



DIGITAL ROUTES

OF CULTURAL HERITAGE FOR A SUSTAINABLE FUTURE

PR. NR. 2020-1-PL01-KA205-080646



POLAND

Cultural Heritage Guidebook
for Young Travelers and Educators



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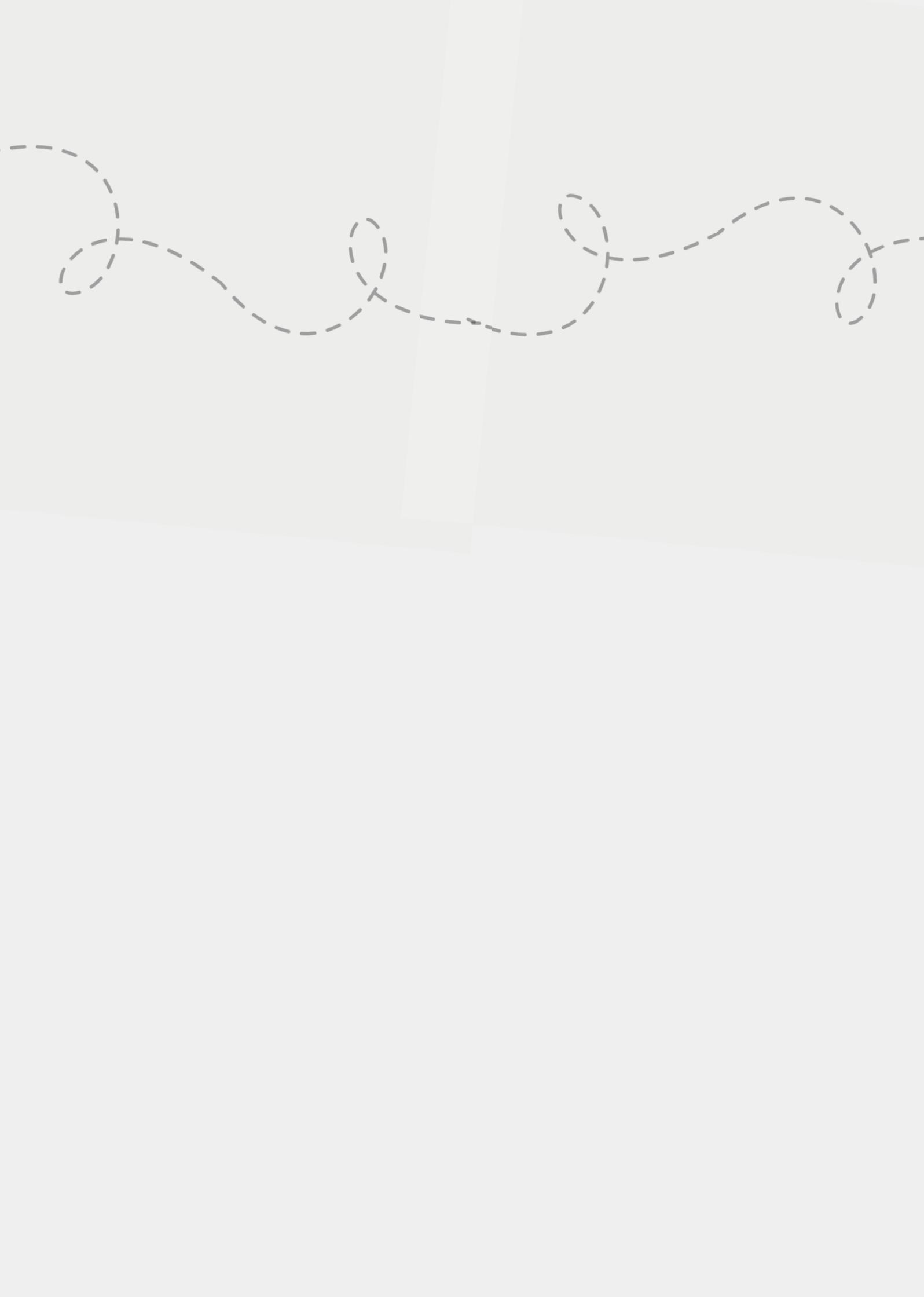
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FOREWORD

Poland is a country of moderate climate, situated in Central Europe, extending from the sandy beaches of the Baltic Sea in the North to Sudetes and Carpathian Mountains in the South. It is the fifth-most populous country of the European Union. It offers tourists a mixture of history, culture and beautiful nature. It is home to seventeen Unesco World Heritage sites that include castles, churches and historic centres of cities. Vast forests, mountain trails, lakes and the sea on the other hand offer an abundance of outdoor activities.

There are numerous resources available to those who wish to explore Poland's main attractions. This guidebook offers a peek into the "roads less travelled" presenting routes that introduce the unique architecture, less known historical figures, folk traditions as well as historical and natural sites. It consists of 6 routes with 49 cultural spaces.





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**POLAND
SPRING
INTO
NEW**







INTRODUCTION

Poland is the country that spreads from the Baltic sea in the North to the mountainous South of Tatry and Beskidy, from the wild primeval forest of Podlasie in the East to the beautiful Western areas. It is the country of a long and complicated history, with rich culture reflected in the diverse architecture of its cities as well as numerous theatres, art galleries and concert halls. It is home to seventeen Unesco World Heritage sites that include castles, churches and historic centres of cities. It is also a place of beautiful nature where many sports can be practiced - from sailing and kitesurfing in the North to hiking the forests of its central part to climbing the mountains of the South.

