

CONTENTS

02	ENTRY	34	CISTERCIAN TRAIL
04	SZCZECIN	35	GRIFFIN TRAIL
06	POLICE COUNTY	36	LIGHTHOUSE TRAIL
07	GOLENIÓW I STEPNIKA	38	LAKE DISTRICT
08	STARGARD	44	GOLF
09	PYRZYCE COUNTY	46	VINEYARDS
10	KOSZALIN	48	NATURE OF THE REGION
12	COAST	50	GARDENS
16	ISLANDS	52	HEALTH RESORTS AND SPAS
20	ALONG THE ODER RIVER	54	FORTIFICATIONS
24	WEST POMERANIAN SAILING ROUTE	56	THE GATE OF TIME
26	BIKE ROUTES	58	CASTLES AND PALACES
32	POMERANIAN CAMINO DE SANTIAGO	61	REGIONAL FLAVOURS
33	KNIGHTS' TEMPLAR TRAIL	62	TOURIST INFORMATION

The region located in the northwestern part of Poland is connected to the rest of the country and Europe through a network of highways and railway lines. In addition, the Szczecin-Goleniów airport and the port in Świnoujście provide easy access to European cities.

Pomorze Zachodnie is a region full of diversity. Coastal resorts offer well-organised accommodation. Both active holidaymakers and spa lovers will find the perfect place to relax. Those who enjoy water activities will appreciate the abundance of lakes and rivers – the Lake District has an extensive infrastructure for enthusiasts of canoeing, windsurfing, water skiing and diving. Beautiful woods and hills are a dream for walkers. Cyclists will enjoy the many and varied routes.

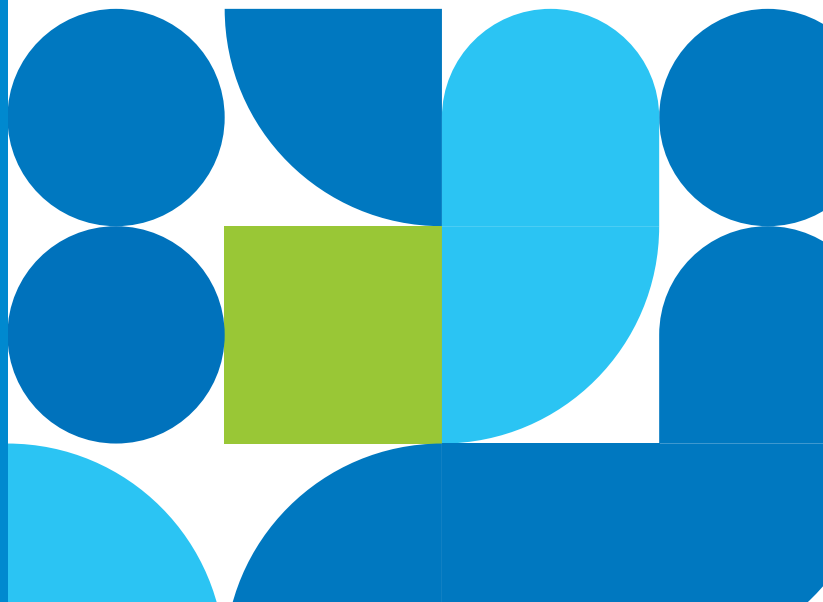
The cities of Pomorze Zachodnie are distinguished by an extraordinary wealth of architectural landmarks, technical achievements and military history. They are also attracted by interesting sports and cultural events.

It should therefore come as no surprise that Pomorze Zachodnie, as a tourist region, also attracts many investors. Investment activities are supported by numerous institutions, which certainly increases the attractiveness of Pomorze Zachodnie in the eyes of entrepreneurs.

If you are looking for a region with investment and tourism potential, combining natural beauty with cultural richness and a wide range of leisure activities, there is no better place than Pomorze Zachodnie!



West Pomerania
more to than you think!



SZCZECIN

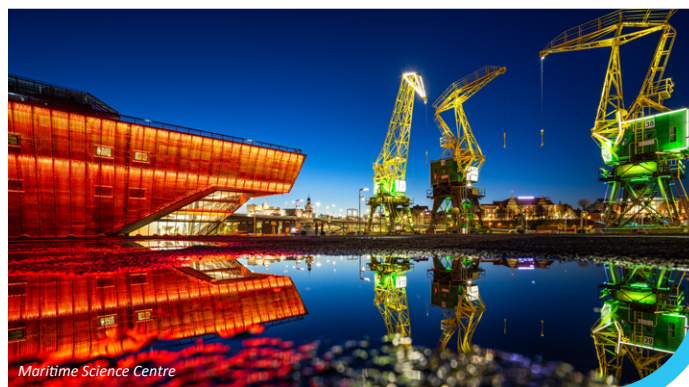


AS A CITY WITH A RICH AND LONG HISTORY, SZCZECIN HAS MANY HISTORICAL MONUMENTS

Its symbol is Wały Chrobrego (Chrobry Embankment) – an observation deck along the Oder River, adjacent to the monumental buildings that now house the Muzeum Narodowe (National Museum), Urząd Wojewódzki (Provincial Office) and Politechnika Morska (Maritime University). It is also worth taking a trip to Szczecińskie Bulwary (Szczecin Embankment) and Wyspa Łądztownia (Łądztownia Island) to see a building that looks deceptively like a ship – Morskie Centrum Nauki (Maritime Science Centre). These are not the only places worth visiting. Other captivating attractions include Zamek Książąt Pomorskich (Castle of the Pomeranian Dukes), Bazylika Archikatedralna (Archcathedral Basilica), Brama Portowa (Harbour Gate), Brama Królewska (Royal Gate), Ratusz Staromiejski (Old Town Hall) and Rynek Sienny (Hay Market Square).

AS WELL AS SIGHTSEEING, IT IS WORTH TAKING A LOOK AT SZCZECIN'S CULTURAL OFFERINGS

It has one of the oldest continuously operating cinemas in the world – the Pionier (Pioneer). Filharmonia im. Mieczysława Karłowicza (Mieczysław Karłowicz Philharmonic Concert Hall) is a world-famous landmark which has won many prestigious architectural awards for its unique acoustics. Centrum Dialogu „Przełomy” (Breakthroughs Dialogue Centre) also received accolades.





Waly Chrobrego (Chrobry Embankment)

Szczecin is called “the city of greenery and water.” It is surrounded by three large forest complexes – the Wkrzańska, Bukowa and Goleniowska primeval forests, and the city centre boasts numerous parks and city squares. The most popular places for strolling are the Jasne Błonia (Bright Meadows) square, Park Kaszpowicza (Kasprowicz Park), Park Żeromskiego (Żeromski Park), Ogród Różany (Rose Garden) and Cmentarz Centralny (Central Cemetery), which is the largest burial ground in Poland, the third largest in Europe and one of the largest in the world. Szczecin is also inextricably linked with water – the Oder River and its tributary the Regalica flow through the city, and Jezioro Dąbie (Lake Dąbie) lies within its city limits. These conditions have made it possible to create numerous marinas, beaches and bathing areas, fishing spots and a representative waterfront where many events are held.



Zamek Książąt Pomorskich (Castle of the Pomeranian Dukes) in Szczecin



Bulwary Nadobrzezańskie (Oder River Embankment) in Szczecin

POLICE COUNTY



Nowe Warpno

THE POLICE COUNTY IS LOCATED ON THE ODER RIVER, ROZTOKA ODRZAŃSKA (ODER BAY) AND ZALEW SZCZECIŃSKI (SZCZECIN LAGOON)

It covers the areas of four border municipalities – Kołbaskowo, Dobra, Police, and Nowe Warpno. The area attracts lovers of active tourism and history with its natural beauty and valuable architectural monuments.

THE VAST FORESTS OF THE PUSZCZA WKRZAŃSKA (WKRZAŃSKA PRIMEVAL FOREST) ARE AN EXCELLENT PLACE FOR HIKING, CYCLING AND HORSEBACK RIDING

At its heart is the Świdwie nature reserve, one of the most important wetlands in Europe. Transgraniczny Ośrodek Edukacyjny w Zalesiu (Cross-border Education Centre in Zalesie) is nearby.

The waters of Zalew Szczeciński and the Oder River provide perfect conditions for water sports, with a marina and recreational beach complex in Trzebież.

Worth a visit is Jasienica, with the ruins of an Augustinian monastery, and the picturesque town of Nowe Warpno. There are also other villages with interesting histories, small churches and houses and farm buildings that date back centuries.



Statue of a fisherman in Nowe Warpno



Gothic chapel in Police

GOLENIÓW AND STEPNICA



THE VAST EXPANSES OF THE PUSZCZA GOLENIOWSKA (GOLENIÓW PRIMEVAL FOREST) AND ZALEW SZCZECIŃSKI (SZCZECIN LAGOON)

Are a true paradise for those who wish to immerse themselves in nature, for those who seek peace and quiet, and for those who enjoy active recreation both on water and on land.

