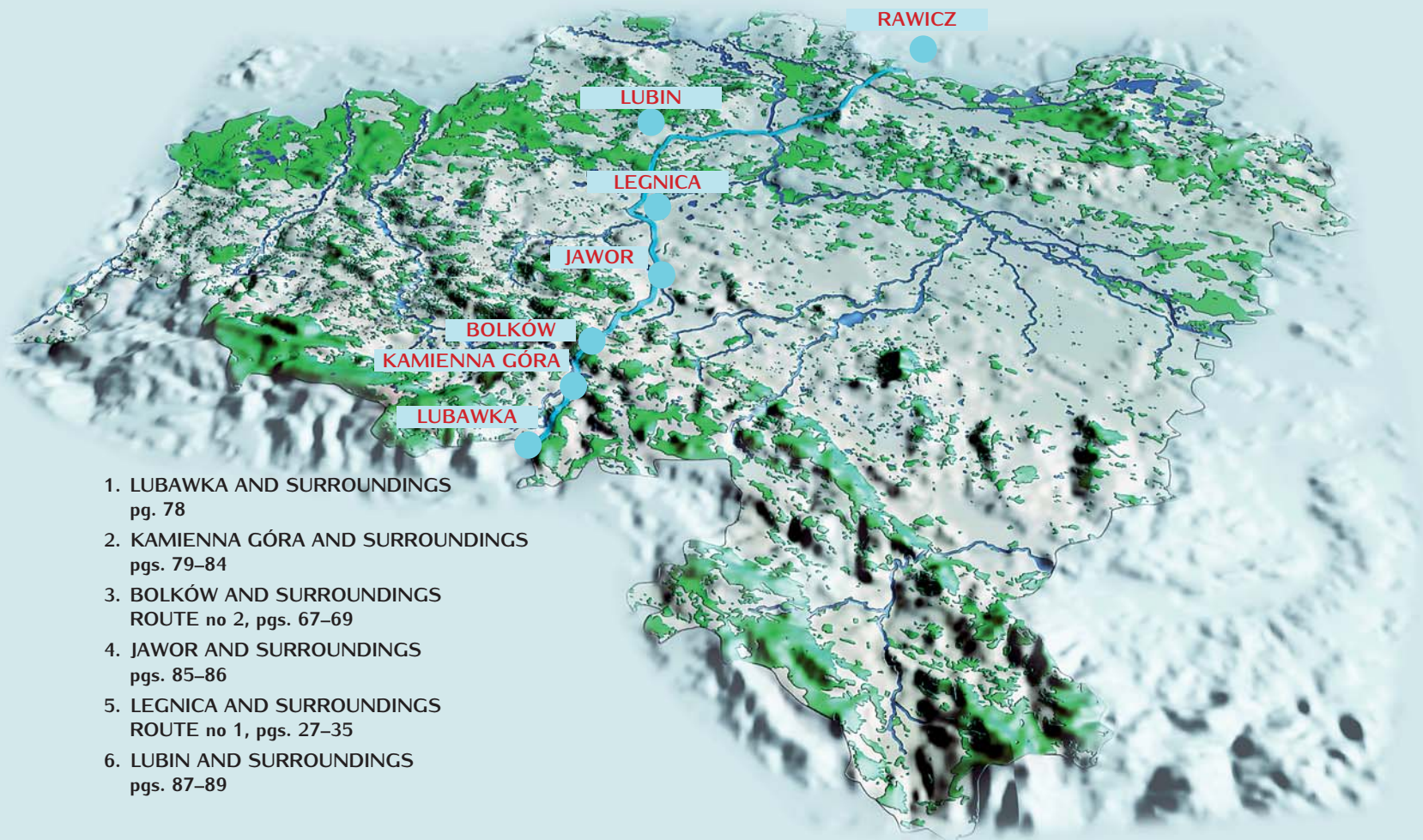
- the *Przewatka* National Cabaret Exchange
- Wratislavia Cantans
- the Henryk Wieniawski Festival

Tourist information:

Tourist Information and Cultural Centre
Rynek 9, 58–300 Wałbrzych, tel. +48 74 666 60 68
cit@um.walbrzych.pl, www.cit.walbrzych.pl

ROUTE 3 Lubawka – Kamienna Góra
– Bolków – Jawor – Legnica – Lubin – Rawicz

Length of route: 140.0 km in Lower Silesia,
Approximate drive time: 2 h 15 min (5, (371), 3, 337)



1. LUBAWKA AND SURROUNDINGS
pg. 78
2. KAMIENNA GÓRA AND SURROUNDINGS
pgs. 79–84
3. BOLKÓW AND SURROUNDINGS
ROUTE no 2, pgs. 67–69
4. JAWOR AND SURROUNDINGS
pgs. 85–86
5. LEGNICA AND SURROUNDINGS
ROUTE no 1, pgs. 27–35
6. LUBIN AND SURROUNDINGS
pgs. 87–89

1A. LUBAWKA

The city is located near Lubawska Pass, gateway to Lower Silesia, on the ancient trade route from Prague to Poland.

The first historical mentions of the city come from 1284. Lubawka was owned by the Cistercian Order of Krzeszów until 1810.

Nearby is the Kruczy Kamień (Raven's Stone) Reserve – with cliffs of porphyry rocks. Near the village there are excellent conditions for hiking, cross country and downhill skiing. In nearby Bukówka, there is a water reservoir also used for recreation. Lubawka and its surroundings offer good conditions for recreation: beautiful scenery, clean air and hiking trails among the most beautiful in the Sudetes.

Worth seeing:

- the Town Hall from the 18th cent
- the 18th cent Market Sq with arcaded houses
- a parish church from the 17th cent, with interior painting of St Jude Thaddeus, by the famous Silesian painter F.A. Scheffler



Lubawka – Market Sq

ROUTE 3 Lubawka – Kamienna Góra – Bolków – Jawor – Legnica – Lubin – Rawicz



2. KAMIENNA GÓRA AND SURROUNDINGS

- 2A. Krzeszów
- 2B. Chetmsko Śląskie
- 2C. the Kamienne Mountains
- 2D. Kamienna Góra
- 2E. Głazy Krasnoludów (the Dwarf Boulders)





In the Kamienna Góra Valley at the foot of the Krzeszowskie Hills, is an inconspicuous village called Krzeszów. The history of the place began with the settlement here by Bolko I, in the 14th cent, of the Cistercians. The Krzeszów complex is a most perfect tribute to the Baroque style, with huge attention paid to architectural details, painting and sculpture.

The former Cistercian abbey dates back over 760 years. Up to the suppression of religious orders by Prussia in 1810, it was an important artistic and cultural centre – attracting first-class artists.

Today, the Basilica of the Assumption of the Virgin Mary in Krzeszów, is one of the most beautiful late Baroque churches in the world. It features impressive carvings on its facade and tall towers topped with statues of mighty angels. Inside the temple we find frescoes by Georg Wilhelm Neuhertz. Found in the second temple, the church of St Joseph, are a beautiful series of frescoes which are the greatest work of the artist Michael Willmann – the greatest Silesian painter of the Baroque, often called the Silesian Rembrandt. Two churches, the Mausoleum of the Piasts of Świdnica-Jawór, and part of the monastery; form the most outstanding Baroque complex in Silesia. When wandering around Krzeszów we will arrive at a chapel at Mount St Anna, erected nearby, and standing alone on the way to a medieval penitential cross. Also impressive is the complex of chapels scattered in the surrounding fields, forming the Way of the Cross. When in Krzeszów, the summer palace of the abbots, called Bethlehem, is about 2 km away and worth a visit.

Events:
Cistercian Days
in Krzeszów



Tourist information: Pilgrimage Centre, pl. Jana Pawła II
58-405 Krzeszów, tel. +48 75 742 32 79, www.opactwo.eu

Parish of the Assumption of the Blessed Virgin Mary, tel. +48 75 742 33 25

The City Offices of Kamienna Góra, al. Wojska Polskiego 10, 58-400 Kamienna Góra
tel. +48 75 610 62 30, www.kamiennagora.kei.pl

In the Krzeszowska Valley, between the Krucze and Zawory Mountains, in the town of Chetmsko, on Sudecka St, the famous Weavers' Houses are found.

Chetmsko was a major centre for linen weaving in the 17th cent. The houses have a distinctive arrangement: forward gables and arcades shield the entrance to the vestibule and the two tract interior of the residential and workshop chambers, which look out onto the river at the rear of the houses. The Weaver's Houses in Chetmsko, otherwise known as the Twelve Apostles, are the best preserved in Lower Silesia. Eleven 'Apostles' have survived to the present, the twelfth burnt down.



Events:
– the Silesian
Textile Fair
– August



Tourist information: the Weaver's Houses
ul. Sudecka 13-29, 58-407 Chetmsko Śląskie

The Silesian Weavers Association for the Development of Chetmsko Śląskie
ul. Sudecka 15, 58-407 Chetmsko Śląskie, tel. +48 75 742 22 50
www.chelmsko.pl, www.jarmark.chelmsko.pl

2C. THE KAMIENNE MOUNTAINS

The Kamienne Mountains are a mountain range located in the Central Sudetes along the Czech-Polish border. To the east of the Karkonosze and Rudawy Janowice Mountains, south of the Watbrzyskie and Sowie Mountains and north of the Zawory Mountains and the Czech part of the Stołowe Mountains.

The Kamienne Mountains are part of the Intra-Sudetic Basin. They are made of sedimentary rocks, mainly sandstone, conglomerate, shale and volcanic porphyries, with melaphyre tuffs. These rocks were formed in the Carboniferous and Permian.

The hills of the Kamienne Mountains are steep slopes, with narrow ridges of highly a indented dorsal. They often have the appearance of cones.



ROUTE 3

KAMIENNA GÓRA 2D.

Kamienna Góra is located on the Bóbr River in the Kamienna Basin. The town's convenient location makes it a good base for the nearby Krucze, Walbrzyskie and Rudawy Janowickie Mountains.

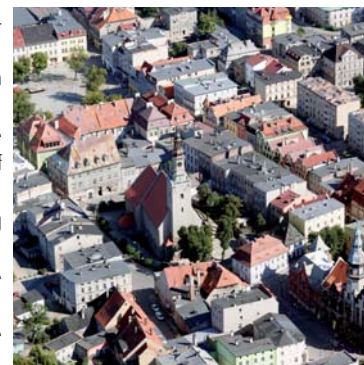
Bolko I the Strict, granted Kamienna Góra civic rights in 1292. From the 14th cent, the city developed as a centre of cloth production, and from the 16th cent, the weaving of flax and linen, especially the widely sought mezolan (wool mixed with linen). After 1945, Kamienna Góra became the largest centre of the linen industry in the Lower Silesia.

Worth seeing:

- Renaissance and Baroque houses with arcades in the Market Sq
- the Gothic Church of Sts Peter and Paul, from the 14th cent, mentioned in the year 1249
- the former Evangelical Church of Our Lady of the Rosary from the 1st half of the 18th cent, one of six so-called churches of grace in Lower Silesia
- the Jewish cemetery with tombstones dating from the 19th cent
- fragments of medieval stone walls from the 15th cent
- the ruins of the Renaissance court from the 16th cent
- the remnants of the bunkers and tunnels of a Nazi munitions factory
- an underground tourist route in the Kamienne Mountains
- the Silesian Museum of Weaving

Events:

- Cistercian Days in Krzeszów
- the International Exhibition of Textile Art



Tourist information: the City Offices of Kamienna Góra
pl. Grunwaldzki 1, 58-400 Kamienna Góra
tel. +48 75 645 51 10, www.kamiennagora.pl

2E. THE BOULDER DWARVES

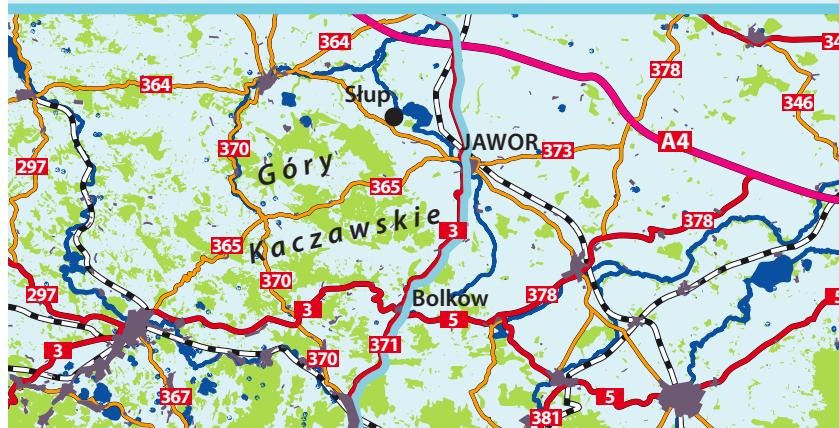
Gorzyszów is a village located about 12 miles from Kamienna Góra, on the south-eastern edge of the Krzeszowska Basin. Near the village, there is a nature reserve called *Głazy Krasnoludów* (Boulder Dwarves). The reserve was created in 1970, to protect the unique rock formations and rare plant species that occur here. The Boulder Dwarves are rock formations shaped like mushrooms, towers, human figures and animals. The area is also associated a legend about stone dwarves living in the rocks. Therefore, every year in July, there is a regular event here called "the Rally of the Dwarves". In Gorzyszów a natural monument called *Diabelska Maczuga* (the Devil's club) is found.