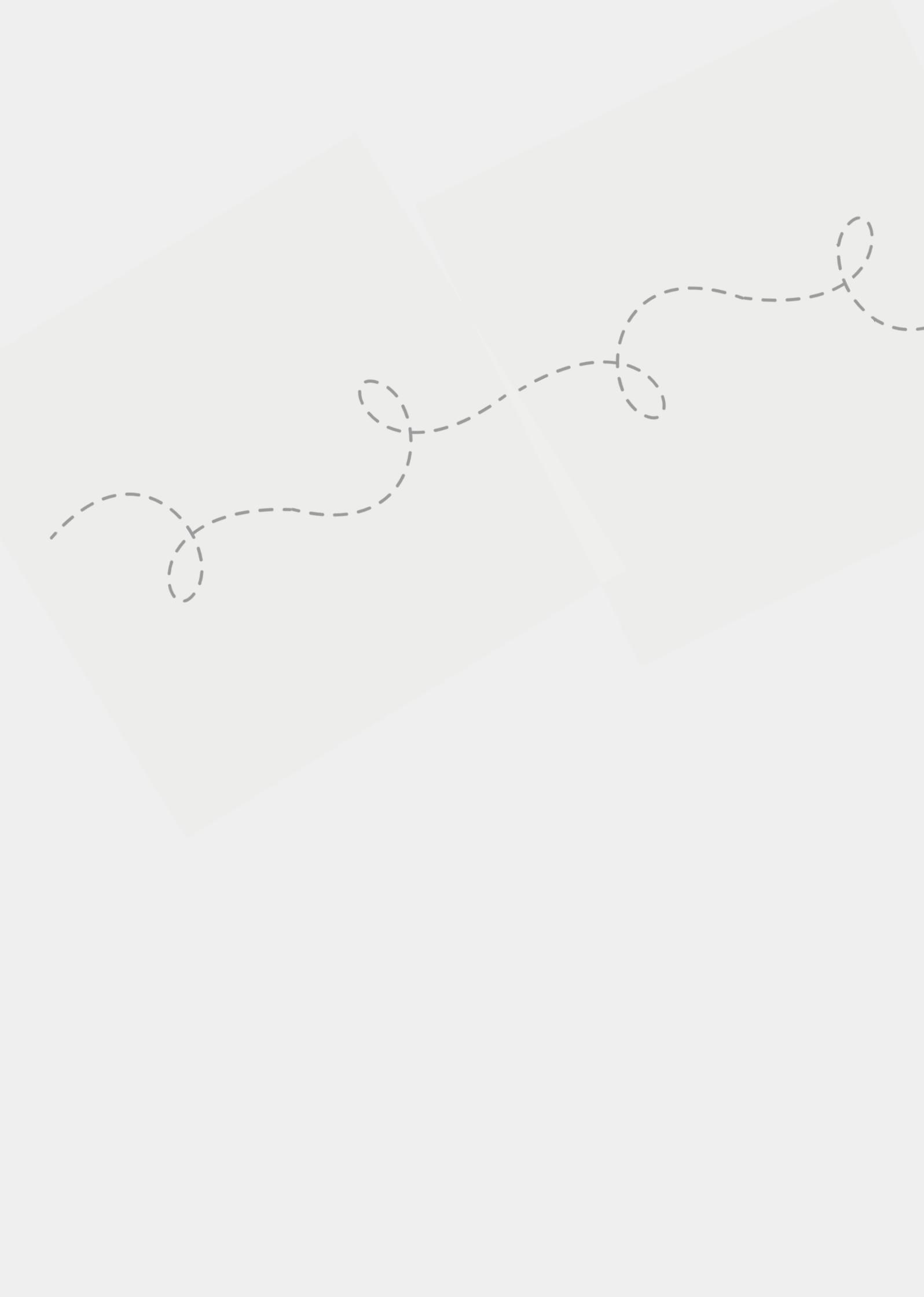


St. Mary's Church, Cracow

The aim of this cultural guidebook is to present the cultural routes for Poland (there are 6 countries in total of six cultural guidebooks).

This guidebook includes 6 cultural routes with 49 cultural spaces.







THE MAP



Poland map

6 CULTURAL ROUTES



49 CULTURAL SPACES



DID YOU KNOW?

SOME INTERESTING FACTS

Take the quiz!

- 1** What is the name of the river flowing through city Kolbuszowa in Podkarpackie voivodeship?
 - a) Rhine
 - b) Neil
 - c) Tiber

- 2** Poland is the biggest in the world manufacturer of:
 - a) Apples
 - b) Eggs
 - c) White cheese

- 3** How many countries that Poland bordered with in 1989 are the same?
 - a) Four
 - b) Two
 - c) None

- 4** What winter sport has the biggest number of fans in Poland:
 - a) Hockey
 - b) Dog sled racing
 - c) Ski Jumping

5

Poland is the biggest in the world exporter of:

- a) Aluminum
- b) Amber
- c) Coal

6

The first Polish constitution was enacted in:

- a) 1791
- b) 1815
- c) 1921

Answers: 1) b 2) a 3) c 4) c 5) b 6) a

If you scored 0-2 correct answers:
Could be better, try again.

If you scored 3-4 correct answers:
It is quite good! Even some Polish people do not know answers for
all these questions.

If you scored 5-6 correct answers:
Congratulations! You have reached expert level.



GASTRONOMY

Polish cuisine has evolved over centuries under the influences of historical changes. Mosaic of nations that inhabited Poland in the past left signs in the way of preparing dishes and flavouring. It shares many similarities with neighbouring German, Ruthenian as well as Tatar, Turkish and Jews.

Traditionally, Polish cuisine is rich in meat, especially pork and chicken, in addition to a wide range of vegetables (especially potatoes and cabbage), spices, mushrooms and herbs. In recent years vegetarian and vegan options have become popular - Warsaw is now one of the top vegan-friendly cities in the world with a lively vegan restaurant scene that has emerged over the last decade.

Dishes of Poland



Dumplings



Pork chop



Chicken filet



Grilled trout



Chicken soup



gulasz



Borscht



Vegetable salad



Beef tartare

Pastries and Desserts

Pączki (donuts)



Baked cheesecake



Apple pie



Mazurek



Gingerbread



Poppyseed pie



Fruit liquers



Craft beer



Drinks

Rye vodka



Bison grass vodka



Tea with lemon



Fruit and herbal teas





LANGUAGE

The official language of Poland is Polish. It is a West Slavic language, written in the Slavic script. Polish is written in the traditional 32-letter Polish alphabet, which has nine additions to the letters of the basic 26-letter Latin alphabet (ą, ć, ę, ł, ń, ó, ś, ź, ż). Polish was mainly influenced by Latin and other Romance languages like Italian and French as well as Germanic languages which contributed to a large number of loanwords and similar grammatical structures.

