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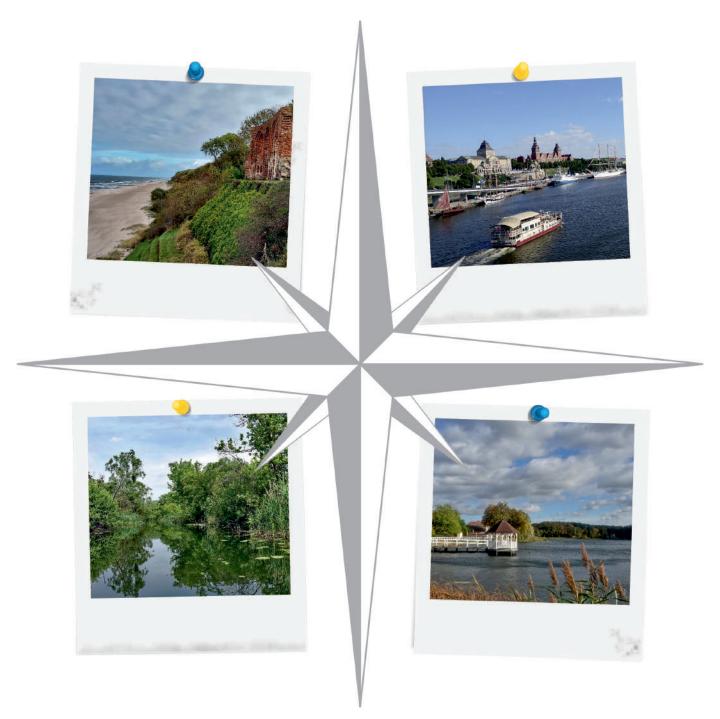
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# **WEST POMERANIA**

#### **Poland**

Area: 312,685 km2

Administrative division: 16 voivodeships

Currency: Polish Zloty Longest rivers: Vistula, Oder Official language: Polish

European Union member: since 2004

Poland shares borders with the following countries: Germany in the west, Czech Republic and Slovakia in the south,

Ukraine and Belarusin the east and Lithuania and Russia (Kaliningrad Oblast) in the north.



### West **Pomerania**

West Pomeranian Voivodeship is situated in north-western Poland, on the coast of the Baltic Sea. It borders Pomorskie (Pomeranian Voivodeship) in the east, Wielkopolskie (Greater Poland) and Lubuskie (Lubusz Voivodeships) in the south, and two German states in the west: Brandenburg and Mecklenburg-Vorpommern. Its total area is 22.892 km2. Its administrative seat is located in Szczecin.

West Pomerania is characterised by a diversity of natural environments and cultures. The vast, sandy beaches, the Baltic Sea and Szczecin Lagoon offer the perfect conditions for the development of tourism in its myriad forms. The local rivers, wetlands and forests are a paradise for those who like to relax while surrounded by nature, and the region's national (Wolin and Drawsko) and landscape parks and nature reserves are home to a variety of fauna and flora which you will be hard-pressed to find elsewhere.

More physically active visitors can enjoy bicycle, hiking, Nordic walking (Barlinek is a European Nordic Walking Capital) and equestrian trails, as well as several excellent golf courses (Binowo Park Golf Club, Modry Las Golf Club and more). If water is more your thing, you can enjoy sailing (the West Pomeranian Sailing Route consists of around 40 ports and wharves, and that is only the Polish side of it), in addition to many kayaking trails on such rivers as Drawa, Gwda, Korytnica, Piława, Rega, Rurzyca and Wieprza. West Pomerania also has resort towns (Świnoujście, Kamień Pomorski, Kołobrzeg, Połczyn Zdrój and Dąbki) offering a wide range of wellness and spa treatments

The cultural heritage of West Pomeranian Voivodeship is a testament to the rich history of the region and the mixing of Western European, Polish and Scandinavian influences. Preserved elements of old settlements, including old town layouts, historical earthworks and fortifications, many mediaeval villages, 13th-century churches and old monastery buildings paint a unique picture of the voivodeship. The largest urban and tourism centres are Szczecin, Koszalin, Stargard, Świnoujście and Kołobrzeg. Many smaller towns and villages also deserve attention due to their rich history and culture (Trzebiatów, Moryń, Kamień Pomorsk and Szczecinek), or due to the beauty of their natural surroundings (Barlinek, Czaplinek and Drawsko Pomorskie).

The richness of the region's culture manifests in its sightseeing trails: the Griffin Trail, the Lighthouse Trail, the European Route of Brick Gothic and the Pomeranian Way of St. James. You can find rest in pristinely cultivated gardens (Hortulus Themed Gardens, Dendrological Garden in Przelewice). The cultural offering is complemented by local events – the Slav and Viking Festival in Wolin, the "Tracks and Horseshoes" ("Gasienice i Podkowy") International Military Vehicle Rally in Borne Sulinowo, the Island Stronghold Days in Świnoujście (Dni Twierdzy na Wyspach w Świnoujściu) and the finale of The Tall Ships Races, which takes place every few years in Szczecin. There is something for everyone, and many places are worth coming back to multiple times.



### **SZCZECIN**

Szczecin, the capital of the voivodeship, due to its star-like squares and wide avenues built in the 19th century to resemble the capital of France, is sometimes referred to as the "Paris of the North". In the past, the city was ruled by Poland, Denmark, Germany, Sweden and Prussia, and in the Napoleonic times, it also served as a French stronghold. As befits its rich history, the city features many historical buildings. Exploring it is made easier thanks to the City Tourist Route, which connects such places as the birthplace of Empress Catherine the Great and the Palace under the Globe, which is where Sophie Dorothea of Württemberg (later known as Maria Feodorovna – the Mother of Tsars) was born. The Baroque White Eagle Fountain stands opposite the palace, neighboured by the Gothic St. James's Basilica, which boasts the tallest observation tower in Szczecin.



Two Baroque city gates still adorn the city centre: Brama Portowa (the Port Gate) and Brama Królewska (the Royal Gate). East of the Royal Gate is the Pomeranian Dukes' Castle, rebuilt in the style of the Italian Renaissance. It houses art galleries, a cinema, concert venues, theatre stages, and concerts are organised in its courtyards.





If you enjoy music, Szczecin will not disappoint you. The M. Karłowicz Philharmonic and the Castle Opera will satisfy even the most eclectic of tastes. But the philharmonic offers more than just music. The building it is located in has won numerous awards, including Europe's most interesting design of 2014. The neighbouring Upheavals Dialogue Centre was also named the best building in the world in 2016. Thanks to buildings like these, Szczecin is an attractive destination for connoisseurs of architecture from across Europe.



A short walk along the Oder will lead you from the castle to the Wały Chrobrego (Chrobry Embankment). Its impressive buildings and vast observation deck with a view of the river were constructed in 1901-1921. Cruise ships can also be seen mooring opposite the observation deck. Annual Dni Morza (Sea Days) and old timer rallies take place at the bottom of the embankment and on the coast of the Łasztownia area on the other side of the water. In the summer, the city is full of life not only on the embankment, but also on the Szczecin Boulevards and the islands of Łasztownia. The long coasts are where visitors and the locals can meet and enjoy a walk.

As you are exploring this unique place, you will notice the state-of-the-art yacht port which connects Łasztownia and Grodzka Island. North East Marina Szczecin is one of a kind, with boats mooring in the very heart of the city and offering an exquisite view of its most beautiful buildings.

Szczecin city centre is the location of Europe's oldest stilloperating cinema – Pionier, whose first film screening took place on 26 September 1909. Exploring Szczecin's underground areas is a truly unique experience. The Szczecin Main Railway Station neighbours Poland's largest civilian shelter. Built during World War II, it was eventually repurposed to serve as a nuclear bunke.



#### **Green City**

Water and greenery occupy more than half of the area of the city, which from a bird's eye view resembles an enormous, floating garden. Szczecin is surrounded by forests from three sides – these are the Wkra, Goleniów and Bukowa Forests. The city itself has no shortage of trees and expansive parks, including Kasprowicz Park and Jasne Błonia. The Central Cemetery is a very unique and culturally-rich place – built in 1899-1900, it is the largest cemetery in Poland, third-largest in Europe and among the largest in the world.

Szczecin is criss-crossed by a network of rivers, channels and streams. It borders Lake Dąbie in the east, one of Poland's largest lakes. The lake has tremendous leisure potential, making the city a perfect place to relax, which is the goal of the bold and transformative Floating Garden 2050 project.

Kasprowicz Park and Jasne Błonia are the favourite places to rest for the locals. Gorgeous London plane avenues stretch along the sides of the expansive parks, forming Poland's largest concentration of this species of tree, with more than 200 plane trees growing here. In the spring, thousands of crocuses bloom under their canopies. The entire composition is capped off by the Monument to the Deed of Poles, also known as the Three Eagles' Monument. Not far away, situated near the picturesque Rusałka Lake is the Helena Majdaniec Summer Theatre – a popular venue for shows, concerts and other events.



Szmaragdowe Lake (Emerald Lake) is situated in the district of Zdroje. Its colour and name is due to the high concentration of calcium carbonate in the water and light reflecting off its chalk bottom. Szmaragdowe Lake is an artificial body of water which came to be as a result of a chalk mine collapse from 1925. Some say that, when the weather is good, you can still see mine carts and even mining tools at the bottom of the lake.







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### **POLICE AND ITS SURROUNDINGS**

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Police Poviat is situated on the banks of the Oder and encompasses the Oder Wetlands and parts of Szczecin Lagoon. It comprises four border gminas – Kołbaskowo, Dobra, Police and Nowe Warpno. The area attracts fans of adventure travel and those interested in history with its beautiful natural landscapes and historical buildings.

The expansive thickets of Wkra Forest are perfect for exploring on foot, by bicycle or on horseback. Its very centre is occupied by the Świdwie Nature Reserve, which is a wetland area of international ecological importance. The Cross-border Centre for Ecology Education is located in the nearby village of Zalesie.



The waters of Szczecin Lagoon and the River Oder provide perfect conditions for water sports, which can be enjoyed from the yacht port and the recreation and beach complex in Trzebież.



Specially-created tourist trails help visitors reach the region's natural points of interest and many historical buildings. The most interesting places to visit in the area include a Gothic chapel and the ruins of a synthetic fuel factory dating back to the Third Reich, as well as the Skarb History Museum in Police.



Remember to also visit Jasienica, which is home to the ruins of an Augustinian monastery, as well as the picturesque village of Nowe Warpno. Take your time and explore the local villages, whose history, small churches and centuries-old houses and other buildings are also very interesting indeed.



POLICE AND ITS S

# **STARGARD**

Stargard

Stargard is among the oldest settlements in Western Pomerania, whose history dates back to the 8th and 9th century. Once known as the town of churches and towers due to their height, the town was often referred to as "Stargard the tallest".

Its past importance and sheer number of beautiful buildings makes Stargard one of West Pomerania's prime tourist destinations. The city continues to be a member of the New Hanseatic League. Stargard's fortifications are a real pride of the city, being some of the most interesting examples of Gothic fortifications in Poland.



The defensive complex used to be 2260 metres long. Around half of the original walls survived to the present, in addition to four guard towers and three gates: two land gates and the Mill Gate, a water-facing gate which is the only such structure in Poland. In 2010, the church of the Blessed Virgin Mary, Queen of the World, which dates back to the 13th/14th century, as well as the mediaeval city walls, were granted historical monument status. The town is part of the European Route of Brick Gothic. In 2013, the defensive structure known as the Bastile was renovated and extended, and it now houses a museum.



There are also places worth visiting that are situated off the beaten track, including Poland's largest conciliation cross, a memento of an ancient crime. Stargard is also known for its rows of trees planted along the bank of the River Ina and around the city walls. The city is situated on the 15th meridian. It is surrounded by Pyrzyce-Stargard Plain and its many lakes, including the fifthlargest lake in Poland – Miedwie, which is situated only 7 km from the city.



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# **GOLENIÓW AND STEPNICA**

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GOLENIÓW AND STEPNI The expansive Goleniów Forest and the premier nautical tourism destination that is Szczecin Lagoon are ideal for those looking to enjoy peace and quiet while surrounded by nature, as well as those who like to stay active on water and on land.

The cultural centre of the area is the town of Goleniów, situated on the River Ina. In the past, the city developed rapidly thanks to being a member of the Hanseatic League, and the beautiful historic buildings from that era can still be enjoyed by visitors. The Town Tourism Trail and the Goleniów Brick Trail are walking routes which make exploring the town easier. They have you visit all the major historical attractions, including the church of St. Catherine and the mediaeval fortifications – fragments of the city walls, Wolin Gate, Powder (Prison) Tower and the Mint Tower. Between them and the Ina wharf, the "Avenue of legends" is located. A very unique granary can be seen nearby, as well as the "Yellow house", which serves as the Goleniów Area History Documentation Centre. Also worth exploring are the Goleniów gardens. The largest natural wonder near the town is the Goleniów Forest, with its extensive network of walking trails. The area is a mushroom and berry picker's paradise. The village of Kliniska is the location of the Natural and Forestry Education Centre. Those looking for physical activity should try the Ina Meanders kayaking route, which ends at the state-of-the-art wharf in Lubczyna. Goleniów is very easily accessible from Szczecin and the rest of the region by roads and railway tracks, while visitors from the rest of Europe can quickly reach the town from the nearby airport.





The areas surrounding Stepnica are one of a kind when it comes to their flora and fauna. They comprise forests, vast wet meadows, the waters of Szczecin Lagoon and the mouth of the Oder. As a result, a wide range of plants and animals call this relatively small region home, including white-tailed eagles. These are the largest birds of prey living in Poland. Feral Polish konik horses and long-haired Scottish Highland cattle live near the village of Czarnocin. Supervised bathing spots, dozens of kilometres of hiking and bicycle trails, wharves and equipment rentals can also be found nearby.





# DĘBNO

and landscapes the region has to offer.

Dębno

The many lakes and rich flora and fauna of the southern parts of West Pomerania are what sets the Dębno area apart from the rest of the region. The beautiful River Myśla runs through here, its meanders forming expansive wetlands and bisecting large swathes of dense forests, creating a perfect environment for kayaking. The plethora of hiking, bicycle and nordic walking trails make it easy to explore the area. These trails run through towns and locations containing the most precious and interesting historical buildings

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The town's unique atmosphere is due to its vintage residences and beautifully ornate red brick factory buildings. There is also no shortage of small Gothic churches and vintage park and palace complexes, like the ones in Dolsk, Smolnica and Warnice. Interesting church buildings can also be found in Dębno, Cychry, Dargomyśl, Dolsk, Dyszno, Oborzany, Sarbinowo and Smolnica. The rich history of the region and what the day-to-day life was like here is on full display in Dolsk's 1781 forge, the Dargomyśl mill complex, and the 1920 hunter's lodge on Lake Duszatyń. Remnants of military buildings can also be found near Dębno, and the town's role in the history of aviation is commemorated by a monument to two Lithuanian pilots – Stasys Girenas and Steponas Darius. Modern-day Dębno is the Polish Marathon Capital. Runners eager to test their endurance running this classic distance arrive in the city every year. The event includes several Polish national championships, including competitions for women, police officers, firefighters and teachers. The town also offers other interesting events, including the Theatre Triad, horse riding contests, Dębno Days, meetings with folklore, interesting meet-the-author events and many athletic competitions.







# **ODER REGION**

The part of Western Pomerania located on the banks of the Oder conceals unique natural wonders, which are usually protected by being part of landscape parks. The river, the wetlands it creates and the kilometres-wide valley are a veritable natural treasure. There is also no shortage of marvellous historical buildings and remnants of old commanderies of major European orders, such as the Templar chapel in Chwarszczany, the Knights of Malta castle in Swobnica and the Cistercian monastery in Kołbacz. It is also a land of stone churches built between the 12th and 15th centuries, fascinating secrets and villages featuring remnants of mediaeval structures (Trzcińsko-Zdrój, Moryń, Mieszkowice, Cedynia and Chojna). It was also witness to many important historical events, from the famous Battle of Cedynia in the 10th century to the crossing of the Oder in World War II.

The Oder runs for 162 kilometres between Poland and Germany. There are many places on both of its banks where you can transfer from a kayak to a bicycle, including Siekierki/Wrietzen and the legendary Valley of Love (Dolina Miłości) near Krajnik/Zatoń. In Gozdowice, a ferry connects the banks of the Oder. South of Gryfino, in Widuchowa, the Oder splits into two rivers – the Eastern Oder and the Western Oder, which runs through the central districts of Szczecin. You can reach the Baltic Sea via the local wetlands and channels, Lake Dąbie and Szczecin Lagoon, down the River Piana, Świna or Dziwna.



The region between the two Oders stretches south of Szczecin and comprises wetland and bog areas created by its forks. The area also features many islands and channels, and the flora and fauna of the local bogs is unique in Europe. In the Lower Oder Valley Landscape Park, established in 1993, you can find such animal species as beavers, otters and stoats. It is a paradise for wild bird watchers. The waters of the area are home to many species of fish, including bream, eel, weatherfish and tench. You can find peace and quiet there and experience nature first-hand. Simply rent a kayak and go on an adventure.





A trip down the Oder is best started in Szczecin – the capital of the region and the main cultural and historical hub of West Pomerania Region. The city is located right next to the twin Oders area, and offers great access to its many unique locations and points of interest.



The village of Kołbacz, located 24 kilometres south-west of the centre of Szczecin near a road leading to Pyrzyce, is the location of an impressive monastery which can be seen even from a large distance. That is the old Cistercian abbey, now a registered Historical Monument. The temple is used to this day (from the transept area onwards), and gives you a sense of the scale, importance and spiritual power it enjoyed in the past. The Dendrological Garden in Glinna is situated on the edge of Bukowa Forest, some 5 km from the southern outskirts of Szczecin. Its collection includes more than 800 species and varieties of trees and bushes, mostly exotic in origin.

Situated further south and near the banks of the Oder, Gryfino is a town whose history dates back to the Middle Ages. The stone and brick church of the Nativity of the Blessed Virgin Mary and the remnants of city walls, with the preserved Bańska gate, are a testa-ment to the city's mediaeval origins. Gryfino is the best place from which to visit the "West Pomeranian Amazon", or the unique twin Oders (Międzyodrze) area situated between two branches of the Oder.



Some 4 kilometres south of Gryfino is where "Crooked Forest" Natural Monument is located, which consists of a few dozen pines bent in very unusual shapes. The original purpose of their planting is not known, though the most likely explanation is that the trees were supposed to be used in furniture manufacturing, although there are also more fantastical and conspiracy theories which attempt to explain their unique forms.



Baniewice is the location of Poland's largest winery – Turnau. The castle of the Knights of Malta in Swobnica and the 13th-century chapel of St. George in Banie are also worth visiting.



And from the observation deck in Widuchowa, you can enjoy a panoramic view of the beautiful Lower Oder Valley. The river splits into two branches here. Between them is the Międzyodrze region, which is where the Lower Oder Valley Landscape Park is situated. What sets the area apart from the rest of Poland and Europe is its many bogs and the richness of the flora and fauna.



Beautifully situated, Trzcińsko-Zdrój is a mediaeval town which served as a spa town for many years. Its major attractions include a fully-preserved stone wall complex, a Gothic church and a very ornamental Gothic town hall.

The importance of Chojna is best exemplified by its preserved monumental brick Gothic buildings – the town hall, the defensive walls with their impressive-looking gates, the remnants of the old Augustinian monastery and the imposing St. Mary's Church. The town entrance is adorned with an enormous natural monument – the plane "Olbrzym" (Giant), the largest plane tree in Poland and one of the largest trees in general, boasting a circumference of more than 11 metres and a history spanning more than 300 years.



At the Polish-German border, near the crossing in Krajnik Dolny, the picturesque village of Zatoń Dolna can be found. Its many scenic vantage points offer a marvellous view of the Oder Valley, whose slopes are the location of the romantically-named "Valley of Love" (Dolina Miłości) landscape and nature park.





A visit to the Cedynia Landscape Park is an unforgettable experience. Visitors can expect old, untouched forests, swamps and wetlands which transition into flatlands remin-iscent of a steppe. The park's unique landscape is the result of a high concentration of very unique postglacial formations in a relatively small area. This is also where Bielinek, one of the most important natural reserves in West Pomerania, is situated. It is the northeasternmost place in Europe where you can find downy oaks, as well as various xerothermic and steppe plant species.