The cultural centre of the area is Goleniów, a town located on the Ina river. It owed its great prosperity to its membership in the Hanseatic League. Here you can admire the magnificent monuments from that period. A tour of the town should start with the Gothic Kościół św. Katarzyny (Church of St. Catherine) and the medieval fortifications with Brama Wolińska (Wolin Gate), Baszta Prochowa/Więzienna (Gunpowder/Prison Tower) and Baszta Mennicza (Mint Tower). Nearby there is a granary and you can visit the Żółty Domek (Yellow House) which houses Ośrodek Dokumentacji Dziejów Ziemi Goleniowskiej (Documentation Centre of the History of the Goleniów Region).

The largest natural treasure of the town's surroundings is Puszcza Goleniowska (Goleniów Primeval Forest) with its extensive network of hiking trails. It is a paradise for mushroom and berry pickers. Ośrodek Edukacji Przyrodniczo-Leśnej (Nature and Forest Education Centre) operates in Kliniska. For active tourists, there is the „Meandry Iny” (Meanders of the Ina River) kayak trail, which ends at a modern marina in Lubczyna.

Goleniów is well connected with Szczecin and the entire region by trails, roads and railway lines. Visitors from all over Europe and distant Polish cities can reach the region quickly thanks to the airport located right next to Goleniów.

The natural environment of Stepnica is truly unique. It combines woodland, extensive wet meadows and the waters of Zalew Szczeciński and the Oder estuary. All this contributes to the

great diversity of flora and fauna found in such a small area. The site has become the kingdom of the white-tailed eagle. The largest predatory birds found in Poland form one of the main concentrations in Europe here. Near the village of Czarnocin you can observe wild Polish Koniks and long-haired Scottish Highland cows. Nearby there are developed bathing areas, dozens of kilometres of walking and cycling trails, marinas and equipment hire.



STARGARD



IT IS ONE OF THE OLDEST TOWNS IN POLAND, HAVING RECEIVED ITS TOWN CHARTER IN 1243

Traces of its centuries-long and turbulent history can still be seen in the landscape today. In the past, the city was known as the „Jewel of Pomerania” because of its many historical monuments, which are on a par with the most prestigious in Poland. Here you will find one of the most precious monuments of the region, as well as the most beautiful late medieval church – Kolegiata NMP (the Collegiate Church of the Blessed Virgin Mary), located at the Rynek Staromiejski (Old Town Square). Right next to it is the town hall, with its beautifully decorated façade and a guardhouse with arcades. The city’s fortification system is also noteworthy, with fortified walls and numerous gates and towers. The walls are surrounded by a complex of parks set up in the place of former earth fortifications.

AN INTERESTING FACT IS THAT STARGARD IS LOCATED ON THE 15TH EASTERN LONGITUDE MERIDIAN

When visiting the city, it is worth visiting the Basteja (Roundel), a historic 16th-century defensive structure that now houses the Muzeum Archeologiczno-Historyczne (Museum of Archeology and History) and the Stargardzkiego Centrum Nauki FILARY (FILARY Stargard Science Centre).



Kościół NMP Królowej Świata (Church of the Blessed Virgin Mary Queen of the World) w Stargard



Town walls and Baszta Sowa (Owl's Tower) in Pyrzyce

THE MOST VALUABLE HISTORICAL MONUMENT IN PYRZYCE IS THE TOWN WALL WITH SIX PRESERVED TOWERS AND TWO GATES.

It is estimated that they were constructed in the late 12th or early 13th century. Other sites worth seeing in Pyrzyce include Muzeum Ziemi Pyrzyckiej (the Museum of the Pyrzyce Region), Kaplica św. Ducha (the Holy Ghost Chapel), Kościół Wniebowzięcia NMP (the Church of Assumption of the Blessed Virgin Mary), or Ratusz (the Town Hall) and Studzienka (the Well) built at the site of Święte Źródło (the Holy Spring), whose waters were used by Saint Otto to baptise the people of Pyrzyce in 1124. Pyrzyce is an important centre of folk culture in the province, where the original folklore of the region is still cultivated.

Another place of interest is the town of Lipiany, situated on an isthmus between two lakes. The layout of the medieval streets and the historic market square have been preserved to this day. Another place worth visiting is Ogród Dendrologiczny (Dendrological Garden) in Przelewice, with its numerous exotic plants, a beautiful Japanese garden, a collection of rhododendrons and azaleas, Dolina Pięciu Źródeł (Five Springs Valley) and Aleja Róż (Rose Alley).

The largest river in the district is the Płonia, which flows through the Płoń and Miedwie lakes. The Miedwie lake (36.8 km²) is the fifth largest lake in Poland. Its bottom is located 28 m below sea level. There are swimming areas and watersports equipment hire around the lake. As well as sailing, the lake is perfect for windsurfing, kitesurfing, scuba diving and kayaking. Miedwie is also a paradise for anglers, walkers and cyclists.



Kaplica św. Ducha (the Holy Ghost Chapel)



Brama Pyrzycka (Pyrzyce Gate) in Lipiany

KOSZALIN



IT IS THE SECOND LARGEST CITY IN POMORZE ZACHODNIE (WEST POMERANIA)

It lies just 11 kilometres from the Baltic Sea, on two lakes – Jamno and Lubiawo Północne. Jezioro Jamno is a frequent venue for water sports – sailing, canoeing, windsurfing and kitesurfing. Many equipment hire companies and marinas operate here. Koszalin also has an artificial water reservoir – Wodna Dolina (Water Valley) lagoon, which has a modern wake park.

ONE OF THE CITY'S GREAT ASSETS IS ITS NUMEROUS GREEN AREAS

While strolling around Koszalin, it is worth visiting the Park Książąt Pomorskich (Park of Pomeranian Dukes), located near the Old Town, and the nearby Chełmska Hill, with a viewpoint from which you can enjoy a beautiful panorama of the surrounding area. There is also a small chapel there – Sanktuarium Matki Bożej Trzykróć Przedziwnej (Shrine of the Mater Ter Admirabilis).

Fans of historical monuments will be eager to see Koszalin's cathedral and Domek Kata (Hangman's House). The Skansen Kultury Jamneńskiej (Jamno Culture Open-Air Museum) is also an interesting place.



Koszalin offers theaters, a philharmonic hall, and an amphitheater for cultural event enthusiasts. Koszalińska Kolej Wąskotorowa (Narrow-Gauge Railway) and Obserwatorium Astronomiczne (Astronomical Observatory) in Koszalin are also worth a visit. Tourists often take a water taxi across Jezioro Jamno to the sea or a rail bus on the route between Koszalin and Mielno.

In powiat koszaliński (Koszalin county) there are numerous historic churches, palaces and manor houses with parks. Among the most interesting of these are the palace and park complexes in Strzekęcino, Parsowo and the Neo-Renaissance palace in Nosowo. Renovated buildings, such as Zamek Rycerski Podewils (Podewils Knights' Castle) in Krąg, Dworek (Manor House) in Osieki and Pleśna, and Bursztynowy Pałac (Amber Palace) in Strzekęcino, serve as hotels and restaurants.

A real treasure of the area is the Kamienne Kręgi (Stone Circles) archaeological reserve in Grzybnicki Forest, 20 kilometres south of Koszalin. Other notable structures are mills and hydroelectric power plants, including a modern pumped-storage facility in Żydów, with a viewing point overlooking the Radew valley.



COAST



ŚWINOUJŚCIE

This beautiful West Pomeranian resort is a great place for both peaceful relaxation and active recreation. The city has many kilometres of cycle paths and routes linking the main areas of the resort – the city centre, the harbour, the seafront and the border crossings with Germany. Its special features include an extensive beach that attracts beach-goers all year round. The symbol of Świnoujście is Stawa Młyny (Pond Mills) (a lighthouse in the shape of a white windmill). You can also see the tallest lighthouse over the Baltic Sea and 19th century forts – Fort Aniola (Angel's Fort), Fort Zachodni (Western Fort) and Fort Gerharda (Gerhard's Fort). You can also visit Podziemne Miasto (Underground City) on the Wolin Island, Muzeum Rybołówstwa (Sea Fishing Museum), the observation tower and the stone breakwaters.



Stawa Młyny (Pond Mills) in Świnoujście

MIĘDZYZDROJE

One of the most famous seaside resorts in West Pomerania, known for its annual Festiwal Gwiazd (Festival of Stars), its pier or the beautiful architecture along the promenade. The planetarium, oceanarium, natural history museum and Gabinet Figure Woskowych (Wax Figure Gallery) all offer an exciting experience. Near Międzyzdroje you can visit Zagroda Pokazowa Żubrów (European Bison Show Farm), the viewpoints on the Gosań and Kawcza hills, Jezioro Turkusowe (Turquoise Lake) in Wapnica, Wzgórze Zielonka (Zielonka Hill) or the medieval fortress in Lubin, from where you can see Zalew Szczeciński (Szczecin Lagoon), the inverted delta of the Świna River, and the land of 44 islands.



Pier in Międzyzdroje

DZIWNÓW

The city lies between Zalew Kamieński (Kamień Lagoon) and the Baltic Sea. Its location makes it an ideal place for water sports (including sailing, kitesurfing, wakeboarding, windsurfing), walking and active recreation. It also offers excellent conditions for canoeing and fishing. Dziwnów is also a family seaside resort that comes alive in the summer. Its appeal is enhanced by the historical sights of the nearby town of Kamień Pomorski.