Here are some Polish words and phrases:

English	Polish
Hello	Cześć
Warsaw	Warszawa
Cheers	Na zdrowie
Good morning	Dzień dobry
Good night	Dobranoc
Yes / No	Tak / Nie
Thank you	Dziękuję
You are welcome	Proszę
Okay	W porządku/Okay
How are you?	Jak się masz?
Where is the...?	Gdzie jest ... ?
The bill please	Poproszę o rachunek





CULTURAL ROUTES

ALL AROUND POLAND



Erasmus+



MODERN MONUMENTS & BUILDINGS (ARCHITECTURE)

This architectural cultural route will introduce you to several early modernist buildings inspired by the Bauhaus style, located in Bielsko-Biała, Southern Poland (Silesia Province). Along with Gdynia, Warsaw, Łódź, Kraków and Katowice, Bielsko-Biała has the biggest number of buildings designed in this unique style. The characteristic features include round corners and other rounded elements, little ornamentation, large, often corner or bay windows, balconies and terraces, with the interiors of oak floors, high ceilings, terrazzo or stone staircases, steel lattice ornaments and double hardwood swinging doors. Often in neutral grey or beige palettes, the buildings were surrounded by greenery. There are eight cultural spaces included in the first cultural route of Modern monuments





The complex of around 30 early modernist buildings in Sułkowski Avenue (1934-1937)

The trail follows the complex of early modernist buildings in Sułkowski Avenue developed in the years 1934-1937 by Alfred Wiedermann and Jüttner&Bolk studio. The style of the buildings is characterised by an emphasis on function, little ornamentation, and a fusion of balanced forms and abstract shapes. One of their main characteristics is axially, symmetrically located bay windows inspired by the Art Nouveau style.



Address: Bohaterów Warszawy, Wilsona, Grota-Roweckiego, Kunickiego streets, Bielsko-Biała
Photos by Szymon Kania



A complex of five buildings, a so-called "round log" (Okrąglak) in Sułkowski Avenue (1937)

A complex of five seven-storey functionalist residential buildings optically closing Sułkowski Avenue, designed by Wiedermann and built in 1937 by the "Karol Korn" company. The central building forms a central axis, flanked on the left and right by two slightly lower buildings, ending with the axes of circular "ship" windows. The name "round log" derives from the rounded shape of the buildings that follow the river's shoreline.



Address: Bohaterów Warszawy 2a, Bielsko-Biała Address:
Bohaterów Warszawy, Wilsona, Grota-Roweckiego,
Kunickiego streets, Bielsko-Biała
Photos by Szymon Kania



"Officers' House" (1928-1930)

A complex of four modernist functionalist buildings with expressionism reminiscences, with front and back gardens. The buildings are on the L-shape plan. They are asymmetrical, two- and three-storeys high, with unique triangular bay windows. On the corner, there is a two-storey terrace. Originally intended for military officers, it is now a residential building.



Address: Pułku Strzelców Podhalańskich 14/16/18, Sobieskiego 70,
Bielsko-Biała
Photos by Kasia Wodniak



Modernist Villa (1936)

Functionalist one-storey villa with a garden. The design is minimalist with diverse asymmetrical features. There is an asymmetrical projection of the staircase with vertical rounded glazing in the façade. On the garden side of the façade, there are balconies and a terrace overlooking Beskidy mountains.



Address: Marii Konopnickiej 1, Bielsko-Biała
Photos by Kasia Wodniak



"Panorama" municipal swimming pool (1936)

Another project completed by Karol Korn company. Up until the 1950s "Panorama" was one of the most modern open swimming pools in Europe. Functionalist design with symmetrical composition opening to the panoramic of Beskidy mountains. The complex consists of an Olympic-size sports swimming pool, a smaller recreational swimming pool, grass beaches, a volleyball playground and a 10-meter-high jumping tower as well as a restaurant and cafe. A great place to relax in the summer among beautiful architecture and views over Beskidy.



Address: Marii Konopnickiej 5, Bielsko-Biała



Modernist Villa (1930)

Modernist, functionalist villa with asymmetrical features, in the garden. Façade with a balcony, oriels and rounded features. Recently renovated with the façade painted in grey and the smaller features that are characteristic for early modernism in white - this gives the building a more decorative look.



Address: Marii Konopnickiej 36, Bielsko-Biała
Photos by Kasia Wodniak



The Aeroclub (1935)

A modernist functionalist building at the sports airport designed by a famous architect Karol Schayer. Shaped as a pavilion, with a diverse asymmetric shape and plan, one-storey, although connected with a multi-storey control tower. Minimalist façades with ceramic brick elements and a portico with a brick pillar. From the airport side, there is a semicircular segment with a viewing terrace where a cafe is located.



Address: Cieszyńska 321, Bielsko-Biała



Pulmonology hospital and sanatorium (1870, rebuilt in modernist style 1934-1936)

The complex is located at the slopes of Kozia Góra in the Beskidy mountains, surrounded by vast forests. It was designed to fit harmoniously into the landscape and provide views over the mountains for the patients. It consists of pavilions, parks and gardens. The buildings were built in different periods with the majority of them in the modernist functionalist style with characteristic details of oriels, projections and rounded windows.