Cedynia is a famous town near which the forces of Duke Mieszko I routed the warriors of Margrave Odo in 972, in what was one of the most important battles in the history of the nascent Polish state. A monument depicting an eagle stands on Czcibor Mountain in commemoration of this victory. When you are visiting Cedynia, be sure to visit the Regional Museum, explore what remains of the old Cistercian monastery (which now serves as a hotel and restaurant), and climb the observation tower.

From here, Moryń, another mediaeval city situated on the pictur-esque coast of Lake Morzycko, is not far away. Moryń features a preserved defensive wall complex with a riverside gateway, a still-recognisable original settlement layout and an early-Gothic stone church with a distinct tower with a passage underneath. Along the lake runs a promenade known as the Pleistocene Walk of Fame, featuring models of Ice-Age animals and 1:1 casts of their tracks.



From Cedynia, embark on a journey along what are known as the Cedynia Carpathians (which include Czcibor Mountain). Parallel to the road leading to the border crossing in Osinów Dolny, many hills overlooking the Oder dot the expansive Cedynia Heaths – a nature reserve and part of the Cedynia Landscape Park. The heathers can only be seen from a dedicated observation deck. Beyond Osinów Dolny, in what is known as the knee of the Oder, is the westernmost point in Poland, featuring a stone with a plaque informing visitors about the fact.



The National Remembrance Region encompasses Polish towns which have played a role in the history of the Polish military, including Cedynia, Siekierki, Stare Łysogórki, Gozdowice and Czelin. They constitute a historical link between two battles: the victory of Duke Mieszko I and his warriors, and the crossing of the Oder by the First Polish Army on 16 April 1945. These heroic events are commemorated by monuments situated on the banks of the Oder, military cemeteries and minor museums scattered around the area. They all have a poignant lesson to teach about history, patriotism and the region itself.



Between Siekierki and Stare Łysogórki is where one of Poland's largest war cemeteries is situated, serving as the final resting place of more than two thousand fallen soldiers. The nearby town of Gozdowice is home to a sapper monument and the Museum of Engineering Troop Mementos, and Czelin is where the first border pillar on the Oder was erected.



According to legend, Mieszkowice were originally founded by Mieszko I, who spent time hunting in the area. Just like in the Middle Ages, the centre of Mieszkowice is an expansive town square with a town hall, and the old town is defended by stone walls which survived to the present in close to their original layout.





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# KAMIEŃ POMORSKI

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phone: +48 502 457 205 muzeumkamieni@gmail.com www.sokolowski-muzea.pl

Kamień Pomorski is one of the oldest towns in Wester Pomerania Region. Its greatest historical monument, as well as the city's oldest building, is the local cathedral. Its construction was ordered after the seat of Pomeranian bishopric was transferred to Kamień Pomorski in 1175. Inside, you will find a Baroque organ featuring three thousand immaculate-sounding pipes. Every year since 1965, the cathedral has hosted the International Organ and Chamber Music Festival. Also worth visiting is Poland's only cathedral garden, built in the early 14th-century, and the old vault building houses a museum of the cathedral.

Kamień Pomorski also features the Rock Museum, whose collection includes interesting minerals, fossils and exhibits which originate from space. The museum is located in the 14th-century Wolin Tower. An additional attraction available in the building is the observation terrace, which offers a great view of the city – from high up, you can see the old outline of the settlement and enjoy a panorama of the surrounding areas. These examples of preserved cultural heritage draw many visitors to Kamień Pomorski, and the closeness of water (Kamień Lagoon, the River Dziwna, Cicha Bay, Karpinka Bay, Wrzosowskie Lake) is yet another incentive to visit if you enjoy sailing, paddling or angling.

In the 19th century, peloid deposits and brine pools were discovered here, which has been the foundation of the local health resort ever since. The resort offers professional medical treatments, rehabilitation programmes, a wide range of natural treatments and active ways of spending free time.







# ŚWINOUJŚCIE

Świnoujście is one of the most beautiful towns on the coast of the Baltic, situated on several islands in the north-western reaches of Poland. Its unique location and access to diverse bodies of water (the Baltic Sea, Bay of Pomerania, Szczecin Lagoon and several sea straits) offer the perfect conditions for the development of nautical tourism, including sailing.

There are many ways to be active while enjoying a stay in Świnoujście. Many kilometres of bicycle trails run through the town, connecting its most popular points of interest – the town centre, port, waterfront district and the border crossing to Germany. The gorgeous marine landscape, the smell of dune flora and the many park and forest areas are perfect for hiking. Visitors who enjoy Nordic walking and more casual walkers will find no shortage of longer and shorter routes as well. Bathing in the sea or sunlight is pure pleasure when done on one of Poland's most beautiful beaches, which is also unique in that it is the widest natural beach of the Baltic, while also being safe and clean, as evidenced by it winning the Blue Flag certification multiple times. The beach has something for those who prefer to just lie back and relax, as well as those who prefer to spend their time on the beach a bit more actively. The mild microclimate of the seaside, clean air, lots of sunlight and the brine and peloid deposits all make Świnoujście a great spa town. Its well-equipped facilities employing trained professionals also contribute to the town's stellar reputation. The treatments they offer, when combined with walks along the seaside, soothe both the body and the mind. Świnoujście itself also has attractions worth exploring. These include the largest lighthouse in the Baltic, as well as 19th-century fortifications – Fort Angel (Fort Anioła), Western Fort (Fort Zachodni) and Fort Gerhard (Fort Gerharda) – true must-sees for anyone with a keen interest in history. You can also visit the Underground City (Podziemne Miasto) on Wolin Island, the Museum of Fishing, the observation tower and the stone breakwaters.









#### **Tourist Information**

pl. Słowiański 1/6, 72-600 Świnoujście phone: +48 91 322 49 99 cit@um.swinoujscie.pl

#### **Town Hall**

ul. Wojska Polskiego 1/5, 72-600 Świnoujście phone: +48 91 321 31 93, +48 91 327 86 73 sekretariat@um.swinoujscie.pl www.swinoujscie.pl

#### **Maritime Fishing Museum**

pl. Rybaka 1, 72-600 Świnoujście phone: +48 91 321 24 26 muzeum@fornet.com.pl muzeum.swi.pl

BALTIC BIKE.PL – order bicycles by phone ul. Wojska Polskiego 4AB/5A, 72-600 Świnoujście phone: +48 500 412 500 info@balticbike.pl www.balticbike.pl

#### **Fort Gerhard**

ul. Ku Morzu 5, 72-600 Świnoujście phone:+48 503 741 307 muzeum@fort-gerharda.pl www.fort-gerharda.pl

#### ort Anioła

ul. Jachtowa dz. 158, 72-600 Świnoujście phone: +48 91 321 35 71, tel. 601 767 171 fortaniola@gmail.com www.fortaniola.pl

#### **Western Artillery Fort**

phone: Jachtowa 8, 72-600 Świnoujście tel. +48 508 738 118 westbatterie@wp.pl www.fortzachodni.pl

### Underground City on Wolin Island – Vineta Emplacement

The Undergound City complex is situated in a forest between the Świnoujście-Przytór railway station and the beach, 500 metres from the S3 road and a public transport stop and 500 metres from the Przytór railway station.

phone: +48 789 072 244 kontakt@podziemne-miasto.pl www.podziemne-miasto.pl

www.swinoujscie.pl visit.swinoujscie.pl





# MIĘDZYZDROJE

International House of Culture Tourist and Cultural Information Centre ul. Promenada Gwiazd 2,

72-500 Miedzyzdroje phone: +48 603 460 055 informacja@miedzyzdroje.pl www.miedzyzdroje.pl

**Wolin National Park** ul. Niepodległości 3a, 72-500 Międzyzdroje phone: +48 91 328 07 27 sekretaria@wolinpn.pl www.wolinpn.pl

Wapnica - Międzyzdroje Wharf ul. Turkusowa 3C, 72-500 Międzyzdroje-Wapnica phone: +48 91 321 32 93, +48 885 514 000 bosman@marina.wapnica.miedzyzdroje.pl www.marina.wapnica.miedzyzdroje.pl

www.miedzyzdroje.pl

Międzyzdroje is known as the "Polish Cannes" due to its Festival of Stars. The seaside boardwalk has its own walk of fame with handprints of prominent actors and film producers. The beautiful architecture of the promenade, a 395-metre pier and a port which cultivates ancient fishing traditions (Międzyzdroje was originally a fishing village in the 13th century) attract many visitors. The Wax Figure Museum, the Planetarium and the Oceanarium are also worth swinging by. The town is surrounded by the Wolin National Park with its European Bison Display Lot, the Natural Museum, costal cliffs, Zielonka Hill and the gorgeous Turkusowe Lake.

Turkusowe Lake ("Turguoise Lake") was created after the flooding of a mine which operated here until the 1950s. Its greenish hue is due to the chalk which used to be extracted in the mine. Its beauty now draws crowds of visitors who can enjoy a view of it while following the picturesque routes which explore the natural environment. The park is home to 270 protected animal species, including several white-tailed eagles, which can be found on the park's emblem.

Those visiting the European Bison Display Lot can meet the European bison herd which makes it its home, as well as such forest animals as deer and boars. The facility also serves as an animal hospital. An interesting fact – the names of all European bison born in Poland always begin with "Po" (as in the word "Poland").



The gorgeous verdancy of the Wolin National Park conceals the Wapnica Marina. Its state-of-the-art architecture, closeness to the Baltic Sea and convenient land access make it an attractive destination and base of operations for avid sailors.

Gosań Mountain is Poland's tallest cliff, standing 93 m above sea level. It can be reached by following a path which runs between hills overgrown with hundred-year-old beech and oak trees. The mountain features old air defence bunkers. An impressive panorama of the Bay of Pomerania stretches from the very top, and you can see the Międzyzdroje pier, the Świnoujście harbour and parts of the German coast of Usedom Island in the distance.





# **WOLIN ISLAND**

Poland's largest island and a gmina bearing the same name. A large part of the island is occupied by the Wolin National Park, which encompasses the sea cliffs and is home to rare plants, birds and other animals. Its tall moraine hills offer a marvellous view, and the local forests conceal many mysterious structures dating back to World War II.

The first thing that draws your attention when visiting Wolin is the enormous reconstruction of a 9th-11th century settlement – the Slav and Viking Centre open-air museum. This is a unique "living museum" which you can not only explore, but where you can also take part in ancient craft workshops and a wide range of events, chief of which is the Slav and Viking Festival. Other places worth visiting include the Andrzej Kaube Regional Museum, the Hangman Hill with its Triglav monument and St. Nicholas's church.













**Slav and Viking Centre** Recław 37, 72-510 Wolin www.jomsborg-vineta.com

**Wolin Town and Gmina Culture Centre** ul. Zamkowa 23, 72-510 Wolin phone: +48 91 32 20 871 osrodek-kultury.pl

V-3 Training Area in Zalesie ul. Nadbrzeżna 9, 72-500 Wicko phone: +48 601 624 355 www.bunkierv3.pl

**Lubin Settlement** 

ul. Główna, 72-500 Lubin phone: +48 662 126 571, +48 693 543 268 www.grodziskolubin.pl

Underground City on Wolin Island -Vineta Emplacement

The complex is situated in a forest between the Świnoujście-Przytór railway station and the beach, 500 metres from the S3 road and a public transport stop and 500 metres from the Przytór railway station tel. +48 789 072 244

kontakt@podziemne-miasto.pl www.podziemne-miasto.pl

Andrzej Kaube Regional Museum in Wolin ul. Zamkowa 24, 72-510 Wolin phone: +48 91 326 17 63 kontakt@muzeumwolin.pl www.muzeumwolin.pl



# DZIWNÓW GMINA

Dziwnów – Tourist Information ul. Reymonta 10, 72-420 Dziwnów phone: +48 91 321 89 57 it@mosik.pl www.dziwnow.pl

#### Dziwnów Marina

ul. S. Żeromskiego 30, 72-420 Dziwnów phone: +48 91 381 12 35, +48 501 958 836 port@dziwnow.pl dziwnow4sailing.org

#### **Polmax Marina**

ul. Spadochroniarzy 20, 74-420 Dziwnów phone: +48 530 447 445 biuro@marina-polmax.pl

Dziwnów Seasonal Wharf
Dziwnów Port Authority
ul. Wybrzeże Kościuszkowskie 2a,
72-420 Dziwnów
phone: +48 91 381 12 35, +48 505 589 641
marinadziwnow@gmail.com
dziwnow4sailing.org

#### Nautica Maritime Science Centre Dziwnów park

ul. Parkowa 6a, 72-420 Dziwnów phone: +48 690 504 308 www.nauticapark.pl

#### Miniature and Train Park

ul. Marynarki Wojennej 15, 72-420 Dziwnów phone: +48 502 284 588, +48 510 081 476 dziwnow@park-miniatur.pl www.park-miniatur.pl Dziwnów Gmina is situated in an interesting location between three bodies of water: the Baltic Sea, Kamień Lagoon, as well as Dziwna Strait, which connects the other two. The gmina is made up of four coastal towns – Międzywodzie, Dziwnów, Dziwnówek and Łukęcin. The location makes it the perfect place for water sports (including kitesurfing, wakeboarding and windsurfing), going on walks and other ways of actively spending free time. Situated on the coast of the lagoon, Dziwnówek is the location of a popular windsurfing school and equipment rental. Kayakers and anglers will not be disappointed either.







The Dziwnów port and wharves see many yachts mooring there every season. Visiting sailors enjoy the variety of the local water bodies. The nearby beach and the diversity of recreational activities on offer also attract many visitors, Dziwnów and other local towns host a vast range of artistic and sporting events. Sight-seeing cruises aboard ships setting off from Wybrzeże Kościuszkowskie Street are also an unforgettable experience.





# TRZEBIATÓW COAST

A healthy seaside microclimate and sandy beaches – this is what makes Trzebiatów Coast one of the all-time favourite tourist destinations on the Polish coast. It features bathing spots in Dziwnów, Dziwnówek, Łukęcin, Pobierowo, Rewal, Niechorze, Pogorzelica, Mrzeżyno, Dźwirzyno and Grzybowo, and the many pensions and holiday resorts, open year-round, offer a wide range of accommodation services adapted to the needs of all visitors.

One of the region's most well-known historical buildings is the ruined cliffside church in Trzęsacz. Originally the centre of the village, only a single fragment of its southern wall is still standing. You can discover the history of the temple by visiting the Trzęsacz Multimedia Museum.



One of the most famous local attractions is the Seaside Narrowgauge Railway, which connects five towns.



In the Niechorze Maritime Fishing Museum, you can see tools and instruments used by Baltic fishermen in the past. Another local attraction is the lighthouse. Pustkowo is the location of the Baltic Cross of Hope, which is a replica of the cross adorning Giewont Mountain.



The Whale Park in Rewal entertains its visitors by teaching them about the sea and its inhabitants. There, you can encounter a deadly shark or take a photo with a giant squid or whale at 1:1 scale, all perfectly safe.

Trzebiatów is a town with a fascinating history. Its many well-preserved historical buildings are a testament to its rich tradition. Trzebiatów is home to the legendary Gunpowder Tower, as well as remnants of mediaeval defensive walls, the church of the Blessed Virgin Mary, a town hall and a palace, in addition to a very unique painting situated on one of the local tenements — a plaster sgraffito depicting an elephant and its trainer, the former of which has become a tourism symbol of the town.



Many resort towns situated on the very coast of the Baltic Sea can also be found in the area, including Mrzeżyno and Rogowo. Both of these towns offer beautiful and clean beaches, as well as holiday resorts nestled in a strip of seaside forest.

The unique local microclimate helps with allergies and upper respiratory tract disorders. The River Rega flows into the Baltic Sea near Mrzeżyno. It is the longest and one of the cleanest rivers in northern Poland, and is perfect for kayaking.



Tourist Information Rewal Sports Hall ul. Szkolna 1, 72-344 Rewal phone: +48 91 38 62 629 www.rewal.pl

Whale Park in Rewal ul. Kamieńska 1C, 72-344 Rewal phone: +48 500 791 752 biuro@parkwieloryba.pl www.parkwieloryba.pl

Cliffside Multimedia Museum ul. Klifowa 3B, 72-344 Trzęsacz phone: +48 504 074 780 marketing4muzeumtrzesacz.pl www.muzeumtrzesacz.ol

Maritime Fishing Museum in Niechorze al. Bursztynowa 28, 72-350 Niechorze phone: +48 91 386 32 50 muzeum@rewal.pl www.muzeumniechorze.pl

Rewal Bike System bicycle rental Pobierowo – Sports and Recreation Complex ul. Moniuszki 4, 72-346 Pobierowo phone: +48 91 387 71 78 Rewal - hala sportowa ul. Szkolna 1, 72-344 Rewal phone: +48 91 386 29 93 Niechorze - kompleks sportowy ul. Leśna 3, 72-350 Niechorze tel. +48 91 386 36 84

Seaside Narrow-gauge Railway ul. Leśna 5, 72-351 Pogorzelica phone: +48 91 38 42 235 kolej@rewal.pl www.kolej.rewal.pl

"Mouth of the Rega"
Trzebiatów Tourism Organisation
al. Tysiąciecia 32A, 72-330 Mrzeżyno
phone: +48 604 774 424
ujscieregi@gmail.com
www.ujscieregi.pl

Trzebiatów Culture Centre ul. Wojska Polskiego 67, 72-320 Trzebiatów phone: +48 91 387 26 14 tok@trzebiatow.pl www.kultura.trzebiatow.pl

Mrzeżyno Sports Centre al. Tysiąclecia 32A, 72-330 Mrzeżyno phone: +48 91 384 08 96 recepcja.mcs@gmail.com www.mcs.mrzezyno.pl

Mrzeżyno Port Authority
ul. Przestrzenna 9, 70-800 Mrzeżyno
phone: +48 602 797 297, +48 696 956 474
port@trzebiatow.pl
www.port.mrzezyno.pl



### ₩ KOŁOBRZEG

# **KOŁOBRZEG**

#### Kołobrzeg City Office

ul. Ratuszowa 13, 78-100 Kołobrzeg phone: +48 94 355 15 00 urzad@um.kolobrzeg.pl www.kolobrzeg.pl

City Hall Tourist Information ul. Armii Krajowej 12, 78-100 Kołobrzeg phone: +48 94 355 13 20 it@um.kolobrzeg.pl

#### Solna Marina

ul. Warzelnicza 1, 78-100 Kołobrzeg phone: +48 94 35 167 65 sekretariat@zpmkolobrzeg.pl www.marinakolobrzeg.pl Kanał radiowy VHF 67

Uzdrowisko Kołobrzeg S.A. health resort ul. Ściegiennego 1, 78-100 Kołobrzeg phone: +48 94 35 224 42, +48 94 35 260 46 biuro@uzdrowisko.kolobrzeg.pl uzdrowisko.kolobrzeg.pl

Regional Tourism and Health Resort Association in Kolobrzeg ul. Warzelnicza 1, 78-100 Kolobrzeg phone: +48 660 264 682 biuro@rstu.pl www.rstu.pl

#### Polish Arms Museum

ul. Armii Krajowej 13, 78-100 Kołobrzeg phone: +48 94 352 12 88 muzeum@muzeum.kolobrzeg.pl www.muzeum.kolobrzeg.pl

(OFOBRZEG

Kołobrzeg is a port city situated on the mouth of the Parsęta, with nearly 50,000 residents. Granted city rights in 1255, it is one of the oldest urban centres in Poland. Today, it is rapidly developing and the largest health resort in Poland, known as the country's spa capital. Five- and four-star hotels offer their luxurious rooms year-round here, and the spa parlours are a perfect place to seek relaxation and respite. What makes Kołobrzeg a perfect health resort is its mineral springs, brine pools and peloid deposits (known as black gold), the local microclimate and unique green areas.

Kołobrzeg is more than just the kilometres of vast beaches, bicycle trails and sightseeing routes. It is also a city with a rich history spanning a thousand years and marvellous vintage buildings. The military past of Kołobrzeg is commemorated by the Polish Arms Museum and the city fortification trail. The Slavonic origins of the settlement, its Hanseatic golden age and its more modern history can be explored by visiting the museum located in Braunschweig Palace.

For centuries, the basilica of the Blessed Virgin Mary has impressed visitors with its architectural splendour. The city hall is one of the most distinct buildings in the city, and the lighthouse is a must-see for anyone visiting Kołobrzeg. You can taste adventure at sea today by embarking on a cruise on the Baltic Sea, such as an atmospheric cruise which takes place at dusk. Those looking for a longer trip should consider a cruise to the Danish island of Bornholm.