3A. BOLKÓW AND SURROUNDINGS

see ROUTE no 2, pgs. 67–69

ROUTE 3 Lubawka – Kamienna Góra – Bolków – Jawor – Legnica – Lubin – Rawicz



4. JAWOR AND SURROUNDINGS

- 4A. Jawor, see route no 1, pg. 36
- 4B. Stup – on the south-western Cistercian Trail



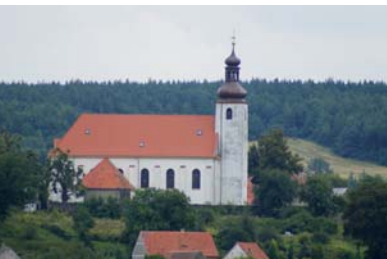
4B. SŁUP – ON THE SOUTH-WESTERN CISTERCIAN TRAIL

This village is situated in Jawor County, on the edge of the Kaczawskie Foothills, in the valley of the Nysa Szalona River.

It has long been a trading settlement, dating from the 13th cent. There is a great storage reservoir on the Nysa Szalona, east of the village, rich in many species of fish and waterfowl nesting sites.

Worth seeing:

- a Baroque Cistercian church, lying on the south-western Cistercian Trail
- in front of the cemetery wall there are four penitential crosses and a pillar shrine
- the Ossuary (house of bones)

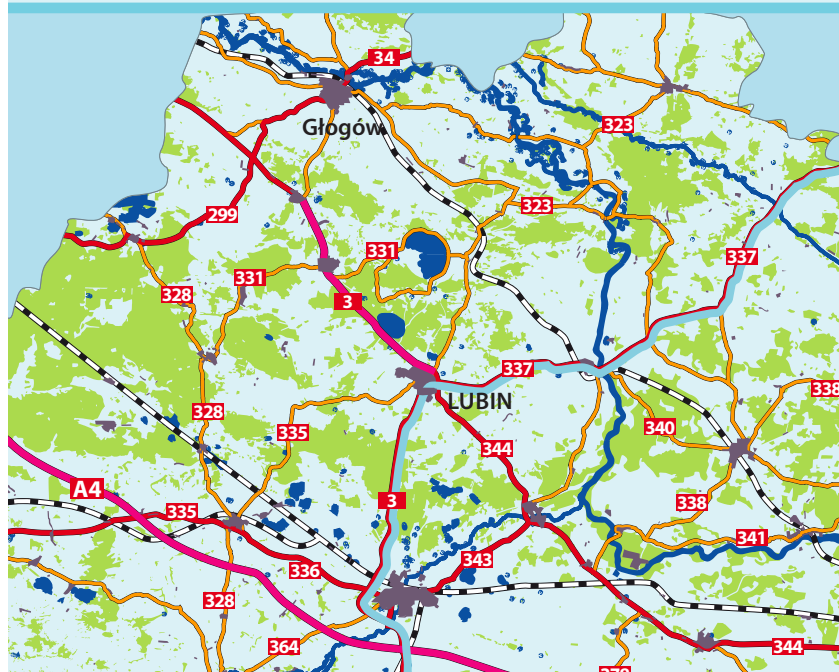


Tourist information: the Roman-Catholic Parish of the Assumption of Our Lady
Stup 58, 59-424 Męcinka, tel. +48 76 870 86 37

5. LEGNICA AND SURROUNDINGS

see ROUTE no 1, pgs. 27–35

ROUTE 3 Lubawka – Kamienna Góra – Bolków – Jawor – Legnica – Lubin – Rawicz



6. LUBIN AND SURROUNDINGS

- 6A. Lubin
- 6B. Głogów



Lubin is located in the Silesian Lowland and is today the centre of the Legnica – Głogów Copper Region. There is a copper ore mine here.

The city is mentioned in the 10th cent of the Middle Ages as belonging to the Duchy of Ścinawa and Legnica. Almost the entire Medieval urban layout has been preserved.

Worth seeing:

- the Town Hall in the Market Sq from the 18th cent
- the Parish Church of St Mary from the 14th cent (the fortified tower in front of the church from the 14th cent, is now a belfry)
- the Chapel of St Hedwig from the 14th cent
- the defensive walls of the 14th cent Głogów Bastion.



Głogów is located on the border of the Dalkowskie Hills and the Barycz-Głogów Ustromtal on the Odra River.

In the Middle Ages, Głogów was the tribal stronghold of the Dziadoszanie. In 1109, they heroically defended themselves against the German Emperor Henry V. From the 12th to the 16th century the city was the capital of the Duchy of Głogów. During World War II it was almost completely destroyed.

Worth seeing:

- the Ducal Castle of Głogów, built in the 13th cent, now the Museum of Archaeology and History
- the Children of Głogów Memorial, next to the castle, to commemorate the defence of the castle in 1109
- the Collegiate Church of St Mary on Cathedral Island
- the Town Hall with a clock tower, 81.4 m in height
- remnants of the bastion fortifications from the 18th cent
- the Gothic Church of St Nicholas (ruins)
- the Baroque Church of Corpus Christi with the remnants of the Jesuit college
- the Church of St Maximilian Kolbe
- the Modernist Church of St Clement Dvorak

Tourist information: Plac Konstytucji 3 Maja, 67-200 Głogów
tel. +48 76 726 54 51, mokglogow@master.pl, www.mok.glogow.pl

ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Żąbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań

Length of route: 180.0 km in Lower Silesia,
Approximate driver time: 2 h 30 min
(8, (E 67), S8 (AOW), 5 (E 261),)



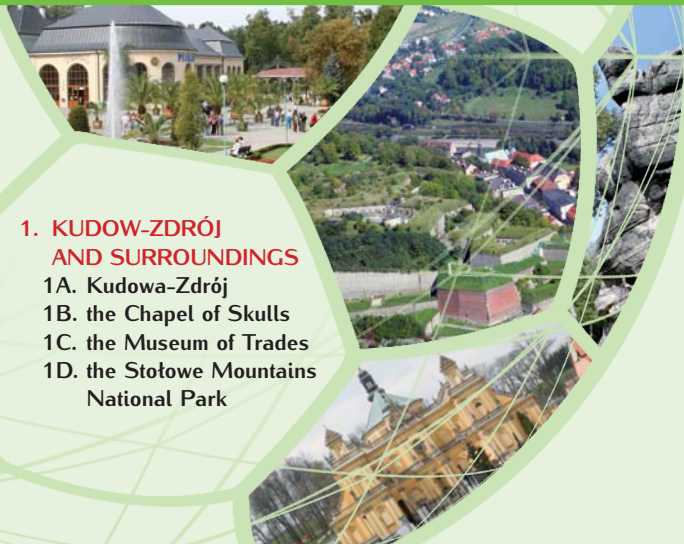
1. KUDOWA-ZDRÓJ AND SURROUNDINGS
pgs. 92–96
2. DUSZNIKI-ZDRÓJ AND SURROUNDINGS
pgs. 97–100
3. POLANICA-ZDRÓJ AND SURROUNDINGS
pgs. 101–103
4. KŁODZKO AND SURROUNDINGS
pgs. 104–107
5. BARDO AND SURROUNDINGS
pgs. 108–110
6. ŻĄBKOWICE ŚLĄSKIE AND SURROUNDINGS
pgs. 111–116

7. NIEMCZA AND SURROUNDINGS
pgs. 117–124
8. WROCLAW AND SURROUNDINGS
pgs. 36–41
9. TRZEBNICA AND SURROUNDINGS
pgs. 125–133

ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Ząbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań



- 1. KUDOW-ZDRÓJ AND SURROUNDINGS**
 1A. Kudowa-Zdrój
 1B. the Chapel of Skulls
 1C. the Museum of Trades
 1D. the Stołowe Mountains National Park



KUDOWA-ZDRÓJ 1A.

Kudowa-Zdrój is one of the largest spas in the Lands of Kłodzko. It lies at the foot of the Stotowe Mountains (Stotowe Mountains National Park) and south of the Orlickie Mountains. It has the mildest climate in the Sudetes.

Founded in the 18th cent, the charming Spa Park delights with its exotic vegetation. The first bathing facilities were created here in the 17th cent.

Kudowa's waters are used in the treatment of heart disease, endocrine diseases and anaemia.

Worth seeing:

- the Spa Park with interesting specimens of exotic vegetation
- the Spa House from 1906 (Currently the Polonia Sanatorium)
- An indoor walking hall, the *Pod Blachą* Theatre with mineral water pump room from the beginning of the 20th cent.
- the Chapel of Skulls – Kudowa – Czerмна
- the Museum of Toys
- the Museum of Frogs
- the Water World Aqua Park – a rehabilitation and recreation complex (swimming pools, sauna, Jacuzzi, hydro massage, an artificial river and bowling alley)
- a mechanical nativity – 250 figures carved in wood, moving mechanically, in Kudowa – Czerмна
- the Open-air Museum of Folk Culture of the Sudeten Foothills, Kudowa – Pstrązna



Events:

- the International Moniuszko Festival
- the Great May Day Picnic
- Polish-Czech film meetings

Tourist information: ul. Zdrojowa 44, 57-350 Kudowa-Zdrój
 tel. +48 74 866 35 68, turystyka@kudowa.pl, www.kudowa.pl
Zespół Uzdrawisk Kłodzkich S.A. ul. Parkowa 4, 57-350 Kudowa-Zdrój
 tel. +48 74 868 03 71, www.zuk-sa.pl

1B. THE CHAPEL OF SKULLS ROUTE 4

The chapel is located near the Parish Church of St Bartholomew in Kudowa Czerмна.

Father Wacław Tomaszek, pastor of the church in Kudowa, with the gravedigger J. Langer and J. Schmidt, gathered in the church the remains of those who had died during the Thirty Years War, the Silesian Wars, and from the plague.

The chapel was built in 1776, by the priest Tomaszek and the undertaker Langer. They decided that their posthumous remains should also rest in the chapel. And so they do.

Worth seeing:

The chapel, whose walls and ceiling are lined with real skulls and bones, numbers about 3,000 skulls, with a further 21,000 in the crypt under the chapel. The Chapel of Skulls in Czerмна is a peculiar symbol of transitory nature of life.



Tourist information: the Chapel of Skulls in Czerмна
ul. Kościuszki 42, 57-350 Kudowa-Zdrój
tel. +48 605 54 09 27, www.czermna.pl, www.kudowa.pl

THE MUSEUM OF DISAPPEARING 1C. TRADES IN CZERMNA

Near the Chapel of Skulls in Czerмна, on the Bogustaw Gorczyński farm, we can take up the Trail of Disappearing Trades.

The farm, consisting of several wooden cottages and a village headman's windmill, has gathered old, now unused, rural equipment, including mills, flails, ploughs and sickles.

A visit to the pottery studio here is an unforgettable experience, no less of an attraction is the mini zoo: an ostrich eating out of your hand, several species of pheasants, cranes, hens and roosters and decorated peacocks. You are also invited to taste true farm baked bread in the shadow of the historic wooden windmill.



Tourist information: Urszula and Bogustaw Gorczyński
ul. Chrobrego 16, 57-350 Kudowa-Zdrój
tel. +48 74 865 55 12, wiatrak@kudowa.zdroj.pl, www.kudowa.pl

1D. THE STOŁOWE MOUNTAINS NATIONAL PARK

The Stołowe (Table) Mountains National Park lies on the border with the Czech Republic in the Lands of Kłodzko and covers the Polish part of the Stołowe Mountains. The protected area is approximately 63 km², in area with the highest hills being Szczeliniec Wielki (919 m) and Skalniak (915 m).

The Stołowe Mountains have, a unique in Europe, collection of rocky shoals of flat-lying sandstones, separated by marls. They were formed in an oceanic environment, which in the Upper Cretaceous (about 100 million years ago) covered the Intra-Sudetic Basin. The park was established in 1993, but the most beautiful places in the Stołowe Mountains were protected as early as the 1950s, when there arose three nature reserves (Szczeliniec Wielki, Błędne Skały and the Batorowskie Peat Bog).

The area of the park is intersected by a dense network of hiking trails, with a total length of about 100 km (in this section of the main M. Orłowicz Sudeten Trail).



Tourist information: The Stołowe (Table) Mountains National Park
ul. Słoneczna 31, 57-350 Kudowa-Zdrój, tel. +48 74 866 14 36
tel. +48 74 866 20 97, pngs@pngs.com.pl, www.pngs.com.pl

ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Żąbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań



2. Duszniki-Zdrój AND SURROUNDINGS

- 2A. Duszniki-Zdrój
- 2B. Błędne Skały (Errant Rocks)
- 2C. Wambierzyce



2A. DUSZNIKI-ZDRÓJ

ROUTE 4

The Duszniki-Zdrój spa is located in the picturesque valley of the Bystrzyca Dusznicka River, on the border with the Czech Republic, which runs along the peaks of the Orlickie Mountains.