Address: Juliana Fałata 2, Bystra Śląska



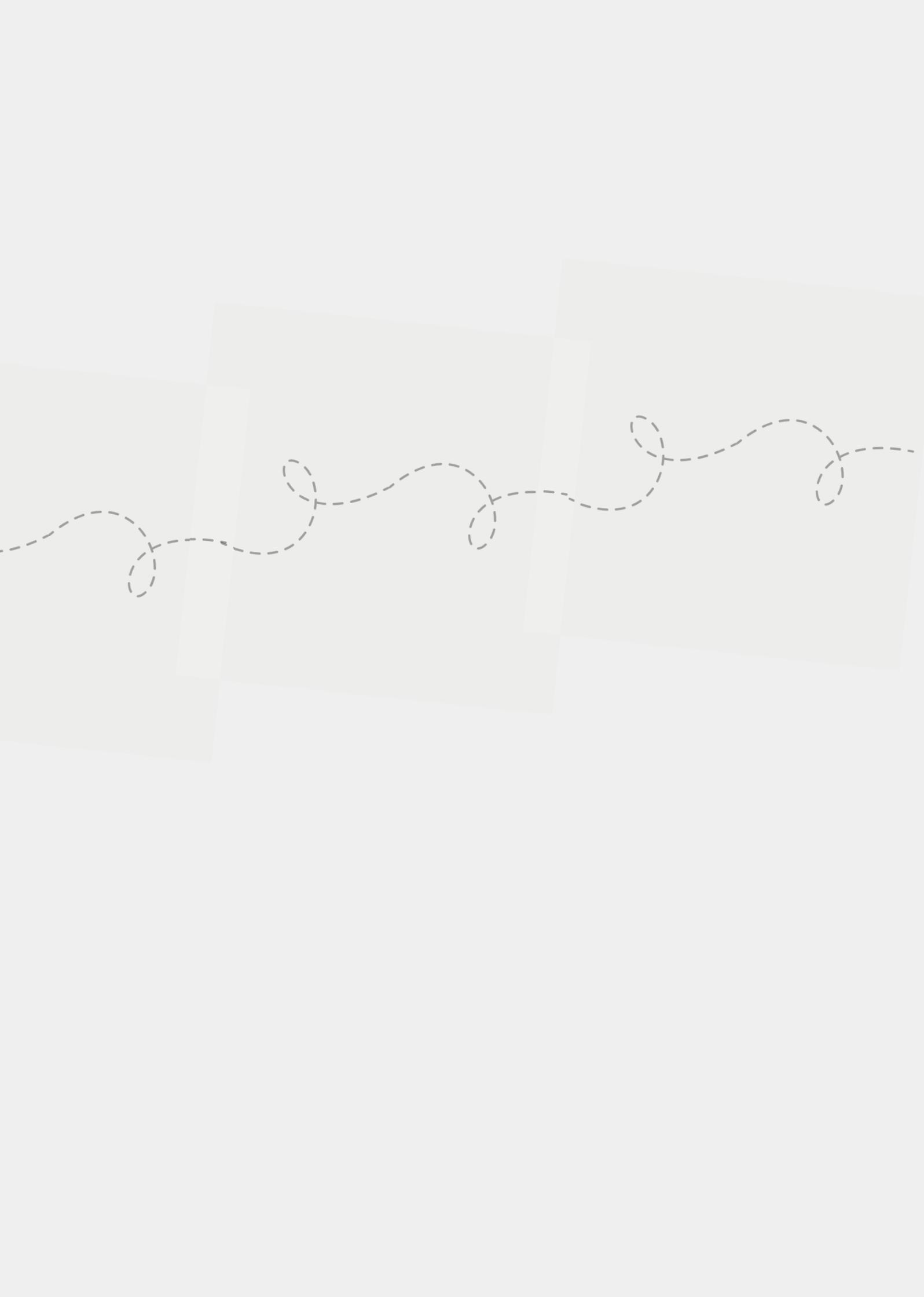
Paediatrics Hospital in Istebna-Kubalonka (1937)

The hospital is considered a diamond among spa and medical treatment facilities in Poland. This is due to its scale, well thought-through design, harmonious composition among the mountains of Beskidy mountains and magnificent architecture by the leading representatives of Warsaw functionalism Jadwiga Dobrzyńska and Zygmunt Łoboda. Originally, there was a placard at the entrance marking the foundation of the hospital for the commemoration of the 10th anniversary of Polish independence.



Address: Istebna 500, 43-470 Istebna







MODERN MONUMENTS & BUILDINGS (HISTORY)

The trail follows the life and activity of Tadeusz Reger (1872-1938). Reger was an activist and a politician in the Cieszyn Silesia region and nationally. He worked as a journalist and editor-in-chief of "Equality" and "Silesian Worker" magazines, was a parliament member in Austria and later Poland (after regaining independence) on behalf of the socialist party, served as Councillor of Cieszyn and led the Social Insurance Office there, among other positions. He was devoted to the workers' issues and regaining independence by Poland after the years of partitions. He was exceptionally active, travelling around the region, organising workers' meetings and events in many locations. The decision from 1920 of dividing Cieszyn Silesia between Poland and Czech was difficult for him as some of the areas where he was particularly active and that were ethnically Polish were left out of the country. This is reflected in the below trail with some sites being located in Czech and some in Poland.





Orlova

This now Czech city is where Tadeusz Reger started his career after arriving here in 1892. It was an agricultural-craftsman village until the mid-nineteenth century when the first permission for coal mining was issued and the character of the town changed to industrial. With industrialisation many workers came whose issues needed to be addressed - in many instances Tadeusz Reger became their voice.



Address: Orłowa (Orlova), Czech Republic



Workers' House in Stonava

This workers' house was the first one in the Upper Silesia. It was built in 1905, in just six months by the coop workers and volunteers. It was modelled on the workers' house in Vienna where these kind of centres were particularly popular. Reger was among the speakers on its opening day and was also active in running it. Workers' houses consisted of meeting spaces, often a library and a theatre. They hosted meetings, events, cultural and political initiatives.



Address: Stonawa (Stonava), Czech Republic



Prohazki Printing House



A printing house Prohazki was where several issues of “Równość” (“Equality”) magazine were printed. Tadeusz Reger was its editor-in-chief. The magazine started coming out in 1897 and was addressed to workers. It focused on politics and workers’ issues. One of its main goals was to stimulate class but also national consciousness - it was published in the period before Poland regained its independence after the period of the partitions.



Address: Hlavní Street, Czeski Cieszyn, Czech Republic



Tadeusz Reger’s House in Cieszyn

Tadeusz Reger lived in this building with his family in the years 1897-1938. The house is located in a beautiful, centrally located residential area of Cieszyn. It was built in the style of historicism with semi-rounded windows on the ground floor and rectangular ones on the higher floors that were decorated with floral motifs. It is flanked by Tuscan pillars and topped with a turret.



Address: Sienkiewicza 10, Cieszyn



Former Social Insurance Office (1930s)

A building of a former Social Insurance Office, designed by Alfred Wiedermann. As a parliament member and a chairman of the parliamentary labor commission, Reger prepared a number of bills in the field of social insurance and led the Office for several years. He was a great advocate of creating a National Social Insurance Authority.



Address: Bielska 37, Cieszyn



The National House

The National House. Here, on October 19, 1918, the National Council for the Duchy of Cieszyn was established. Tadeusz Reger became one of the three presidents of the National Council. The first Polish government in the period of regaining independence adopted a social democratic program.



Address: Rynek 12, Cieszyn



Pulmonology hospital and sanatorium in Bystra (1870, rebuilt in modernist style 1934-1936) - architectural details are available in Route 1 (Space 8)

Tadeusz Reger died in this hospital in 1938. He was among famous patients of this hospital, along with the painter Julian Fałat, politician Ignacy Daszyński or poet K.H. Rostworowski. In the period before WWII and soon after many people suffered from lung conditions and Reger was one of them. The hospital in Bystra was considered one of the best facilities in the country to treat these.



Address: Juliana Fałata 2, Bystra Śląska



Cieszyn Communal Cemetery

Tadeusz Reger was buried in this historic cemetery marked by a decorative gate topped by a dome, with the main element of a triumphal arch. Over five thousand people came to his funeral. It was led by an orchestra, flagship groups representing youth and workers' organisations as well as representatives of political parties and national authorities. A condolences letter from the Polish president Ignacy Mościcki was read during the funeral.