REWAL

The Rewal coast has no less than six seaside resorts where you can spend your time actively. The park Wieloryba (Whale Park) is a must for lovers of the mysteries of the seas and oceans. It offers fun and educational value with its marine themes, including replicas of underwater creatures.



COAST



MRZEŻYNO

The charming harbour and beautiful beach attract holidaymakers and are a perfect destination for cycling enthusiasts. The local section of the Velo Baltica route is a modern, illuminated and well-marked cycle path with a rest area, bike shelters and parking.

KOŁOBRZEG

Kołobrzeg is a spa and bathing resort with an international reputation. For years, its natural riches have helped to regenerate body and mind, supported by its broad cultural offering and historical memorabilia. The Old Town is dominated by the bazylika konkatedralna Wniebowzięcia Najświętszej Maryi Panny (Co-Cathedral Basilica of the Assumption of the Blessed Virgin Mary), which dates back to the 13th century. Tourists enjoy visiting the lighthouse and the harbour, strolling along the pier and the seaside promenade. Children and adults alike enjoy a cruise on a beautiful pirate ship.



Town Hall in Kołobrzeg



Pier in Kołobrzeg

USTRONIE MORSKIE

The municipality is famous for its beautiful sandy beaches, but also a place where you can travel back in time. At the local Skansen Chleba (Bread Museum), you can try traditional baked products, made right before your eyes.

MIELNO

Mielno is full of life all year round. In the winter, the International Międzynarodowy Zlot Morsów (Ice Swimmers Rally) is held here. There is a statue of a walrus on the promenade – a symbol of winter bathing enthusiasts. In the summer, Mielno becomes a fashionable resort, popular with holidaymakers and known as a place of great fun.

DARŁOWO

The birthplace of Erik of Pomerania, King of Norway, Denmark and Sweden. His times are commemorated by Zamek Ksiąząt Pomorskich (Castle of the Pomeranian Dukes), which towers over Darłowo. It is worth taking a stroll on the only retractable bridge in Poland, which spans the Wieprza River. Tourists looking for an unforgettable adventure can set sail from the port of Darłowo on a cod fishing trip.



ISLANDS



WOLIN IS POLAND'S LARGEST ISLAND

It is bordered to the west by Cieśnina Świnoujście (Strait of Świnoujście), to the north by the waters of the Baltic Sea, to the east by Cieśnina Dziwna (Dziwna Strait) and Zalew Kamieński (Kamień Lagoon), and to the south by Zalew Szczeciński (Szczecin Lagoon). The island is home to the well-known tourist resorts of Międzyzdroje and Świnoujście, the historic town of Wolin, as well as many places of interest.

The north-west edge of Poland has attracted tourists for decades, but still retains a unique, natural character and carefully guards its secrets. It is made up of dozens of islands where nature, human settlements and intensive tourism meet, mix and interact. There are also many traces of history dating back thousands of years and from more recent times. The West Pomeranian islands are famous for their natural values and opportunities for adventure and fun all year round.



Trail leading to Kawcza Góra (Kawcza hill) in Międzyzdroje



THE LAND OF 44 ISLANDS

The inverted delta of the Świna river, Wolin island, the eastern part of Uznam island, Karsibór island and dozens of smaller islets make up this unique land, teeming with many different birds species. Nature reserves, forests and parks in and around Świnoujście will delight anyone seeking relaxation in the midst of nature. It is a paradise for tourism and water sports enthusiasts. It is a perfect place for cyclists, sailors, canoeists and surfers. Visitors can also enjoy a trip on a cruise ship. It is a window to the world. The imperial resorts on the German side of Uznam Island can be reached in a matter of moments. You can also take a ferry to Scandinavia. There is a lot going on in the city. Cultural, historical and sporting events offer plenty of excitement for adults and children alike.

WOLIŃSKI PARK NARODOWY (WOLIN NATIONAL PARK)

Home to 270 protected species, including several white-tailed eagles, the park's emblem. Tourist attractions include a reserve for European bison, a cliff coast, Wzgórze Zielonka (Zielonka Hill) and the park's gem - Jezioro Turkusowe (Turquoise Lake).



ISLANDS



JEZIORO TURKUSOWE (TURQUOISE LAKE)

This used to be the site of a chalk mine supplying the cement plant of the time. After mining of the deposits ceased, the pit gradually began to fill with water. Today the lake is characterised by the unique colour of the water from which it takes its name. The colour results from the way sunlight is split in the water and reflected from the bright chalk lakebed.

KAWCZA GÓRA (MOUNT KAWCZA)

The trail leading to top of the Kawcza Góra hill begins in Międzyzdroje, behind the gate to Wolin National Park. The top can also be reached by stairs directly from the beach. The hill rises 61 metres above sea level and from the top there is a beautiful view of the Pomorska Bay.

WZGÓRZE GOSAŃ (GOSAŃ HILL)

When you are near Międzyzdroje, it is worth going to a place 4 km away, where the trail leading to Wzgórze Gosań hill begins. It is the highest of Wolin's cliffs, measuring 93 meters above sea level. At the top of the hill there is a tower of a German coastal artillery observation post from World War II.



Jezioro Turkusowe (Turquoise Lake)



Kawcza Góra (Mount Kawcza)



LUBIN

A spectacular viewing point with a breathtaking view of the Szczecin Lagoon, its archipelago of 44 islands, the overflow area of the inverted delta of the Świna river and Jezioro Wicko Wielkie (Wicko Wielkie Lake). From the cliff you can watch wild birds and ships.

CENTRUM SŁOWIAN I WIKINGÓW W WOLINIE (SLAVIC AND VIKING CENTRE IN WOLIN)

The open-air museum in Wolin takes you back to the early Middle Ages. Here, visitors can learn about the lives and crafts of the settlement's ordinary inhabitants – a potter, a mint master, a jeweller and a fisherman – watch medieval warriors battle and take a peek inside a medieval hut. Throughout the year, the open-air museum hosts numerous events, the most spectacular of which is the largest Festiwal Słowian i Vikingów (Slavic and Viking Festival) in this part of Europe. It brings together re-enactors from all over the world to recreate scenes from the Middle Ages.



Skansen Słowian i Vikingów na Wyspie Ostrów
(Slavic and Viking Open-Air Museum on Ostrów island)

ALONG THE ODER RIVER



Off the beaten track of the most popular tourist routes lies an area rich in history and natural treasures that is well worth exploring in an active way – on foot, by bike or by canoe. It is close to Szczecin, but you can also appreciate the peace and charm of small towns. The Oder riverbed crosses the land where the most important battles for Polish statehood were fought and where material and spiritual culture was created.

MIĘDZYODRZE

A land of floodplains and wetlands created by the Oder River, stretching south from Szczecin. You can explore it from the water, getting into a canoe or boat at the marina in Siadło Dolne. The Międzyodrze area features numerous islands and canals. The flora and fauna found in its peat bog is unique in Europe. Park Krajobrazowy Doliny Dolne (Lower Oder Valley Landscape Park) is home to numerous animal species, including beavers, otters, deer and wolves. It is a paradise for people who like to watch wild birds. The Międzyodrze waters are home to bream, eels, weatherfish and tench, among other fish. Here you can find peace and quiet and get in touch with nature. All you need to do is hire a canoe and start your adventure.

KOŁBACZ

The village boasts the remains of impressive monastery buildings. The former Cistercian abbey is listed as a historic monument. The temple, which is still in use today, gives an idea of the magnitude, importance and spiritual richness of this institution, and its interiors bring artistic events to life.





Krzywy Las (Crooked Forest)

KRZYWY LAS (CROOKED FOREST)

Such a mysterious and strange forest can be found nowhere else in Poland. The forest contains pine trees whose trunks are bent against the laws of nature. Why this unusual plantation was created is still unknown. It has inspired many fantastic and conspiracy theories to explain the unusual shape of the trees.

GRYFINO

Situated further south on the banks of the Oder River, this town has medieval origins. Worth seeing are the stone and brick Kościół Narodzenia Najświętszej Maryi Panny (Church of the Nativity of the Blessed Virgin Mary), which documents the foundation of the town, and the remains of the town walls with the preserved Brama Bańska (Bańska Gate). Gryfino is the best base for exploring the „West Pomeranian Amazon”, i.e. Europe’s unique Międzyodrze.



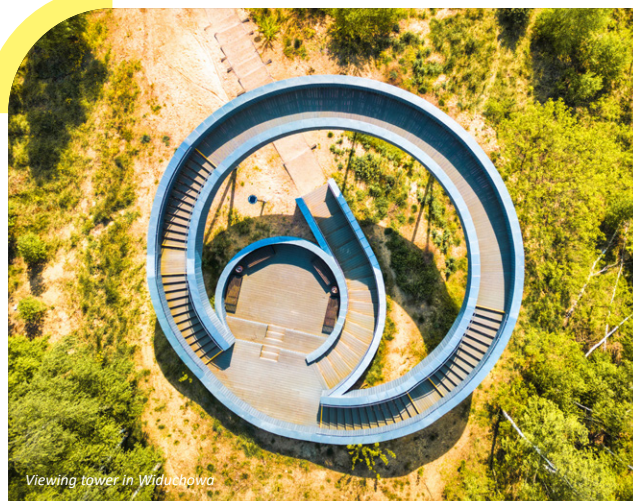
Gryfino

WIDUCHOWA

In Widuchowa, a viewing platform offers a magnificent panorama of the Lower Oder Valley – Polski Park Krajobrazowy Dolnej Odry (Polish Lower Oder Landscape Park) and the German Unteres Odertal national park. Its vastness is breathtaking and unforgettable. It was built on Słowiańska Góra (Slavic Hill), 72.6 metres above sea level.