The city Duszniki was known in the 13th cent, it served an important trade function on the route leading from the Czech Republic. The Old Paper Mill From the 16th cent (now the Museum of Papermaking) – is architecturally impressive with an interesting interior. Visiting tourists can become acquainted with old paper making techniques, and they can create a sheet of handmade paper, which is a definite attraction. In the past Duszniki was a centre of the weaving and cloth trade. Frederic Chopin, on the occasion of his stay at the resort in 1826, gave two concerts. In honour of the great composer, the International Chopin Festival, is held in his mansion every year.

Worth seeing:

- the 14th-20th cent houses in the Market Sq
- a votive column from the 18th cent
- the Baroque Parish Church of Sts Peter and Paul, inside there is a pulpit in the shape of a whale
- the Museum of Papermaking in the paper mill from the 17th cent
- the Frederic Chopin Spa Theatre (a manor house)
- Spa Park
- the Mineral Water Pump Room and the old walking hall
- The Fountain of Colours in the Spa Park, shows in summer: May – September
- the Polish Biathlon Centre at Jamrozowa Polana with cross-country skiing trails
- winter sports resort in Duszniki – Zieleniec and Podgórze (22 lifts)

Events:

- the International Chopin Festival



Tourist information: Rynek 9, 57-340 Duszniki-Zdrój
tel. +48 74 866 94 13, informacja@duszniki.pl
www.duszniki.pl, www.duszniki-zdroj.pl

BŁĘDNE SKAŁY 2B.

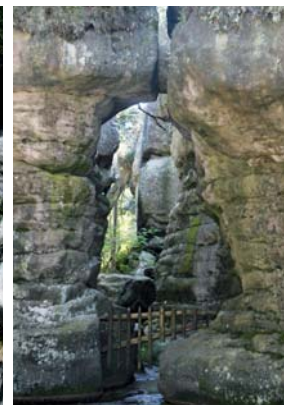
The Błędné (Errant) Rocks Reserve is situated at an altitude of 852 m a.s.l., in the Stotowe Mountains National Park, and is the western part of the Skalniak (915 m) chain.

Differences in resistance to weathering and erosion of the sandstone layers of silica binder, resulted in the unusual marl sculpting of the rock walls of the gorges, tunnels and single rocks found here. Nature gave them fanciful shapes such as: mushrooms, clubs, hourglasses and towers – creating a unique “rock city”. A nature reserve was established here in 1957.

The prevailing moisture and darkness here favour the development of rock vegetation, especially mosses and lichens, and in the drier areas – dwarf spruce, birch and rowan. The whole forms a remarkable wilderness and today is one of the most attractive corners of the Stotowe Mountains and Kłodzko Lands. Moreover, Jaskinia Gwiazdzista (Gwiazdzista Cave) in Wojcieszów is worth attention, as is the local, now closed, quarry from which you can enter up to two further caves.

Some of the rocks have their own names, for example: table boulder, the tunnel, the kitchen or hen's foot. In some areas the narrowest gaps are only several dozen centimetres wide.

Today, there is a trail through the maze of rock formations, several hundred metres long, with vantage points, which takes about an hour to finish.



Tourist information: the Stotowe (Table) Mountains National Park
ul. Stoneczna 31, 57-350 Kudowa-Zdrój, tel. +48 74 866 14 36
tel. +48 74 866 20 97, pngs@pngs.com.pl, www.pngs.com.pl

2C. WAMBIERZYCE

ROUTE 4

This small village of Wambierzyce, in the Kidron Brook valley, is situated between three hills at the foot of the Stotowe Mountains.

Wambierzyce is called the Silesian Jerusalem and was built between 1683-1725. From the late 17th to 19th centuries, the Calvary here had about 100 chapels and shrines, and 12 gates. The stream flowing through Wambierzyce is called Cedron. The surrounding hills – Zion and Mount Horeb – refer to the biblical theme. The town, being since the 12th cent a centre of Marian devotion, is visited by numerous pilgrims and tourists.

Worth seeing:

- 100 Calvary chapels in the hills around the village
- a mechanical nativity from 1882, one of the oldest in Lower Silesia
- the open-air Museum of Home Appliances, zwierzyniec



Tourist information: the Sanctuary of Our Lady of Wambierzyce
the Queen of Families, Wambierzyce, pl. N.M.P 11, 57-420 Radków
tel. +48 74 871 91 70. sanktuarium@wambierzyce.pl, www.wambierzyce.pl

ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Żąbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań



3. POLANICA-ZDRÓJ AND SURROUNDINGS

3A. Polanica-Zdrój

3B. Missionary Museum
of the Priests of the Sacred Heart



This picturesque resort is located in the area the Stołowe and Bystrzyckie Mountains, in the Bystrzyca Dusznicka Valley. Polanica-Zdrój is situated in the immediate vicinity of the Stołowe Mountains National Park.

The first mention of Polanica-Zdrój are found in the books of the city court of Kłodzko. Its mineral water springs had become famous as early as the 16th cent. They were transported to distant places to celebrate feasts and weddings. In 1596, the town became the property of the Jesuits. The year 1828 was a watershed in the history of Polanica. Then, the owner of the town was Joseph Gromls, a merchant who had built a small wooden pump room and wooden bathhouse. Polanica has been operating as a health resort ever since.

In 1904, the "Great Pieniawa" began operation. The Spa House was opened in the summer of 1906, which the next day, along with the spa park, was illuminated by electric light. The resort has gained in popularity in both Poland and Europe. The basic profiles for spa treatment in Polanica-Zdrój are cardiology, gastrointestinal and motor system disorders.

Worth seeing:

- the Spa Park with a collection of rhododendrons and azaleas
- the Fountain of Colours
- the Mineral Water Pump Room and walking hall from 1911
- the Spa Theatre from 1925
- the Galos salt-iodine cave
- *Staropolanka* – bottlers of a well-known mineral water
- the Centre for Plastic Surgery
- the Parish Church of the Assumption of Our Lady – neo-Baroque style
- the *Christus Rex* Mission House, and the Ethnographic Missionary Museum
- the Barbara glassworks
- *Diabelska rywna* (the Devil's Gutter) summer toboggan run



Events:

- International Spa Music Festival "Music of the World"
- Summer with Film

Tourist information: ul. Zdrojowa 13, 57-320 Polanica-Zdrój
tel. +48 74 868 24 44, info@polanica.pl
Municipal Offices, ul. Dąbrowskiego 3, tel. +48 74 868 06 00
um@polanica.pl, www.polanica.pl



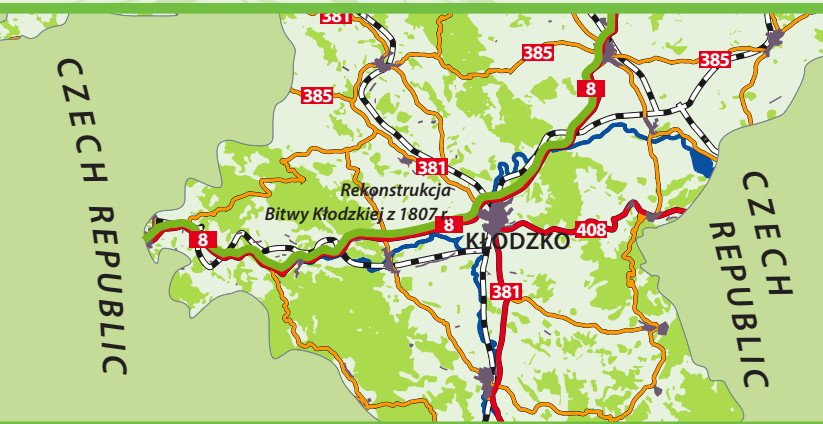
MISSIONARY MUSEUM OF THE PRIESTS OF THE SACRED HEART 3B.

The Missionary Museum of the Priests of the Sacred Heart is located 2 km south of Polanica-Zdrój. The exhibits collected in this ethnographic museum are: missionary handicrafts, sculptures, textiles, ornaments and ritual objects acquired from: French Polynesia, Peru, Congo and Zaire. Their exotic nature captures our attention. They were imported by monks and missionaries. Today, they form an exhibition presented in the *Christus Rex* Missionary Congregation building.



Tourist information: Priests of the Sacred Heart Missionary Museum
ul. Władysława Reymonta 1, 57-320 Polanica-Zdrój
tel. +48 74 868 13 17, www.sccc.pl

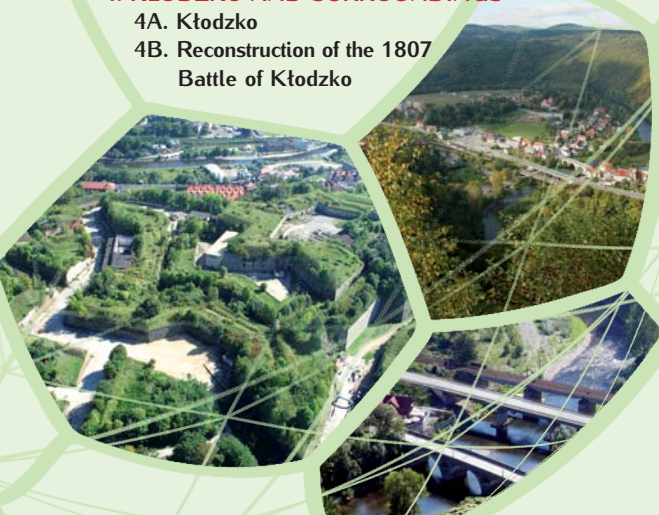
ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Żąbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań



4. KŁODZKO AND SURROUNDINGS

4A. Kłodzko

4B. Reconstruction of the 1807
Battle of Kłodzko



KŁODZKO 4A.

Kłodzko is situated on the slopes of Forteczna Mountain in the Nysa Kłodzka Valley. It is known that as early as the 10th cent, there was a castle here, lying on the historic Czech – Baltic Amber Trail. The first mention of the city dates from 981 (by the Czech chronicler Kosmas), but it received city rights in 1233. Up to 1741, the town remained under the dominion of Austria. In the first half of the 18th cent, Kłodzko was incorporated into the borders of Prussia. The Hohenzollerns then extended the Habsburg fortress and fortifications. During the Second World War, a POW camp was located here as a branch of the Gross-Rosen camp.

Today the city is a special place in which a more than thousand-year tradition meets with modernity. The city is remarkable, because it was built by four nations: the Czechs, Germans, Austrians and Poles.



KŁODZKO

Worth seeing:

- the fortress on Forteczna Mountain from the 16th cent, built by the Austrians and expanded in the eighteenth century by Prussia (a complex of bastions, and casemates of mysterious labyrinths)
- the Gothic parish church with a rich baroque interior
- the stone bridge from the 14th cent, decorated with 17th and 18th cent statues on the balustrade
- the Baroque Franciscan church
- the St Aloysius Jesuit College and Seminary
- the Underground Tourist Trail under the Old Town
- the Neo-renaissance town hall with its preserved Gothic tower with viewing gallery
- the Kłodzko Lands Museum



Events:

- the International Long Distance Mountain Race
- the Festival of Human Creativity
- the Taking of Kłodzko Fortress



ROUTE 4

RECONSTRUCTION OF THE 1807 BATTLE OF KŁODZKO 4B.

Kłodzko Fortress Days have been organized since 2005. During the event, the main element is the staging of the Battle of Kłodzko of 1807, involving hundreds of soldiers in the uniforms of the Napoleonic era. Kłodzko Fortress is host to soldiers from the Czech Republic, Austria, Germany and Poland. The event is accompanied by such attractions as Museum Night, Night at the Fortress, the Fortress Fair and sing along parties.



Tourist information: pl. Bolesława Chrobrego 1, 57-300 Kłodzko
tel. +48 74 865 46 89, rit@um.klodzko.pl
www.ziemiaklodzka.it.pl, www.klodzko.pl

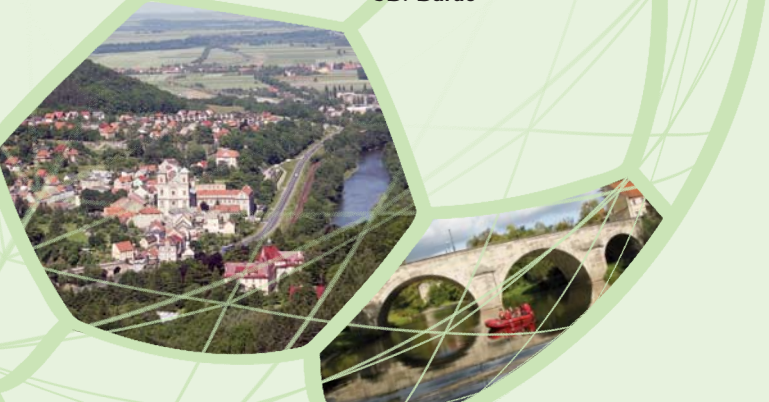
Tourist information: Kłodzko Fortress
ul. Grodzisko 1, 57-300 Kłodzko, tel. +48 74 867 34 68
www.twierdza.klodzko.pl, www.ziemiaklodzka.pl, www.dawneklodzko.pl

ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Żąbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań



5. BARDO AND SURROUNDINGS

- 5A. the Bardzkie Mountains
5B. Bardo



THE BARDZKIE MOUNTAINS 5A.