Kołobrzeg has the most sunny days out of all seaside resorts in Poland, and there are enough exciting activities on offer to enjoy them vear-round.







# **USTRONIE MORSKIE**

Ustronie Morskie

Ustronie Morskie is a serene town on the Polish coast. Its main attractions are clean beaches and ancient forests, which guarantee a pleasant stay full of unforgettable experiences. The town is popular among those who enjoy ecological tourism and are looking for peace and quiet.



Ustronie Morskie is where you can set off on a long journey along the international seaside bicycle trail, or visit the oldest oak trees in Poland – the more-than-800-year old Bolesław, which has been knocked over by a strong wind, and the still-standing, 650-year-old Warcisław. Visitors who enjoy water sports will be drawn to the sea, and healthy recreation services are also offered by the well-equipped Helios Sports and Recreation Centre, which features swimming pools, a playing field and a bowling alley, as well as the Golf Driving Range in Rusowo.

During your stay in Ustronie Morskie, be sure to visit the Open-air Museum of Bread, the Polish Caricature Walk of Fame and the 14th-century church of Our Lady of the Rosary in Rusowo. The Western Park, the Sky-Park observation tower and the VR and 7Dmax cinema offer top-tier entertainment as well. The areas surrounding Ustronie Morskie feature hiking and bicycle trails whose total length is several dozen kilometres, and the nature trail in Rusowo lets visitors take a closer look at the environment. The area can also be explored while embarked on the local tourist train.





Tourist Information and Promotion Centre ul. Rolna 2, 78-111 Ustronie Morskie phone: +48 94 35 14 175 www.ustronie-morskie.pl

Ustronie Morskie Gmina Office ul. Rolna 2, 78-111 Ustronie Morskie phone: +48 94 351 55 97 sekretariat@ustronie-morskie.pl www.ustronie-morskie.pl

HELIOS Sports and Recreation Centre ul. Polna 3, 78-111 Ustronie Morskie phone: +48 94 35 15 095 gosir@ustronie-morskie.pl www.gosir-ustronie-morskie.pl

Open-air Museum of Bread in Ustronie Morskie ul. Kolobrzeska 9, 78-111 Ustronie Morskie phone: +48 781 975 572, +48 94 35 19 400 skansenustronie@gmail.com salaweselna-ustroniemorskie.pl

GIBON Rope Park ul. Graniczna, 78-111 Ustronie Morskie phone: +48 608 400 727 www.gibonpark.pl

Golf Driving Range in Rusowo Rusowo 57, 78-111 Ustronie Morskie phone: +48 608 350 900 annabritzen@02.pl www.alte-farm.pl

Western Park Ustronie Morskie ul. Kolejowa 108, 78-111 Ustronie Morskie phone: +48 501 536 770 westernpark@interia.pl

VR and 7Dmax cinema phone: B.Chrobrego 20, 78-111 Ustronie Morskie tel. +48 501 508 908 rezerwacje7d@gmail.com www.kino7dmax.pl

Sky-Park observation tower phone: Malechowo 5, 78-111 Ustronie Morskie tel. +48 500 181 290 rezerwacje@sky-park.pl www.sky-park.pl

"Bryza Express" steam engine – organised groups only phone: +48 607 874 485 kolejkaturystyczna.ta.pl

# KOSZALIN

Koszalin combines a rich history with the beauty of nature. The picturesque area is bordered by the forested slopes of Chełmska Mountain in the east, which is a natural recreation area with many avenues, a nature education trail, a rope park and an observation tower. It offers an exquisite panoramic view of Koszalin and its surroundings, stretching all the way to the Baltic Sea. The Lubiatowskie Lake ornithological reserve is also located partially within city limits.



Koszalin attracts visitors with its diverse range of cultural events, made up of perform-ances offered by the Juliusz Słowacki Baltic Drama Theatre, the Stanisław Moniuszko Koszalin Philharmonic and the 105 Culture Centre. Koszalin is also a city of festivals, including music, film and sketch comedy.





The city offers its visitors an opportunity to discover the region's architectural heritage, including the Jamno culture outdoor museum, a Gothic 15th-century tenement known as the "Executioner's House", the 14th-century Gothic cathedral of the Immaculate Conception of the Blessed Virgin Mary and the chapel of St. Gertrude. These historic locations, as well as the city's other architectural attractions, make up the Old Town Tourist Trail. Also worth visiting are the many museums, including the Koszalin Museum, the Włodzimierz Wysocki Museum, the Air Defence Museum, the Water Museum and the Museum of Book Art.



Visitors can enjoy a cruise aboard the "Koszałek" water tram from Lake Jamno to the Baltic Sea, or take a railbus from Koszalin to Mielno.

Koszalin Poviat has no shortage of old churches, palaces, manors and parks to explore. The most interesting of these include the park and palace complexes in Strzekęcino from the late 19th/early 20th century and in Parsowo from the 18th century, as well as the 19th-century Neo-Renaissance palace in Nosowo. Many restored buildings, including Castle Podewils in Krąg, the manor houses in Osieki and Pleśna and the Amber Palace in Strzekęcino, now serve as restaurants and hotels.

One of the greatest local treasures is the "Stone Henges" archaeological reserve in Grzybnicki Forest, 20 kilometres south of Koszalin. Goth stone henges from the 1st/2nd century CE can be found here, in addition to mounds connected to ancient funerary cults. The Stone Henges are a remnant of one of the most important elements of public life in the ancient times, namely family and tribal community gatherings. Other places worth visiting include water mills and power plants, including the state-of-the-art pumped-storage power plant in Żydowo, which offers a beautiful view of the valley of the River Radew.

#### Vintage Car Museum

The museum is located next to Hotel Verde in Mścice, along the route connecting Koszalin and Kołobrzeg. Its collection includes exhibits from between 1914 and 1960, and focuses particularly on Jaguar and Mercedes vehicles, the latter of which include such models as the 190 SL and W113, known as the Pagoda.



#### Narrow-gauge railway

Children and adults alike will enjoy a ride on this antique, 19th-century narrow-gauge train. The 20 km-route connecting Koszalin and Rosnowo is used for seasonal passenger trips to Lake Rosnow-skie. The route is full of various attractions — including early 20th-century railway infrastructure, nature reserves and historical buildings. The trips also include bonfires, walks down the nature education trail and various contests.



#### **Koszalin Water Park**

This modern water park is one of the largest such attractions in Poland. It is located at the foot of Chełmska Mountain, and is surrounded by forests. There is a lot to enjoy here – the sauna zone features brine, steam and steam/mud baths, as well as saunas – Finnish, herbal and ritual. The recreational part offers waterfalls, wall massagers and six water slides. The longest of these, which is 176 metres in length, is known as the Anaconda.



#### Koszalin Air Defence Museum

The Koszalin Air Defence Museum is a branch of the Air Force Museum in Deblin. It cultivates the traditions of the old Air Defence Museum established in 1976 as part of the Air Defence Force Officer Academy. The museum presents arms and equipment used by this type of formations from their inception to modernity. One of the rooms is dedicated to garrison traditions, and is maintained in partnership with the military units stationed in Koszalin.



#### **Koszalin Astronomical Observatory**

The Koszalin Astronomical Observatory offers fun ways to teach astronomy to visitors young and old.

The observatory offers regular classes for schools, kindergartens and other organised groups, as well as science popularisation workshops intended for adults. Nighttime observation and sky watching sessions also take place here. These are organised for private groups upon prior registration, as well as in connection with particular astronomical phenomena and events. The observatory draws visitors year-round by uncovering the mysteries of space.



#### WakePark Koszalin

The PRIMUS two-lane, 180 m-long cable means you can wakeboard without stopping and perform tricks on special obstacles. The venue offers wakeboarding and wakeskating boards, footwear, wetsuits, helmets and vests in all sizes, for adults and children. Those who prefer two boards can choose water skis instead. In addition, the venue offers a trampoline for practising tricks in the air, kiterooming, outdoor gym, climbing wall for children and restaurants. The Wakepark organises country-wide competitions, training programmes and day camps. The park is wwwopen from May to September.



#### Museum in Koszalin

ul. Młyńska 37-39, 75-420 Koszalin phone: +48 94 343 20 11, +48 94 343 20 8 sekretariat@muzeum.koszalin.pl

### Koszalin Narrow-gauge

ul. Kolejowa 4, 75-847 Koszalin phone: +48 601 154 937 tmkw@waskotorowka.koszalin.p www.waskotorowka.koszalin.pl

#### Vintage Car Museum

ıl. Koszalińska 1, 76-031 Mścice ohone: +48 697 350 394, +48 607 900 260 rerde.pl/muzeum-aut-zabytkowych/

#### **Beer Brewing Museum**

ul. Grunwaldzka 1, 75-241 Koszalin phone: +48 94 346 09 55 (8:00 - 15:00) phone: +48 94 731 29 05 (15:00 - 23:00 minibrowar@gmail.com www.minibrowarkoszalin.pl

#### **Hortulus Gardens**

and Hortulus Spectabilis Gardens

– Observation Tower and Maze
in Dobrzyca

Dobrzyca 76, 76-038 Dobrzyca phone: +48 94 318 13 18, +48 602 610 041 www.hortulus.com.pl

#### **Astronomical Observatory**

ul. Gnieźnieńska 8A, 75-736 Koszalin phone: +48 570 770 869 obserwatorium@pm.koszalin.pl www.pm.koszalin.pl/obserwatorium

#### Koszalin Air Defence Museum

ul. Wojska Polskiego 70, 75-903 Kos. phone: +48 732 885 102 muzeumopl@muzeumsp.pl muzeumsp.pl

#### Coszalin Water Park

ul. Rolna 14, 75-436 Kosz<mark>alin</mark> phone: +48 94 721 60 06 www.aquapark.koszalin.pl

#### **Wake Park Koszalin**

ul. Sybiraków, 75-708 Koszalin phone: +48 530 559 007 www.wakeparkkoszalin.pl

#### Water Museum

ul. Żwirowa 18, 75-621 Koszalin phone: +48 94 342 62 69 mwik.koszalin@wodkan.pl mwik.koszalin.pl

Museum of Book Art ul. Szczecińska 1, 75-120 Koszalin phone: +48 22 10 06 212, +48 94 34 74 www.kurtiak-lev.pl



### MIELNO

Mielno Gmina Tourist Information and Promotion Centre ul. B. Chrobrego 3B, 76-032 Mielno phone: +48 94 316 60 48 kontakt@cit.mielno.pl www.cit.mielno.pl

Mielno Local Tourist Organisation ul. B. Chrobrego 3B, 76-032 Mielno phone: +48 94 316 60 48 biuro@mielnolot.pl www.mielnolot.pl

Skarbnica Wioski Rybackiej w Chłopach ul. Morska 37, 76-032 Chłopy phone: +48 572 102 615 skarbnicachlopy@ckm.mielno.pl www.skarbnicachlopy.pl Mielno and its surrounding leisure areas occupy a narrow strip of land between the Baltic Sea and Lake Jamno. The beaches in Łazy, Sarbinowo, Chłopy, Mielno and Unieście are some of the cleanest and safest in Poland.

A beautiful promenade runs through the dunes and around the town, and a wide boardwalk can be found in its centre. A varied restaurant offering awaits Mielno's visitors. Points of interest worth seeing include the Deer and Walrus monuments, and if the weather is not kind, visitors can enjoy a full-sized sports hall and indoor swimming pools in Mielno's hotels and sports centres. Mielno is popular among visitors looking for entertainment, and is a rapidly developing wellness and spa resort. Its many hotel complexes open year-round offer a wide range of treatments.

The town hosts annual events themed after where it is located. The International Winter Swimmers' Rally has been a major event for many years now. It has enjoyed unwavering popularity, and is the most important event of the year for cold water enthusiasts. Another important cultural event is Mielno Artistic Summer.

A number of bicycle and hiking trails run across the entire gmina. Visitors should not miss the Forest Loop of Adventure and Mystery, the beautiful Linden Avenue leading from Mielno to Mielenko, and the Turkish Hazel Avenue leading to Sarbinowo. A lighthouse is located in the nearby village of Gąski.







# DARŁOWO

Gmina darlowo gminadarlowo,pl

The vintage town of Darłowo features a delightful market square with a Baroque town hall, many tenements, a gate, bridges and wharves, as well as a mediaeval street and alley layout. Darłowo's main attraction is a Gothic castle which was the birthplace and childhood home of the king of Denmark, Sweden and Norway, Eric of Pomerania – the last Viking of the Baltic. The castle now houses the Pomeranian Dukes' Museum and its many valuable mediaeval church art and Pomeranian culture exhibits. The Gothic church of St. Gertrude is also an architectural wonder.

Visitors looking for some exercise can enjoy the local bicycle trails, as well as horse riding, quad biking, jet skiing, motorboat cruising and sea fishing aboard a trawler. Darłowo is known for its many outdoor concerts and other events, chief of which is the historical military vehicle rally and the Media and Art Festival. The nearby village of Darłówko features a state-of-the-art water park with heated seawater and a conference centre. The Leonardia Family Fun Park in Krupy near Darłowo has more than 100 wooden games from across the globe to choose from.

Spa hotels offering a wide range of regenerative treatments add variety to the list of recreational activities on offer. Neighbouring Darłowo is the village of Dąbki – the youngest health resort in Poland. The village is located on the coast, offering its visitors clean beaches and a healthy dose of iodine, in addition to cutting-edge medical and spa facilities.





### **JAROSŁAWIEC**



In the past, Jarosławiec was a picturesque fishing village. Today, it is a seaside resort brimming with life outside the summer season as well, and is home to one of the tallest lighthouses on the coast of Poland. A popular attraction is Poland's largest complex of swimming pools with artificial waves, massagers, heated water and artificial caves. A diverse range of lodgings, from a variety of agritourism farms to luxurious hotels right next to the sea, means that you can have a pleasant stay regardless of your budget.

Lake Wicko near Jarosławiec has a sailing school offering sailing and water bike courses, as well as boat trips. You can also try windand kitesurfing here, and rent water sports equipment.





Darłowo Museum

- Pomeranian Dukes' Castle ul. Zamkowa 4, 76-150 Darłowo phone: + 48 94 314 23 51 biuro@zamekdarlowo.pl

Leonardia Education and Entertainment Park ul. Krupy 3, 76-150 Darlowo phone: +48 501 042 503 leonardia@interia.pl www.leonardia.pl

Association of Friends of the Cliff and for the Promotion of Jaroslawiec ul. Bałtycka 103, 76-107 Jarosławiec phone: +48 509 817 506 stowarzyszenie@jaroslawiec.com

Tourist Information Desk ul. Nadmorska 28, 76-107 Jarosławiec phone: +48 59 810 94 40 pit@postomino.pl www.postomino.pl

Postomino Gmina Culture and Sports Centre Postomino 97, 76-113 Postomino phone: +48 59 810 93 73 ckist@postomino.pl www.ckis.postomino.pl

Regional Tourist Service Centre ul. Dworcowa 4, 76-100 Sławno phone: +48 519 303 031 rcot@darlot.pl www.darlot.pl

Tourist Service Centre
ul. Pocztowa 6, 76-150 Darłowo
phone: +48 519 30 30 32
cot@darlot.pl
www.darlot.pl

Tourist Service Centre (Passenger Terminal) ul. Kotwiczna 14 - Darłówko, 76-150 Darłowo phone: +48 732 669 919

Tourist Service Centre ul. Darlowska 51, 76-156 Dąbk phone: +48 519 30 30 32 cot3@darlot.pl www.darlot.pl

www.darlot.pl





Związek Portów i Przystani Jachtowych -Lokalna Organizacja Turystyczna Zachodniopomorskiego Szlaku żeglarskiego Aleja Papieża Jana Pawła II 44/2, 70-415 Szczecin phone: +48 91 448 08 32 sekretariat@marinas.pl www.marinas.pl

# THE WEST POMERANIAN SAILING ROUTE

The West Pomeranian Sailing Route is a comprehensive, cross-regional tourism product encompassing a network of ports and yacht wharves across Szczecin, Szczecin Lagoon and the West Pomeranian coast of the Baltic Sea.

It is made up of dozens of new or heavily modernised yacht ports and wharves with accompanying land infrastructure and sailing clubs. The coasts of Szczecin Lagoon, the closeness of the Wolin National Park and the mouth of the Parseta River stand out for their beautiful natural landscapes, as well as their rich historical and cultural heritage. The fact that the voivodeship is located on the border, as well as the cross-border nature of Szczecin Lagoon facilitate international exchange and increase the reach of our nautical tourism offering. This reach is further bolstered by the wide range of inland waterway trips (Oder–Havela, Oder, Lake Dąbie, Szczecin Lagoon, Kamień Lagoon, Piana, Świna and Dziwna Straits), as well as open-sea cruises along the coasts of the Baltic Sea. All of this results in a space for sailing and other water-based activities which is unique in Europe. The state-of-the-art buildings and infrastructure greatly increase the comfort it offers. The West Pomeranian Sailing Route is the only such tourism product in Europe.

The route is supported by many businesses specialising in designing, building and renovating watercraft, manufacturing and distributing kayaks and sailing equipment, selling boats and motorboats, providing specialised marina and camping equipment, nautical navigation hardware, wind- and kitesurfing equipment wholesalers, boat rentals and sailing schools for children and young people. West Pomerania is a premier destination for fans of all forms of nautical tourism from Poland and abroad.