Address: Katowicka, Cieszyn





NATURAL SITES & ECO-TOURSIM

This trail follows the sites of the natural beauty of Goleiszów and its surroundings. It includes several nature reserves sites, lush green mountainous sites where wild orchids grow and from where you can admire beautiful views. You can cycle or hike and then rest by a lake.

Eight cultural spaces are included in the third cultural route.



Chełm Mountain (Góra Chełm)

Chełm mountain is home to 200 years old beech forest. At the beginning of May, its meadows bloom with colourful rare wild orchids. Not being too high (400 m.a.s.l.), the site is great for cycling, just follow a cycling track that goes through it.

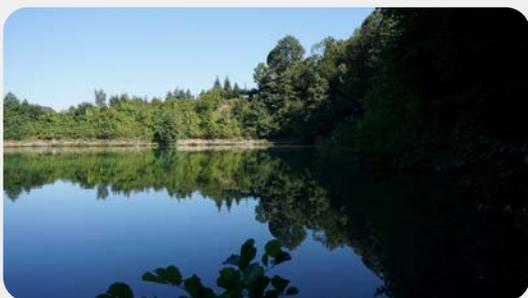


Address: Lotnicza, Goleiszów



Ton Lake (Zbiornik Ton)

The surface of the lake emerges unexpectedly from behind the wall of trees. This place delights with its tranquillity, the deep colour of the water and the surrounding nature. Fishermen are especially fond of it. The lagoon is a remnant of a former marl quarry. There is a walkway that goes along it, ending with a viewpoint from where you can admire beautiful landscapes and sites of former ski jumps.



Address: Słoneczna, Goleszów
Photos from <https://www.kamratowo.pl>



Jasieniowa Quarry (Kamieniołom Jasieniowa)

Jasieniowa Góra is made of limestones, the oldest rocks of the Outer Carpathians flysch which makes it a geological rarity. It is also rich in terms of biodiversity with a home to rare and protected as well as in some cases declining species of fungi, plants and animals. Unusually, this biodiversity is of anthropogenic origin.



Address: Jasieniowa "Goleszowska"
Photos from www.slaskie.travel



Bee Town

There is a place at the Polish-Czech border, where a man talks to bees. Jan Gajdacz, a long-time friend of bees built a town for them with special hives which took shape of cottage houses, a mill, a town hall or a church. It is a charming place, a real town, inhabited not by people, but by bees.



Address: Mołczyn, 43-445 Dzięgielów
Photos from www.slaskie.travel



Nature reserve of “Zadni Gaj”

The nature reserve of “Zadni Gaj” is one of the two protected areas in the region of the relatively low Tuł massif. The main tree protected here is yew. Close to the reserve, there is a hiking trail leading from Golezów to the range of Czantoria (Cultural Spaces 7&8). Not far from the reserve, there is a restaurant named "Pod Tułem" in the small, picturesque valley.

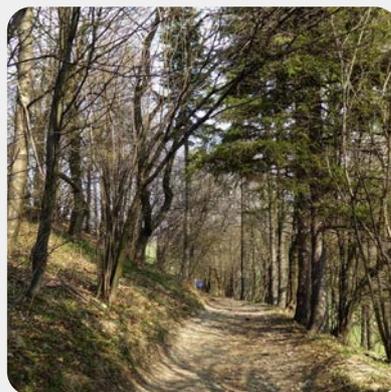


Address: Zadni Gaj, Cisownica
Photos from: zuziawdrodze.blogspot.com



Góra Tuł, Orchid Reserve

Góra Tuł is famous for the picturesque Ton Lake, dense forests and flowery meadows where the Polish wild orchids grow. Made of limestone, the mountain is covered with meadows of a typical mountain character with the real treasure of as many as 22 species of orchids, including small-flowered orchid, European slipper, three-toothed orchid, lilac cuckoo, conical valgus, and gold-headed lily.



Address: Podlesie, 43-455 Leszna Górna
Photos from: zuziawdrodze.blogspot.com



Mała Czantoria (mountain peak)

Mała Czantoria (866 m.a.s.l.) is a peak in the main ridge of the Czantoria Range in the Silesian Beskid, less than 3 km northwest of Wielka Czantoria. It is the first, counting from the North, Beskid peak in the watershed of the Vistula and Oder rivers.



Address: Poniwiec, Ustroń



Wielka Czantoria (mountain peak) and Czantoria Reserve

The Reserve "Czantoria" lies on the northern slopes of Wielka Czantoria mountain (995 m.a.s.l.) in the Silesian Beskid. It protects forest plant communities, including the real rarity, namely an over 150-year-old mixed forest of beech, fir and ash. There are many protected species of plants and animals in the reserve, including wolves and lynxes. Marked hiking trails and a forest nature path run through the reserve.



Address: 3 maja 130, Ustroń





FOLK CULTURAL HERITAGE OF SOUTHERN MAŁOPOLSKA

A walk around Małopolska takes us to many interesting places, some of them are less known, but thanks to visiting them we can pass through new experiences and meet new people related to the highlander culture.



Ekomuzeum Bogdanówka



The Ecomuseum is a private initiative of Andrzej Słonina - a local wood carver, activist and promoter of Kliszczak folk culture (a highlander ethnographic group from southern Malopolska region famous for wood carvers, with an informal capital in Tokarnia). In a 100-year old barn one can participate in different types of workshops and seminars (i.e. clay and wooden sculpture, baking traditional bread), events, reconstructions of old traditions etc.



Address: Bogdanówka 111, 32-437 Bogdanówka



Dunajec River Gorge rafting



The Dunajec River Gorge rafting is one of the most typical attractions for Pieniny folk culture (a highlander ethnographic group from southern Malopolska with an informal capital in Szczawnica). In 1934, two years after Pieniny National Park was created, Polskie Stowarzyszenie Flisaków Pienińskich on the Dunajec River – which sees about organization of rafting – came into being. Today one can take part in a rafting from April until October (starting from Sromowce Wyżne on the Dunajec river, 18 km to Szczawnica or 23 km to Kroscienko n. Dunajcem).



Address: Kąty 12, Sromowce Wyżne



Juice drinking place and a shop with local products



Address: Zabrzeż 318, 33-390 Łącko

The most famous juice press in Łącko region with a place to drink fresh juice and buy local products. Apple juice and plum vodka production is the most characteristic heritage of the Biali (White) highlanders group from southern Malopolska, with an informal capital in Łącko. The whole region is full of orchards. The tradition started over a 100 years ago.