BANIEWICE

Baniewice is home to the largest vineyard in Poland – the Turnau Vineyard. The nearby castle of the Order of St. John in Swobnica and the 13th-century St George’s Chapel in Banie are also worth a visit.



Viewing tower in Widuchowa

ALONG THE ODER RIVER



CHOJNA

Chojna's importance is evidenced by the monumental brick Gothic historic structures that have been preserved to the present day – the town hall, defensive walls with impressive gates, the remains of the former Augustinian monastery and the St. Mary's Church, whose silhouette dominates the town's landscape. On the way out of town you can see a huge natural monument – the Olbrzym (Giant) plane tree, the largest of its kind and one of the largest trees in Poland.

TRZCIŃSKO-ZDRÓJ

This small town has been a holiday resort for many years. It is best known for its well-preserved full ring of defensive stone walls, a Gothic church and a richly decorated Gothic town hall.

CEDYŃSKI PARK KRAJOBRAZOWY (CEDYNIA LANDSCAPE PARK)

Tourists can discover areas covered with old, pristine forests, marshes and flood-plains, which give way to areas resembling steppe landscapes. The park owes its unique character mainly to the abundance of highly diverse landscapes of post-glacial origin in a relatively small area. The park's natural wealth is evidenced by the large number of nature reserves – Bielinek, Dolina Świergotki (Świergotka Valley), Wrzosowiska Cedyńskie (Cedynia Heath) and Słoneczne Wzgórza (Sunny Hills), to name but a few.





Siekierki - Neurüdnitz European Bridge

MOST W SIEKIERKACH (BRIDGE IN SIEKIERKI)

An old railroad bridge connecting Poland and Germany has been transformed into a tourist and architectural attraction. Trasa Pojezierzy Zachodnich (West Lakes District Cycle Trail) starts here. A viewing platform built on the spans of the bridge can be the destination for cycle trips. Its construction is roofed, and the roof is also another floor offering an impressive view of the Oder river, the stunning Rozlewisko Kostrzyneckie (Kostrzyn Floodplains) and the newly established Gęsi Bastion pod Starą Rudnicą Nature Reserve (Goose Bastion near the Old Rudnica Nature Reserve).

MORYŃ

A picturesque town located on the shores of Jezioro Morzycko (Morzycko Lake), hidden behind medieval stone walls. An interesting activity, not only for children, is a walk along Aleja Gwiazd Plejstocenu (Pleistocene Walk of Fame), with 1:1 scale models of Ice Age animals and casts of their tracks.



Moryń

MIESZKOWICE

The legend has it that Mieszkowice was a town founded by Mieszko I, who was in the area on a hunting trip. The centre of today's Mieszkowice is, as in the Middle Ages, a large square with a town hall, and the old town is surrounded by stone walls, the perimeter of which is almost completely preserved.

RĘJON PAMIĘCI NARODOWEJ (NATIONAL REMEMBRANCE DISTRICT)

Covers important towns for the history of Polish arms: Cedynia, Siekierki, Stare Łysogórki, Gozdowice, and Czelin. They are linked by the historical bond of two battles – the victory of Mieszko I's troops and the forcing of the Oder river by soldiers of I Armii Wojska Polskiego (the First Polish Army) on 16 April 1945. The memory of these heroic events is guarded by monuments, military cemeteries and small museums embedded in the tourist landscape of the Oder river area. The district offers an important lesson in history, patriotism and knowledge of the region.



Stare Łysogórki

ZACHODNIOPOMORSKI SZLAK ŻEGLARSKI (WEST POMERANIA SAILING ROUTE)



Zachodniopomorski Szlak Żeglarski is a network of new and modernised ports and marinas across Pomorze Zachodnie (West Pomerania), located on the Oder river, Jezioro Dąbie (Dąbie Lake), around the Zalew Szczeciński (Szczecin Lagoon) and along the Baltic Sea coast. No other part of Poland offers such extensive sailing opportunities. You can spend days sailing from port to port, honing your skills on different waters of varying difficulty. Distances between the modern and attractive ports do not exceed 20-30 nautical miles, that is, several hours of leisurely sailing.





Kołobrzeg

This makes it possible to reach the next destination port along the route in one day and allows safe, tourist sailing not only for seasoned sailors, but also for less experienced sailing enthusiasts, even with their families. The waters are diverse, filled with charming corners, and for those craving a true maritime adventure, they also offer challenging opportunities.

To the south, the route reaches Gryfino, passes through a number of sites within the boundaries of Szczecin and leads out to Jezioro Dąbie. In Zalew Szczeciński, it covers ports and marinas in Trzebież, Nowe Warpno, Lubczyna, Stepnica and Wolin, as well as on the shores of the Wolin Island and in Kamień Pomorski on Zalew Kamieński (Kamień Lagoon). It continues along Pomorze Zachodnie coast, from Świnoujście through Dziwnów, Mrzeżyno, Kołobrzeg and Mielno to reach Darłowo.

The marinas along the route have extensive infrastructure – well-prepared berths, water and electricity supply points, sanitary facilities, equipment hire and camping areas. It is the perfect destination for a relaxing sailing experience.



Kamień Pomorski

BIKE ROUTES



The vast green spaces and breathtaking nature of Pomorze Zachodnie (West Pomerania) encourage tourists to take short and long cycling trips. Well-marked routes and extensive infrastructure make this a great activity for both experienced cyclists and those looking to improve their fitness.

Planning a cycling trip through Pomorze Zachodnie is made easy with a specially designed website and app. They include not only maps of cycle routes, but also 360-degree panoramas, trip suggestions, descriptions of tourist attractions, historical monuments and interesting events.

Pomorze Zachodnie offers five cycle routes, which can be combined according to the distance you wish to cover and the number of days you wish to travel. Of course, not all of them have to be spent entirely on a bike. It is well worth planning some time to relax by the water, or to make your holiday more attractive by combining cycling with other attractions, of which there are many in the region.





VELO BALTICA (EUROVELO 10, 13)

It is one of the most interesting bicycle routes, which is also part of the international EuroVelo 10 and 13 bicycle routes. It runs along the West Pomeranian coast and links the most popular seaside resorts. Following the Velo Baltica route will take you through Świnoujście, Międzyzdroje, Kołobrzeg, Ustronie Morskie, Mielno, Darłowo and many other places. Each is an excellent starting point for short cycle rides during your seaside holiday.



BIKE ROUTES



BLUE VELO (3)

The pride of Pojezierze Zachodnie (West Lake District) and one of the most popular routes in the region. If you cycle along the route, you can visit Szczecin, Dębno, Trzcińsko-Zdrój, the area surrounding Lake Dąbie or Gryfino. Tourists can enjoy the unique Oder river landscape.

SZLAK WOKÓŁ ZALEWU SZCZECIŃSKIEGO (SZCZECIN LAGOON TRAIL) (STETTINER HAFF RUNDWEG)

This is a route through both Poland and Germany for those who like to relax by the water. Many sections run along bodies of water with a direct view of Jezioro Dąbie (Dąbie Lake) and Zalew Szczeciński (Szczecin Lagoon).





Most Europejski Sierkierd - Neurudnita

TRASA POJEZIERZY ZACHODNICH (WESTERN LAKE DISTRICT ROUTE)

It runs along chain of lakes from the west to the east of the province. It links many places where you can relax and enjoy the peace and quiet, although this area is much less frequented by tourists. The trail allows cyclists to experience satisfying contact with nature, leading through Trzcińsko-Zdrój, Myślibórz, Choszczno, Drawsko Pomorskie, Borne Sulino, and Szczecinek, surrounded by lakes and picturesque forest landscapes.

STARY KOLEJOWY SZLAK (OLD RAILWAY TRAIL)

As the name suggests, is a route laid out mainly along old railroad tracks. Stary Kolejowy Szlak crosses Pomorze Zachodnie from north to south. One of the places where cyclists are taken along the route is Drawski Park Krajo-
brazowy (Drawsko Landscape Park).



BIKE ROUTES



MPR | Miejsce
Przyjazne
Rowerzystom



SYSTEM REKOMENDACJI MIEJSC PRZYJAZNYCH ROWERZYSTOM (THE CYCLIST-FRIENDLY PLACE RECOMMENDATION SYSTEM) IN THE ZACHODNIOPOMORSKIE PROVINCE

Pomorze Zachodnie (West Pomerania) as a cyclist-friendly region has a recommendation system for places where bicycle riders can find accommodation for at least a day, store luggage or repair their equipment. The key purposes of the MPR system are to harmonise service levels, provide clear information on services and attractions along cycle routes and easy search for entities in the network.