# THE WEST POMERANIAN SAILING ROUTE YACHT PORTS AND WHARVES



#### **Ognica Wharf**

Ognica, gmina Widuchowa phone: +48 91 416 72 37 www.rzgw.szczecin.pl

#### Widuchowa Wharf

ul. Bulwary Rybackie, 74-120 Widuchowa phone: + 48 91 416 72 37 www.rzgw.szczecin.pl oh\_widuchowa@wody.gov.pl

#### **City Wharf**

ul. Nadodrzańska 1, 74-100 Gryfino phone: +48 91 607 529 643, +48 789 035 121 cit@osir.gryfino.pl www.osir-gryfino.pl

#### **North East Marina**

ul. Wyspa Grodzka 1, 71-655 Szczecin phone: +48 91 311 15 21, +48 539 924 222 marina@zstw.szczecin.pl www.northeast-marina.pl

#### **Gocław Marina**

ul. Lipowa 5/6, 71-734 Szczecin phone: +48 91 730 023 666 marina.goclaw@o2.pl

#### **Sailing Centre**

ul. Przestrzenna 21, 70-800 Szczecin phone: +48 91 460 08 44 biuro@centrumzeglarskie.pl www.centrumzeglarskie.pl

#### **PTTK Marina Camping Area**

ul. Przestrzenna 23, 70-800 Szczecin phone: +48 91 460 11 65 campingmarina@campingmarina.pl www.campingmarina.pl

#### **HOM Szczecin Shipowners' Cooperative**

ul. Żaglowa 2, 70-832 Szczecin phone: +48 605 400 189 rada@armatorzy-hom.pl www.armatorzy-hom.pl

#### Yacht Port - Dabie Marina

ul. Żaglowa 1a,70-832 Szczecin phone: +48 732 259 170, +48 91 485 47 87 marina@sun-sail.pl www.sun-sail.pl

#### AZS Szczecin Yacht Club

ul. Przestrzenna 9, 70-800 Szczecin phone: +48 91 461 27 34 jkazs.szn@gmail.com www.jkazs.szn.pl

#### Szafirowa Przystań Hotel and Restaurant

ul. Przestrzenna 13, 70-832 Szczecin phone: +48 509 246 500

#### **Club Marina**

ul. Przestrzenna 7 i 11, 70-800 Szczecin phone: +48 601 938 289 i.look@marina-club.pl www.marina-club.pl

#### Pogoń Marina

ul. Przestrzenna 3, 70-800 Szczecin phone: +48 91 462 46 57, +48 602 80 82 80 sejk@fr.pl www.marinapogon.pl

#### Lubczyna Marina – Goleniów Sports and Recreation Centre Boat Wharf

ul. Żeglarska 2, 72-105 Lubczyna phone: +48 91 419 16 12, +48 691 640 765 lubczyna@osir.goleniow.pl www.lubczyna.goleniow.pl

#### **Olimpia Physical Fitness Promotion Association**

ul. M.Konopnickiej 20, 72-010 Police phone: +48 695 645 640, +48 501 284 538 olimpia@police.pl www.olimpia.police.pl

#### **City Wharf in Police**

ul. Konopnickiej 12, 72-010 Police phone: +48 91 317 54 79 osir@police.pl www.osirpolice.pl

#### Kanał Młyński River yacht wharf

ul. Rybacka, Młynarska, 72-112 Stepnica phone: +48 518 724 972, +48 91 418 85 21 biuro@lok-stepnica.pl www.stepnica.pl

#### **Captain Robert Hilgendorf Wharf**

ul. Kościuszki 24 A, 72-112 Stepnica phone: +48 607 257 333, +48 691 917 400 przystanstepnica@wp.pl www.stepnica.pl

#### Trzebież harbour

ul. Portowa 23, 72-020 Trzebież phone:+48 91 312 83 46 btrzebiez@ums.gov.pl

#### Trzebież Marina

ul. Rybacka 26, 72-020 Trzebież phone: +48 789 327 678 biuro@marinatrzebiez.eu www.marinatrzebiez.eu

#### Nowe Warpno yachting wharf

ul. Słoneczna 23, 72-022 Nowe Warpno phone: +48 501 290 598, +48 91 312 99 77 campingnw@o2.pl

#### Nowe Warpno Marina

al. Żeglarzy 1, 72-022 Nowe Warpno phone: +48 692 889 547 bosmanat@marinanowewarpno.pl www.marinanowewarpno.pl

#### **Nowe Warpno Jetty**

phone: Żeglarzy 1, 72-022 Nowe Warpno tel. +48 91 312 97 40

#### Wolin Marina - Yacht Basin

ul. Mostowa 1, 72-510 Wolin phone: +48 500 024 847 dyrektor.ckis@gminawolin.pl www.gminawolin.pl

#### **North-western Wharf**

ul. Mostowa, 72-510 Wolin phone: +48 500 024 847 dyrektor.ckis@gminawolin.pl www.gminawolin.pl

#### Wapnica-Międzyzdroje Wharf

ul. Turkusowa 3C, 72-500 Międzyzdroje - Wapnica phone: +48 91 321 32 93 +48 885 514 000 bosman@marina.wapnica.miedzyzdroje.pl www.marina.wapnica.miedzyzdroje.pl

#### Łunowo – Boat Wharf of the Maritime

School Complex in Świnoujście ul. Zalewowa 101, 72-605 Świnoujście phone: +48 530 687 415 sekretariat@zsm.uznam.net.pl www.lunowoprzystan.blogspot.com

#### **Łunowo Boat Wharf**

ul. Zalewowa 86, 72-605 Świnoujście phone: +48 509 381 778 lunowo@osir.świnoujście.pl www.osir.swinoujście.pl

#### Basen Północny Yacht Port

Wybrzeże Władysława IV/ul. Jachtowa, 72-600 Świnoujście phone: +48 91 321 91 77, +48 537 200 814 marina@osir.swinoujście.pl marina.bosmanat@osir.swinoujście.pl

#### **Cztery Wiatry Yachting Club**

ul. Jachtowa 4A, 72-600 Świnoujście phone: +48 601 895 952 jachtklubczterywiatry@onet.pl www.jachtklubczterywiatry.pl

#### Karsibór Marina

ul. 1 Maja 5a, 72-603 Świnoujście phone: +48 502 157 204 marina@karsibor.com.pl www.karsibor.com.pl

#### Dziwnów Marina

ul. S. Żeromskiego 30, 72-420 Dziwnów phone: +48 91 381 12 35, +48 501 958 836 port@dziwnow.pl www.port.dziwnow.pl

#### Dziwnów Seasonal Wharf – ZPM Dziwnów

Wybrzeże Kościuszkowskie, 72-420 Dziwnów phone: +48 91 505 589 641 marinadziwnow@gmail.com www.port.dziwnow.pl

#### Kamień Pomorski Marina

al. Mistrzów Żeglarstwa 2, 72-400 Kamień Pomorski phone: +48 661 213 391 kontakt@marinakamienpomorski.pl www.marinakamienpomorski.pl

#### Mrzeżyno Seaport

ul. Portowa 6, 72-330 Mrzeżyno phone: +48 91 386 62 29, tel. +48 602 797 297 port@trzebiatow.pl www.port.mrzezyno.pl

#### **Dzwirzyno Port**

ul. Wyzwolenia 1, 78-131 Dźwirzyno phone: +48 94 358 54 23 vtsdzwirzyno@umsl.slupsk.pl

#### Solna Marina in Kołobrzeg

ul. Warzelnicza 1, 78-100 Kołobrzeg phone: +48 785 882 842 marina@zpmkolobrzeg.pl www.marinakolobrzeg.pl

#### **Darłowo Seaport**

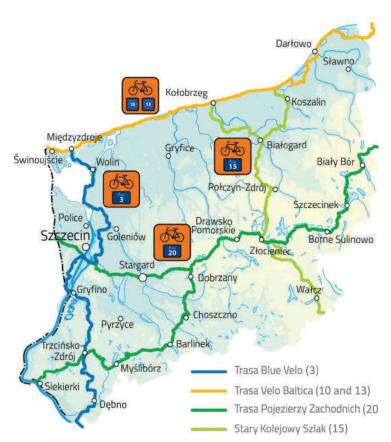
ul. Conrada 27, 76-150 Darłowo phone: +48 94 314 51 85 dyrektor@port.darlowo.pl www.port.darlowo.pl



### **Exploring West Pomerania Region**

### **BICYCLE TRAILS**

Bicycle tourism is a simple and pleasant way to spend your free time. West Pomeranian bicycle trails are well-maintained and can be fully enjoyed by beginners and veteran cyclists alike. The website www.rowery.wzp.pl contains maps and GPX traces which you can download to your phone. Now you only need to plan your accommodation, pack your gear and enjoy one of the relaxing trails. Western Pomerania offers five bicycle trails, which can be combined depending on the distance you want to travel and the number of days you want to spend cycling. Of course, you do not need to spend all of your time riding your bicycle. It is a good idea to plan some time off near the water, or make your stay more interesting by combining bicycle trips with some of the many local attractions.





marked very accurately, meaning you will rarely have to consult a map in the first place. Another great thing about the trail is that it offers easy access to the beautiful Baltic beaches, particularly the deserted ones, accessible only by bike. You can also easily access all manner of services along the route – various types of accommodation, a wide range of restaurants and many bicycle-related services.





WESTERN LAKE DISTRICTS ROUTE (20) The lakelands of West Pomerania are a perfect place to relax and enjoy some peace and quiet. The area sees fewer visitors than the seaside, which lets you enjoy the nature in solitude, explore the quiet towns and really get some rest. As the name would suggest, the trail isfull of lakes offering crystal-clear water in which you can bathe. You can start

your bicycle trip at what is known as kilometre zero, at the bridge in Siekierki on the Polish-German border. It was repurposed into a bicycle trail with a great view of the Oder and the incredible Kostrzynek Wetland. The route is primarily made up of asphalt bicycle roads built atop the old railway tracks of Myślibórz and Choszczno Lake Districts, and has you visit the most popular inland tourist areas in the region – the Ińsko, Drawsko and Szczecin Lake Districts. The main route crosses five landscape parks, and its Szczecin fork, marked as 20A, runs through Bukowa Forest. Those looking for safe and well-marked sections will most likely be drawn to the southern part of the trail, which connects Siekierki and Ińsko. More advanced visitors can try to go the entire distance.





The OLD RAILWAY TRAIL (15) runs north to south across several lake areas. It connects Kołobrzeg and Mielno with Wałcz, thereby connecting the Baltic Sea with the Wałcz Lake District. The rail is planned to mainly run along old disassembled railway tracks. All this makes the route an at-

tractive proposition, in addition to being pleasantly easy – the old railway routes are easy enough for everyone to traverse, including even the tallest hills of Łobez Uplands. The section connecting Białogard and Złocieniec is fully prepared and marked, and the distance between Kołobrzeg and Karlino assumes the form of a comfort-able bicycle road. Along the route, you can explore many palaces, unique churches, old railway stations, and most importantly enjoy peace and quiet in the wilderness.





BLUE VELO (3) It connects the Baltic coast with areas adjacent to Szczecin Lagoon, as well as Kostrzyn on the Oder via the Myślibórz Lake District. The route is highly popular among those who want to reach the sea on their own two wheels, and then continue their trip along

the coast. Less experienced visitors are advised to choose the sections connecting Stepnica and Międzyzdroje, as well as Gryfino and Trzcińsko-Zdrój. The northern part of the trail runs along the foreshores of Lake Dąbie and Szczecin Lagoon. In the south, a large part of the route has been set to follow old train tracks. As you are traversing the northern section, you will be amazed by the endless waters of the lagoon, dotted with white sails and scored by the many species of birds. The southern part of the trail features many castles, wineries and old mills.







**AROUND SZCZECIN LAGOON** is a roundabout Polish-German route for those who enjoy a relaxing trip near the water. The eastern part perfectly overlaps with the Blue Velo route, and many of its sec-

tions provide you with a clear view of the waters of Lake Dąbie and Szczecin Lagoon. The route lets you experience the wilderness first-hand and watch this region's famous bird flocks. Along the way you will find many wharves, beech forests which are part of the Wolin National Park, as well an ancient Slav and Viking settlement. Consider making a detour and visiting one of the local observation decks. The most popular of these is located in Lubin, offering a panoramic view of the inverted delta of the River Śwna. As you are travelling, you can also visit Szczecin, Nowe Warpno, Wolin, Świnoujście and Międzyzdroje.



All routes described here are either in development or in the process of being expanded, but many sections are already complete and marked. Visit www.rowery.wzp.pl to find the exact routes and plan your bicycle trip around West Pomerania. Up-to-date information on the routes can also be found on our Facebook page "Rowerem przez Pomorze Zachodnie". Our community will be happy to answer your questions, give you some practical tips and clear any doubts you may have.



Maps www.rowery.wzp.pl/en/map

Description of bicycle trails, GPX traces, printable maps www.rowery.wzp.pl/en

www.facebook.com/PomZachodnieRowerem

mobile application
Pomorze Zachodnie (The West Pomerania)











### **Exploring West Pomerania Region**

# **LIGHTHOUSE TRAIL**

For many decades, lighthouses have been showing sailors the way to West Pomeranian harbours. Today, however, they are no longer only used for navigation. These vintage buildings have become major tourist attractions, in addition to serving as observation decks. There are seven such buildings scattered along the West Pomeranian coast. The beauty of all lighthouses on the Polish coast is on display in the Lighthouse Miniature Park in Niechorze, which contains 1:10 scale replicas of the buildings.

#### **ŚWINOUJŚCIE Lighthouse**

Lighthouse height 64.8 m, light range 46.4 km

The lighthouse is situated at the base of the eastern breakwater, at the mouth of the Świna. It is the tallest (308 steps leading to the observation deck) lighthouse on the Baltic, and one of the tallest in the world. This unique structure was built in 1857, and its original form was only preserved thanks to the insubordination of a German lighthouse keeper, who ignored a demolition order issued during the retreat of the Ger-mans from Świnoujście.



#### **KIKUT Lighthouse**

Lighthouse height 15 m, light range 29.6 km

The lighthouse is situated on the territory of the Wolin National Park, on a tall sea cliff some 300 metres from the sea itself. It was originally built as a landmark/observation tower.

#### **NIECHORZE Lighthouse**

Lighthouse height 45 m, light range 37 km

The tall cliffs of Niechorze are covered with dense forests which conceal a light-house featuring a distinct eight-sided shape and adjacent two-storey residential extensions. Its magnificent architecture makes it one of the most beautiful lighthouses on the Baltic. The building was constructed in 1866.



#### KOŁOBRZEG Lighthouse

Lighthouse height 26 m, light range 29.6 km

The lighthouse stands at the base of a breakwater covering the entry to the Kołobrzeg harbour. It offers a view of the wharf and its infrastructure, the sea and the spa park. The lighthouse was built atop the ruins of an old lighthouse demolished by retreating German forces in 1945. Today, its basement houses a mineral museum.



#### **GASKI lighthouse**

Lighthouse height 49.8 m, light range 43.5 km

The round, red brick lighthouse tower overlooks a forest covering the flat sea coast. The materials used in its construction were delivered by sea, and unloaded at a dedicated jetty. The light at its top first shone in 1878, and continues to do so to this day.



#### DARŁOWO (Darłówko) lighthouse

Lighthouse height 22 m, light range 27.8 km

This lighthouse was built by adding another floor to a square tower adjacent to the local pilot station in 1927, and has remained in this form to this day. Situated at the base of the eastern breakwater covering the entry to the Darłówek harbour, it is exposed to the destructive influence of waves during storms, which happen to occur frequently here. From its windows you can see St. Mary's church, the gargantuan granaries of Darłowo and the windfarms near Żukowo Morskie.



#### JAROSŁAWIEC lighthouse

Lighthouse height 33.3 m, light range 42.6 km

Built between Darłwo and Łeba in 1838, this red brick lighthouse is a tall, round, four-level tower. Its light shone uninterrupted for more than a hundred years, until World War II, when it sustained heavy damage. It was not until one year after the war that the tower could once again resume activity. It operates and is open to visitors to this day – its balcony offers a view of the sea and two large coastal lakes.





Świnoujście lighthouse ul. Ku Morzu 5a, 72-600 Świnoujście phone: +48 91 321 6063

Kikut Wisełka lighthouse, situated in the Wolin National Park (inaccessible to visitors)

Niechorze lighthouse ul. Polna 30, 72-350 Niechorze phone: +48 91 386 3543

Kołobrzeg lighthouse

ul. Morska 1, 78-100 Kołobrzeg phone: +48 94 35 204 47 +48 502 058 767 www.latarnia.kolobrzeg.pl

Gąski lighthouse ul. Latarników 7, 76-034 Gąski phone: +48 94 316 55 24

Darłowo lighthouse

ul. Wschodnia 14, 76-150 Darłowo phone: +48 601 273317

Jarosławc lighthouse ul. Szkolna 1, 76-107 Jarosławiec

Association of Lighthouse Enthusiasts pl. Stefana Batorego 4, 70-207 Szczecin phone: +48 503 144 059 prezes@latarnie.com.pl latarnie.com.pl

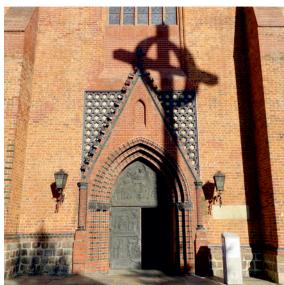




### POMERANIAN WAY OF ST. JAMES

www.re-create.pl

Over the centuries, the area was witness to all manner of day-to-day activities. The locals worked, loved and built. Modern-day visitors to West Pomerania Region will encounter unique historical artefacts, marvels of religious architecture and beautiful landscapes, as well as people who still cultivate regional traditions and culture, contributing to the shared heritage of Europe. This heritage includes the Cistercian Trail, Templar commanderies, the Route of Brick Gothic and the Way of St. James.



In West Pomerania Region, one of the Way's routes runs along the Oder. The heart of the trail is the Basilica of St. James the Apostle in Szczecin, which hosts a handicraft and regional product fair every July. The route leads south (through Cedynia and Siekierki or Kołbacz and Myślibórz) to Frankfurt (Oder), and north through Goleniów, Wolin and Świnioujście. The other route is known as the Pomeranian Route (or Via Baltica). It starts in the Lithuanian town of Kretinga and runs through Kaliningrad, Gdańsk, Sławno, Darłowo, Koszalin, Kołobrzeg (a detour can take you through Białogard and Karlino), Trzebiatów, Kamień Pomorski and Świnoujście, finally ending in Rostock. There, it merges





Places worth visiting along the West-Pomeranian routes of the Way of St. James are marvels of church architecture, including the church of "the end of the world" in Iwięcino, the co-cathedral in Kamień Pomorski, the church in Jarszewo, with its beautiful polychrome ceilings, the church of St. Michael the Archangel in Karlino and more.



All trails marked with a yellow shell lead to the Spanish city of Santiago de Compostela.



### **Exploring West Pomerania Region**

### **GRIFFIN ROUTE**

Szlak Gryfitów

southbaltic-tourist.eu

Taking its name from the mythical griffin – a lion with the head, front legs and wings of an eagle – the House of Griffin was one of the longest-reigning European dynasties (approx. 500 years from the 12th to the 17th century, for a total of 16 generations), whose domain was the Duchy of Pomerania. For more than 800 years, the beast has been the symbol of Polish and German Pomerania, as well as several Scandinavian regions. The Griffin Route is a cultural heritage route entailing castles and noble residences, churches funded by the dynasty, cemeteries and museums whose collections hold items which once belonged to the rulers of Pomerania. All of these places are connected by a shared narrative encompassing historical facts, legends and bits of local trivia – from the time Pomerania was Christianised to when the region underwent rapid development thanks to the efforts of the Cistercian Order, the reformation, the Pomeranian golden age and the downfall of the dynasty.







Western Pomerania is the location of three out of the five remain-ing Griffin castles: Szczecin, Darłowo and Szczecinek. As you are following the trail, you will hear about such legends as the one about the jester who was killed with a piece of sausage, as well as the one about the beautiful Pomeranian noblewoman, Sidonia, who allegedly cast a curse on the entire family, ultimately leading to the Griffin line being extinguished. The winged lion is the perfect symbol for the fascinating journeys and unforgettable adventures with history.







**European Route of Brick Gothic** www.eurob.org

Templar Route Association szlak@templariusze.org www.templariusze.org

# EUROPEAN ROUTE OF BRICK GOTHICS TEMPLAR ROUTE

### EUROPEAN ROUTE OF BRICK GOTHICS

The European Route of Brick Gothic encompasses 34 cities and towns featuring brick Gothic buildings across seven countries around the Baltic Sea. The buildings include Gothic gates, watchtowers, churches, monasteries and town halls of cities and towns which used to be part of the Hanseatic League. The West Pomeranian part of the route runs through Sławno, Kamień Pomorski, Szczecin and Stargard. In the tiny village of Sławno, 25 km from the Baltic Sea, is the gargantuan St. Mary's church, as well as two wonderful mediaeval brick town gates. Szczecin's major historical buildings include St. James's basilica, the church of St. Peter and Paul, the Old Town Hall and the church of St. John the Evangelist. The town of Stargard lies near the capital of the voivodeship and features the unique Mill Gate, which straddles the local river and is like no other building in Europe, as well as the collegiate church of the Blessed Virgin Mary, with its impressive starry ceiling, considered by many to be the most beautiful brick Gothic church in Poland.





### TEMPLAR ROUTE

The trail connects locations related to the famous order situated along the route from Jerusalem to Chwarszczany, Lietzen, Rurka, Paris, London and Tomar. The West Pomeranian section encompasses the order's commanderies in Chwarszcaany, Rurka near Chojna, Myślibórz and Czaplinek. It also runs through other towns connected to the Templars (including Chojna, Banie and Dargomyśl), as well as towns with some interesting mediaeval buildings. Visitors frequently swing by Moryń, Lubiechów Górny and Godków to see their granite mediaeval churches adorned with mysterious chequerboard motifs, as well as Drahim Castle, once a seat of power of the Knights of Malta. The most well-known attractions of the Western Pomeranian section of the trail include old order chapels in Rurka and Chwarszczany, which are decorated with extremely unique mediaeval polychrome ornaments. Every year in the second half of August, mediaeval fairs take place in Chwarszczany.





### **Exploring West Pomerania Region**

### **FORTIFICATION TRAIL**

#### Świnoujście – Island Fortress

This highly unique complex of old military fortifications dating from the late 19th/early 20th century fits the gorgeous island landscape perfectly. The Western Fort - the Museum of the History of Świnoujście Fortress, with its large collection of exhibits from various periods, Fort Angel on Usedom Island and Fort Gerhard - the Museum of Coastal Defence and the starting point of the Fortification Trail on Wolin Island, all let you discover the military heritage of this part of Europe. The buildings serve as exhibition, concert and meeting venues, can be explored at night along various side attractions, and serve as the location of Fortress Days, during which various historical re-enactments take place.



#### Pomeranian Wall fortification trail

As part of Hitler's war preparations in 1934, many fortifications were built, stretching from the Darłowo area on the coast of the Baltic Sea to what was known as the Międzyrzec Fortification Region.