The Bardzkie Mountains are a band about 18 km long, lying in the Central Sudetes, between the Sowie Mountains to the north-west (Srebrna Pass, 585 m) and the Złote Mountains in the south-east (Kłodzka Pass 475 m). A picturesque break in the Nysa Kłodzka crosses through the middle of the town. The highest peak is Mount Kłodzka (765 m).

Geologically, the Bardzkie Mountains are made of old Paleozoic quartzitic sandstone, shale and conglomerates. The slopes are covered with dense mixed forests and stands of a rarely encountered Sudeten forest (the Cisy and Cisowa Mountain Reserves)

There is a notable and famous Prussian fort (Srebrna Góra Fortress) near the border of the Sowie Mountains, as well as closed railway viaducts of impressive height. The Bardzkie Mountains are ideal for cycling and longer hiking expeditions.



Tourist information: the Bardo Municipal and Communal Offices, Rynek 2, 57-256 Bardo, tel. +48 74 817 14 78 promocja@bardo.pl, www.bardo.pl



5B. BARDO

ROUTE 4

The city is located in the deep valley of the Nysa Kłodzka, which ends its turn at the Bardzkie Mountains.

Bardo is one of the oldest towns in Lower Silesia. Evidence of human activity in this region dates back 10,000 years. In ancient times, a trade route ran along the Nysa Kłodzka, linking Poland with the Czech Republic, which is considered today as one of the branches of the Amber Trail. Founded in the 10th cent, as a fortification, Bardo was bought in 1299 by the Cistercians, who from that point to the beginning of the 19th cent, were the owners of the village. Bardo is now an important centre of tourism and a place of Marian devotion.



Worth seeing:

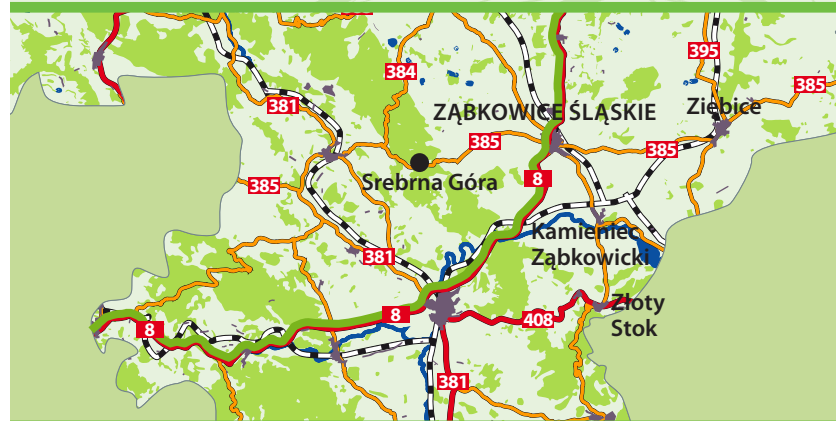
- Mount Calvary overlooking Bardo and the Nysa Kłodzka River
- the Sanctuary of Our Lady
- a complex of 14 Rosary chapels
- remnants of the 10th-13th cent fortifications overlooking the Nysa Kłodzka
- the stone bridge over the Nysa Kłodzka from the 16th cent
- the Baroque Church of the Visitation, old inns for pilgrims
- a mechanical nativity
- the Redemptorist Monastery – in front of the monastery of the Museum of Sacred Art

Events:

- Pilgrimages
- Sailing in Whatever

Tourist information: the Bardo Municipal and Communal Offices
Rynek 2, 57-256 Bardo, tel. +48 74 817 14 78
promocja@bardo.pl, www.bardo.pl

ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Żąbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań



6. ŻĄBKOWICE ŚLĄSKIE AND SURROUNDINGS

- 6A. Żąbkowice Śląskie
- 6B. Kamieniec Żąbkowicki
- 6C. Srebrna Góra
- 6D. Złoty Stok
- 6E. Ziębice



6A. ZĄBKOWICE ŚLĄSKIE ROUTE 4

Ząbkowice Śląskie is a town located in the eastern foothills of the Sudetes, on the Budzówka River.

Since its founding in the second half of the 13th cent, until 1945, it was called Frankenstein. The name was probably "brought" here by the first settlers who were the founders of the historic city on the Rhine – Franconia. In 1287, Ząbkowice received municipal rights, and in 1298, the right to store salt and lead, and the right to mill. The 13th cent was a period of developing craft and trade. In later years, Ząbkowice became a centre in the production of cloth and linen. Over the course of several wars (the Hussite, the Thirty Years and Silesian) the city was destroyed and rebuilt.

Economic recovery came at the end of the 19th cent.

Worth seeing:

- a leaning church tower (former bell tower) 34 m, with a vertical incline of about 1.5 m
- the neo-Gothic town hall in the Market Sq from the 19th cent and the terraced houses from the 19th and 20th cent
- ruins of the Ziębice Ducal Castle from the 16th cent
- the Church of St Anne from the 15th cent, with neo-Gothic interior
- the Church of St Hedwig from the 15th cent, with Baroque and Rococo interior
- the Church of the Exaltation of the Holy Cross and Dominican monastery

Events:

- Frankenstein Weekend
- FIESTA FOLKOVA
- Polish-Czech Christian Culture Days
- the Feast of Easter
- 'Note' a Spring Song Competition

Tourist information: ul. św. Wojciecha 5/1, 57-200 Ząbkowice Śląskie
tel. +48 74 815 74 01, pcit@zabkowice.com.pl
www.zabkowice.com.pl, www.zabkowice-powiat.pl



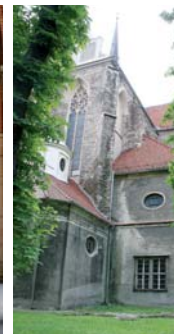
KAMIENIEC ZĄBKOWICKI 6B.

Kamieniec Ząbkowicki is a large old village in the county of Ząbkowice, situated on the Nysa Kłodzka River.

It was the property of the Cistercian monastery until 1810. A neo-Gothic castle with an arcaded courtyard was built on Zamkowa (Castle) Hill between 1838-1863. It is a monumental building, designed by the Berlin architect KF Schinkel, and surrounded by a park. The preserved Gothic and Baroque building of the prelature is found in the Cistercian abbey church. Nearby, on Wapienna Mountain, is the Stoleckie Rocks Nature Reserve – a strict nature preserve for insects, including the black bee, which builds its nests of clay.

Worth seeing:

- the former Cistercian monastery
- the Religious Museum at the church
- the Castle in Kamieniec Ząbkowicki



Tourist information: ul. św. Wojciecha 5/1, 57-200 Ząbkowice Śląskie
tel. +48 74 815 74 01, pcit@zabkowice.com.pl
www.zabkowice.com.pl, www.zabkowice-powiat.pl

Srebrna Góra (Silver Mountain) is a large urbanized village and former city on the eastern slope of the Sowie Mountains. The settlement was recorded in the 14th cent. In the 16th cent the town was a centre of silver and lead mining. Thirty kilos of silver were obtained per year. After incorporation into Prussia, mighty fortress was built in the years 1765–1777 – one of the largest military building in Poland and Europe. The Srebrna Góra fortress is a complex with four bastions and extends several storeys deep into the earth. Today, the Fortress Culture Park is established here, near the brick railway viaduct, reminiscent of a Roman aqueduct.

Events:

- the Three Elements Traveler's Festival
- Fortress Days, Reconstruction of the Battle of 1807



Worth seeing:

- the Fortress Culture Park, with near *Fort Rogowy* (Fort Horn) and *Wysoka Skata* (High Rock)
- remnants of the Sowiogórka narrow-gauge railway built in the 1880s

Information: Srebrna Góra Fortress
ul. Letnia 10, 57-215 Srebrna Góra
tel. +48 74 818 00 99, www.forty.pl

The city is located in the foothills at the northern edge of the Złote Mountains, on the Sudeten marginal fault, directly on the border with the Czech Republic.

In the Middle Ages a mining settlement was established here in connection with the mining of gold in the area. The peak period of mining and metallurgy, and the development of the city itself, occurred in the 16th cent. In 1507 a mint was established here, which minted coins from the local gold. In 1742, the city together with the whole Lower Silesia, passed under the dominion of Prussia.

Worth seeing:

- the former Evangelical church of St Barbara from the 15th cent, rebuilt in later centuries
- the mint building from the 16th cent, rebuilt in the 17th and 18th centuries
- the metamorphic rocks quarry in the Złoty Jar (Golden George)
- the Gold Mine (the "Black" drifts – a route of 200 m in length, from the 17th cent, with hand-wrought sidewalks, leading to an underground waterfall with a height of 8 m, mine train and boat rides)



Events:

- *Gwarkada* - Gold Prospecting Days – June



Tourist information: the Gold Mine in Złoty Stok
ul. Złota 7, 57-250 Złoty Stok, tel. +48 74 817 55 08, +48 74 817 55 74
biuro@kopalniazłota.pl, www.kopalniazłota.pl, um@zlotystok.pl

6E. ZIĘBICE

ROUTE 4

Ziębice is located on the right bank of the Oława River, in the Sudeten Foreland region. The city was established around 1250, by Henry III, on the site of a former village, destroyed by the Tatars in 1241. Bolko I of Świdnica built the castle and town walls. The duchy, together with Ziębice, passed into Czech hands, from 1335 to 1548, as the result of a feudal homage. Later, the town belonged to the Duchy of Legnica and Brest, the Habsburgs, and then to Fr. Auersperg, who in 1791, sold it to the rulers of Prussia. The 19th cent was a period of development of the chemical, ceramic and food industries.

Worth seeing:

- historic buildings from the 17th to 19th centuries
- parts of the city walls from the 15th cent to the 15th cent Paczkowska Gate
- the monastery complex of the Red Star Crusaders with the Church of Sts Peter and Paul from the 13th cent, rebuilt in the 18th cent and the 18th cent monastery
- the Church of St George from the 13th cent, enlarged in the 15th cent, with defensive tower
- a Classicist Evangelical church from the late 18th cent
- the Town Hall
- the Museum of Household Appliances
- the St John the Baptist border posts, formerly bishop-ric poles (5)

Events:

- Ziębice Days



Tourist information: Municipal Offices
ul. Przemysłowa 10, 57-220 Ziębice
www.ziebice.pl, urząd@ziebice.pl

ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Ząbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań



7. NIEMCZA AND SURROUNDINGS

- 7A. Niemcza
- 7B. Przerzeczyn-Zdrój
- 7C. the Wojślawice Arboretum
- 7D. Dzierżonów
- 7E. Henryków



7A. NIEMCZA

ROUTE 4

The city lies on a high rocky bank of the Ślęza River, among the Niemczańskie Hills. The old fortified city was mentioned in the 10th cent, when the oldest glassworks in Silesia existed here. In the year 1017, Niemcza gained fame winning its defence against the armies of Emperor Henry II. To this day, the spatial layout of the oval Market Sq, adapted to the shape of the hill in fusiform, has been preserved.

Worth seeing:

- fragments of stone fortifications from the 11th to 12th centuries
- the Gothic-Renaissance castle from the 16th to 19th centuries
- the Neo-Romanesque town hall from 1865
- the Church of the Immaculate Conception of the Blessed Virgin Mary from 1865, with 60m tower
- the Baroque terraced houses in the Market Sq from the 18th century
- the penitential cross on Chrobrego St
- the elongated, spindle-shaped Market Sq
- the Church of St Adalbert from 1612
- the *Brama Górna* (Upper Gate) Tower
- the Prittwitz Mausoleum in the cemetery, a Baroque-Classical chapel
- the Wojstawice Arboretum near Niemcza, Poland's largest collection of rhododendrons and azaleas.
- the Valley of the Tatars with 'Tatar Mound'

Events:

- Niemcza Days
- JOANKI band performances



Tourist information: Municipal and Communal Offices of Niemcza
Rynek 10, 58-230 Niemcza
tel. +48 74 837 69 95, www.um.niemcza.pl

PRZERZECZYN-ZDRÓJ 7B.

Przerzeczyn-Zdrój is situated in the Sudeten Foreland, at an altitude of about 240 m a.s.l., near the source of the Ślęza River. The spa is located in the vicinity the Niemczański-Strzelińskie Hills. The mild foreland climate favours spa treatment.

In medicine, the spa uses low-mineralized radon-sulfide water, containing sulphides of calcium and magnesium. The basic profile is for therapy in musculoskeletal diseases, some rheumatoid, traumatic and neurological conditions.

Przerzeczyn-Zdrój offers the latest in hydro massage rehabilitation pools in Lower Silesia and a 2 km walking route to the Arboretum – Dendrological Garden, with Poland's largest collection of rhododendrons and azaleas.