Facilities applying for the Miejsce Przyjazne Rowerzystom (Cyclist Friendly Place) recommendation must be located (doing business) in Zachodniopomorskie Province and belong to the following categories: accommodation establishments, catering establishments, tourist attractions, tourist information centres, other retail and service outlets. Participation in the recommendation system is free and voluntary. A facility may be included in the system, provided that it operates in accordance with the law, accepts the Rules and meets the requirements specified therein.

For the latest list of cycle-friendly places, rules and application form, visit

<https://rowery.wzp.pl/mpr-y>



ACCOMMODATION
ESTABLISHMENTS



CATERING
ESTABLISHMENTS



TOURIST
ATTRACTIONS

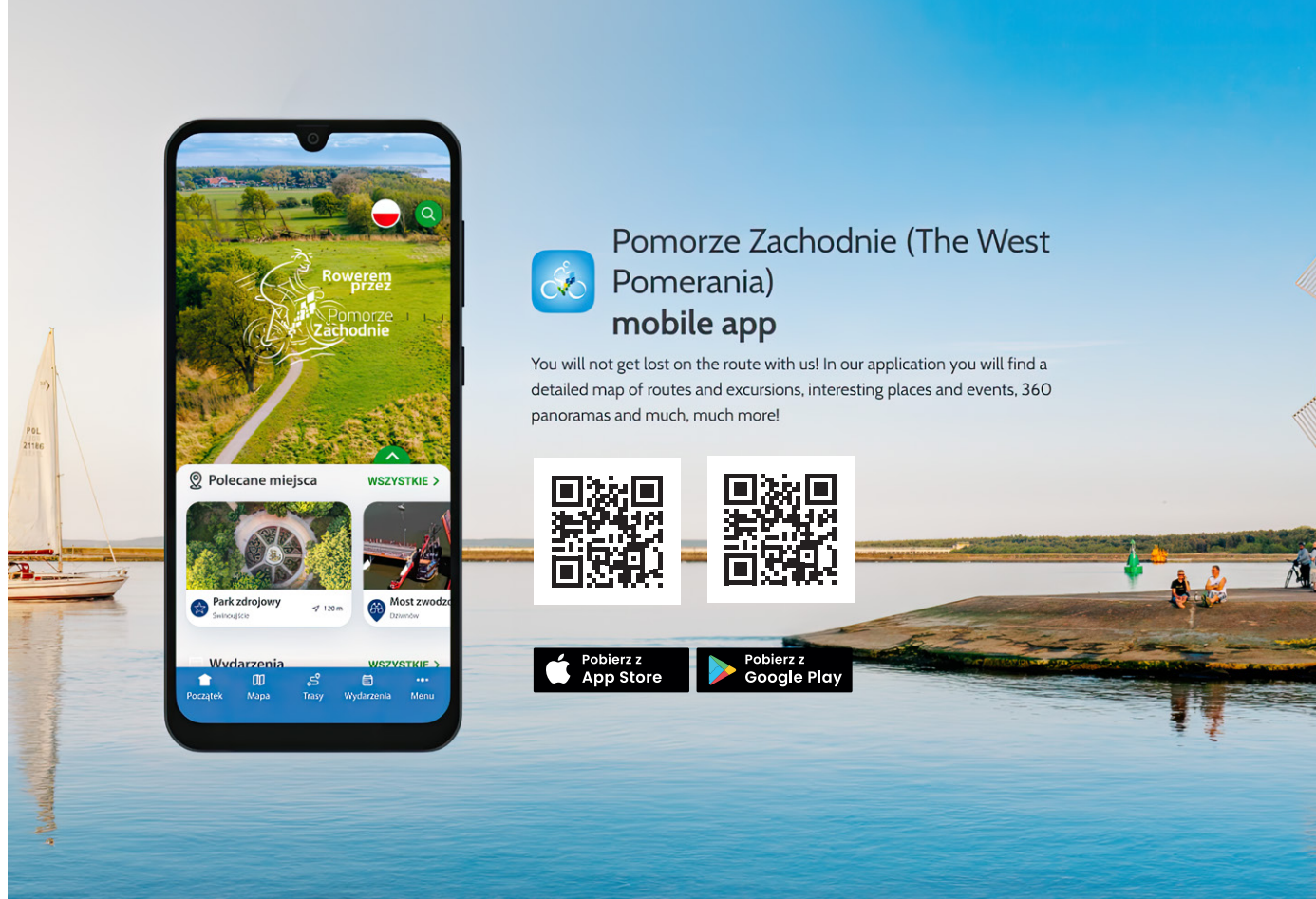


TOURIST
INFORMATION
POINTS



RETAIL AND SERVICE
FACILITIES





MOBILE GUIDE TO CYCLING ROUTES AND ATTRACTIONS IN POMORZE ZACHODNIE

Pomorze Zachodnie launched a bike app „Pomorze Zachodnie”. You can download it for free on Google Play and AppStore. The app covers more than 1,100 km of trails and bike paths under construction. It also navigates outside of the trails. The application has several map backgrounds (traseo, terrain and satellite) and navigation based on OpenStreetMap data, allowing the user to create a trip (exportable to gpx) with information on the type of surface and terrain profile.

The Pomorze Zachodnie app is an easy-to-use, multi-functional guide to the region. At the click of a button on your smartphone,

you can find “polecane trasy” (recommended walks), “polecane miejsca” (recommended places) and “wydarzenia” (events) – upcoming concerts, performances, exhibitions and sporting events. The application includes an audio guide. Information about cycling routes and the most interesting places in Pomorze Zachodnie can be heard in Polish, German, English and Ukrainian. Descriptions were also prepared in the four languages.

The app also provides a wealth of practical information for travellers across the region, including how to find a campsite, caravan park, bike repair shop or other cycling-friendly location, as well as electronic cycling leaflets.

The app is also available at <https://rowery.wzp.pl/>

POMORSKA DROGA ŚW. JAKUBA (POMERANIAN CAMINO DE SANTIAGO)



Bazylika archikatedralna św. Jakuba
(Archcathedral Basilica of St James) in Szczecin

The Camino de Santiago, or the Way of St. James, is a network of trails across Europe, including from Lithuania through Poland, Germany and France all the way to Spain's Santiago de Compostela – the burial place of the apostle St. James. The Way of St. James has religious and cultural significance, connecting many important religious sites and monuments. Along the trail you will encounter spirituality, architecture and art, but also meet people, history and nature.

The West Pomeranian section of the trail runs along the coast, linking the cathedrals in Koszalin, Kołobrzeg, Kamień Pomorski and Szczecin. The route symbol is a yellow shell on a blue background. If you decide to follow the trail, it is a good idea to bring your pilgrim's passport (available at selected starting points and by post) – the stamps you collect will confirm that you have completed successive sections of the route and earned the badge. On the way, it is worth stopping at Muzeum Oręża Polskiego (Museum of Polish Arms) in Kołobrzeg. It features a medieval pilgrim's shell found during archaeological work.



Konkatedra św. Jana Chrzciciela
(St John's Co-Cathedral) in Kamień Pomorski

SZLAK TEMPLARIUSZY (KNIGHTS' TEMPLAR TRAIL)



Drahim – Castle of the Order of St John

A real treat for history buffs is the trail that follows the footsteps of the Knights Templar, who were also active in Pomorze Zachodnie. Medieval knights, clad in robes adorned with large red crosses, settled here in the 13th century. Today you can still admire the remains of their activities. The best-preserved structure is the Templar chapel in Chwarszczany. The chapel in Rurka and the church in Banie are also worth a visit. Another curiosity are the mysterious chessboards found in the temples of Dolsko, Moryń or Lubiechów. Their creation is also attributed to the Templars.



Banie



Chwarszczany

SZLAK CYSTERSKI (CISTERCIAN TRAIL)



Bierzwnik

The Cistercian Order was one of the most important drivers of development and innovation in the Middle Ages. There are many traces of its presence in Pomorze Zachodnie (West Pomerania).

The Pomorze Zachodnie trail, which is part of the European Szlak Cysterski, passes through 10 towns where the Order's activities have been recorded. A journey in the footsteps of the Cistercians is not only an opportunity to learn about the history of the order and the unique church architecture, but it also provides a spiritual experience.

The Pomorze Zachodnie monasteries were owned by both male and female communities of the Cistercian order. The largest and best preserved is the massive monastery complex in Kołbacz.

Here you can see a unique, meticulously crafted rosette located on the west wall of the church. The second, impressively grand building is the monastery in Bierzwnik. The buildings of the former Cistercian nunnery in Marianowo are a rather mysterious place. It was in this monastery that Sidonia von Borcke, who was accused of witchcraft, stayed for about 15 years. Other places where the remains of medieval Cistercian monasteries can be admired are Cedynia, Pełczyce and Koszalin. The route also leads to Winniki (Węgorzyno commune), where there is a convent of modern Cistercian monks.