Bunkers and combat shelters were constructed near Nadarzyce, Wałcz and Strzaliny. In early 1945, heavy fighting took place here in an attempt to break through the Pomeranian Wall. The ruined bunkers and shelters dotting the forests of the Wałcz Lake District and various museum exhibitions are what remains of those times.



The defensive history of Kołobrzeg began in the 14th century, when the first fortified settlement was built here, and ended in the late 19th century, when Kołobrzeg Fortress was dismantled. The mediaeval walls were demolished when early modern fortifications were erected in the late 17th century, and the only remaining mediaeval fortifications still standing are the Gunpowder Tower and the ruins of the Prison Tower. The majority of the modern fortifications were also demolished when the fortress itself was dismantled. The remaining buildings from other eras present the development of fortification science from the 17th to the 19th century. Various fortress remnants have been visibly influenced by different fortification schools, including Dutch (the oldest buildings), Swedish, French and Prussian. The planned length of the route is 12 km, starting from the town hall and ending at the Polish Arms Museum.





#### Fort Angel

ul. Jachtowa, 72-600 Świnoujście phone: +48 601 767 171, +48 91 321 35 71 fortaniola@gmail.com www.fortaniola.pl

#### Western Artillery Fort

ul. Jachtowa 1, 72-600 Świnoujście phone: +48 508 738 118 westbatterie@mp.pl www.fortzachodni.pl

#### Fort Gerhard (Wolin Island)

Coastal Defence Museum on Wolin Island ul. Bunkrowa 1, 72-600 Świnoujście phone: +48 503 741 307 fort@fort-gerharda.pl www.fort-gerharda.pl

#### Underground City (Podziemne Miasto) on Wolin Island - Vineta Emplacement

The complex is situated in a forest between the Świnoujście-Przytór railway station and the beach, 500 metres from the \$3 road and a public transport stop and 500 metres from the Przytór railway station. phone: +48 789 072 244, +48 503 741 307 kontakt@podziemne-miasto.pl www.podziemne-miasto.pl

#### Polish Arms Museum

www.muzeumsp.pl

ul. Armii Krajowej 13, 78-100 Kołobrzeg phone: +48 94 352 12 88 muzeum@muzeum.kolobrzeg.pl www.muzeum.kolobrzeg.pl

Koszalin Air Defence Museume ul. Wojska Polskiego 70, 75-903 Koszalin phone: +48 732 885 102 muzeumopl@muzeumsp.pl

#### Pomeranian Wall 1945 Association pl. Wolności 1, 78-600 Wałcz phone: +48 67 258 44 71

kontakt@wal-pomorski.pl www.wal-pomorski.pl

Szczecinek Local Tourism Organisation ul. Kościuszki 22, 78-400 Szczecinek phone: +48 536 924 998 sekretariat@szlot.pl szlot.pl

#### **Brickyard Fortification**

**Group Outdoor Museum** ul. Południowa, 78- 600 Wałcz phone: +48 668 834 719 cegielnia@bunkry.eu www.bunkry.eu



### **Exploring West Pomerania Region**

### **WINERY ROUTE**

### Turnau Winery Baniewice 115, 74-110 Banie

phone: +48 91 307 91 31 kontakt@winnicaturnau.pl

#### **Kojder Winery**

phone: +48 501 082 779 info@winnicekojder.pl

#### Pałac Rajkowo Winery

Smolęcin 18, 72-001 Smolęcin phone: +48 609 035 040, +48 600 396 11 biuro@amaudit.pl

#### **Sydonia Winery**

Trzebiatów 2, 73-131 Pęzino phone: +48 609 206 300 biuro@winnica-sydonia.pl

#### **Zodiak Winery**

Zagozd 29A, 78-500 Drawsko Pomorskie phone: +48 668 695 467 mirek@post.pl

Binowo Winery Binowo 31a, 74-106 Stare Czarnow phone: +48 691 367 422 szkolka@binowo.pl

#### **Darłowo Winery**

ul. Dębowa 7, 76-150 Darłowo phone: +48 608 069 499, +48 606 383 271 kontakt@lesnydworekdarlowo.pl

#### **Emila Winery**

Żuków 32, 73-115 Dolice phone: +48 506 570 800 emilszelag@wp.pl

#### Bekasiak Winery

phone: +48 508 336 565 hubertbekasiak@outlook.com

#### Wine&Tennis Winery phone: +48 507 959 554

wineandtennis.koszalin@gmail.com
Tecławska Góra Winery

ul. Słoneczna 9, 64-965 Okonek phone: +48 607 508 902 kontakt@winnicateclawskagora.pl

winnicateclawskagora@gmail.co



The Polish wine industry has experienced rapid growth in West

Pomerania Region in recent years, with many new wineries

appearing on the map. Some of these are large, some small,

and some are only taking their first steps in the business.

Thanks to its unique microclimate, West Pomerania Region has

tremendous enotourism potential, and exploring the area can be a great adventure which combines exploring wineries with

experiencing the beauty of their surroundings. The local wineries

West Pomeranian wineries usually offer exploring, wine tasting and event organisation services, in addition to selling wine. Winery owners eagerly share their knowledge of grape cultivation and wine production. In addition, some of them, or venues in the close vicinity, offer lodgings.

West Pomeranian wineries cultivate white and red grapes of such varieties as Cabernet Cortis, Chardonnay, Hibernal, Johanniter, Pinot Noir, Regent, Riesling, Rondo, Seyval Blanc and Solaris. These varieties are used to make flavourful and aromatic still (sweet and dry) and sparkling wines.



The Association of West Pomeranian Wineries was founded in June 2020, and its members include the following wineries: Turnau Winery in Baniewice, Kojder Winery in Babinek near Bielice, Rajkowo Palace and Binowo Wineries near Szczecin, Darłowo Winery, Sydonia Winery in the village of Trzebiatów near Stargard, Zodiak Winery in the village of Zagozd near Drawsko Pomorskie, Emila Winery near Przelewice, Bekasiak Winery near Pyrzyce, Wine&Tennis Winery near Koszalin and Tecławska Góra Winery on the border of West Pomeranian, Pomeranian and Greater Poland Voivodeships. Apart from wineries, the ranks of the association also include wine enthusiasts, researchers and sommeliers. An interesting enotourism fact is that the region is home to Poland's largest winery (Turnau), as well as the northernmost winery in the country (Darłowo).



#### **Exploring West Pomerania Region**

## **GOLF COURSES**

Western Pomerania has been an attractive destination for golf players from Poland and abroad for many years now. Good environmental conditions and a varied geography means that the conditions are perfect for building high-difficulty golf courses, and the mild climate makes it so that golf can be enjoyed here for the majority of the year.

The Binowo Park Golf Club is located in the Szczecin Landscape Park, 20 km from the centre of Szczecin. The complex is made up of the main building, two golf courses — one championship golf course with 18 holes and one 9-hole training course, a driving range, practice greens and a playground for children. The club building features a restaurant, a bar, a club room, a cloak room and saunas. The courses are located in a beautifully hilly area with many water bodies.



The Amber Baltic Golf Club is situated in Kołczewo on Wolin Island, 12 km east of Międzyzdroje, on the outskirts of the Wolin National Park, some 90 km from Szczecin. Its closeness of the sea, the surrounding verdancy and clean air make it the perfect place for sports and recreation. The course stretches across a slopy area with tiny ponds, taking up a total of 66 ha of space. The complex comprises the "Amber" (par 72) 18-hole championship course, the "Baltic" 8-hole course (par 25), a driving range, a chipping area, a pitching area and two putting greens. Supporting infrastructure includes a building with a restaurant and changing room.





Modry Las Golf Resort | PGA National Poland is a uniquely beautiful golf facility situated near Choszczno, some 75 km south-east of Szczecin, on the coast of the gorgeous Lake Raduń. Its 130 ha of space are taken up by an 18-hole golf course (par 72, 6649 m.). It was designed by Gary Player, a legend of the sport, and is considered one of the top one hundred golf courses in Europe. Apart from practising your strokes, you can also enjoy water sports and the services of the local equestrian centre.



Kamień Country Club is situated in Grębowo, some 6 km from Kamień Pomorski. Its 18-hole course, driving range and club building with a café stretch across 65 ha of partially forested areas. The mature forests and nearly unspoiled natural terrain are the major draws of this golf course, which also poses various levels of difficulty, offering both thrilling challenges and moments of complete relaxation. In the winter, you can marvel at the snowy landscapes as you are cross-country skiing down dedicated trails.



Binowo Park Sp. z o.o. Binowo 62, 74-106 Stare Czarnowo phone: +48 91 404 15 33 info@binowopark.pl www.binowopark.pl

Amber Baltic Golf Club ul. Baltycka 13, 72-514 Kołczewo phone: +48 91 326 51 10 abgc@abgc.pl www.abgc.pl

Modry Las Golf Resort | PGA National Poland Raduń near Choszczna phone: +48 667 710 410 golf@modrylas.pl www.modrylas.pl

Kamień Country Club Grębowo 42, 72-400 Kamień Pomorski phone: +48 605 044 452 biuro@golfkcc.pl www.golfkcc.pl



## **NATURE**

The pristine nature of West Pomerania Region offers visitors opportunities for unique first-hand experiences. A trip around the region lets you encounter preciously rare species of plants and animals which you can add to your photo collection. Protected areas and landscape parks conceal the best that the area has to offer.



The Wolin National Park is situated at the mouth of the Oder, and encompasses parts of Wolin Island, the cliffy coast and the waters of the Baltic, the Świna delta and parts of Szczecin Lagoon. It is home to more than 1300 species of plants, protected birds and animals, and is also the location of a European bison reserve and the Teaching and Museum Centre. The park offers many tourist trails, including the red trail (along the coast of the Baltic) with a scenic vantage point on Kawcza Mountain, and the blue trail (Szczecin Lagoon), which runs along such natural wonders as Lake Turkusowe.





The centre of the region, the middle section of the River Drawa, is the location of the Drawa National Park, which encompasses dozens of lakes and bogs. The largest and deepest bodies of water include Drawsko, Siecino and Komorze, in that order. Protected plants growing in the area include sundews and orchids. The park's tourist trails include hiking trails – "Briny", "Połczyn Switzerland" and "Terminal Moraine Hills" – as well as such nature-themed trails as "Bielawa Island" and the "Green Trail of Lakes".



Karsiborska Kępa on Karsibór Island is an enclave of wild birds and home to around 140 species existing in their natural environment. The kayaking route "44 Islands" runs along the island's coasts.



Several landscape parks have been established in other parts of the region as well. The Barlinek Landscape Park is located where Gorzów Forest meets the Myślibórz Lake District. The area features marsh flora and fauna, moraine hills and lime-sandstone deposits, hornbeam and oak forests, as well as a salmonid reserve. Two more landscape parks are situated in the Oder Valley. The Cedynia Landscape Park encompasses more than 104 lakes, the thickets of Piaskowa and Mieszkowicie Forests and many scenic vistas (the highest of which is Zwierzyniec - 167 m ASL) offering a gorgeous panoramic view of the local moraine hills, valleys, rivers and streams. The Lower Oder Valley Landscape Park is made up of Widuchowa, Gryfino and Kołbaskowo Gminas as well as parts of Szczecin. Its territory is covered with bogs and marshes, as well as a network of channels and oxbow lakes, whose flora and fauna is no longer to be found in the valleys of other major rivers. The Ińsko Landscape Park protects the forested embankments of the terminal moraine of the Ińsko Lake District, being home to many peat deposits, rare plants, rich fauna and the largest concentration of nesting cranes in Poland.



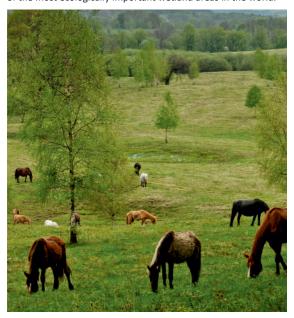
The region also features what is known as "geoparks", which are areas with unique tourism potential consisting in opportunities to discover the geological past of our planet and the processes that shaped its surface. One of these parks is the "Post-glacial Land of the Drawa and Dębnica", which stretches between Połczyn-Zdrój, Barwice and Czaplinek, and also encompasses what is known as the Połczyn Switzerland area. Another geopark – "Post-glacial land on the Oder" – is situated in Moryń on the Polish-German border.



The Crooked Forest is located near Gryfino. This natural monument stands out for the unique shapes of the local birch trees. The roughly 0.3 ha area is occupied by more than 100 uniquely deformed trees planted for an unknown purpose. Their planting date is estimated to be 1934, and since then, they have been one of West Pomerania's major natural attractions.



On the south-eastern outskirts of Szczecin is the Bukowa Forest Szczecin Landscape Park. This largest moraine hill in this part of Pomerania is covered with forests and surrounded by valleys full of bogs and lakes. Szmaragdowe Lake (Emerald Lake) is a special place, created after the local chalk mine was flooded in 1925. The forest is home to 18 varieties of orchids and 328 species of mushrooms. The north-western part of Szczecin is surrounded by Wkra Forest, with its many hiking and bicycle trails. It features many archaeological dig sites and the Świdwie Aquatic Bird Reserve. The area is listed in the RAMSAR Convention as one of the most ecologically important wetland areas in the world.





Wolin National Park

ul. Niepodległości 3, 72-500 Międzyzdroje phone: +48 91 328 07 37 www.wolinpn.pl

Drawa National Park

ul. Leśników 2, 73-220 Drawno phone: +48 95 768 20 51 dpn@dpn.pl www.dpn.pl

DNP Information Głusko, 66-520 Dobiegniew phone: +48 95 761 3820 pit.glusko@dpn.pl

Barlinek-Gorzów Landscape Park Lubociesz (Lipy) 7, 66-415 Kłodawa phone: +48 880 242 947 Bgpk@zpkwlgorzow.pl www.zpkwl.gorzow.pl

West Pomeranian Voivodeship Landscape Park Complex ul. Starzyńskiego 3–4, 70-506 Szczecii phone: +48 91 48 17 120 sekretariat@zpkwz.pl www.zpkwz.pl

Regional State Forestry Directorate ul. Słowackiego 2, 71-434 Szczecin phone: +48 914 328 700 rdlp@szczecin.lasy.gov.pl www.szczecin.lasygov.pl

NATURE



Hortulus Themed Gardens 76-038 Dobrzyca phone: +48 94 318 13 18 biuro@hortulus.com.pl www.hortulus.com.pl

Hortulus Spectabilis Gardens –
Observation Tower and Maze
76-038 Dobrzyca
phone: +48 94 318 13 18, +48 94 318 10 68
phone: +48 602 398 177
biuro@hortulus.com.pl

Glinna Dendrological Garden GRYFINO FORESTRY INSPECTORATE ul. 1 Maja 4, 74-100 Gryfino phone: +48 91 416 20 71 gryfino@szczecin.lasy.gov.pl gryfino.szczecin.lasy.gov.pl

Przelewice Dendrological Garden Przelewice 17, 74-210 Przelewice phone: +48 91 564 30 80 info@ogrodprzelewice.pl www.ogrodprzelewice.pl

# GARDENS

## **GARDENS**

The first private tree nurseries on the southern fringes of Bukowa Forest were established in 1823. Around 1870, they were acquired by the state forestry inspectorate. That is when the first exotic trees and bushes were planted here – leading to the establishment of the Glinna Dendrological Garden. Since 1970, the garden has been managed by the Gryfino Forestry Inspectorate.

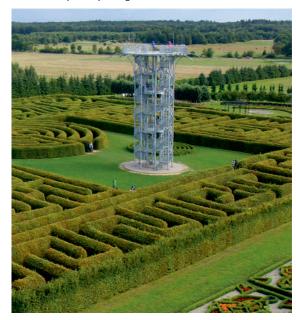


Established in 1799, the **Dendrological Garden in Przelewice** is among the most well-known and popular in the country. Originally an English-style landscape park adjacent to a palace, in 1933-1938, when Przelewice was owned by Conrad von Borsig, a member of the German Dendrological Society, the garden underwent a complete overhaul, and its new form has been preserved to this day. The garden consists of nearly a thousand species of trees and bushes, many of which are very exotic varieties originating from other continents.





Hortulus Gardens in Dobrzyca. This garden complex situated in Dobrzyca also comprises the Hortulus Spectabilis Gardens. The Themed Gardens are made up of 30 various themes and styles, taking up 5.5 ha of space. These include gardens inspired by natural landscapes and various national cultures, as well as unique English-style gardens for the senses. Hortulus Spectabilis is a family-friendly park and garden complex currently taking up 8 ha of space, and whose final design will take up 35 ha. Its main attraction is the world's largest hornbeam maze with a 20-metre observation tower in the centre. From it, you can see the gardens surrounding the maze, including the Four Seasons Garden, New Design Garden, Perennial Flowerbeds, Rosaria and the Boxwood Parterres. Both gardens feature restaurants, souvenir shops and parking areas.



## **MINIATURE PARKS**

### West Pomerania

#### Lighthouse Miniature Park in Niechorze

Those visiting the Lighthouse Miniature Park in Niechorze have the opportunity to take a closer look at every lighthouse on the Polish coast. The buildings in the park are presented at 1:10 scale, meaning that even the tiniest structural details have been preserved. All buildings on display come with descriptions, and if you are looking for more information, you can ask one of the guides, who offer their services in Polish, English and German.



#### **Baltic Miniature Park**

The Baltic Miniature Park showcases models of the most iconic historical buildings from the countries of the Baltic region, that is Poland, Germany, Denmark, Sweden, Finland, Russia, Lithuania, Latvia and Estonia. All exhibits are 1:25 scale renderings. These miniatures have been crafted by the best modellers in Poland, who painstakingly reproduced even the tiniest details of the ori-ginal buildings. Another great thing about the Baltic Miniature Park is that the models are situated in accordance with their actual location around a Baltic Sea diorama at the centre of the park, and the artificial sea also features miniatures of well-known sea vessels. The creators of the Baltic Miniature Park were inspired by the Madurodam park in the Netherlands, which is the most famous miniature park in the world. During your "trip around the Baltic Sea", you can ask a qualified guide for more information.



#### Dziwnów Miniature and Train Park

The picturesque and verdant park features miniature lighthouses from the Polish coast and incredible replicas of locomotives, steam engines and railway carriages. These accurate scale models go down their tracks making sounds and releasing puffs of smoke from their chimneys, just like regular trains. The more than a kilo-metre-long route contains many examples of railway infrastruc-ture: bridges, signals, switches and even miniature stations. Watching the trains go is an unforgettable adventure, offering interesting facts for adults and a thrilling experience for children



#### **Lighthouse Miniature Park**

ul. Ludna 16, 72-350 Niechorze phone: +48 691 977 977, +48 510 081476 poczta@park-miniatur-latarni.pl www.park-miniatur-latarni.pl

#### Seaside Miniature and Train Park

ul. Marynarki Wojennej 15, 72-420 Dziwnóv phone: +48 502 284 588, +48 510 081 476 dziwnow@park-miniatur.pl www.park-miniatur.pl

#### **Baltic Miniature Park**

ul. Nowomyśliwska 98, 72-500 Międzyzdroje phone: +48 609 038 580 kontakt@baltyckiparkminiatur.pl www.baltyckiparkminiatur.pl

## **RESORT TOWNS**

The unique climate of West Pomerania Region, particularly the sea breeze and medicinal peloid deposits, has resulted in the development of a comprehensive range of medical and rehabilitation treatments, as well as spa and wellness services. These services are offered at the seaside and by inland facilities, allowing visitors to recuperate and boost their mood, all while enjoying some time off in a wonderfully diverse environment.

#### Świnoujście

This spa town offers 8 resorts situated in the beautiful coastal district, only 50 metres from the beach. These resorts offer a full range of services, including sanatorium and medical stays, rehabilitation, programmes for pensioners, recreational stays, weight-loss vacations and programmes involving spa treatments. In addition to traditional methods, the resorts offer an extensive range of physical therapy services. The spa town specialises in cardiological, dermatological, pulmonological, rheumatological, motoric, respiratory and cardiovascular disorders, as well as rehabilitating mastectomy patients and treating obesity. It offers state-of-the-art accommodation and treatment facilities adapted to the needs of the disabled.