Worth seeing:

- the Palace surrounded by a park from the 19th cent
- the Church of Our Lady the Queen of Poland from the 14th cent, rebuilt in the 18th cent in Baroque
- the Renaissance epitaphs and tombs of knights on the walls of the church
- the Baroque and Rococo organs in the church from the 18th cent



Tourist information: Polish Medical Holdings PCZ
ul. Zdrojowa 32, 58-231 Przerzeczyn-Zdrój
tel. +48 888 60 61 01, www.uzdrowisko-przerzeczyn.pl, pczcp@pcz.com.pl

7C. THE WOJŚLAWICE ARBORETUM

Wojstawice is located 50 km south of Wrocław and 2 km east of Niemcza, in the protected landscape area of the Strzelińsko-Niemczańskie Hills.

The Park was already in existence by the 1820s. In 1880, the owner of the property in Wojstawice was Fritz von Oheimb, and it is to him the park owes its present character. This Silesian landowner, a prominent expert on plants, with great sensitivity and excellent knowledge of the local soil conditions and microclimate, proceeded to rebuild the park. In the 1920s, the park became an experimental outpost of the German Dendrological Society.

In 1977, the Commission on Botanical Gardens and Arboreta in Poland gave the park in Wojstawice the rank of Arboretum, and in 1983, the entire facility was entered in the register of cultural monuments.

Today, the park-arboretum is a research and teaching centre of the University of Wrocław Botanical Garden. It is the only estate park in the Western Territories, which obtained the rank of a university arboretum.

Over 6000 species and varieties of plants live on the 62 acres, including 3500 perennials. Included in the collections are rhododendrons, azaleas (rhododendron – 880 species and varieties), box (*buxus*) and crinoid (*hemerocallis* – about 2000 species and varieties) which are recognized as Polish National Collections.

The arboretum continues to serve science and thousands of visitors, who are attracted not only to the unusual flora, but other aesthetic experiences – such as concerts and theatre performances in the garden.



ROUTE 4

Events:

– Music in the Gardens – Concerts and musical performances



Tourist information: the Arboretum in Wojstawice

Wojstawice 2, 58-230 Niemcza

tel. +48 71 322 59 57, tel. +48 74 837 64 69

www.arboretumwojstlawice.pl, arboretum@biol.uni.wroc.pl, obuwr@biol.uni.wro.pl

Dzierżoniów is located in the Dzierżoniów Valley, in the foothills of the Sowie Mountains, on the Piława River.

Dzierżoniów, was established under the Magdeburg Law, and received municipal rights in the mid 13th cent. Canvas and cloth weaving in the second half of the 14th cent, had a significant impact on the development of the city. As did linen and wool in the 15th cent. Fabrics produced here travelled to eastern and southern Europe. At the end of the 14th cent, after the death of the wife of Bolek II of Świdnica, the town passed under the dominion of Czech rulers, and from 1526, these lands together with the whole Silesia, were ruled by the Habsburgs. The modern period was marked by strong religious and social conflicts. True disaster came with the outbreak of the Thirty Years War. Acts of revenge, requisition and retribution destroyed the city, dramatically inhibiting its development. In 1813, an event took place in Dzierżoniów on a European scale – the treaty directed against Napoleon was signed here.

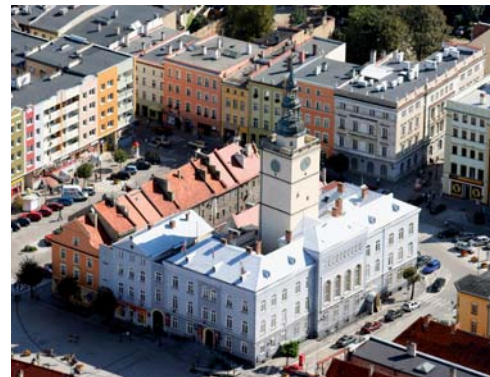
The current name, which the city has borne since 1946, is in honour of the explorer and researcher of bees, Jan Dzierżon.

Worth seeing:

- large parts of the city walls from the 14th cent and 15th centuries with semicircular bastions
- the 14th cent town hall, rebuilt in the 16th cent, with four-sided tower with a Renaissance helm, a stone balustrade and vantage point
- the Church of St George from the 13th cent, rebuilt in the 14th to 16th centuries – a Renaissance tower with cupola
- the former Augustinian Church of the Immaculate Conception from the 14th cent with Gothic portal and wooden pulpit inside
- the Classicist chapel of the Sadebeck family with the figure of Hope at the top
- the former Evangelical Classicist Church of Mary Mother of the Church, built on the site of the ducal castle, designed by K.G. Langhans, the famous Silesian architect with three storey tribunes
- one of three synagogues in Lower Silesia
- the historic urban layout of the old town
- the Municipal Museum of Dzierżoniów

Events:

- St George's Fair – April
- TRAKT – a Regional Rally of Tourism and Cycling Lovers – May
- Dzierżoniów Days – May
- Poetry on the Walls – June
- *Miodobranie* Beekeeping Fair – August
- National Poetry Singing Competition – November
- *Poetycka Stajnia* (Poetry Barn) – November
- Walor – a Review of Amateur Fine Arts in Lower Silesia – December



Tourist information: Rynek-Ratusz 1, 58-200 Dzierżoniów
tel. +48 74 645 66 11, um@um.dzierzoniow.pl, www.um.dzierzoniow.pl

Henryków – an old monastery village at the foot of the Strzeelińskie Hills, is situated on the Oława River, and located on the International Cistercian Trail.

At the beginning of the 13th cent, Henry the Bearded invited the Cistercians of Lubiąż to Henryków. They then built a brick monastery. History was not kind to the fate of the abbey. The Hussite Wars in the 15th cent, the Thirty Years War in the 17th cent and Silesian wars in the 18th cent, brought considerable damage. In 1810, Prussian King Frederick William III, abolished the abbey by edict, and its properties were confiscated. The Prussian authorities closed the monastery school and also seized the richest library in Lower Silesia, containing 132 manuscripts and some 20,000 books. In 1945, the abbey church and parts of the monastery were transferred to Henryków.

Today the Abbey of Henryków, surrounded by a landscaped park, is one of the most sacred monuments in Poland. The interior of a Gothic abbey church features a Baroque design with eye catching paintings and murals. In the main altar there is a sculpture and painting by Matthias Steidle entitled 'Christmas in the vision of St. Bernard' – the work of Michael Willmann, the greatest painter of the Silesian Baroque. In the second half of the 13th cent, the first written sentence in the Polish language was entered into the *Księga Henrykowska* (the Book of Henryków). Within the convent's extensive gardens and pavilion is a conservatory where an ancient yew grows – a monument of nature.



Tourist information: the Henryków Convent
pl. Cystersów 1, 57–210 Henryków, tel. +48 74 810 50 50
henrykow@archidiecezja.wroc.pl, www.henrykow.eu

ROUTE 4 Kudowa-Zdrój – Duszniki-Zdrój – Polanica-Zdrój – Kłodzko – Bardo – Żąbkowice Śląskie – Niemcza – Wrocław – Trzebnica – Rawicz – towards Poznań



9. TRZEBNICA AND SURROUNDINGS

- 9A. Trzebnica
- 9B. Żmigród
- 9C. Milicz
- 9D. The Stawy Milickie (Milicz Ponds) Reserve
- 9E. Karp Days
- 9F. Wołów
- 9G. Bagno – monastery and palace

8. WROCLAW AND SURROUNDINGS, see ROUTE no 1, pgs. 36–41

Trzebnica is located among the Trzebnickie Hills 30 km north of Wrocław.

Trzebnica is mainly a city of the life and work of St Hedwig, who in 1202, together with her husband – Prince Henry the Bearded, founded the monastery and basilica. The first part of the building was completed in 1214, and 5 years later the church was solemnly dedicated under the invocation of the Virgin Mary and St Bartholomew the Apostle. The abbey formally belonged to the Cistercian order from 1218.

The Basilica of St Hedwig – a church built under the invocation of St Bartholomew and the Virgin Mary, is the oldest shrine in Silesia, and one of the most important necropolises of the Silesian Piasts. It is a sacred place of worship to St Hedwig. The Trzebnica Sanctuary, which has recently gained the status of International Shrine, is also one of the largest of its kind in Central Europe. The object of the care exercised by the Salvatorian priests and the Sisters of Borromeus.



Tourist information: Borromeus Monastery in Trzebnica
ul. Ks. Bochenka 30, 55-100 Trzebnica, tel. +48 71 387 41 00
smcb@boromeuszki.pl, www.boromeuszki.pl

Worth seeing:

- the Church of St Hedwig and St Bartholomew, is a monument of the highest class, originally Romanesque, rebuilt in the 17th–18th centuries, the most important monument in Trzebnica, with Baroque and Rococo interior, rich sculpture and painting furnishings, including works by E.J. Mangoldt and M. Willmann, the Gothic chapel of St Hedwig, the sacred Baroque mausoleum, the Romanesque west portal from 1230 and a monumental Baroque monastery building from the 17th–18th centuries
- the Monastery Museum
- the Rotunda of Five Tables, a former leprosarium
- the beech wood Lourdes Grotto of Our Lady from 1927
- the neo-Gothic Church the 14 Holy Helpers
- the Way of the Cross from 18th cent
- the Town Hall
- the Small St Hedwig Trail

Events:

- the annual pilgrimage to Trzebnica – October
- Trzebnica Days



Tourist information: the Sanctuary of St Hedwig of Silesia in Trzebnica
ul. Jana Pawła II 3, 55-100 Trzebnica
tel. +48 71 312 11 18

The city lies on the Barycz River. Founded in 1253, it was located on the former Amber Trail. A residential defensive tower was built in 1560, which was besieged several times during the Thirty Years War. In 1642, the castle was conquered by the Swedes. In the 17th cent, there was another expansion of the city with new fortifications erected.

Worth seeing:

- the island ruins of a castle from the 14th cent, with an intact residential tower from the 16th cent
- the 17th cent Market Sq with pillory and Marian column
- the Parish church from the 16th cent, now with the Renaissance Baroque portal with Schaffgotsch cartouche and coat-of-arms



Events:

- Carp Days, Champion Carp



Tourist information: ul. Parkowa 1, 55-140 Żmigród, tel. +48 71 385 39 31
it@zmigrod.com.pl, www.itzmigrod.pl

Municipal Offices in Żmigród, Plac Wojska Polskiego 2-3, 55-140 Żmigród
tel. +48 71 385 30 57, promocja@zmigrod.com.pl, www.zmigrod.com.pl

The Barycz Valley Partnership, marta.kaminska@nasza.barycz.pl

Milicz lies on the right bank of the Barycz River, in the Milicz Valley, among a large complex of fish ponds. In the 12th cent, on an old trade route from Wrocław to Greater Poland, in what is now Milicz, there was a medieval town. Milicz received city rights around 1300, and from 1494, Milicz was the seat of a free state owned by the Kurzbachs, and from 1590, the Maltzans. In the 16th cent the town became a centre of Protestantism. At the beginning of the 19th cent, the first wool spinning and the cloth manufactories appeared here, and in the late 19th and early 20th century, first cigar factory was built.

Currently, Milicz is a local industrial centre. Is known for its huge fish ponds, which provide refuge for many unique water and marsh land birds. The Barycz Valley Landscape Park was created within the area of the ponds, as was the Milickie Ponds Ornithological Reserve.

Worth seeing:

- the half-timbered former Evangelical Church of Grace, 1709
- the Maltzan Classicist palace from the late 18th cent and rebuilt in the 19th cent, with the interior ellipsoidal saloon with Ionic columns, now the headquarters of the Forestry School Centre
- an English style palace park
- ruins of a Gothic castle from the 14th cent century

Events:

- Carp Days
- Milicz Days
- the Open Fishing Championship Award for the Mayor of Milicz's Prize
- the Christmas Fair



Milicz – Palace



Milicz – Church of Grace

Tourist information: Tourist Information Point, pl. Ks. E. Waresaka 7
56-300 Milicz, tel. +48 71 383 00 35, it@milicz.pl, www.milicz.pl

Municipal Offices in Milicz, ul. Trzebnicka 2, 56-300 Milicz, tel. +48 71 384 00 04
info@milicz.pl, www.milicz.pl

9D. THE STAWY MILICKIE (MILICZ PONDS) RESERVE

Milickie ponds are located north of Trzebnickie Hills, in the Barycz River Valley, just 60 km from Wrocław.

The economy of the ponds was developing in these areas as early as the beginning of the 11th cent. Thanks to the Cistercians, who settled here in 1136 and created more than 2,000 ha of ponds. Subsequent centuries – the beginning of the 16th and 17th, was a period of the most rapid development of fish farming.

Much of the valley is covered with forests. Between them there are cultivated fields, meadows and pastures. The pond complex is located within the Barycz Valley Landscape Park. There has also been an ornithological reserve in the Park since 1963 – the Milickie Ponds.