Muzeum Regionalne TMP



A regional museum of cultural heritage of the Poprad Highlander group (Górale Nadpopradzcy) in southern Malopolska region, having an informal capital in Piwniczna-Zdrój. The museum is situated in the municipal cultural centre in Piwniczna, where there's also a Tourist Information. The Poprad highlanders are also called "Black" highlanders for the black pants they wear. They are well known for breeding black sheep and producing special gloves and caps with black wool.



Address: Rynek 11, 33-350 Piwniczna-Zdrój



Gorce National Park

The headquarter if the Gorce National Park. The Park was established in 1981. It includes the central and north-east parts of the Gorce Range (it covers over 7 thousand hectares). The Carpathian forest is the most important treasure in the GNP. It is only slightly affected by human activities in the past. The highest elevations are occupied by sub-alpine spruce forests. The forest dynamics is mostly of natural character – trees get old then die giving place for new generations of woody vegetation. There's a quest (treasure hunt) available in the location. Gorce is the region of Zagórzanie highlanders from southern Malopolska region.



Address: Poręba Wielka 590,
34-735 Poręba Wielka



Orawa Open-air museum in Zubrzyca Górna

The museum was open in 1955. It's a living example of the Orawa highlanders cultural heritage (one of the southern Małopolska ethnographical groups). One can see a traditional manor house, farmers' houses, production facilities (like a mill, sawmill etc.), a wooden church and others.



Address: 34-484 Zubrzyca Górna



Open-air museum in Kacwin

A local open-air museum showing a traditional house and, what is even more important, traditional granaries that were built only in this region of Poland. This is a Polish part of Spisz region in southern Malopolska, with a unique and diverse cultural heritage of Spisz highlanders (15 villages in the municipality of Nowa Biała).



Address:
św. Anny,
34-441
Kacwin

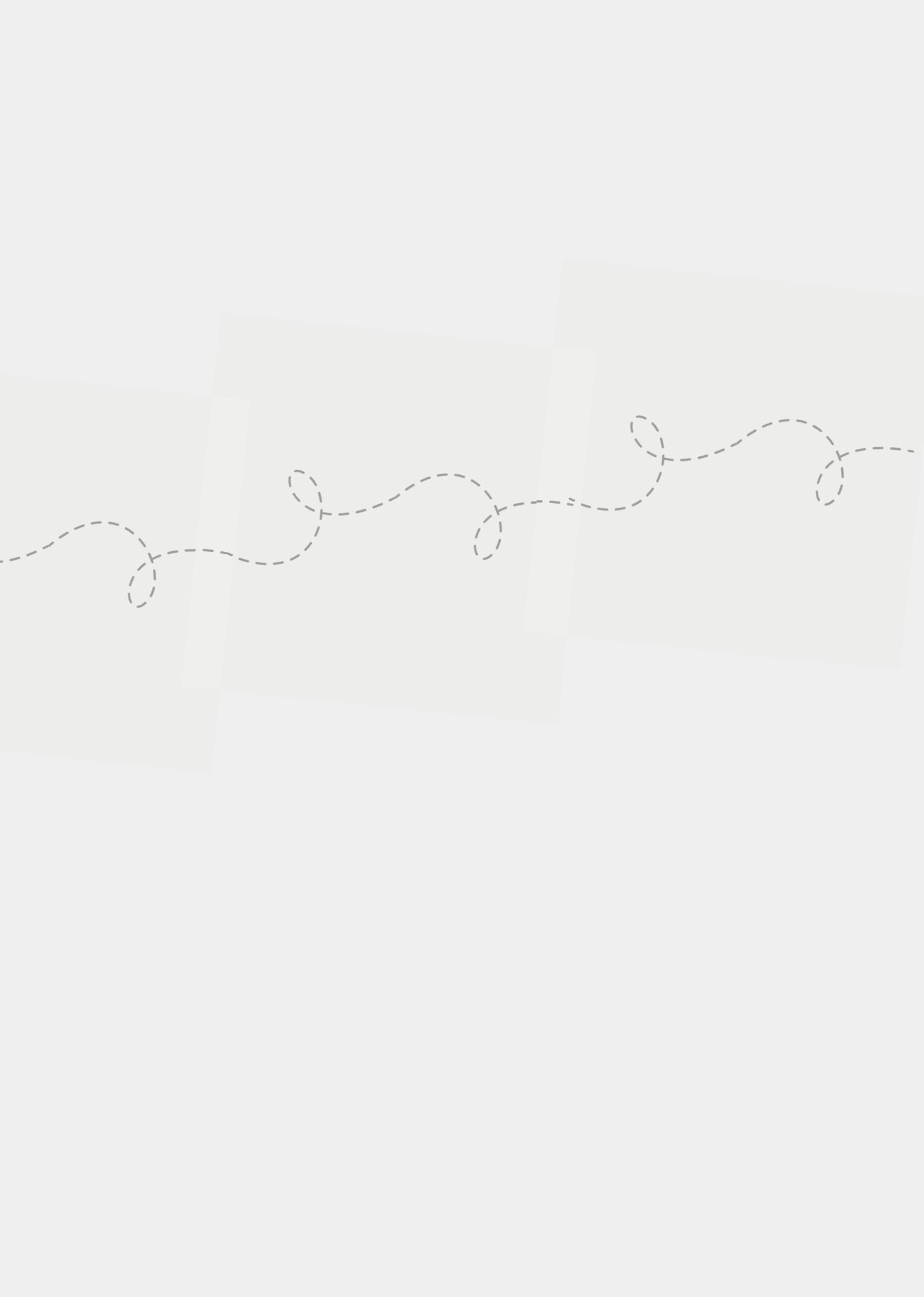


Józef Żak Open-air Museum in Zawoja Markowa

The museum is a typical place of Babia Góra highlanders folk culture in southern Malopolska region. Józef Żak Open-air Museum in Zawoja was established in 1973. The most precious building of this small museum, located in the outskirts of Babia Góra National Park, is a chimneyless cabin of Franciszek Stopniak, built in 1802-1815 of fir and spruce logs on a low stone foundation with a cellar, and covered with a gable shingle roof. The exhibition also presents a cottage of Franciszek Kudzia (erected in 1900, preserved in its original location) and a cottage of Stefan Gancarczyk (1910). Apart from typical peasants' dwellings there are also a smithy, a detached granary with a small cellar and a wayside shrine with the figure of Our Lady in the collection. The oldest cabin has been transformed into an ethnographic exhibition showing furniture and household equipment used by peasants, whereas the cottage of Franciszek Kudzia houses an exhibition presenting the history of tourism in the Carpathian mountains.