#### Kamień Pomorski

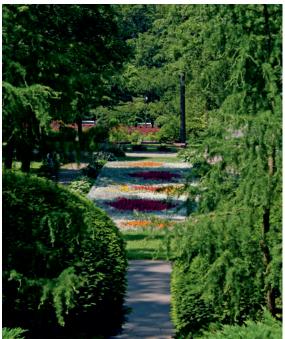
The local resort offers rehabilitation treatments to visitors suffering from respiratory tract disorders, cardiovascular diseases, including coronary heart disease, as well as heart attack survivors and visitors with hypertension, nervous system disorders such as muscular dystrophy, requiring rehabilitation after a central nervous or motor system injury, including herniated discs and other injuries, joint and spine degeneration and rheumatic disorders. It also offers rehabilitation services for mastectomy patients. In addition, the resort offers programmes for pensioners, sports teams and future moms, anti-stress packages and SLIM-Line programmes.



#### Kołobrzeg

One of Poland's most popular health resorts. The sanatoriums, natural treatment facilities and the "Słoneczko" resort hospital are situated within 100 metres of the sea, in the very centre of a seaside park. Using a wide range of treatments, the resort helps alleviate respiratory tract conditions and cardiovascular diseases. It offers classic sanatorium programmes, rehabilitation, paid medical stays and relaxation programmes. The range of treat-ments includes inhalation, aquavibron massage, needle baths, peloid and brine baths, hydro massage, ionophoresis, ultrasound treatment, diadynamic therapy and much more.







#### Połczyn-Zdrój

What sets this resort town apart is the location of the sanatoriums "Gryf", "Borkowo", "Irena", and "Podhale" in the vast and gorgeous Spa Park. The services on offer include more than 40 medical and relaxation treatments ranging from balneotherapy to kinesiotherapy, hydrotherapy, electrotherapy, thermotherapy, light therapy, climatotherapy and a wide selection of massage techniques. The resort treats rheumatic, neurological, orthopaedic and gynaecological disorders, as well as osteoporosis. The services offered are constantly expanded to include new relaxation treatments, including hot stone massage, herbal stamp massage, reflexology massage of the feet, face and the entire body, as well as Nordic walking. Visitors can choose from medical, vacation and weekend programs, as well as comprehensive service packages.



#### Dąbki

The health resort is situated in the central part of the Slovincian Coast, in Darłowo Gmina. Its peloid deposits and brine pools help treat respiratory, cardiovascular and rheumatic conditions, as well as gastrointestinal disorders and neuroses.



Uzdrowisko Świnoujście S.A. Zakład Usług Uzdrowiskowych (health resort) ul. E. Gierczak 1, 72-600 Świnoujście phone: +48 91 321 44 52 rezerwacja@uzdrowisko.pl

Uzdrowisko Kamień Pomorski S.A. (health resort) ul. Szpitalna 14, 72-400 Kamień Pomors phone: +48 91 382 50 43 sekretariat@u-kp.pl www.uzdrowisko-kamiennomorski nl.

Uzdrowisko Kołobrzeg S.A. (health resort ul. Ściegiennego 1, 78-100 Kołobrzeg phone: +48 94 352 60 46 biuro@uzdrowisko.kolobrzeg.pl www.uzdrowisko.kolobrzeg.pl

Uzdrowisko Połczyn Grupa PGU S.A (health resort)
ul. Zdrojowa 6, 78-320 Połczyn Zdrój phone: +48 94 366 21 65
rezerwacja@uzdrowisko-polczyn.pl

**RESORT TOWNS** 

## **WELLNESS & SPA**

There are many accommodation facilities in the West Pomeranian Voivodeship that ensure relaxation at the highest level. Accommodation offers are constantly growing, from inexpensive rooms to comfortable wellness & spa hotels, adapting to the needs and expectations of guests from all over the world.

#### Hotel Lambert Medical SPA in Ustronie Morskie

This luxurious building is located on the beach itself and is perfect for families with children thanks to its wide range of attractions. Training and conference organisers will be happy to know that the hotel offers three fully-equipped conference rooms. The hotel features an elegant restaurant, a lobby bar and a beach bar – all with a great view of the sea. The resort is known for its wide range of wellness and spa treatments, which include a swimming pool complex, a relaxation oasis and a salt cave.





#### Ciroko Apartments (Rondo, Zdrojowa) in Świnoujście

Zdrojowa Apartments are situated in a spa park, in a serene area neighbouring the beach and the promenade. The complex is made up of six buildings surrounded by lush greenery, only 350 metres from the sea.

Rondo Apartments are a modern structure whose style references the historical buildings of Świnoujście. Its interior contains a garden and a playground for children. In addition to its comfortable rooms, the resort features a Bali spa parlour and a wellness zone. The treatments on offer there are administered by masseuses from Bali.



#### Bel Mare Resort in Międzyzdroje

The resort is located in the gorgeous central part of the town. The apartments are situated such that all major attractions are only a short distance away, ensuring a relaxing and comfortable stay. Guests can choose from Double, Suite, Suite Lux, Suite Premium and 3Apart apartments, which boast a very modern style. The resort is family-friendly. A great thing about Bel Mare is the water park, which offers safe fun for all visitors, particularly children.



#### Familijni holiday resort in Dziwnówek and Pogorzelica

The center was created with family recreation in mind. Convenient location, in the immediate vicinity of the sea and the beach (approx. 150m), the proximity of pine forests and the vicinity of the Liwia Łużna lake, which belongs to the ornithological reserve, as well as numerous attractions and animations for children, comfortably equipped rooms, a varied menu, great service and entertainment staff make holidays at "OW Familijni" a guarantee of unforgettable rest and relaxation for the whole family.

#### "Bałtyk" Health Resort

One of Kołobrzeg's most well-known buildings. The resort is situated on the coast, near the pier and the main promenade, in the very centre of the local spa park. It features a state-of-the-art regeneration and rehabilitation centre, offering diagnostics, rehabilitation, treatment and preventive healthcare services focussed on a variety of conditions. The treatments are selected to match your needs, and the wellness and spa treatments ensure deep relaxation. Visitors can enjoy a water-based relaxation and sauna area, as well as an external graduation tower.



#### Rymań Palace Hotel

The hotel welcomes anyone with a keen interest in history and good taste. It is situated in direct vicinity of national road no. 6, which connects Szczecin and Koszalin. The palace, which dates back to 1751, has been renovated and extended to ensure that its vintage interiors offer all the comforts of a modern hotel.

Guests can access 29 beautifully arranged rooms, in addition to arestaurant, a lobby bar and a winery. In addition, the building features a fully-equipped conference room and a banquet/wedding hall, a spa centre with a pool, jacuzzi, sauna and gym, as well as an attractive recreation area.



#### Vienna House Amber Baltic in Międzyzdroje

The stylish Vienna House Amber Baltic resort in Międzyzdroje, with its white facade and unique indoor decor, is situated among the dunes right next to the beach. It borders a seaside promenade and a park on one side, and the cliffs of the Wolin National Park on the other.

The building features a spa and regenerative treatment parlour offering a wide range of services. Guests can spend their free time bowling, playing billiards or cycling.



#### **Puchacz Spa in Niechorze**

The spa centre is situated in Niechorze, a village nestled between the coast of the Baltic Sea and the gorgeous Lake Liwia Łuża. The hotel offers accommodation for couples looking for a romantic atmo-sphere, as well as entire families.

A spa complex is available for those looking to regenerate their body or mind. The professional parlour offers a range of medical, beauty and relaxation treatments.





Ciroko Apartments (Rondo, Zdrojowa) "Rondo" Office ul. Piastowska 35, 72-600 Świnoujście phone: + 48 784 084 216 "Zdrojowa" Office ul. Zdrojowa 20/3, 72-600 Świnoujście phone: + 48 604 498 813 wynajem@ciroko.com.pl

#### BEL MARE RESORT

apartamenty.ciroko.com.pl

ul. Bursztynowa 1, 72-500 Międzyzdroje phone: +48 91 885 89 00 recepcja@hotelbelmare.pl www.hotelbelmare.pl

**HOTEL LAMBERT \*\*\*\* MEDICAL SPA** ul. T. Kościuszki 14, 78-111 Ustronie Morskie phone: +48 94 35 15 431, +48 94 35 14 033 recepcja@lambert-hotel.pl www.lambert-hotel.pl

Familijni Dziwnówek holiday resort ul. Kamieńska 8, 72-420 Dziwnówek phone: +48 91 38 11 081 ow@familijni.com www.familijni.com

Familijni Pogorzelica holiday resort ul. Wojska Polskiego 7, 72-351 Pogorzelica phone: +48 91 386 31 61 pogorzelica@familijni.com www.familijni.com

"Bałtyk" Health resort ul. Rodziewiczówny 1, 78-100 Kołobrzeg phone: +48 94 355 34 34 subaltyk.recepcja@subaltyk.pl www.subaltyk.pl

#### Rymań Palace

ul. Koszalińska 2, 78-125 Rymań phone: +48 94 352 55 00 recepcja@hotelryman.pl www.hotelryman.pl

Puchacz Spa centre

al. Bursztynowa 64, 72-350 Niechorze phone: +48 91 38 773 80 puchacz@puchacz.com.pl www.puchacz.com.pl

Vienna House Amber Baltic Miedzyzdroje ul. Promenada Gwiazd 1, 72-500 Miedzyzdroje phone: +48 91 3228 500 info.amberbaltic-miedzyzdroje@viennahouse.com www.viennahouse.com

## HOLIDAY IN A CASTLE OR PALACE



#### Tuczno Castle

In the 14th century, Ludwig and Lamprecht von Wedel funded the construction of a fortified Gothic castle in Tuczno. The building was altered many times, transforming an originally defensive structure into a Baroque palatial estate. After the death of the last member of the Wedel family – Andrzej Tuczyński – the castle changed hands many times. During World War II, it was part of a German line of fortifications known as the Pomeranian Wall. In 1945, a large explosion damaged the building. Its reconstruction began in 1957 after a painstaking historical and archaeological study, resulting in the castle being reopened as the House of Architects in 1976. The hotel can currently accommodate more than 100 guests in its historically-accurate rooms reminiscent of the greatest castles of mediaeval Europe. Its modest chambers and exquisite apartments really let you appreciate the style of the period. The castle is surrounded by an expansive park with mature trees.

#### Krąg Castle

The 15th-century mediaeval castle in Krag is among the most interesting and largest such historic buildings in Poland. It is first mentioned in historical sources dating back to 1450. For more than four centuries, the castle belonged to the chivalrous noble house of Podewils, and was always known for its grand parties, richly-decorated rooms and unparalleled hospitality.

This enormous building has as many windows as there are days in a year, as many rooms as there are weeks, as many entrances as there are months, and its four towers represent the four seasons. The castle is situated 30 km from Darłowo, away from all the hustle and bustle, and is surrounded by pristine lakes and dense forests. The castle's spacious chambers can accommodate up to 120 guests. The hotel also serves as a conference venue.



#### **Stonowice Hunting Palace**

The palace is situated on the fringes of the Drawsko Lake District, in the village of Słonowice between Łobez and Świdwin. Its origins date back to 1736. The palace is adjacent to Lake Słonowickie and its private beach. The hotel can accommodate up to 70 visitors in its high-quality rooms. The building also features a banquet hall for more than 100 guests, a restaurant, a stylish hunter-themed bar, a café and a sauna.



#### Bursztynowy Palace in Strzekęcino

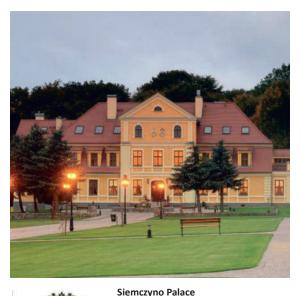
The Bursztynowy (Amber) Palace Hotel is a palace and park complex situated in a picture sque location 10 km from Koszalin, along a route connecting Koszalin, Tychowo and Połczyn-Zdrój. The complex is surrounded by a pristinely maintained landscape park with a small lake. Guests can also access the Hunters' Residence. The entire area is surrounded by an old landscape park. The stylishly preserved interiors and the beautiful surroundings lend this place a unique atmosphere. The palace offers 62 double rooms, including 5 apartments, for a total of 150 beds. Visitors can access swimming pools, tennis courts, a gym, billiard tables, a pétanque court and a golf driving range. The training and conference centre consists of four convenient rooms equipped with top-of-the-line audiovisual hardware for between 20 and 150 participants.



#### Rymań Palace Hotel

The history of this palace remains unexplored, with the earliest sources mentioning it originating from 1751. It was built by the Manteuffel fam-Palae w Rymania ily, and its last, prewar owner was

the Von Dewitz family. The building was overhauled and extended on many occasions, but the difficult years of the communist period made it lose its original lustre. In the early 21st century, the palace was acquired by its current owner - Rymań Resort and Country Club. A lengthy reconstruction process gave the building its current form, which combines the main hotel and restaurant function with complementary services: organisation of conferences and training sessions, spa and recreation services, indoor and outdoor events and celebrations and weddings.



Siemczyno, historically a border village, was witness to the Swe-dish invasion of Poland of 21 July 1655, or what has come to be known as the "Deluge". The local Classicist palace was built be-

tween 1722 and 1726 by Henning Berndt von der Goltz, and is accompanied by a gorgeous and stylish period park with an animal farm. The interiors follow the Baroque aesthetic. In 1799, the palace was extended on the order of Henry August von Arnim. Over the course of its nearly three hundred years of existence, it has changed hands multiple times, having been nationalised after the war and acquired by a private owner in 1990. The palace and farm complex now features 40 comfortable rooms and a number of conference and relaxation areas and other attractions.





Tuczno Castle ul. Zamkowa 1, 78-640 Tuczno phone: +48 789 184 622

Podewils Hotel – Knight Castle in Krąg Krąg 16, 76-010 Polanów

#### **Bursztynowy Palace**

Strzekecino 12. 76-024 Świesz phone: +48 94 316 12 27 www.bursztynowypalac.pl

Siemczyno Palace Siemczyno 81. 78-551 Siemczyno

Rymań Palace Hotel ul. Koszalińska 2, 78-125 Ry recepcja@hotelryman.pl www.hotelryman.pl

Stonowice Hunting Palace phone: +48 698 770 702 hotel@palacslonowice.pl www.palacslonowice.pl

Pezino Castle

phone: +48 693 720 221 zamek@pezino.pl www.pezino.pl







## WEST POMERANIAN LAKE DISTRICTS

There is more to West Pomerania Region than just the sea and the sandy beaches. The area is dotted with lakes big and small, scattered and crowded together, hidden in forests and nestled between moraine hills. Some are perfect for yachting or surfing, others attract anglers and divers. Some lakes have their own legends, shared by the locals for generations. There is a camping spot, resort or agritourism farm at nearly every single one of them, just waiting for visitors looking for peace, quiet and an escape from their everyday woes.





The one-of-a-kind beauty of a lake area, unspoiled nature and a serene atmosphere – you can find all this in the Pomeranian Lake District. This idyllic region encompasses Hither Pomerania, which is the north-eastern part of Germany, as well as Western Pomerania in north-west Poland. If you are looking to actively spend your vacation while surrounded by nature – both on and at a lake – the combined land and water trails leading to truly beautiful places are perfect for you. The varied, one- and multiple-day routes are popular among entire families, amateur athletes and explorers alike. The needs of water and bicycle trip-goers are catered to by local bicycle, kayak and canoe rentals and businesses offering luggage and passenger transport.



## **MYŚLIBÓRZ LAKE DISTRICT**

The Myślibórz Lake District is a paradise for water sports fans and anglers. Its many lakes are perfect for sailing, kayaking, windsurfing and water-based motorsports.

The region's largest lakes include Myśliborskie, Lubie, Czółnowskie, Chłop, Golenicko-Dobropolskie and Barlineckie. The rivers Płonia (particularly between Lake Miedwie and Szczecin), Myśla and Tywa are great kayaking spots. The majority of towns in the area date back to the Middle Ages. The largest urban centres include Myślibórz, Chojna, Barlinek, Cedynia, Lipiany, Moryń, Trzcińsko-Zdrój and Pyrzyce. The heart of the lake district is marked by picturesque moraine hills and large patches of forest, while the western reaches are occupied by the Cedynia Landscape Park, and the southeasternmost parts – by the Berlinek Landscape Park.



#### Myślibórz

The town is surrounded by a picturesque landscape dotted with many forests and lakes, the largest of which, Lake Myśliborskie (617 ha), is perfect for water sports, swimming and sunbathing. Its closeness to nature and the beautiful environment provide excellent conditions for the tourism, recreation and relaxation industries to flourish. Your stay in Myślibórz will be full of events such as the water motorsports championship. A kayak trip down the River Myśla is also quite the experience. The town attracts visitors with its monumental historic buildings which are testament to its rich history spanning more than 700 years.



#### Barlinek

Located just on the fringes of the expansive Barlinek Forest, the town is surrounded by many lakes and thickets. In 1868, Emanuel Lasker was born in Barlinek - a world chess champion, mathem-atician and philosopher who dominated the world of chess for 27 years. A chess festival in his honour is organised every July. Barlinek is also associated with the Queen of Barlinek Forest. Many local cultural and sporting events are related to the queen, including Barlinek Days, during which a new Queen of Barlinek Forest is elected, and Farewell to Summer, when the Queen of the Pantry is chosen. Barlinek is sure to move you as it is the European Nordic Walking Capital and hosts the Polish Nordic Walking Championship, attended by the best walkers. The town offers a wide range of ways to actively spend your free time, including water sports, horse riding, angling, nature and landscape photo-graphy, and exploring nature reserves and natural monuments. Marked trails, local hospitality, nearly 1000 lodgings and hotels offering spa services, as well as a diverse array of restaurants mean that anyone who has ever visited Barlinek is sure to come back to experience new adventures.



Sports and Recreation Centre ul. 11. Listopada 2, 74-300 Myślibórz phone: +48 95 747 25 12

phone: +48 95 747 25 12 biuro@osirmysliborz.pl www.osirmysliborz.pl

Myślibórz Culture Centre ul. Klasztorna 3, 74-300 Myślibórz phone: +48 95 747 23 64 mok@bono.net.pl www.mok.bono.net.pl

Myślibórz Lake District Museum ul. Boh. Warszawy 74, 74-300 Myślibórz phone: +48 95 747 24 48 muzeum.mysliborz@gmail.com www.mysliborz.pl

Tourist Information Centre ul. Paderewskiego 7, 74-320 Barlinek phone: +48 95 746 28 74 biuro@it.barlinek.pl www.it.barlinek.pl

MYŚLIBÓRZ LAKE DISTRICT

## **MYŚLIBÓRZ LAKE DISTRICT KAYAKING TRAILS**

#### Rurzyca

The river flows through the following lakes: Krąpsko Małe, Krąpsko Długie, Trzebieszki, Krąpsko Łękawe, Krąpsko-Radlino and Dębno. Old water wheel ruins mean that you will need to carry your kayak at times, such as in Kamienny Jaz, Strzelczyn, Rurka and in several places in Chojna. There are several interesting villages along the riverbank, particularly Trzcińsko-Zdrój, with its nearly perfectly preserved city walls and original street layout. Also worth visiting is the village of Rurka, with its Templar chapel, as well as St. Mary's church in Chojna. Due to the high level of difficulty posed by the river, it is a good idea to have around 5 days on hand to traverse the 45 km trail.



#### Płonia

The river has its source near Barlinek, in the Płonia Valley Culture and Landscape Park. It flows through Lake Płoń, Lake Miedwie and Lake Żelew, across Bukowa Forest and Goleniów Plain, and flows into Lake Dąbie in Szczecin. A 65 km section of the river starting at the village of Niepołcko can be used for kayaking. In the upper course of the river, you need to remain cautious due to various mill ruins hidden under the surface. When paddling down the River Płonia, it is a good idea to stop in Kołbacz and visit the historical Cistercian abbey. Particularly worth checking out is the "urban" part of the river, located nearly wholly within the administrative limits of Szczecin. The entire route should take around 6 days to complete.





#### Myśla

The source of the Myśla is situated near Barlinek. The river is clear, almost pristine, and flows across a plain, but it is known to surprise paddlers with its capricious nature and mountain-like sections. The river flows through the following lakes: Kościelne, Będzin (Bandyń), Łubie, Myśliborskie and Wierzbnickie. For the most part, it has retained its original course, which frequently meanders, creating many oxbow lakes, wetlands and ponds. Winding and fast-flowing, it mostly makes its way across forests, undercutting high riverbanks. A trip down the Myśla towards the Oder starts at Lake Myśliborskie. Six power stations operate on the river. Traces of Templar and Knights of Malta activity can by found in Myślibórz and Dargomyśl, but the most precious local historical building is the chapel located in Chwarszczany.