The reserve was created to protect several particularly valuable and rare species of birds, and fragments of the aquatic environments and wetlands

which are of their nesting, feeding and resting grounds. There are over 270 species of birds, among which we can distinguish the white-tailed eagle, black stork and many rare species of goose and duck. The ponds are a major focus of goose breeding in Central Europe. Although entry to the bird sanctuaries is prohibited, there are special vantage points from roads and dams, from you can see the birds through binoculars and cameras.

The importance of reserve is evidenced by the fact of its inclusion on the list of the most valuable wetlands under the international RAMSAR convention programme. The Milicz fish ponds are the largest carp breeding centre in Poland and Europe.

Tourist information: pl. Ks. E. Waresiaka 7, 56-300 Milicz

tel +48 71 383 00 35, it@milicz.pl, www.milicz.pl

Stawy Milickie S.A., Ruda Sułowska 20, 56-300 Milicz

tel. +48 71 384 71 10

biuro@stawymilickie.pl, www.stawymilickie.pl, www.barycz.pl

Lower Silesian Complex of Landscape Parks, ul. Puszczycowska 10
50-559 Wrocław, tel. +48 71 364 27 58, wroclaw@dzpk.pl

ROUTE 4

CARP DAYS 9E.

Carp Days is an outdoor event inaugurating the Carp Days in Milicz.

Since 2000, the festival has been organized by the District Office in Milicz. Since 2008, the Carp Days celebration has been part of Lower Silesia Days.

Besides a feast of fish, prepared by the finest chefs, the event is accompanied by activities such as: a local products fair, an exhibition of old cars, contests, sweepstakes and musical performances. Walking and cycling excursions through the Barycz Valley and the Trzebnickie Hills are held parallel to the events.



Tourist information: Milicz County

ul. Wojska Polskiego 38, 56-300 Milicz, tel. +48 71 384 07 04

www.milicz-powiat.pl, www.smacznykarp.barycz.pl

The Barycz Valley Partnership

tel. +48 71 383 04 32, +48 509 20 33 85

partnerstwo@nasza.barycz.pl, www.nasza.barycz.pl

9F. WOŁÓW

ROUTE 4

The city is situated on the Juszka River. Wołów is one of the oldest Silesian towns. Historical sources mentioned it in 1157, when Władysław II the Exile built a wooden castle here, nearby which was a settlement. The city received its rights around 1285. In the seventeenth century it was the capital of an independent Duchy of Wołów. The first Polish cosmonaut, Mirosław Hermaszewski, lived in Wołów.

Worth seeing:

- a ducal castle from the 14th cent, rebuilt in the 16th cent in the Renaissance style (further redevelopment in the 19th and 20th centuries, now the seat of the municipal authority)
- remnants of the city walls from 14th to 15th cent
- a Baroque parish church
- the Gothic Church of St Lawrence with Baroque interior
- the Town Hall, originally Gothic, rebuilt in the Renaissance and Baroque
- the Market Sq with the arcaded *Dom Wagi* (House of Scales)
- the Cistercian monastery in Lubiąż



Wołów – Ducal Castle

Events:

- Wołów Days – June
- Slot Art Festival – Lubiąż



Tourist information: the Municipal and Communal Offices in Wołów, Rynek – Ratusz 56–100 Wołów, tel. +48 71 319 13 05, +48 71 319 13 07 sekretariat@wolow.pl, www.wolow.pl

BAGNO – MONASTERY AND PALACE 9G.

A village near Oborniki Śląskie. An eclectic new palace, within the 18th cent palace complex, built between 1904–1914. The facility with triumphal arch decorated with statues of Greek gods, is surrounded by a landscape park with monumental trees.

Currently, there is a monastery and Salvatorian spiritual seminary.

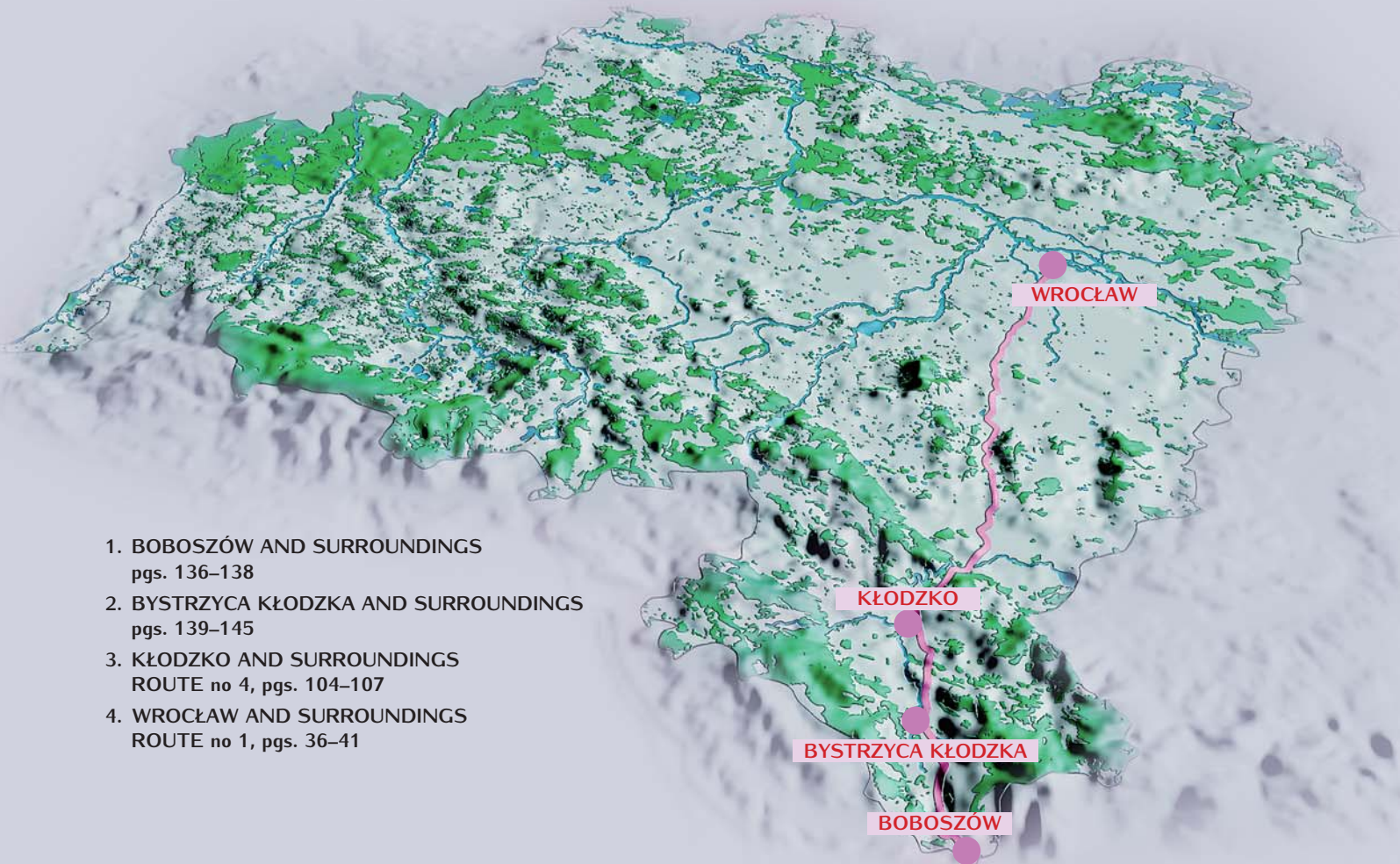


Tourist information: the Salvatorian Monastery and Spiritual Seminary Bagno 86, 55–120 Oborniki Śląskie tel. +48 71 310 61 26, seminarium@sds.pl, www.seminarium.sds.pl

ROUTE 5 Boboszów – Bystrzyca Kłodzka
– Kłodzko – Wrocław

Length of route: 130.0 km in Lower Silesia,
Approximate driver time: 2 h (33, 8 (E 67))

1. BOBOSZÓW AND SURROUNDINGS
pgs. 136–138
2. BYSTRZYCA KŁODZKA AND SURROUNDINGS
pgs. 139–145
3. KŁODZKO AND SURROUNDINGS
ROUTE no 4, pgs. 104–107
4. WROCLAW AND SURROUNDINGS
ROUTE no 1, pgs. 36–41



ROUTE 5 Boboszków – Bystrzyca Kłodzka – Kłodzko – Wrocław



1. BOBOSZÓW AND SURROUNDINGS

- 1A. Boboszków
- 1B. Międzyzylesie
- 1C. Śnieżnik Massif



BOBOSZÓW 1A.

Boboszków is a small village located in Kłodzko County at the foot of Śnieżnik Massif. Until recently, it served as a border crossing with the Czech Republic.

MIĘDZYLESIE 1B.

The town is situated on the Nysa Kłodzka River, at the southern end of the Kłodzko Lands, between Śnieżnik Massif and the Bystrzyckie Mountains. In the 18th cent this was the centre of flax weaving. The typical fair nature of the buildings has been preserved to this day.

Międzyzylesie today is a tourist resort town. Nearby are the attractive areas Śnieżnik Landscape Park, with its network of hiking trails and old railway and road border crossing to the Czech Republic.

Worth seeing:

- the Baroque castle from the late 17th cent, the Black Tower from the 14th cent with Gothic elements
- next to the castle, the Church of Corpus Christi from the 15th cent, with a Baroque pulpit in the shape of a sail boat
- two wooden weaver's houses from the 18th cent, with a group of houses called the Seven Brothers



Tourist information: the Municipal and Communal Offices in Międzyzylesie
pl. Wolności 1 57-530 Międzyzylesie, tel. +48 74 812 63 27
urząd@miedzylesie.pl, www.miedzylesie.pl

1C. THE ŚNIEŻNIK MASSIF

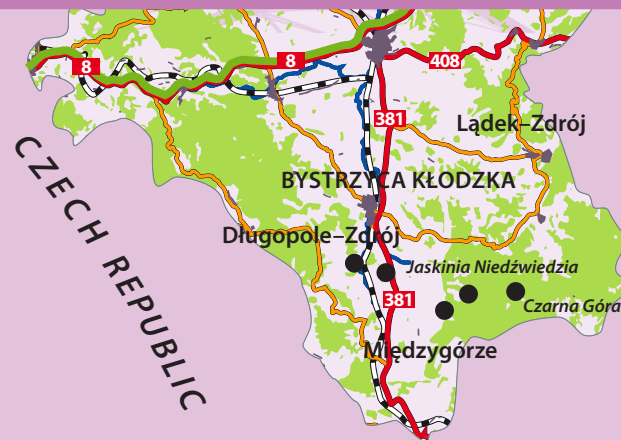
The Śnieżnik Massif is a mountain range located in the Eastern Sudetes, the highest peak is Śnieżnik (1425 m). The massif runs through the centre of the Polish-Czech border. The area is bordered to the west of the Bystrzyckie Mountains and Kłodzka Basin/Valley, from the north are the reaches of the Złote Mountains, and from the east, the Bialskie Mountains, inclined toward Jesionki.

The band is characterized by high, steep slopes and flattened peaks. The area abounds with numerous hiking trails. Besides Śnieżnik, you may also visit the Bear's Cave in Kletno and see the crystal glassworks in Stronie Śląskie.



Tourist information: the Office of the Śnieżnik Communes Association
Mały Rynek 2/1, 57-500 Bystrzyca Kłodzka, tel. +48 74 811 37 31
tel. +48 74 811 37 07, it-bystrzycaklodzka@wp.pl
turystyka@bystrzycaklodzka.pl, www.turystyka.bystrzycaklodzka.pl

ROUTE 5 Boboszków – Bystrzyca Kłodzka – Kłodzko – Wrocław



2 . BYSTRZYCA KŁODZKA AND SURROUNDINGS

- 2A. Bystrzyca Kłodzka
- 2B. Długopole-Zdrój
- 2C. Międzygórze
- 2D. The Bear's Cave
- 2E. Łądek-Zdrój
- 2F. Czarna Góra



2A. BYSTRZYCA KŁODZKA ROUTE 5

The city is located in a large depression between the Śnieżnik Massif and the Bystrzyckie Mountains, on the Nysa and Bystrzyca Kłodzka Rivers.

Its origins date back to a settlement of the Lusatian culture. In the early Middle Ages there was a castle here with borough, acting in an trade centre along the "Amber Trail". Bystrzyca Kłodzka received city rights at the beginning of the 14th cent. In the 16th cent, it was a centre of drapery production, however, because of wars and unfortunate fires, the town gradually declined from the 17th cent on. Only in 19th cent, and in fact from 1875, when a railway connection with Kłodzko was opened, did the town begin to grow again. Investment in industry began, along with construction, recreation, and education.