Rosette in Kołbacz



Kołbacz

SZLAK GRYFITÓW (GRIFFIN TRAIL)



Zamek Książąt Pomorskich
(Castle of the Pomeranian Dukes) in Szczecin

The ducal Griffin dynasty ruled the Duchy of Pomerania for more than 500 years (12th–17th century) becoming one of the longest-reigning dynasties in all of Europe. The griffin (half eagle, half lion), from which the dynasty takes its name, has been the symbol of Polish and German Pomerania and several regions of Scandinavia for 800 years, testifying to the common cultural heritage of the area.

In Pomorze Zachodnie, the Szlak Gryfitów includes places that share an extremely interesting history, including both historical elements and legends, anecdotes or preserved material heritage. By following the trail, you can see how the grand wedding of Prince Bogislaw X with Polish royal Anna Jagiellon looked like at the Szczecin castle, or the cell of the witch Sidonia, whose curse was said to have contributed to the end of the dynasty, or how Lubinus map, one of the greatest achievements of its kind in 17th-century Europe, was created. The trail also enables an expedition to search for the treasure of Prince Eric of Pomerania – the great king of all Scandinavia and a pirate on the Baltic Sea.



Kościół św. Marii Magdaleny
(Church of St. Mary Magdalene) in Sowno



Konkatedra św. Jana Chrzestcy
(St John's Co-Cathedral) in Kamień Pomorski

LIGHTHOUSE TRAIL



Lighthouse in Niechorze

LATARNIA MORSKA ŚWINOUJŚCIE (ŚWINOUJŚCIE LIGHTHOUSE)

Tower height: 64.8 m, light range: 46.4 km, year of construction: 1857.

The lighthouse stands at the foot of the eastern breakwater, at the mouth of the river Świna. It is the tallest (308 steps to the observation deck) lighthouse on the Baltic Sea, one of the tallest in the world, and the tallest made of brick.

LATARNIA MORSKA KIKUT (KIKUT LIGHTHOUSE)

Tower height: 18.2 m, light range: 29.6 km, year of construction: 1962.

The lighthouse is located in Woliński Park Narodowy (Wolin National Park), on a high cliff shore, about 300 meters from its line. It was built on the site of a former watchtower.

LATARNIA MORSKA NIECHORZE (NIECHORZE LIGHTHOUSE)

Tower height: 45 m, light range: 37 km, year of construction: 1866.

A lighthouse with the characteristic shape of an octagonal tower and adjacent two-storey residential buildings stands on a high cliff covered with dense forest in Niechorze. Its magnificent architecture makes it one of the most beautiful lighthouses on the Baltic Sea.



Lighthouse in Świnoujściu

LATARNIA MORSKA KOŁOBRZEG (KOŁOBRZEG LIGHTHOUSE)

Tower height: 26 m, light range: 29.6 km, year of construction: 1946.

The lighthouse is located at the start of the breakwater protecting the entrance to the port of Kołobrzeg. It overlooks the port docks and buildings, the sea and the spa gardens. It was built on the site of an old lighthouse that was blown up by retreating German troops in 1945. Today, the lighthouse's basement houses a mineral museum.

LATARNIA GAŚKI (GAŚKI LIGHTHOUSE)

Tower height: 49.8 m, light range: 43.5 km, year of construction: 1878.

The lighthouse's round red brick tower rises above the forest growing on the flat seashore. The materials for its construction were delivered by sea and unloaded at a specially built pier.

LATARNIA MORSKA DARŁOWO (DARŁÓWKO) (DARŁOWO (DARŁÓWKO) LIGHTHOUSE)

Tower height: 22 m, range of light: 27.8 km, year of construction: 1885.

In 1927, a floor was added to the square tower adjacent to the pilot station building, creating a lighthouse that has remained unchanged to this day. Located at the start of the eastern breakwater protecting the entrance to the port of Darłowo. From its windows you can admire the St. Mary's Church and the giant grain elevators in Darłowo or the wind turbines near Żukowo Morskie.

LATARNIA MORSKA JAROSŁAWIEC (JAROSŁAWIEC LIGHTHOUSE)

Tower height: 33.3 m, light range: 42.6 km, year of construction: 1838.

The lighthouse between Darłowo and Łeba was opened in 1838, housed in a building in the shape of a tall, four-storey, round tower made of red brick. It is still active and open for tourists – its balcony provides a view of the sea and two large coastal lakes.





POJEZIERZE WAŁECKIE (WAŁCZ LAKE DISTRICT)

The forests, rivers and lakes around Wałcz attract canoeists, cyclists, beachgoers, mushroom pickers, fishing enthusiasts and those seeking peaceful relaxation. There is an abundance of wildlife including mouflon, deer and the rare European bison. Discovering beautiful landscapes or preserved fragments of Wał Pomorski (Pomeranian Embankment) fortifications can be combined with canoeing or discovering church architecture in villages hidden in the woods.

WAŁCZ

The town and its surroundings offer a wide range of tourist attractions. Local attractions include, in particular, exceptionally clean forests, lakes, monuments and nature reserves, Muzeum Ziemi Wałeckiej (Wałcz Land Museum), and Grupa Warowna Cegielnia ("Brickyard" Fortified Complex) which is a part of Wał Pomorski. A wide range of sports and recreational activities are available for visitors, including well-maintained beaches, well-marked hiking, cycling and water trails. A major attraction of Wałcz is the nationally renowned Ośrodek Przygotowań Olimpijskich (Olympic Preparation Center), where athletes prepare for the Olympic Games in rowing and kayaking.





Zamek Tuczo (Tuczo Castle)

TUCZO

Home to Zamek Wedłów (Castle of the Wedel Family) combining elements of Gothic and Baroque styles. It dates back to the 14th century and, together with the surrounding park, it is located on a small hill between the lakes Tuczo, Zamkowe and Liptowskie. The castle now houses Dom Pracy Twórczej Stowarzyszenia Architektów Polskich (Creative Work Center of the Association of Polish Architects) with a conference centre, hotel and restaurant. The building is surrounded by a park covering more than 4 hectares.



MIROSLAWIEC

Mirosławiec is home to a herd of the European bison. The summer village of Strączno is also worth a visit. Near the village is Czarodziejska Górka Magnetyczna (Magical Magnetic Hill), a world-famous slope where cars roll uphill when out of gear and have to be pushed downhill, while water flows uphill against the law of gravity. The town of Człopa has numerous monuments, including a dendrological park and a neo-Gothic courthouse from the turn of the 20th century. The wooden church in the town of Wołowe Lasy and the church in Przelewice with its hunting interior are worth a visit.



Muzeum Walk o Węł Pomorski (Museum of the Battles for the Pomeranian Embankment) in Mirosławiec



POJEZIERZA DRAWSKIE I SZCZECINECKIE (DRAWSKIE AND SZCZECINECKIE LAKE DISTRICTS)

The picturesque region encompasses more than 250 lakes and numerous rivers. It is these natural conditions that make the two lake districts a canoeist's dream. Fishing enthusiasts will also appreciate the opportunity to catch fish of considerable size in the local waters.

DRAWSKO POMORSKIE

The municipality has numerous historical churches, public structures, as well as manors and palaces. These include the town centre and remnants of the town's defensive walls, the Late Gothic kościół pw. Zmartwychwstania Pańskiego (Church of the Resurrection of Jesus Christ), cemeteries and the town park, as well as churches and palaces scattered around the numerous nearby villages (including in Jankowo, Zarańsko, Łabędzie, Suliszewo and Radzewo). South of the city is the Drawsko range – Centrum Szkolenia Wojsk Lądowych (Army Training Centre) one of the largest and most modern facilities of its kind in Europe.

STARE DRAWSKO

The village is famous for the remarkable ruins of Zamek Drahim (Drahim Castle) from the 14th-17th centuries. In its hey-day, the castle was used by members of various orders,



including the Knights Templar and the Order of St John. It was the site of a mint and the residence of Polish kings. Today it is open to visitors and hosts cultural events, including jousting tournaments.

SZCZECINEK

Sites that tourists will find interesting include the neo-Gothic kościół pw. Narodzenia NMP (Church of the Nativity of the Blessed Virgin Mary), the town hall, the parish cerkiew prawosławna pw. Świętej Trójcy (Orthodox Church of the Holy Trinity), the historic church tower of św. Mikołaj (Church of St. Nicholas), the preserved south wing of Zamek Książąt Pomorskich (Castle of the Pomeranian Dukes), granaries and the beautiful town park. Szczecinek is surrounded by bodies of water offering a wide range of different forms of active recreation. There are also many interesting tourist trails passing through the town.