Address: 34-222 Zawoja 776





HISTORY AND NATURE OF ŚWIĘTOKRZYSKIE - THE HOLY CROSS PROVINCE

This path leads us through the most attractive places in the region. We can find here many architectural, natural and monuments related to the progress of civilization and culture.



Archaeological Museum and Reserve „Krzemionki”



Krzemionki is an ensemble of four mining sites, dating from the Neolithic to the Bronze Age (about 3900 to 1600 BCE), dedicated to the extraction and processing of striped flint, which was mainly used for axe-making. With its underground mining structures, flint workshops and some 4,000 shafts and pits, the property features one of the most comprehensive prehistoric underground flint extraction and processing systems identified to date. The property provides information about life and work in prehistoric settlements and bears witness to an extinct cultural tradition. It is an exceptional testimony of the importance of the prehistoric period and of flint mining for tool production in human history. Krzemionki Prehistoric Striped Flint Mining Region is on the UNESCO World Heritage List.



Address: Sudół 135 a, 27-400 Ostrowiec Świętokrzyski



The Sanctuary of the Holy Cross Tree Relic



There are the Remains of a stone rampart surrounding the top of the mountain and dating back to around 9th century. Nowadays Święty Krzyż is famous in Poland and abroad for the Benedictine monastery and its Relics of the Święty Krzyż Tree. The monastery, now hosted by the Missionary Oblates, can boast of its 1000 years' history. Visitors and pilgrims can see a Classicist church dating back to the 18th century and the chapel of the Oleśnicki Family containing the shrine with pieces of the Holy Cross tree and a sepulchral crypt in its vaults. It is worth visiting the Museum of the Missionary Oblates of the Virgin Mary as well as seeing the exhibition of the Świętokrzyski National Park.



Address: Święty Krzyż 1, 26-004 Bieliny



The Świętokrzyski National Park Nature Museum on Święty Krzyż

The museum shows Świętokrzyski National Park which was established in 1950 and it encompasses: the highest range of the Świętokrzyskie Mountains- Łysogóry with the summits of Łysica (614 m above sea level) and Łysa Góra (595 m above sea level), the eastern part of Klonowskie Range and a part of Pokrzywiańskie Range (together with Chełmowa Góra). Mainly fir and beech forests occupy the most of the park area. On the park territory 674 trees have been recognized as natural features of historic importance. The endemic Świętokrzyski fir forest and larch positions on Chełmowa Góra are the park curiosities. 260 lichen species, 190 bryophytes species and 700 vascular plant species have also been found in the park. 82 species of protected plants and 29 animal species occur there. .

Among the most valuable plants are the following: Siberian iris, Globe flower, Ostrich fern and *Dryopteris dilatata*. Boulder fields, the plant-free below the summit debris of quartzite boulders of the Cambrian period, which are the evidence of the presence of glacier on the Polish territory, are the major curiosity of the park. The most treasured historical building of the Świętokrzyski National Park is the post-Benedictine monastic complex situated on Święty Krzyż Mountain, which dates back to the first half of the 12th century. This is the place where *Kazania Świętokrzyskie*, probably the oldest Polish written text, originated



Address: Święty Krzyż 2,
26-006 Nowa Słupia



The Holy Cross Mountains Geopark

Centre for Geo-Education – a state-funded entity – was established and named Geopark Kielce. At present, it comprises an active network of geotourist and educational facilities, situated within the areas of Wietrznia, Kadzielnia and Ślichowice, together with the Botanical Garden, which is currently at the initial stage of development. The former limestone quarries – today’s geological reserves and leisure grounds, located within city limits are an excellent base in which to carry out projects in geotourism and geological education. In May 2012 was opened The Centre of Geoeducation, which is a part of Geopark Kielce. The Centre together with the Zbigniew Rubinowski Wietrznia Reserve is an extraordinary geotouristic place situated in the Holy Cross Archeo – Geological Trail.



Address: Daleszycka 21,
25-202 Kielce





“Krzyżtopór” Castle

Krzyżtopór is a castle located in the village of Ujazd, Iwaniska commune, Opatów County, Świętokrzyskie Voivodeship, in southern Poland. It was originally built by a Polish nobleman and Voivode of Sandomierz, Krzysztof Ossoliński (1587–1645). The castle was partially destroyed during the Swedish invasion known as The Deluge in 1655, and then reduced to ruins during the war of the Bar Confederation by the Russians in 1770.

Built inside massive stone walls with bastions at the five corners, this mannerist palace embodied the structure of the calendar. It had four towers symbolizing the four seasons and 12 big halls, one for each month. Exactly 52 rooms were built, one for each week in the year, and 356 windows. The building occupied an area of 3.2 acres, its walls were 600-meter-long and its cubature amounted to 70 thousand cubic meters. Marble and mirrors were used in the interiors of the underground stables, while the ball room had an aquarium in place of the ceiling. The water supply installations used water from the local spring, and rooms were heated with warm air coming to them through special air passages.



Address: Ujazd 73, 27-570 Iwaniska



Alive Museum of Porcelain in Ćmielów

The small town of Ćmielów in the powiat of Ostrowiec is famous for the best quality porcelain produced there. Galleries in New York, Chicago, Paris, London, Berlin, Moscow and in other European capitals are proud owners of porcelain masterworks from Ćmielów, which in the 1960's were a huge world success.

In 2005 on the premises of the former Świt Porcelain Manufacturing Company the "Alive Museum of Porcelain" was established. It differs from other institutions of the type. Apart from exhibitions of period statuettes, one may also participate in the process of porcelain manufacturing and even make a porcelain work oneself.



Address: Sandomierska 243,
27-440 Ćmielów



Former Cracow Bishops' Palace in Kielce

The seat of the National Museum in Kielce is a palace, which once belonged to Cracow Bishops. The Cracow Bishops' palace was founded by Jakub Zadzik in the years 1637–1641. The bishops' palace is one of the best-preserved monuments of architecture in Poland dating back to the times of the Waza dynasty.



Address: Pl. Zamkowy 1,
25-010 Kielce



Tokarnia Heritage Park

The main exhibition of the Museum of Kielecka Village is the Ethnographic Park in Tokarnia, which is located on the E77 route leading from Kielce to Cracow.