Worth seeing:

- the well-preserved fragments of the city walls with Water, Kłodzka and Knight's fortified towers:
- Renaissance, Baroque and Classicist terraced houses
- the Neo-renaissance town hall
- the Gothic Church of Michael the Archangel
- a votive column of the Holy Trinity
- a pillory from the 16th cent at the former cattle market (now the Small Market Sq)
- the Chapel of St Florian from the 18th cent with relics of the saint
- built to commemorate the great fire of the town
- the Water Gate
- the Phillumenist Museum

Events:

- Bystrzyca Kłodzka MTB Cup Competitions – May
- Partner Cities Days – May
- the Florian Fair in Bystrzyca Kłodzka – May
- Polish National Phillumenist Meeting – June
- Municipal Harvest Festival – August

Tourist information: the Office of the Śnieżnik Communes Association
Mały Rynek 2/1, 57-500 Bystrzyca Kłodzka, tel. +48 74 811 37 31
tel. +48 74 811 37 07, it-bystrzycaklodzka@wp.pl
turystyka@bystrzycaklodzka.pl, www.turystyka.bystrzycaklodzka.pl



DŁUGOPOLE-ZDRÓJ 2B.

Długopole-Zdrój is an old chain village in Kłodzko County, on the left side of the Nysa Kłodzka Valley.

The oldest spring – 'Emilia' was discovered in 1798. In the 19th cent, Dr. Julius Hancke of Wrocław, became owner of the spa. He was a romantic, as befit those times. He founded the park with the original trees and built a landmark pump room building. To this day you can immerse yourself in the magic of this place.

Allergy sufferers, especially, should come to Długopole-Zdrój. The mild climate, without allergens, is inductive for the medicinal treatments the waters give, and numerous treatments supporting a fast recovery. Since 1956, the Spa at Długopole has functioned as the only Polish Rehabilitation Centre for patients with viral liver inflammations.



Tourist information: the Office of the Śnieżnik Communes Association, Mały Rynek 2/1, 57-500 Bystrzyca Kłodzka
tel. +48 74 811 37 31, tel. +48 74 811 37 07
it-bystrzycaklodzka@wp.pl, turystyka@bystrzycaklodzka.pl
www.turystyka.bystrzycaklodzka.pl
Uzdrowisko Łądek – Długopole S.A., ul. Wolności 4
57-540 Łądek-Zdrój, tel. +48 74 814 64 34
www.uzdrowisko-ladek.pl

Międzygórze is a village situated on the slopes of Śnieżnik, in the valley of the Wilczka River. Developed from mid-forest villages of the 16th cent, today Międzygórze is a town of sport, recreation and tourism – and the perfect base for excursions to the Bystrzyckie and Bialskie Mountains, and the Śnieżnik Massif.

Worth seeing:

- the wooden Church of St Joseph from 1740,
- the stone former Evangelical church from 1911
- the Wilczka Waterfall, 20 m in height, the second largest in the Sudetes
- the wooden houses in Swiss and Norwegian style from the 19th cent
- the Garden of Fairy Tales
- the Shrine of Our Lady of the Snows on Igliczna Mountain (*Sanktuarium Marii Śnieżnej na Górze Iglicznej*)

Events:

- the Międzygórze Championship Open in Horned Sleds – February
- Międzygórze Days – July



Tourist information: Śnieżnik Commune Office
 Mały Rynek 2/1, 57-500 Bystrzyca Kłodzka, tel. +48 74 811 37 31
 tel. +48 74 811 37 07, it-bystrzycaklodzka@wp.pl
 turystyka@bystrzycaklodzka.pl, www.turystyka.bystrzycaklodzka.pl

The Bear's Cave is located in the Śnieżnik Massif in Kletno. It is 2230 m in length.

The mouth of the cave was unveiled as a result of the excavation of marble in October 1966. The first penetration was by a team led by Pulina and Ciężkowski. By the end of 1966, about 200 m corridors had been discovered. Subsequent studies have shown that the total length of the corridors exceeds 2.5 km.

The Bear's Cave is the most beautiful, most interesting and largest Polish cave made available to tourists. The air temperature inside is about 6°C. The corridors are spread out horizontally, in three levels connected by so-called chimneys. The best developed are the middle and lower floors. In high areas of a few metres or more, fantastic forms of various figures exist – stalactites hanging from the top, stalagmites formed from the bottom, flowing cascades from the walls, drapes and more. Some of them reach to a size of several meters. The upper parts are higher than palatial halls. The cave is very humid, with the occurrence of numerous lakes and water flows. The route is about 360 m, the time of visit – about 40 minutes.



Tourist information: the Bear's Cave Tourism Establishment
 Kletno 18, 57-550 Stronie Śląskie, tel. +48 74 814 12 50
 zut@jaskinia.pl, biuro@jaskinianiedzwiedzia.pl
 www.jaskinianiedzwiedzia.pl, www.jaskinia.pl

2E. ŁĄDEK-ZDRÓJ

ROUTE 5

Łądek-Zdrój, situated on the Biała Łądecka River, was famous as early as the 15th cent, for having water with healing properties. In the 16th cent, the radon active waters here attracted a number of bathers, which resulted in the enrichment of the local population. Hence, a beautiful old town, with characteristic bourgeois arcades. At this time the precious springs were enclosed, the first bathing rooms installed and heated buildings erected for the patients. At the end of the 18th cent and the early 19th cent, Łądek-Zdrój attracted eminent personalities such as: Johan Wolfgang von Goethe, Queen Louise the wife of King William III of Prussia and John Adams – later president of the United States.

To this day Łądek's waters are used in the treatment of numerous diseases of a neurological nature as well as gynaecological, motor organ, metabolic, and dermatological conditions.

Worth seeing:

- the Renaissance, Baroque and Neo-classical buildings in the Market Sq
- the Neo-renaissance Town Hall from the 19th cent
- a votive column of the Holy Trinity from the 18th cent
- a Medieval pillory
- St Mary's Parish Church (a 19th cent Baroque building with valuable sculptured figures from the workshop of Michael Klahr)
- a Gothic stone bridge over the Biała Łądecka from the 16th cent, with a figure of St John of Nepomucene
- *Wojciech* – a Łądek trademark – a natural medicine facility from the 16th cent, completely rebuilt two hundred years later, modeled after Turkish baths, the interior has a unique marble bathing pool of medicinal mineral, water pump-and treatment rooms with marble baths more than 100-year-old
- the *Jerzy* natural medicine facility with its older section dating back to the 15th cent century
- the Arboretum with 250 species of domestic and exotic trees and shrubs
- Radochowska Cave – the second largest cave in the eastern Polish Sudetes, more than 265 m of underground corridors with an underground lake.

Events:

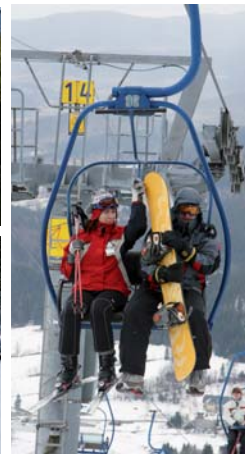
- Łądek Days
- Review of Mountain Films

Tourist information: the Municipal and Communal Offices of Łądek-Zdrój, Rynek 31 57-540 Łądek-Zdrój, tel. +48 74 814 64 73, umig@ladek.pl, www.ladek.pl
Uzdrowisko Łądek – Długopole S.A., ul. Wolności 4
 57-540 Łądek-Zdrój, tel. +48 74 814 64 34, www.uzdrowisko-ladek.pl



CZARNA GÓRA 2F.

Czarna Góra is one of the most modern ski resorts in Poland. The centre was established in 1996, and since then has been subjected to continuous upgrades. This is one of the most popular winter destinations in the Sudetes. Well-planned and prepared ski runs (over 10 km), a system of lifts (the highest throughput in Poland) and the installation of snow-making equipment, creates a facility that will satisfy the most demanding tourists. Artificial lighting make it possible to ride the slopes after dark, and rich accommodation and gastronomy guarantees relaxation and rest after spending a busy day.



Tourist information: Czarna Góra S.A.

Sienna 11, 57-550 Stronie Śląskie, tel. +48 74 814 12 45

3. KŁODZKO AND SURROUNDINGS
 see ROUTE no 4, pgs. 104-107

4. WROCŁAW AND SURROUNDINGS
 see ROUTE no 1, pgs. 36-41

USEFUL INFORMATION

Every year thousands of tourists arrive to Lower Silesia. They are attracted by the local culture, historical monuments, amazing views and unique nature. Extensive accommodation, catering, nicely decorated shops, new stations, the high level of services at lower prices (relative to Western Europe) make this a region gladly frequented by foreign visitors.

When to arrive

The most preferred time for hiking in Lower Silesia is late spring and early autumn. Typically these are warm months, although the weather in the region, especially in the mountains, can be variable. Resorts such as Karpacz or Szklarska Poręba are not as crowded as during the holiday season or in ski season. In the summer most of the cities are a little more empty, while the slopes of the Sudetes and its village are full of resting tourists. Guests also frequent the spas. In the mountains, the ski season lasts from late November to early March.

Tourist Information

In the larger cities of the region there usually runs only a single functioning information point. You can get professional advice, or buy guidebooks. In matters of accommodation, tickets and rail connections, it is best to seek information directly at a tourist office or even from the hotel reception staff.

Museums and monuments

Detailed opening hours of particular facilities are given in their description. Museums are usually open from morning till 3–4 pm. The fees for sightseeing are low, for tempo-

rary exhibitions (more attractive) sometimes you have to pay more. For some cities admission is free once a week.

Visiting churches

Visitors to the churches should be suitably dressed, short pants and sleeveless shirts are inappropriate.

Facilities for disabled

In new public buildings there are ramps, lifts and other facilities for the disabled. There can be problems at the entrance to shops. Sights including churches, palaces, and houses are usually wheelchair inaccessible. The pavements are not always free of high curbs. The new, low-floor city buses are convenient.

Customs regulations

Upon entrance to Poland, EU citizens need to present identification, for all others, a passport is necessary. Citizens of EU countries do not have to have either visas or invitations. The only limits associated with the transport of products into Poland are on alcohol and cigarettes. Gifts worth up to 170 euros are not subject to tariffs. The removal of antiques requires authorization.

How to communicate

In Poland, the official language is Polish. In general, the Poles can communicate without any major problems in other Slavic languages. In addition, more and more people speak German and English (persons directly serving tourists most commonly communicate in these languages). Among middle-aged and older people, knowledge of foreign languages is not common.

USEFUL INFORMATION

Toilets

There are public toilets in all offices, train and bus stations, museums, galleries, restaurants and petrol stations. Men's toilets are usually marked with a triangle, and women's with a wheel. When using toilets in a bar or pub, a charge is sometimes taken – about one zloty, just like in public toilets.

Electrical appliances

In Poland the electric voltage is 230V. Apply the same plug as in most European countries.

Time

In Poland Central European Time is used, one hour behind Greenwich Mean Time. From late March to late October daylight savings time is introduced.

Shopping

Opening hours of shops are not centrally determined and may vary depending on the town or area. Most grocery stores are open weekdays from 7:00 to 19:00. On Saturdays the smaller shops close earlier, and on Sundays in general are usually closed. The numerous branches of international super- and hypermarkets are usually open 7 days a week to a very late hour. Bazaars are still a common element, where you can buy not only fresh fruits and vegetables, but also many miscellaneous items.

Money

The currency in use in Poland is the Polish zloty (divided into cents called 'grosze'). The banknote denominations are: 10, 20, 50, 100, 200 and coins are: 1, 2, 5, 10, 20, 50 grosze, and 1, 2 and 5 for zloty. Prices in

Poland are lower than in Western Europe. Hotels are expensive as are some imported articles. In most cities there should be no problem with exchanging money. However, in the village or small and less popular cities it is worth changing money beforehand. More and more shops, restaurants and hotels accept credit and debit cards. Cheques can be exchanged in banks.

Banks and exchange counters, exchanging currency

In Wrocław, and in most tourist towns, there is no trouble in finding a bank where you will be able to make all financial transaction. Banks have generally convenient opening hours (8–18) without a break for lunch. Currency exchange can be made at numerous exchange counters. These are not always available in smaller towns. Exchange offices do not charge fees (as some banks do). Currency should not be exchanged at unmarked locations interpreted to be suspicious and.

Credit cards

You can use credit cards in hotels, better restaurants and clubs, car hire agencies, petrol stations and many shops. Typically, external doors display the logo of cards honoured, but it's best to make sure before using it (sometimes a minimum amount of purchase is applied). You can withdraw money in banks and cash points by using your card.

Post

Post offices provide a wide range of services, and their facilities can be found easily in almost every village. On Sundays and Saturdays offices are closed. There is a

USEFUL INFORMATION

24-hour post office is located in the Market Square in Wrocław. Stamps can be purchased at post offices and newsagents' and shops with post-cards. Correspondence should be put in the red box.

Debit cards

You can use debit cards in hotels, better restaurants and clubs, car hire agencies, petrol stations and many shops. Typically, external doors display the logo of cards honoured, but it's best to make sure before using it (sometimes a minimum amount of purchase is applied). You can withdraw money in banks and cash points by using your card.

Internet cafes

They are available in larger cities and popular tourist destinations. Usually work from morning to evening hours (sometimes up to 11 – 24). Prices vary – from 7 to 10 pln per hour.