#### Tvwa

The river flows out of the meadows neighbouring Trzcińska-Zdrój, and flows across the north-western part of the lake district. The Tywa features the greatest elevation changes out of all West Pomeranian rivers, which is why it was often used to power water wheels in the past. Twelve mostly moraine lakes can be found in wwits upper course. The Tywa is quite challenging to traverse due to having many obstacles. Its most beautiful fragment stretches a dozen or so kilometres from Lubanowo towards the mouth of the river. The Tywa's convenient location near major roads makes it possible to divide your trip into several shorter sections. At least four days are needed to complete the trip if you choose to start at lake Strzeszowskie.

## **WAŁCZ LAKE DISTRICT**

The Wałcz Lake District stretches east of Drawsko Plain to the valley of the River Gwda. Here, you will find quaint towns lost among the trees and lakes, including Wałcz, Tuczno, Człopa and the mysterious Nawlec. The pristine forest rivers are perfect for kayaking trips, and are a dream come true for anglers. Those who prefer sailing will enjoy their time at Lake Bytyń and Lake Zdbiczno. All this makes a stay in the Wałcz Lake District a great alternative to the sea and the mountains, offering a pleasant atmosphere free from the crowds of holiday goers.

#### Wałcz

A town founded in the 14th century in a narrow passage between lakes. Its history is full of ups and downs. It belonged to the Teutonic Order, was controlled by Brandenburg, and was incorporated into Prussia during the partition period. The city's main attractions include its beautiful bodies of water – town lakes popular among anglers and beach-goers alike. Also worth visiting are the Wałcz Beech Forest and the suspension bridge on Lake Raduń, the water tower, the Orthodox church, the educational trail and the Olympic Training Centre. The promenade which runs along Lake Zamkowe leads to the Wałcz Area Museum, as well as sundials, an eclectic town hall and a beautifully reconstructed main square. Those interested inmilitary history will love the unique fortifications of the Brickyard and Marianowo Fortification Groups and the military cemetery.

Not far from Wałcz, near the village of Rutwica, is a place which sparks curiosity, ex-citement, and even arguments. Known as the "Magical Mountain", this inconspicuous hill is where various items behave in ways that defy the laws of physics, and water flows upwards when spilled. A number of hypotheses have been developed to explain this phenomenon, and there is also a legend which speaks of this mysterious place. It is said that its properties were discovered by a visitor who dropped a water bottle here, so maybe another traveller will help solve its mystery?

#### Mirosławiec

Mirosławiec is surrounded by 21 lakes, many of which are popular among anglers. One of these is Wielki Bytyń, whose waters and coast are a nature reserve. There, you can see European pond turtles and the largest attraction in the region — European bison. A natural must-see is the Mirosławiec Sundew Reserve. When exploring the town, be sure to visit the Museum of Battles for the Pomeranian Wall, the granary and the Miscellaneous Gallery — a place steeped in mystery which surprises you the moment you cross its threshold. As an added bonus, you can go on a kayaking trip down the Korytnica.



#### Tuczno

This old town situated on picturesque hills stretches between two lakes. Its most precious historical building is Wedel-Tuczyński Castle, with its beautiful park and church. The layout of the local buildings and town square dates back to the Middle Ages. The city is surrounded by expansive forests and is situated not far from the Drawsko National Park, making it an attractive destination for hikers, cyclists and anyone who enjoys hunting for good photos. The closeness of pristine lakes means that bathing and angling are also an option. Those looking for military-themed thrills can explore the local underground tunnels. The castle features remnants of a shelter situated in the old castle moat, and the nearby village of Strzaliny is home to one of the largest shelter complexes, known as the Wisielcza Mountain Fortification Group.



## **WAŁCZ LAKE DISTRICT KAYAKING TRAILS**

Pomeranian Wall 1945 Association pl. Wolności 1, 78-600 Wałcz phone: +48 67 258 44 71 w. 40 kontakt@wal-pomorski.pl www.wal-pomorski.pl

Tourist Information Centre pl. Zesłańców Sybiru 3, 78-600 Wałcz phone: +48 512 207 877 cit info@wck.info.pl

**Wałcz Local Tourism Organisation** (WLOT) phone: +48 509 916 477 info@wlot.org

Siedlisko Zbychówka Ostrowiec, 78-600 Wałcz phone: +48 603 189 516, +48 609 504 955 siedlisko@zbychowka.eu www.zbychowka.eu

"Pod Orlem" Agritourism Farm Krystyna i Ryszard Łątkowscy Piława 6, 78-600 Wałcz phone: +48 502 654 839, +48 662 722 518 podorlem@podorlem.eu

"Nad Rozlewiskiem" Agritourism Farm Nowa Studnia, 78-640 Tuczno phone: +48 609 499 137

Wrzosy Palace Wrzosy 2, 78-640 Tuczno tel. +48 665 657 477, +48 607 464 984 palacwrzosy@onet.eu palac-wrzosy.pl

Leśny Domek hotel in Tuczno ul. Staszica, 78-640 Tuczno phone: +48 603 388 603 www.lesnydomek.net

Andrzej Szeremeta - kajak rental phone: +48 67 387 40 89, +48 600 599 678 andrzejszeremeta@wp.pl www.kapitan.info.pl

Edward Bazylewicz - kajak rental Ostrowiec 6, 78-600 Wałcz phone: +48 691 399 543 www.bazylkajak.pl

Natur Sport - kajak rental ul. Młyńska 9, 78-630 Człopa phone: +48 608 085 039 zapisy@natursport.pl www.natursport.pl

"Przy Białej Kładce" - kajak rental ul. Nadrzeczna 7, 78-600 Szwecja phone: +48 696 458 539 pole@przybialejkladce.pl www.przybialejkladce.pl

#### John Paul II Rurzyca Trail

The length of the river is 25 kilometres. It flows out of Lake Krapsko Małe and enters the Gwda, passing five other lakes along the way. The Rurzyca runs between steep slopes up to 15 metres in height, and its valley is quite narrow. The trip begins in the village of Trzebieszki, near the parking area. After paddling upriver with minimal resistance for two hours, you can reach the source of the Rurzyca after passing two lakes and the "Devil's Leap" nature reserve. The flora of the river valley includes as many as 471 plant species, 100 of which are rare, endangered, and under strict protection. After returning to Trzebieszki, you can start going downriver.

#### Korytnica Trail

The left tributary of the Drawa is 43 kilometres long, 38 of which are used for kayaking. The depth of the river reaches up to 2 metres, while its width ranges from 8 to 30 metres in the wetlands. The Korytnica has its source near Mirosławiec. Its lower course runs across Drawsko Forest. The area is interesting due to its natural environment – common goldeneyes live here, as well as otters. The kayaking trail starts in Stara Korytnica. We recommend the 20 km section from the village of Nowa Studnica in Tuczno Gmina to Jaźwiny. The Korytnica flows along the borders of the Drawsko National Park and across Lake Studnickie.



#### Cieszynka Trail

The source of the Cieszynka is situated near the village of Mielecin. Its middle section flows across four picturesque ribbon lakes. This is a short, easy, one-day trail that is still diverse and beautiful, even though it may pose some difficulty due to fallen trees blocking passage.



#### **Gwda Trail**

The river valley is nestled between terminal moraine hills, sandurs and ridges, and is situated in a protected area. The entire length of the river (145 km) can be traversed, from Drężno to Piła. The middle section – from Lędyczek to Piła – runs across the Wałcz Lake District. The obstacles you will find here are manmade, and in-clude power stations and the cardboard factory in Tar-nówka. Apart from experiencing the natural environment and the beauty of the local landscapes, the river enables visitors to discover the cultural heritage of Jastrowie, including its Neo-Baroque church of Michael the Archangel, as well as many ridgeroofed, wattle-and-daub houses from the 18th and 19th century. Those with a keen interest in military history will be excited to visit the forward post of an old German defence line which ran along the Gwda. The trail takes 8-9 days to complete, with 3 days spent traversing the Wałcz Lake District.

There are also trails down the Piława and Dobrzyca which run across the lake district.



## DRAWSKO LAKE DISTRICT

The Drawsko Lake District is a green paradise. It is filled with picturesque, forested moraine hills with countless lakes nestled in between and connected by fast-flowing rivers. The area offers the perfect conditions for relaxation and enjoying more active forms of tourism. The central part of the lake district is where the Drawsko Landscape Park and its many nature reserves are located. The area is also very well-equipped to accommodate visitors. Its many tenting spots, holiday resorts, hotels and agritourism farms, well-looked-after walking and bicycle trails, a horse riding trail, kayak wharves and water equipment rentals are sure to make your stay a pleasant one.

#### Drawsko Pomorskie

Drawsko Pomorskie is the oldest city in the entire lake district, situated on the River Drawa. Its main attractions include such beautiful historical buildings as a 15th-century Gothic church featuring a Baroque altar, a Neo-Romanesque church, remnants of de-fensive walls and stylish tenements from the late 19th/early 20th century. The lakes surrounding Drawsko are a paradise for sailors and anglers, and the rivers — which are also full of fish — are great kayaking routes.



#### Połczvn-Zdrói

The spa town of Połczyn-Zdrój is situated on the banks of the Wogra. The healing properties of the local mineral springs were discovered in 1688. Visitors enjoying their beneficial effects can spend their free time by exploring the city's historical buildings. The most precious of these include a 15th-century Gothic church, a late-13th-century castle, a spa district comprising a beautiful spa park and sanatorium buildings from the 18th and 19th centuries, the vintage layout of the city centre, a 19th-century water mill with a preserved wheel and a brewery built by the Fuhrman family in 1832. The red "Połczyn Switzerland" bicycle trail runs through the city. The difficulty posed by its many uphill climbs (the lake district's largest hill is 220 metres) is made up for by the beautiful beech forest landscapes, the Valley of the Five Lakes and the wattle-and-daub huts of Czarnkowo.



#### 7łocieniec

A town located on the Drawa and the Wąsawa. After officially receiving city rights in 1333, it was acquired by the Wedel family in the 14th century, and by the Borek family in the 16th century. Visitors are usually drawn to its 15th-century Gothic church, Neo-Gothic tower, castle park with an elm avenue and 18th/19th century tenements. The following bicycle trails run through the town: Wąsawa Valley, Drava River and Around Lake Siecino, where you can board a kayak and go on a short trip down the River Rakoń.



#### Stare Drawsko

Stare Drawsko is the location of the remnants of the old Drahim Castle, constructed by the Knights of Malta in the 14th century. The castle was built in a narrow passage between Lake Drawsko and Lake Żerdno, in place of a ruined, early mediaeval Slavonic hillfort. The castle courtyard currently features several buildings which mimic the struc-tures of old. Drahim Castle is a museum containing a collection of arms, armour and in-struments of torture. It also organises knight duel shows.



#### Czaplinek

Czaplinek is a town situated between Lake Drawsko and Lake Czaplino. From 1407 to the second half of the 17th century, it was Poland's northernmost stronghold alongside Drahim castle. Places worth seeing include a 14/15th century church with a gorgeous, Baroque ciborium altar and a Classicist pulpit, in addition to a Neo-Romanesque church with unique polychrome decorations and a wooden bell tower housing a bell from 1730, as well as a 19th-century old town complex with a one-of-a-kind atmosphere.



#### Sławogród

The northern part of Czaplinek is the location of a modern reconstruction of a mediaeval keep, The keep hosts knight battles and traditional crafting demonstrations, and visitors can book lodgings in its historical cottages. Be sure to play a round of the Treasure Seekers outdoor game while you are there as well.







#### Szczecinek

Szczecinek is the largest town in the Drawsko Lake District, situ-ated between Lake Trzesiecko and Lake Wielimie. Its most valuable historic buildings include a 14th-century castle of Pomeranian dukes, a Gothic tower (currently housing the Regional Museum), an eclectic town hall built in 1852, a Neo-Gothic church and re-inforced concrete bunkers in the western and northern parts of the city – part of the Pomeranian Wall fortification system.

In addition to its rich history, the town also offers many ways of spending free time. Szczecinek is known for having one of Europe's longest water skiing cables. A fully-integrated bicycle rental sys-tem is also available. Vintage boats serving as water taxis are also a popular attraction, in addition to effectively com-plementing the water tram, which runs on a fixed schedule. And on land, another type of vehicle awaits - the rickshaw. A rick-shaw ride is an unforgettable experience, allowing you to discover many interesting and beautiful parts of the old town park or the town boardwalk for a small fee. Szczecinek is also the angling capital of Poland. The town is famous for its angling trips led by experienced guides possessing a wealth of angling knowledge.

#### **Borne Sulinowo**

Borne Sulinowo is among the youngest towns in Poland. It is situ-ated on the coast of Lake Pile, on the territory of a forest garrison abandoned by the Russian army in 1992. The city was officially opened in 1993, marking the beginning of a new stage of its development. Today, its holiday resorts draw visitors with their range of Soviet-style and communist era-themed parties, as well as sightseeing and educational tours around the town and the sur-rounding areas. You can explore the Pomeranian Wall, the headquarters of General Guderian and a number of training area buildings. The town also hosts the annual "Tracks and Horseshoes" International Military Vehicle Rally. In addition to its historical and military attractions, the area also offers many natural points of interest. The Kłomin Heaths are among the largest in Europe, and Nadrzyce Lagoon encompasses tens of hectares of waterways meandering between forests. The picturesque kayaking routes, bicycle and walking paths are perfect for those who are tired of crowds and noise.





Tourism Centre ul. Rynek 1, 78-550 Czaplinek phone: +48 94 375 47 90 turystyka@czaplinek.pl www.czaplinek.pl

Tourist Information Centre ul. Kilińskiego 4, 78-500 Drawsko Pomorskie phone: +48 94 713 76 51 informacjaturystyczna@drawsko.pl it.drawsko.pl

PTTK Branch in Drawsko Pomorskie pl. Konstytucji 7, 78-500 Drawsko Pomorskie phone: +48 94 363 26 47 www.drawsko.pttk.pl pttk.drawskooomorskie@wo.pl

"Goplana" Cinema IT Desk ul. Kościuszki, 78-320 Połczyn-Zdrój phone: +48 94 712 84 57 polczyn@centrumgci.pl

Tourist Information Centre ul. Stary Rynek 6, 78-520 Złocieniec phone: +48 94 712 88 80 it@zlocieniec.pl www.złocieniec.pl

"Partnerstwo Drawy" Local Action Group ul. Wolności 8, 78-520 Złocieniec phone: +48 94 372 03 25 biuro@partnerstwodrawy.org www.partnerstwodrawy.pl

Czaplinek Local Tourist Organisation ul. Rynek 1, 78-550 Czaplinek phone: +48 94 375 47 90 lot@czaplinek.pl www.lot.czaplinek.pl



## DRAWSKO LAKE DISTRICT KAYAKING TRAILS

#### Tourist Information Centre

ul. Bol. Chrobrego 3, 78-449 Borne Sulinowo phone: +48 94 373 41 66 it@bornesulinowo.pl www.cit.bornesulinowo.pl

#### **Tourist Information Centre**

ul. Bohaterów Warszawy 6A, 78-400 Szczecinek phone: +48 94 372 37 00 cit@sapik.pl www.sapik.pl

#### Szczecinek Local Tourism Organisation ul. Kościuszki 22, 78-400 Szczecinek

ul. Kosciuszki 22, 78-400 Szczecinek phone: +48 536 924 998 sekretariat@szlot.pl www.szlot.pl

#### **Czaplinek Local Tourism Organisation**

ul. Rynek 1, 78-550 Czaplinek phone: +48 94 375 47 90 lot@czaplinek.pl www.lot.czaplinek.pl

#### **Drawsko Lake District Local**

www.partnerstwodrawy.pl

www.lotwokoldrawy.net

Tourism Organisation
ul. Stary Rynek 3, 78-520 Złocieniec
phone: +48 94 367 11 70, +48 94 367 00 16
faks +48 94 367 29 82
lot.pd@op.pl

#### "Partnerstwo Drawy" Local Action Group ul. Wolności 8, 78-520 Złocieniec phone: +48 94 372 03 25 biuro@partnerstwodrawy.org

"Wokół Drawy" Local Tourism Organisation ul. Jeziorna 2, 73-220 Drawno phone: +48 95 768 21 99 <u>biuro@lot</u>wokoldrawy.net

#### Cardinal Karol Wojtyła Kayaking Trail on the Drawa

One of Poland's most gorgeous and well-known kayaking routes. You can start your trip on Lake Drawsko (or Lake Żerdno), and continue down the 194 km river towards the Noteć. The Drawa enchants with its diversity, flowing across a variety of landscapes. At times, it flows lazily across the plains, only to become violent like a mountain river as it enters Drawsko Forest. It flows into lakes and across cities, past power stations, water wheels, a military training area and a national park. It offers everything that is great about kayaking: fighting against fallen trees, pristine lakes which invite you for a swim, kingfishers flying before your kayak and the crashing waves of Lake Drawsko. It is a good idea to have between one and two days available to complete the trail. You can spend the night in Rzepowo and finish your journey in Złocieniec.



#### Gwda

The Gwda is the right tributary of the Noteć, with a total length of 145 km. Its sources are situated between Biały Bór and Bobolice, near the village of Porost. The upper sections flow through pristine lakes, before entering a deep valley and meandering across a beautiful, mature forest known as the Forest on the Gwda. A number of power stations are located in the middle and lower sections of the river.

The trail is not very challenging, which makes it worth recommending to beginners. It is a good idea to start your trip in Drężno, at the Lake Studnica scout hostel. It is easy to reach by car, jetties are available to make launching kayaks easier, and the tent area is perfect for camping. Another good starting point is the village of Orawka or the natural beach in the village of Stare Wierzchowo. A trip takes between 7 and 10 days, depending on our skill level.

#### Dobrzyca

The source of the Dobrzyca is situated in Machliny in the Czaplinek area. Paddlers are rarely seen here, and so you will often en-counter beavers, roe deer, deer and other wild animals. Its upper course features beaver dams, as well as many shallow areas when the water level drops down. A total of 8 kayaking hostels can be found along the way. The trail is secured and marked, but the river itself has not been adapted and is therefore relatively difficult to traverse. A trip down the river takes 3-4 days and merges with the Piława after 60 km.



#### Piława

With a length of 80 km, the Piława is the largest tributary of the Gwda. It flows out of Lake Komorze, located in Borne Sulinowo Gmina. You can begin your trip in the village of Sikory. The upper sections of the river feature a number of picturesque small lakes, before flowing into the expansive Lake Pile. While easier than the Drawa trail, it is equally gorgeous while being slightly less crowded. The fortification line of the Pomeranian Wall which runs along the riverbank is a local attraction. This trail is often re-commended as a starting point for families with small children. The Piława flows across the Drawsko Lake District (a total of 37.3 km) and the Wałcz Lake District.



## DRAWSKO LAKE DISTRICT EQUESTRIAN TRAIL

The trail begins in Świętoborzec near Łobez, and ends in Biały Bór. It runs from west to east and across the extremely varied, post-glacial landscapes of the Drawsko Lake District and the northern part of the Drawsko Landscape Park. The trail connects the majority of equestrian centres of the Drawsko Lake District and other equestrian trails. It runs along more obscure dirt roads across a uniquely picturesque landscape featuring 25 lakes. It crosses 7 rivers: the Stara Rega, Wogra, Bliska Struga, Debnica, Piława, Plitnica (Płytnica), Gwda and the Dołga.

The length of the trail, marked with an orange wheel, is 186.4 km. It consists of five sections

- Świętoborzec (Łobez) Bonin Cianowo Zagozd 15.6 km in length,
- Zagozd Olchowiec Żółte Przytoń Donatowo Jelenino Stare Resko Zajączkowo –
  Wilcze Jary Kolonia Popielewo Brzękowice Popielewskie Górki Kolonia Brusno Nowe
  Koprzywno Dębnica Valley Kolonia Przybkowo Przybkówko 69.6 km in length,
- Przybkówko Trzemienko Strzeszyn Liszkowo Piława Ford– Borne Sulinowo 26.8 km in length,
- Borne Sulinowo Krągi Jelonek Dziki Lipnica Szczecinek Raciborki Czarnobór Gwda Wlk. – Miłobądz (Karolewko) – 54.5 km in length; an alternative path along this route is Lipnica – Szczecinek (Świątki) – 23.1 km in length,
- Miłobądz Dołgie Stepie Biskupice Biały Bór 18.9 km in length.