In the picturesquely located in the Czarna Nida river bend over 70-hectare area, the most treasured vintage buildings from the turn of the 18th and the 19th centuries wooden architecture from the territory of the Świętokrzyskie Mountains, the Krakowsko- Częstochowska Upland, Sandomierska Upland and Nidziańska Basin have been gathered.

These are e.g. homesteads, small-town buildings, a manor house, farm buildings, country industry monuments and sacred buildings. The most interesting places to visit are: the manor house in Suchedniów dating from 1856, the manor granary in Złota built in 1719 and the baroque Church dating from 1761 dedicated to the Madonna of Consolation of Rogów on the Vistula. Interiors of the nineteenth-century cottages and craftman's workshops, the chemist's, the small shop and the tailor's, the exhibition of a village school from the interwar period, the collection of sculptures on the exhibition called To preserve for posterity. Jan Bernasiewicz - the creator of the sculpture garden as well as temporary exhibitions, e.g. Wheat is being ground...

Windmills and wind milling on the Land of Kielce... are displayed. The Museum organises numerous cyclic folk events, such as The Fireman Picnic (in May), Smelting of Lead, The Forest Days and Świętokrzyski Agrotouristic Fair (in June), The Harvest Festival (in August), The Sunday in the Open-air Museum (in September), The Christmas Fair (in December), etc



Address: Tokarnia 303, 26-060 Tokarnia





HISTORY AND NATURE OF JURA

Jura Krakowsko-Częstochowska is a very charming corner of southern Poland where we can find many castles and lots of natural attractions. Limestone formations formed in the Jurassic period are very characteristic for this region.



Tenczyn Castle



The castle stands on the remnants of a Permian period lava stream, the highest hill of Garb Tenczyński, which is 411 m above the sea level. One of the largest castles in the Lesser Poland region, lying on the Trail of the Eagles' Nests, built in the Middle Ages and historically associated with the mighty Tęczyński family, it was destroyed by the Swedish-Brandenburg army during the Deluge (Northern War II) in the mid-17th century. Rebuilt, it burnt down in the middle of the 18th century. In ruins over the years, it was returned to its former owners from the Potocki family (which bought the castle in 1816) and is gradually rebuilt. There's a quest (treasure hunt) available in the location.



Address: Rudno 1, 32-067 Rudno



Olsztyn castle

The castle from the 14th century, located on the Trail of the Eagles' Nests, stands in a place whose first inhabitants were Neanderthals, and under the castle hill there is a complex system of caves. The castle, built by Casimir III the Great, protected the western border of Poland against the attacks of Silesian princes and the army of Archduke Maximilian Habsburg in 1587. Destroyed by the Swedes during the Deluge in the 17th century, it was never rebuilt. There's a quest (treasure hunt) available in the location.



Address: Zamkowa 3,
42-256 Olsztyn



Pieskowa Skała Castle

Castle on the Trail of the Eagles' Nests, located near Krakow, in the Ojców National Park, right next to the famous limestone rock called the Club of Hercules. At its foot there is a complex of five ponds where fish were once farmed. The castle was built in the 14th century, associated with the Szafraniec family, who in the 16th century transformed it into a Renaissance residence, and then the Zebrzydowski family, who added bastion fortifications in the 17th century. Destroyed during the Deluge and several fires, it has undergone advanced reconstruction. After the Second World War, its Renaissance character was restored. There's a quest (treasure hunt) available in the location.



Address: 32-045 Sułoszowa



Będkowska Valley

8 km long valley of the Będkówka stream in the Olkusz Upland with great geological, natural and historical values. It is one of the eight valleys that are part of the Kraków Valleys Landscape Park. It is a karst valley surrounded by steep rocks from the Jurassic period. On 60 of them there are climbing routes with permanent safety points, which makes the valley a popular climbing destination. The highest rock wall in Sokolica is 60 meters high. There are also over a hundred caves in the valley, including the Bat Cave inhabited by people during the Paleolithic times. Tourists use the Brandysówka agritourism farm. There's a quest (treasure hunt) available in the location.



Address: 32-065 Żary



Vistula Ethnography Park and Lipowiec Castle

Established in 1968, it is an open-air museum which collects wooden architecture from the vicinity of Krakow, including 17th century church from Ryczów, the 18th century manor house from Droginia and the 18th century belfry, 19th century wooden houses, granaries, barns, a mill, an oil mill and others. The museum is located at the foot of the medieval Lipowiec Castle, which it also manages. There's a quest (treasure hunt) available in the location.



Address: Podzamcze 1,
32-551 Wygiełzów



Zborów Mountain

A rocky hill in the area of the Kraków-Częstochowa Upland, characterized by numerous limestone inselbergs and caves, and maintained by the "Góra Zborów" Nature Reserve. In addition to its natural values, it is also of historical importance - there was a quarry here, in which forced laborers of the Third Reich worked and partisan fights took place here.

The hill is a great vantage point. According to legend, Mount Zborów was the site of a coven of witches who flew away on brooms to Łysa Góra in the Świętokrzyskie Mountains.



Address: Podlesice 83,
42-425 Kroczyce



Ojców

Ojców is located in the Ojców National Park, the smallest Polish national park, with just over 20 square kilometers. It is located near Kraków, in the Kraków-Częstochowa Upland, and apart from outstanding geological (Jurassic rocks, caves) and natural values, it has a great historical value. There is a medieval castle on the Trail of the Eagles' Nests. There was also a Bronze Age settlement here, probably destroyed by the Scythian invasion. There's a quest (treasure hunt) available in the location.



Address: Ojców 9, 32-
045 Sułoszowa



Twardowski's Rocks

A city park on a log hill within the city limits of Krakow, about 3 km from the historic city center. It is part of the Bielany-Tyniecki Landscape Park. It has great geological values, is a traditional training place for Krakow climbers and a place for walks. In the center of the park, on the site of the former quarry, there is a reservoir. According to legend, the magician Twardowski had his workshop in the surrounding rocks. There's a quest (treasure hunt) available in the location.



Address: Twardowskiego, 30-346 Kraków



RESOURCES

Polish Tourism Organisation



<https://www.pot.gov.pl/en>



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<http://www.drewniana.malopolska.pl/>

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<http://krzemionki.pl/>

Świętokrzyskie Travel



<https://swietokrzyskie.travel/>

Świętokrzyski Park

Narodowy



<http://www.swietokrzyskipn.org.pl/>

Krzyżtopór Castle



<https://krzyztopor.org.pl/zamek/index.php/pl/>





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