Type of product	Avg. price in PLN	Avg. price in €
bread 1 loaf	3,00	0,66
mineral water 1.5 l	2,20	0,48
red pepper 1	1,20	0,26
milk 1 l	2,80	0,66
yoghurt 0.16 l	1,50	0,35
block of butter	4,50	1,00
can of sardines	3,00	0,71
pickled herrings 1 jar	3,50	0,83
ketchup 0.5 l	3,50	0,83
chocolate 100 g	3,50	0,83
gouda cheese 1 kg	20,00	4,72
eggs 10	6,00	1,33
mayonnaise 0.25 l	4,00	0,94
cup of coffee	6,00	1,42
jam 0.25 l	3,50	0,83
fruit juice 1l	4,00	0,94
wine (medium quality) 0,75 l	23,00	5,42
beer 0.5 l in shop	3,50	0,83
beer 0.5 l in pub	7,00	1,65
large pizza	20,00	4,72
dinner at a bar	12,00	2,83
dinner at a restaurant	35,00	8,25
rice 0.5 g	2,30	0,54
tomatoes 1 kg	6,00	1,33
sugar 1 kg	3,40	0,80
blank DVD	2,00	0,47
topographical map 1	13,00	3,07
alkaline battery 1 AA	2,50	0,59
bar of soap	2,00	0,47
shampoo 250 ml	9,00	2,12
shower gel 250 ml	7,00	1,65
toothpaste 1 tube	8,00	1,89
shirt 1	30,00	7,07
jeans 1 pair	120,00	28,30
LPG gas 1 l	2,50	0,55
diesel fuel 1 l	5,45	1,21
petrol 1 l	5,50	1,22

prices as of 29 XII 2011, at rate of 1 € = 4.45 zł

COMMUNICATION INFORMATION

Railway – PKP

www.rozklad-pkp.pl
www.e-podroznik.pl
www.pkp.turystyka-polska.pl

Coach – PKS

wroclaw.pks.busportal.pl
www.e-podroznik.pl
www.pkp.turystyka-polska.pl

Coach tickets

www.biletayautokarowe.pl

Komunikacja miejska Wrocław MPK

(Municipal Transport Company)
www.wroclaw.pl/komunikacja_autobusowa.shtml

Aeroplane – LOT

Port Lotniczy Wrocław S.A.
(Wrocław Airport Ltd.)

54-530 Wrocław,
ul. Skarżyńskiego 36
tel. +48 71 35 81 100
fax +48 71 35 73 973

Arrival and departure information:

tel. +48 71 35 81 381

Lost baggage information:

tel. +48 71 35 81 387

Lost and found dept.:

tel. +48 71 35 81 437

www.airport.wroclaw.pl

www.lot.com

Connection to Wrocław via air and distance via road:

Athens – Wrocław; via air 5 h, via road 2150 km

Amsterdam – Wrocław; via air 3 h, via road 970 km

Berlin – Wrocław; via air 2.5 h, via road 350 km

Dublin – Wrocław; via air 3 h, via road 1930 km

Kyiv – Wrocław; via air 3 h, via road 1140 km

Copenhagen – Wrocław; via air 2.5 h, via road 780 km

London – Wrocław; via air 3 h, via road 1380 km

Lisbon – Wrocław; via air 4.5 h, via road 3000 km

Madrid – Wrocław; via air 4 h, via road 1650 km

Moscow – Wrocław; via air 3.5 h, via road 1650 km

Paris – Wrocław; via air 3 h, via road 1300 km

Prague – Wrocław; via air 1.5 h, via road 280 km

Rome – Wrocław; via air 3 h, via road 1600 km

Stockholm – Wrocław; via air 2.5 h, via road 1300 km

Vilnius – Wrocław; via air 2 h, via road 850 km

Zagreb – Wrocław; via air 3 h, via road 870 km

INFORMATION POINTS IN LOWER SILESIA

BARDO

Culture and Promotion Centre
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tel. +48 74 817 08 27
centrum@hot.pl, www.ips.bardo.pl

BOLESŁAWIEC

Tourist Information Centre
pl. Piłsudskiego 1c, 59-700 Bolesławiec
tel. +48 75 645 32 90
pitik@bok.boleslawiec.pl
www.it.boleslawiec.pl

BYSTRZYCA KŁODZKA

Tourist Information Centre
57-500 Bystrzyca Kłodzka
ul. Mały Rynek 2/1,
tel. +48 74 811 37 31
it-bystrzycaklodzka@wp.pl
turystyka@bystrzycaklodzka.pl
www.turystyka.bystrzycaklodzka.pl

DUSZNIKI-ZDRÓJ

Tourist Information
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Rynek 9, 57-340 Duszniki-Zdrój
tel. +48 74 866 94 13
informacja@duszniki.pl
www.duszniki.pl, www.duszniki-zdroj.pl

DZIERŻONIÓW

Tourist Information Centre
Rynek 1, 58-200 Dzierżonów
tel. +48 74 645 04 02
cit@um.dzierzoniow.pl,
www.dzierzoniow.pl

GŁUSZYCA

Tourist Information
Podziemne miasto Głuszyca
ul. Grunwaldzka 20, 58-340 Głuszyca
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biuro@osowka.pl, www.osowka.pl

GŁOGÓW

Plac Konstytucji 3 Maja 2,
67-200 Głogów, tel. +48 76 726 54 51
mokglogow@master.pl, www.mok.glogow.pl

GRYFÓW

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Rynek 1, 59-620 Gryfów Śląski
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it@gryfow.pl, www.cit.gryfow.pl

JELEŃ GÓRA

Tourist and Cultural Information Centre
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it@jeleniagora.pl
www.jeleniagora.pl, www.cieplice.pl

KAMIENNA GÓRA

Tourist Information Centre
pl. Wolności 11, 58-400 Kamienna Góra
tel. +48 75 744 22 75
www.kamiennagora.pl

KARPACZ

Tourist Information Office
ul. Konstytucji 3 Maja 25,
58-540 Karpacz, tel. +48 75 761 97 16
it@karpacz.eu, www.karpacz.pl

KŁODZKO

Regional Tourist Information
pl. Chrobrego 1, 57-300 Kłodzko
tel. +48 74 865 46 89
rit@um.klodzko.pl,
www.ziemiaklodzka.pl

KOWARY

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INFORMATION POINTS IN LOWER SILESIA

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LEGNICA

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ci@osir.legnica.pl, www.osir.legnica.pl

LUBAŃ

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www.miasto.luban.pl, www.lcr.net.pl

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www.biblioteka.lwowekslaski.pl

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www.ks-j.pl

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www.swieradowzdroj.pl

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www.krainawzgorz.pl,

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cit@um.walbrzych.pl
www.cit.walbrzych.pl

WLEŃ

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Lower Silesia Tourist Information

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POLISH AND LOWER SILESIAN CUISINE

Traditional Polish cuisine is a real calorie bomb, which should, however, be indulged in. Silesian cuisine is rich in meat and vegetarian dishes prepared in many ways. Especially recommended are dishes such as bigos (hunter's stew), pork chops, pierogi or stuffed cabbage.

Silesian and Polish cuisine is famous for its excellent bread and delicious sausages. The basic ingredients used in Polish cuisine are sauerkraut, beetroot, cucumbers (pickled and gherkins), sour cream, kohlrabi, wild mushrooms and various types of meats.

Dishes owe their unique taste to carefully selected spices such as marjoram, dill, cumin, parsley and pepper. Among sweets – cakes reign supreme.

A typical Polish meal demands a glass of vodka is to facilitate digestion.

Polish cuisine also draws a lot of dishes from neighbouring nations, and also uses many recipes from Jewish cuisine. The Polish menu is constantly enriched with new flavours, sometimes even exotic. In addition to restaurants serving Polish specialties more and more restaurants have appeared specializing in Asian, Italian, French and vegetarian cuisine.

Soups

White borsch: prepared sour with marjoram, potatoes, sometimes with the addition of cream. Red borsch: a beetroot based broth, with vegetables and cream or served with dumplings.

Żurek: a sour bread base, with potatoes, sausage and egg, sometimes served in a hollow bread loaf.

Krupnik: a white couscous base with mixed vegetables and bits of smoked meat.

Kapuśniak: a sauerkraut broth

Cucumber soup: main ingredient – pickled cucumber.

Dill soup: a vegetable soup with added dill leaf

Chicken broth: a boiled chicken bouillon served with thin spaghetti

Tomato soup: a pureed or fresh tomato base, usually served with rice or spaghetti.

Grochówka: with a base of boiled white peas.

Wild mushroom soup: main ingredient of these soups are forest mushrooms usually cream is mixed in

Beef tripe soup: beef bone bouillon with bits of tripe meat and vegetables

Appetisers

Pork lard: prepared with smoked meat or bacon with bits of onion, marjoram and sometimes egg or prunes. Usually served on bread together with pickled cucumbers or eggs, as an appetiser before the main course.

Pickled herring in cream: salted cured herring often with onions

Smoked bacon and plums: fried smoked bacon wrapped around dried plums.

Tatar: raw, minced beef loin with onion and mixed herbs.

MAIN COURSES

Beef and veal:

Veal scallops: batter fried veal fillets

Beef tenderloin: often served with a wild mushroom sauce

Beef tongue: boiled until soft.

Choice cut of beef in horse radish sauce: broiled beef cut served in a horseradish sauce.

Wrapped beef: beef wrapped in a slice of bacon with onions, pickled cucumbers red pepper and served in a spicy sauce..

POLISH AND LOWER SILESIA CUISINE

Pork

Pork knuckle in beer: a fatty dish, but tasty, sometimes served with beer sauce, always with horseradish; the dish is of Bavarian origin, very popular in Poland.

Pork: Grilled or roasted pork.

Pork chop: breaded cutlet of pork (a Polish delicacy, which always succeeds).

Sausage: white sausage is especially recommended, usually served with pickled cucumber as an accompaniment to beer or vodka in the open air.

Ribs in honey: fried pork ribs with honey.

Poultry

Duck with apples: roast duck with apples.

Chicken de volaille: butter smeared chicken stuffed with mushrooms and torn bread.

A dish of French origin

Livers: usually fried, served with onions.

Other meat dishes

Lamb: mutton – smoked or grilled, a dish particularly popular in the mountains

Meatballs: often in tomato sauce.

Bigos (hunter's stew): a tasty cabbage-based dish with vegetables, mushrooms, bits of sausage and smoked meat, a traditional Polish dish.

Wild game: particularly popular is hare, boar and pheasant.

Baked Brittany beans: beans in tomato sauce with sausage.

Stuffed cabbage: ground beef and rice wrapped in cabbage leaves; a dish from Lithuania.

Black pudding: grilled or baked pieces of sausage prepared with buckwheat and pig blood

Shish kebab: skewered meat with vegetables, a dish of Caucasian origin.

Fish

Whitefish Carp: carp in aspic with raisins.

Salmon: usually baked or boiled in dill sauce.

Trout: sometimes served in flaming brandy or other alcohol.

Zander: usually fried or boiled.

Vegetarian dishes

Pierogi: they come with a variety of fillings: cabbage with mushrooms, cheese and potatoes (cottage cheese), meat, fruit.

Crepes: a farinaceous dish, served with jam, fruit, cottage cheese, etc.

Dumplings: potato dumplings stuffed with fruit, usually plums.

Gnocchi: dumplings served with sour cream or bacon.

Silesian dumplings: dumplings prepared from boiled potatoes.

Buckwheat: usually boiled and served with bacon.

Potato pancakes: pancakes made from raw potatoes, fried in oil.

Desserts

Faworki: thin and brittle cakes sprinkled with powdered sugar.

Fruit gelatine: fruit flavours, served with whipped cream or fruit.

Poppy-seed cake: a yeast cake stuffed with and ground poppy seeds.

Doughnuts: yeast cakes fried in oil, stuffed with fruit confiture or jam.

Cheesecake: cottage cheese-based dough.

Apple pie: apple pie, sometimes served with whipped cream or ice cream.

THE EMBASSIES OF EUROPEAN COUNTRIES IN POLAND

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ambasada@albania.waw.pl

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Foreign Ministry of the Principality of Andorra, C/Prat de la Creu, 62-64,
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carme_sala@govern.ad

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warschau-ob@bmeia.gv.at
www.ambasadaustrii.pl
www.bmeia.gv.at/warschau

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Embassy of Bosnia and Herzegovina

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Embassy of the Republic of Bulgaria

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Embassy of the Republic of Croatia

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croemb.warszawa@mvpie.hr
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Embassy of the Republic of Cyprus

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Embassy of Montenegro

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Embassy of the Czech Republic

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warsaw@embassy.mzv.cz
Internet: www.mfa.cz/warsaw
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Embassy of the Kingdom of Denmark

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www.ambwarszawa.um.dk

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Consular Services:
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Embassy of the Republic of Finland

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Embassy of the Republic of Malta

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maltaembassy.warsaw@gov.mt

Embassy of the Republic of Moldova

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Embassy of the Russian Federation

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 www.eda.admin.ch/warsaw

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 ambassaden.warszawa@foreign.ministry.se
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