CZAPLINEK

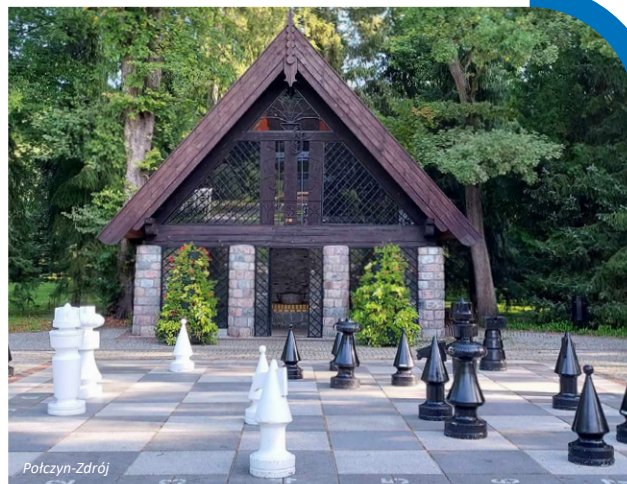
The town is situated on Jezioro Drawsko (Drawsko Lake). It is home to the Grodzisko Sławogród (Sławogród hillfort) The site is a reconstruction of an early medieval fortified settlement. This open-air museum features old buildings, historical reconstructions and demonstrations of old crafts. Czaplunek is well known to sailors and canoeists.

SIEMCZYNO

The local palace and park complex attracts visitors with elements of Baroque architecture, such as a lime tree avenue and a hornbeam corner. The restored interiors house a hotel and two museums, and provide space for cultural events.

POŁCZYN-ZDRÓJ

The town is famous for its health resort and beautiful spa park with many facilities for patients. The nearby Dolina Pięciu Jezior (Five Lakes Valley Reserve), dubbed the Switzerland of Połczyn, protects and enables tourists to see sites of rare plants, a peat bog ecosystem and unique landscapes.





POJEZIERZE MYŚLIBORSKIE I CHOSZCZEŃSKIE (MYŚLIBÓRZ AND CHOSZCZNO LAKE DISTRICT)

The lake district area stretches from the Oder river valley to Równina Drawska (Drawsko Plain). In the central part of the lake district, the landscape consists of picturesque moraine hills and large swaths of forest. The west edge is occupied by Cedyński Park Krajobrazowy (Cedynia Landscape Park) and the south-eastern edge by Barlinecki Park Krajobrazowy (Barlinek Landscape Park). This area is a paradise for water sports and fishing enthusiasts. Numerous lakes allow sailing, canoeing, windsurfing or motorboat sports. Most of the region's villages were founded in the Middle Ages. The region will satisfy those seeking to relax in natural surroundings, as well as admirers of medieval architecture and history buffs who love to unravel the mysteries of the past.

MYŚLIBÓRZ

The town has a rich architectural heritage that testifies to its more than 700-year history, including Kolegiata św. Jana Chrzciciela (Collegiate Church of St John the Baptist) and the church and former Dominican monastery, both dating from the 13th century. Myślibórz is surrounded by picturesque countryside with numerous forests and lakes, the largest of which, Jezioro Myśliborskie (Myślibórz Lake), invites visitors to swim, sunbathe, enjoy water sports or canoe down the Myśła River. Nearby, in Pszczelnik, there is a memorial to the two Lithuanian pilots who crashed on their flight from New York to Kaunas many years ago. The famous novel character Pan Samochodzik had his adventures in Pojezierze Myśliborskie, which attracts his fans to the area.

BARLINEK

The charming town of Barlinek is located on the edge of the vast Puszcza Barlinecka (Barlinek Primeval Forest), surrounded by numerous lakes and forests. It was here that Emanuel Lasker was born in 1868 – the world chess champion, mathematician and philosopher who ruled the realm of chess for 27 years. In his honour, a Festiwal Szachowy (Chess Festival) is held every July. Barlinek is also associated with Królowa Puszczy Barlineckiej (Queen of the Barlinek Primeval Forest) and numerous related cultural and sports events, such as Dni Barlinka "Barlineckie Świętojanki" (Barlinek Days "Barlinek's St John's Feast"), during which Królowa Puszczy Barlineckiej is chosen, and Pożegnanie lata (Farewell to Summer Festival), during which Królowa Spizarni (Queen of the Pantry) is chosen. Barlinek is the European capital of Nordic Walking and Mistrzostwa Polski Nordic Walking (Polish Nordic Walking Championships) are held here with the participation of the best Nordic Walking athletes.





POJEZIERZE IŃSKIE (IŃSKIE LAKE DISTRICT)

The area stretches between Ińsko, Drawsko Pomorskie and Węgorzyn. It encompasses about 150 lakes surrounded by high moraine hills. Thanks to its exceptional natural qualities and clean waters, the area was protected as part of Iński Park Krajobrazowy (Ińsko Landscape Park). The area is particularly popular with beach goers, forest walkers and mushroom pickers.

IŃSKO

Visitors to Ińsko can observe elements of a medieval urban layout, including defensive walls. There are also townhouses from the turn of the 20th century. A film festival has been held here for half a century. From the top of the 30-metre observation tower, you can enjoy a beautiful panoramic view of the entire area.

CHOCIWEL

In Chociwel it is worth stopping to see the Gothic church from the 15th century, the so-called "miller's house", fragments of the defensive walls and the palace built in the 1860s and rebuilt at the turn of the 20th century. Dobrzany boasts a neo-Gothic and Secessionist town hall from the early 20th century with an octagonal turret in the corner and a side risalit. Traces of 9th and 10th century hillforts with double ramparts have also been preserved there.





Golf enthusiasts will find excellent conditions for playing their favourite sport in Pomorze Zachodnie (West Pomerania). The created golf courses take advantage of the unique local conditions – attractive terrain, variety of landscape forms, watercourses, specific microclimate. Its proximity to the border is also important, because golfers from Poland, Germany, Scandinavia and other parts of the world know and appreciate golf facilities, each of which attracts with unique features. They are the place where professional golfers hit their shots, but also where the first fascination and joy of learning the intricacies of the game take place.

BINOWO PARK GOLF CLUB

One of the oldest golf courses in Poland. It was established in 1999 on the edge of the Puszcza Bukowa (Bukowa Primeval Forest) near Szczecin, among blue ponds and picturesque hills, in the beautiful natural surroundings of Szczeciński Park Krajobrazowy (Szczecin Landscape Park).

It includes a 9-hole course, an 18-hole championship standard course and practice facilities (driving range, putting green). The clubhouse has a restaurant and equipment hire.

AMBER BALTIC GOLF CLUB

The golf centre is located in Kołczewo on the Wolin Island, 12 km from Międzyzdroje. The 27-hole complex (18-hole and 9-hole courses) meets the requirements of professional and amateur golf tournaments.



KAMIEŃ COUNTRY CLUB

It is located in the picturesque village of Grębowo, a few kilometres from Kamień Pomorski, in a beautiful landscape of forests and meadows. It has a championship standard 18-hole course and driving range. The clubhouse has a restaurant.

MODRY LAS GOLF RESORT

/ PGA NATIONAL POLAND

The course is set in beautiful countryside on the banks of two lakes. It is surrounded by birch, pine and oak forests. The nature here is unique and the golf experience is unforgettable. Modry Las has won many international awards, confirming its growing prestige among golfers. The complex has two courses, a 9-hole course and the all-important championship standard 18-hole course (designed by world-renowned designer Gary Player). The golf resort also offers a clubhouse and accommodation.





Over the past dozen years or so, Polish winemaking has developed rapidly, with local wineries of varying sizes emerging. Thanks to its unique microclimate, Pomorze Zachodnie (West Pomerania) is a place with great potential for wine tourism, which can be a great adventure if you combine visiting the vineyards with experiencing the beauty of their surroundings. The region's vineyards can be reached by car, but many of the sites are on cycle routes and close to tourist attractions, which can add value for tourists.

Pomorze Zachodnie wineries usually offer tours, tastings, events and the opportunity to buy local wines. Vineyard owners are also keen to share their knowledge of grape growing and wine making. In addition, some vineyards or nearby establishments offer accommodation.



Vineyards in Pomorze Zachodnie grow white and red grape varieties, including Cabernet Cortis, Chardonnay, Hibernal, Johanniter, Pinot Noir, Regent, Riesling, Rondo, Seyval Blanc, and Solaris. These varieties are used to craft still (sweet and dry) and sparkling wines full of flavour and aroma.

An interesting fact about wine tourism is that the region is home to the largest vineyard in Poland (Winnica Turnau) and one of the most northerly in our country Darłowo. Stowarzyszenie Winnice Pomorza Zachodniego (West Pomeranian Vineyards Association) has operated since June 2020, bringing together vineyard owners, wine enthusiasts, representatives of science and sommeliers. Since 2021, Festiwal Wina Pomorza Zachodniego (West Pomeranian Wine Festival) has been held each year, offering the opportunity to taste not only wines, but also other regional products, accompanied by lectures, concerts and a unique atmosphere.



NATURE OF THE REGION



PARK KRAJOBRAZOWY DOLINY DOLNEJ ODRY (LOWER ODER VALLEY LANDSCAPE PARK)

It is situated among the floodplains and peat bogs of the Międzyodrze region. This is the largest alluvial low peat bog in West and Central Europe. It is a sanctuary for unique species of fauna, especially birds, and flora that are no longer found in the valleys of other major rivers. It also features hydro-engineering structures, remnants of attempts to use the Międzyodrze area for agricultural purposes, which were no longer in use after the end of World War II and represent a historical and cultural testimony from that period.