Many stables and horse arenas are located along the trail.



Łobez Area: SBS Stado Ogierów Łobez Sp. z o.o. ul. Świętoborzec 3, 73-150 Łobez phone: +48 511 617 182 biuro@sbslobez.com www.sbslobez.com

#### **Horse Training Centre**

Grzegorz Majewski Bonin 31, 73-150 Łobez phone: +48 602 433 713 majewski@bonin.pl www.bonin.pl

"Mazur" Riding School Stefan Mazur Bonin 22, 73-150 Łobez phone: + 48 91 397 38 41

Grzegorz Kotwicki – Horse Ridinga Tarnowo, 73-150 Łobez phone: +48 504 228 321 www.mlyntarnowo.pl

Drawsko Pomorskie Area: Agritourism Farms Zółcin, 78-500 Drawsko Pomorskie phone: +48 698 044 125

"Rancho Ponderosa" AF Golina 1, 78-500 Drawsko Pomorskie phone: +48 94 363 45 45

"Zagozd" Riding Club Stanisław Jasiński Zagozd, 78-500 Drawsko Pomorskie phone: +48 94 363 40 76

Riding centre (recreational riding) Robert Gilewicz ul. Sadowa 3, 78-500 Drawsko Pomorskie phone: +48 94 363 27 22

"Folwark Karpno" AF

Przedpełscy Mieczysław i Joanna Karpno 3, 78-506 Ostrowice phone: +48 693 269 751 www.karpno.pl

Kalisz Pomorski Area: Wiesław Dzieńkowski, "Drawex" Sienica 13, 78-540 Kalisz Pomorski phone: +48 604 397 402

Połczyn-Zdrój Area: GA Jan Tarnowski Zajączkowo, 78-320 Połczyn-Zdrój phone: +48 94 366 22 22

Czaplinek Area: "Czaplinek" riding section Łazice 16, 78 -550 Czaplinek phone: +48 94 375 50 51,+48 606 512 928 HIPOAS-Ośrodek jeździecki Łazice 3, 78-550 Czaplinek phone: +48 698 336 710 niwacja@wp.pl

GA "Ag rowestern Monika" Rzepowo 6, 78-550 Czaplinek phone: +48 94 375 18 55, +48 606 333 742 www.agrowestern.pl

Borne Sulinowo Area: Stajnia Romana Komorze 1, 78-445 Łubowo phone: +48 94 373 65 25,+48 608 458 973

Kopol-Hotel - Pensjonat "Kowalski" Komorze 12, 78-445 Łubowo phone: +48 661 979 039 www.pensjonat-kowalski.pl

GA "Stary Młyn" Strzeszyn 7, 78-445 Łubowo phone: +48 604 841 682 www.starymlynstrzeszyn.pl

Wczasowisko "Gabrysiewo" Piława 66, 78-446 Silnowo phone: +48 793 385 810, +48 607 579 858 www.gabrysiewo.pl

Ośrodek Jeździecki "Stajnia u Kachy" ul. Rybacka 23 ,78-400 Szczecinek phone: +48 884 676 969

Ośrodek Jeździecki Lipowy Dwór Marzena Deneszewska Lipnica 1a, 78-400 Szczecinek phone: +48 691 839 062

GA "Dolinka" Anna Silska, Leszek Górny Krągłe 17, 78-411 Wierzchowo tel. +48 691 681 528, +48 697 403 919 www.dolinka.p2.pl

Biały Bór Area: Pensjonat, Hubertus" ul. Dworcowa 22, Biały Bór phone: +48 94 37 39 066 www. hubertus.pension.pl

GA "Larix" Brzeźnica 21, Biały Bór phone: +48 605 234 706

GA Stadnina Koni "Karolewko" Danuta Tarnowska - Juneborg Miłobądz 1, Biały Bór phone: +48 693 307 949 info@karolewko.net

## PARSĘTA AND REGA RIVER BASIN

The Parseta river basin is a popular destination for visitors from Poland and abroad. The beautiful Parseta River and its tributaries, the incredibly diverse terrain and unspoiled natural environment offer perfect conditions for cycling, kayaking and hiking.

#### Karlino Area Museum

ul. Szymanowskiego 17, 78-230 Karlino phone: +48 94 311 73 82 muzeum@karlino.home.pl www.muzeum.kokkarlino.pl

#### **Tourist Information Centre**

ul. Szczecińska 3, 78-230 Karlino phone: +48 94 311 35 09 it@karlino.home.pl www.karlino.pl

#### Rymań Palace

ul. Koszalińska 2, 78-125 Rymań phone: +48 94 352 55 00 recepcja@hotelryman.pl www.hotelryman.pl

#### **Tourist Information**

Town and Gmina Culture Centre ul. Tamka 3, 78-425 Biały Bór phone: +48 94 373 94 66 It.bckir@białybor.com.pl www.bckbiałybor.naszgok.pl

#### Relax Water Park

pl. Sybiraków 1, 78-300 Świdwin phone: +48 94 36 572 73 info@wodnyrelax.pl www.wodnyrelax.pl

#### Association of Towns and Gminas of the Parseta River Basin ul. Szymanowskiego 17, 78-230 Karlino phone: +48 94 311 72 47

ul. Szymanowskiego 17, 78-230 Karl phone: +48 94 311 72 47 zmigdp@parseta.org.pl www.parseta.org.pl

#### Lipie Centre for Ecology Education Lipie 16, 78-331 Rąbino phone: +48 94 364 38 07

ekologia.lipie@lipie.org.pl www.lipie.org.pl

#### **Pirates of the Parseta** Krzywopłoty 7, 78-230 Karlino

phone: +48 693 012 697 kajaki@piraci-parsety.pl www.piraci-parsety.pl

#### Kayak wharf

pl. Lipowy, 72-320 Trzebiatów phone: +48 501 225 685, +48 608 517 859 darekopec@interia.pl wikingregi@wp.pl www.splywy.kol.pl

#### PTR KAJTUR

Dariusz Zieliński Chełm Gryficki 14, 72-320 Trzebiatów phone: +48 606 197 652 info@kajtur.pl www.kajtur.pl

#### Parseta

The Parseta is the largest river of the Przymorze seaside area, and is at times reminiscent of a mountain river. The clear waters of its tributaries are home to a number of rare and nearly-extinct fish species (brook and river lamprey, common minnow, stone loach and vimba bream), as well as species popular among anglers (salmon, sea and brown trout and grayling). The Parseta river basin is a paradise for ornithologists. Many bird species can be observed here, including cranes, swans, herons, storks and kingfishers. When it comes to birds of prey, the most common species include buzzards, hawks, white-tailed eagles, marsh harriers, red kites and various species of owl. The forests surrounding the Parseta are inhabited by various game animals (boar, deer, roe deer), and are home to centuries-old oak trees and the common honeysuckle, with its beautiful flowers. In the local bogs, you can find insecteating sundews and a rare black crowberry shrub. As a kayaking trail, the Parseta is guite easy from Białogard to Kołobrzeg, but its upper and middle sections, ending in the village of Byszyno, can be highly challenging at times due to numerous obstacles such as fallen trees and wide-branching willows, narrow passages with a strong sideways current and sharp turns.



#### Radew

The Radew, which is the largest tributary of the Parseta, is 85 km long. The differences in elevation here reach 69 metres. The river has its own extensive network of tributaries, and its upper sections feature aquifers which supply Koszalin with drinking water via deep water wells. Lake Kwiecko is assumed to be the source of the Radew, whose virtually entire course runs across forested areas. In 1912-1922, two reservoirs were constructed on the river: Lake Rosnowskie, with an area of 189 ha, and Lake Hajka (92 ha). The Radew is an angler's paradise. A major attraction here is the salmon, which swim upriver every November to mate.



#### Pokrzywnica

The Pokrzywnica, which is the left tributary of the Parseta, has its source in Sławoborze Gmina in Świdwin Poviat, near the village of Zagroda. The total length of the river is 25.72 km. The Pokrzywnica is not very well known as a kayaking trail. Its upper course is shallow and narrow, while the forest and mouth sections are naturally winding and surrounded by swampy forests. Many species of fauna make the area their home, particularly salmonids. The best section for kayaking starts at the bridge on the poviat road connecting Domacyno and Rarwino, or at the bridge in the village of Garnki.



## CENTRAL POMERANIAN EQUESTRIAN TRAIL

The trail connects Central Pomerania with the Drawsko Lake District Equestrian Trail. It runs from the village of Włoki in Świeszyno Gmina to Mianowo, Sianów, Mielno and Polanów Gminas, ending in Biały Bór. The trail connects the majority of equestrian facilities in Pomerania. The total length of the trail is 138.4 km. It consists of five sections:

- Włoki Łazy 47,85 km in length
- Kędzierzyn Skibno 6,70 km in length
- Przytok- Krąg 23,75 km in length
- Krąg Biały Bór 48,4 km in length
- Warblewo Wietrzno 11,7 km in length









#### **Agritourism Farm**

Krystyna i Krzysztof Nobis Rekowo 30, 76-010 Polanów phone: +48 94 318 36 70, +48 604 217 328 nobis@agrowakacje.pl www.nobis.agrowakacje.pl

#### Agritourism Farm

"Stajnia – Warblewski Dwór"
Warblewo 12, 76-010 Polanów
phone: +48 94 318 81 51, +48 604 790 145
kmazulis@tlen.pl
www.dwor.warblewo.pl

#### Agritourism Farm

"Ranczo pod Lasem" Rekowo 9, 76-010 Polanów phone: +48 94 316 98 49, +48 606 613 089 info@ekopensjonat.pl www.ranchopodlasem.pl

#### Sianów Area:

Skibno Equestrian Sports Club Skibno 32, 76-004 Sianów phone: +48 694 327 184 jksskibno@gmail.com

#### "Rzepkowo" Stables and Equestrian Club Rzepkowo, 76-003 Sucha Koszalińska

phone: +48 503 354 022 rzepkowo1@p.pl www.konie-rzepkowo.pl

#### "Uroczysko" Agritourism Farm

Krzykacz 2, 76-004 Sianów phone: +48 94 318 56 29, +48 603 580 260 www.uroczysko.afr.pl

#### "ZAGRODA" stables

. Włoki 26, 76-024 Świeszyno phone: +48 601 860 982, +48 693 807 233 stajnia.zagroda@wp.pl www.stajnia-zagroda.pl

#### "Karmen" Riding School

Niekłonice 54, 76-024 Świeszyno phone: +48 695 945 603 anna.malec@interia.pl www.stajniakarmen.com.pl

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## **LOCAL TOURISM ORGANISATIONS**

#### Darłowska Lokalna Organizacja Turystyczna w Dorzeczu Wieprzy Grabowej i Unieści

ul. Sempołowskiej 2a, 76-100 Sławno phone: +48 519 303 031 biuro@darlot.pl www.darlot.pl

#### Lokalna Organizacja Turystyczna w Mielnie

ul. B. Chrobrego 3B, 76-032 Mielno phone: +48 94 316 60 48 biuro@mielnolot.pl www.mielnolot.pl

#### Gminna Organizacja Turystyczna w Sianowie

ul. Pod Lipami 9, 76-004 Sianów phone: +48 94 342 04 96 ckssianow@gmail.com

#### Lokalna Organizacja Turystyczna Borne Sulinowo

ul. Niepodległości 6/ 17, 78-449 Borne Sulinowo phone: +48 606 302 117 lot@bornesulinowo.pl www.noclegi.bornesulinowo.pl

#### Lokalna Organizacja Turystyczna w Czaplinku

ul. Rynek 1, 78-550 Czaplinek phone: +48 94 37 54 790 lot@czaplinek.pl www.lot.czaplinek.pl

#### Lokalna Organizacja Turystyczna Dorzecza Parsety

ul. Szymanowskiego 17, 78-230 Karlino phone: +48 94 311 72 47 zmigdp@parseta.org.pl www.parseta.org.pl

#### Lokalna Organizacja Turystyczna "Polodowcowa Kraina Drawy i Dębnicy"

pl. Wolności 5, 78-320 Połczyn-Zdrój phone: +48 94 36 66 122 gci@polczyn-zdoj.pl www.polodowcowa.pl

#### Lokalna Organizacja Turystyczna Powiatu Łobeskiego

ul. Kościuszki 3, 73-150 Łobez phone: +48 608 826 800 lot@turystykalobeska.pl www.turystykalobeska.pl

#### Lokalna Organizacja Turystyczna Wokół Drawy

ul. Jeziorna 2, 73-220 Drawno phone: +48 95 76 82 199 lotwokoldrawynet@gmail.com www.lotwokoldrawy.net

#### Lokalna Organizacja Turystyczna "Ziemia Drawska"

ul. Kolejowa 1, 78-500 Drawsko Pomorskie phone: +48 669 170 756, +48 606 890 936 biuro.lot@ziemiadrawska.pl biurodelfin@poczta.onet.pl www.ziemiadrawska.pl

#### Mieleńska Lokalna Organizacja Turystyczna

ul. Lechitów 23, 76-032 Mielno phone: +48 94 318 99 55, +48 94 316 61 52 mlot.mielno@wp.pl

#### Stargardzka Organizacja Turystyczna

ul. Rynek Staromiejski 4, 73-110 Stargard phone: +48 91 57 85 466 kontakt@sot.stargard.pl www.sot.stargard.pl

#### Stepnicka Organizacja Turystyczna Nie Tylko dla Orłów

Kopice 16, 72-112 Stepnica phone: +48 661 435 166 kraina@stepnica.org.pl www.oderdeltasafaris.com

#### Stowarzyszenie Miłośników Ziemi Stepnickiej -Lokalna Organizacja Turystyczna

ul. Kościuszki 4, 72-112 Stepnica phone: +48 502 440 944 it@stepnica.pl www.stowarzyszenie.stepnica.org

#### Szczecinecka Lokalna Organizacja Turystyczna

ul. Piłsudskiego 3, 78-400 Szczecinek phone: +48 536 924 998 sekretariat@szlot.pl www.szlot.pl

#### Świnoujska Organizacja Turystyczna

pl. Słowiański 6/1, 72-600 Świnoujście phone: +48 503 457 200 sot.swinoujscie@wp.pl www.sot.swinoujscie.pl

#### Trzebiatowska Organizacja Turystyczna "Ujście Regi"

al. Tysiąclecia 32A, 72-330 Mrzeżyno phone: +48 604 774 424 ujscieregi@gmail.com www.ujscieregi.pl

#### Stowarzyszenie Wał Pomorski 1945

pl. Wolności 1, 78-600 Wałcz phone: +48 67 258 44 71 w. 40 kontakt@wal-pomorski.pl www.wal-pomorski.pl

#### Związek Portów i Przystani Jachtowych -Lokalna Organizacja Turystyczna Zachodniopomorskiego Szlaku Żeglarskiego

al. Papieża Jana Pawła II 44/2, 70-415 Szczecin phone: +48 530 547344 biuro@marinas.pl www.marinas.pl







## **TOURIST INFORMATION CENTRES**

#### **Barlinek**

ul. Paderewskiego 7, 74-320 Barlinek phone: +48 95 746 28 74 cit@bok.barlinek.pl www.it.barlinek.pl

#### Biały Bór

ul. Tamka 3, 78-425 Biały Bór phone: +48 94 373 94 66 it.bckir@bialybor.com.pl www.bckbialybor.naszgok.pl/it

#### **Bobolice**

ul. Wojska Polskiego 6, 76-020 Bobolice phone: +48 94 316 71 55

#### **Borne Sulinowo**

ul. Bol. Chrobrego 3A, 78-449 Borne Sulinowo phone: +48 94 373 41 66 it@bornesulinowo.pl www.bornesulinowo.pl

#### Cedynia

pl. Wolności 4, 74-520 Cedynia phone: +48 91 431 78 31 promocja@cedynia.pl www.cedynia.pl

#### Chojna

pl. Konstytucji 3 Maja, 74-500 Chojna phone: +48 661 416 595 promocja@chojna.pl

#### Czaplinek

ul. Rynek 1, 78-550 Czaplinek phone: +48 94 375 47 90 lot@czaplinek.pl www.czaplinek.pl

#### Człopa

ul. Strzelecka 1, 78-630 Człopa phone: +48 67 259 11 44 promocja@czlopa.pl www.czlopa.pl

#### Regionalne Centrum Obsługi Turvstycznei

ul. Dworcowa 4, 76-100 Sławno phone: +48 519 30 30 31 rcot@darlot.pl www.darlot.pl

#### Darłowo

ul. Pocztowa 6, 76-150 Darłowo phone: +48 519 30 30 32 cot@darlot.pl www.darlot.pl

#### Darłówko

ul. Kotwiczna 14, 76-150 Darłowo phone: +48 732 669 919 cot2@darlot.pl www.darlot.pl

#### Dąbki

ul. Darłowska 51, 76-156 Dąbki phone: +48 519 30 30 32 cot3@darlot.pl www.darlot.pl

#### Debno

ul. Mickiewicza 32, 74-400 Dębno phone: +48 95 760 26 85 biblioteke@poczta.onet.pl www.debno.pl

#### Dobra

ul. Rynek 1, 72-210 Dobra phone: +48 729 055 532 e.chodan@dobragmina.pl www.dobragmina.pl

#### Drawno

ul. Jeziorna 2, 73-220 Drawno phone: +48 95 768 21 99 cit.drawno@gmail.com www.drawno.pl

#### Drawsko Pomorskie

ul. Kilińskiego 4, 78-500 Drawsko Pomorskie phone: +48 94 713 76 51 informacjaturystyczna@drawsko.pl www.it.drawsko.pl

#### Dziwnów

ul. Reymonta 10, 72-420 Dziwnów phone: +48 91 321 89 57 it@mosik.pl www.dziwnow.pl

#### Głusko

Głusko, 66-520 Dobiegniew phone: +48 95 761 3820 pit.glusko@dpn.pl www.dpn.pl

#### Goleniów

pl. Bramy Wolińskiej 1, 72-100 Goleniów phone: +48 91 418 95 90 cit@turystyka.goleniow.pl www.turystyka.goleniow.pl

#### Gryfice

ul. Wysoka Brama 1, 72-300 Gryfice phone: +48 91 384 33 06 informacja@gdk-art.net www.gryfice.eu/it

#### Gryfino

ul.Nadodrzańska 1, 74-100 Gryfino phone: +48 91 852 31 83 cit@osir.gryfino.pl www.osir.gryfino.pl

#### Jarosławiec

ul. Nadmorska 28, 76-107 Jarosławiec phone: +48 59 810 94 40 pit@postomino.pl www.postomino.pl

#### Kalisz Pomorski

ul. Toruńska 3,78-540 Kalisz Pomorski phone: +48 783 402 171 promocja@kaliszpom.pl www.kaliszpom.pl

#### Karlino

ul. Szczecińska 3, 78-230 Karlino phone: +48 94 311 35 09 promocja@karlino.pl it@karlino.pl www.karlino.pl

#### Kołobrzeg

pl. Armii Krajowej 12, 78-100 Kołobrzeg phone: +48 94 355 13 20 it@um.kolobrzeg.pl

#### Koszalin

ul. Dworcowa 11-15, 75-210 Koszalin phone: +48 94 346 24 40 67 rcit@ko-pomerania.pl www.it-pomorze.pl

#### Łobez

ul. Orzeszkowej 7, 73-150 Łobez phone: +48 91 397 09 51 hala@lobez.pl www.lobez.pl

#### Mielno

ul. Chrobrego 3B, 76-032 Mielno phone: +48 94 316 60 48 kontakt@cit.mielno.pl www.cit.mielno.pl

#### Międzyzdroje

ul. Promenada Gwiazd 2, 72-500 Międzyzdroje phone: +48 91 328 04 41 informacja@miedzyzdroje.pl www.miedzyzdroje.pl

#### Niechorze

al. Bursztynowa 28, 72-350 Niechorze phone: +48 91 38 63 250 muzeum@rewal.pl muzeumniechorze.pl

#### Moryń

pl. Wolności 2, 74-503 Moryń phone: +48 697 029 064 bit@moryn.pl www.moryn.pl

#### **Nowe Warpno**

pl. Zwycięstwa 1, 72-022 Nowe Warpno phone: +48 91 312 96 60 urzad@nowewarpno.pl www.nowewarpno.pl

#### Polanów

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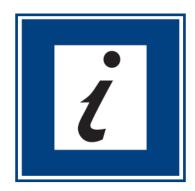
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