IŃSKI PARK KRAJOBRAZOWY (IŃSKO LANDSCAPE PARK)

The park was created to preserve the glacial landscape with all its natural values intact. Nearly 10 percent of its area covered by water. The largest body of water is Lake Ińsko, with a characteristically varied shoreline, a depth of 42 metres at its deepest point, and crystal-clear water through which you can closely view the rocky bottom. There are five nature reserves in the park: Kamien na Buczyna (Stony Beech Forest), Wyspa Sołtyski (Sołtyska's Island), Głowacz, Krzemieńskie Źródła (Krzemień Springs), and Bórbagno Miałka (Miałka Bog). More than a dozen tourist trails and paths of varying difficulty and length and for different forms of activity have been designated there.

DRAWSKI PARK KRAJOBRAZOWY (DRAWSKO LANDSCAPE PARK)

Its landmarks are small rivers, whose appearance and features resemble miniatures of swift mountain streams. The park combines elements of a mountainous landscape with numerous lakes – there are 77 of them – and peat bogs. It provides a habitat for numerous species of birds and plants. The park also features remarkable historical traces of human presence, such as Zamek Drahim (Drahim Castle) in Stare Drawsko (palaces, e.g. in Siemczyn) and churches, the most charming of which is kościół pw. św. Trójcy (Holy Trinity Church) in Czaplinek



CEDYŃSKI PARK KRAJOBRAZOWY (CEDYNIA LANDSCAPE PARK)

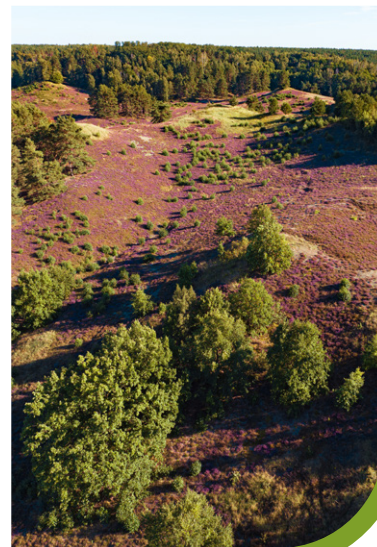
The park tells an extremely interesting geological history, witnessed by mammoths and saber-toothed tigers, as well as numerous terrain features formed at their time, such as moraines, uplands, ravines and gorges carved into valley edges, numerous springsfens and mid-field ponds. Thanks to the presence of these elements, the park boasts picturesque landscapes and numerous viewpoints from which you can admire vast panoramas of the Lower Oder Valley.

BARLINECKO-GORZOWSKI PARK KRAJOBRAZOWY (BARLINECKO-GORZOWSKI LANDSCAPE PARK)

Located on the border of two provinces, the park consists of no fewer than five remarkable nature reserves. It is a mosaic of delightful and mysterious waterways, hard-to-reach rushes and marshes, and shaded forests. It is dominated by fresh mixed and mixed coniferous forests, but you can also find vibrant wetlands with their typical flora and fauna. The landscape is criss-crossed longitudinally with swift and picturesque small rivers: Santoczna, Pelcz and Kanał Kłodawski, as well as narrow ribbon lakes, i.e. Mrowinko, Lubie, Chłop, Chłopek.

SZCZECIŃSKI PARK KRAJOBRAZOWY (SZCZECIN LANDSCAPE PARK)

It lies on the border of Szczecin and the surrounding municipalities, covering Puszcza Bukowa (Bukowa Primeval Forest) and the richly contoured area of Wzgórza Bukowe (Bukowe Hills). It has beautiful forests, picturesque hills, erratic boulders which are one of the largest in Pomorze Zachodnie, springs and springfens and bodies of water. Jezioro Szmaragdowe (Emerald Lake) attracts visitors for its beautiful, rare emerald colour of water and its history. History buffs will be interested in the Park's cultural treasures, such as the kurgan cemetery in Glinna, Sztuczna Grota Zdroje (Zdroje Artificial Cave), the former military facilities including underground installations, the Szmaragd Inn, the church architecture in Binowo, Dobropol and Kołowo, as well as the hillforts and cobblestone roads of the Puszcza Bukowa.



GARDENS



Zachodniopomorskie Ogrody Dendrologiczne (Dendrological Gardens of West Pomerania) are a treat for both nature lovers and those who want to take a break from the hustle and bustle of the city and be alone with nature.

OGRODY TEMATYCZNE „HORTULUS” W DOBRZYCY (HORTULUS THEMED GARDENS IN DOBRZYCA)

Located in Dobrzyca, near Koszalin, the complex of almost thirty themed gardens is a real treat for nature lovers and a fantastic attraction for families with children. As well as the classic Japanese or French gardens, there are sensory gardens dedicated to colours, smells and even sounds, produce gardens – a vegetable or herb garden – and rock and water gardens. Also worth a visit is the „Hortulus Spectabilis” garden, 2 km away. The main attraction for tourists is a huge hedge maze and a tower with a viewing platform inspired by the double strand of DNA.



OGRÓD DENDROLOGICZNY W PRZELEWICACH (DENDROLOGICAL GARDEN IN PRZELEWICE)

The largest garden in Pomorze Zachodnie (West Pomerania) and one of the most well-known and appreciated in Poland. Originally an English palace garden, it is now a sight to behold for many visitors. The garden's modern composition was designed by Conrad von Borsig, a member of the German Dendrological Society.

The garden contains more than 1,000 species of trees and shrubs grown in spectacular arrangements. The uniqueness of the garden in Przelewiec lies in the combination of architectural elements with the surrounding vegetation, making it a place of unparalleled visual appeal. The garden features themed sections such as Ogród Japoński, Wrzosowisko, Wąwóz drzew iglastych, Źródliko, Ogród Skalny (Japanese Garden, the Moorland, the Coniferous Tree Gorge, the Springfen, the Rock Garden) and many others. Particularly noteworthy are the Brewer spruce, European white elm, blue bean plant, eucommia ulmoides or dove-tree. It is interesting to note that regional honeys from Przelewiec are mainly based on the nectar of local flowers.

OGRÓD DENDROLOGICZNY W GLINNEJ (DENDROLOGICAL GARDEN IN GLINNA)

Founded in the 19th century on the edge of Puszcza Bukowa (Bukowa Primeval Forest) near Szczecin, the garden continues to attract tourists. It has high aesthetic qualities, which are demonstrated in professional plant arrangements. The garden also has an educational function.

It is worth visiting this place at different times of the year to fully appreciate the beauty of the local flora. It is home to more than 600 species and varieties of trees and shrubs from different parts of the world.

The garden is a feast for eyes with its unique specimens, such as a collection of aralia, magnolias and maples, as well as grand fir, Atlantic white cedar and many others.



HEALTH RESORTS AND SPAS



Pomorze Zachodnie (West Pomerania) offers much more than beautiful landscapes and tourist attractions. It stores deposits of therapeutic mud (peat) and brine, while the sea breeze is rich in iodine. Its various therapeutic qualities have led to the establishment of a well-developed health resort, with facilities offering accommodation, therapeutic and rehabilitative treatments and spa & wellness services. Spa centres are located on the coast and in Pojezierze Drawskie (Drawsko Lake District).

KOŁOBRZEG

Poland's largest resort, best known for its brine springs and therapeutic mud. It can accommodate as many as seven thousand patients at a time.

ŚWINOUJŚCIE

As a health resort, it is famous for its extremely clean climate and iodine-rich air. In addition, the mild coastal climate facilitates the recovery process.



KAMIEŃ POMORSKI

In addition to the natural treatment resources, special sanatoriums and the spa park, tourists can see remarkable historical buildings around the old town.

POŁCZYN-ZDRÓJ

It is one of the most attractive resorts in Poland, best known for its unique spa park. The local deposits of therapeutic mud and brine have been known since the 19th century.

DĄBKI

In Pomorze Zachodnie's youngest spa town visitors will find everything they need – a coastal climate, iodine-rich air, therapeutic mud and chloride and sodium deposits that help in treatment of many diseases and ailments.



FORTIFICATIONS



Fort Gerhardt (Gerhard's Fort) in Świnoujście

BUNKIER V3 IN WICKO

The remains of the German secret weapon positions from the Second World War. It held guns up to 125 meters long, with a firing range of more than 160 kilometres. The storage bunker houses a small museum.

MUZEUM ZIMNEJ WOJNY PODBORSKO 3001 (COLD WAR MUSEUM – PODBORSKO 3001)

The facility was part of a secret nuclear base of the Soviet military. The location of the base was top secret until the early 1990s. More than 150 Soviet soldiers were stationed here. The site was prepared for 160 warheads. The last warheads reportedly left the base in 1988.

BORNE SULINOWO

One of the youngest towns in Poland – it was officially granted the status of a town on 15 September 1993 and did not appear on Polish maps until 1992. During the war, large garrisons of the Nazi German army were stationed here, and after the war they were replaced by a secret Soviet military base. The town is like an open-air museum of military architecture. The tourist and walking path leads next to the former officers' canteen, a military hospital and General Dubynin's villa. In August, the Międzynarodowy Zlot Pojazdów Militarynych Gąsienice i Podkowy (International Military Vehicle Rally "Tracks and Horseshoes") is held here.

TWIERDZA ŚWINOUJŚCIE (ŚWINOUJŚCIE FORTRESS)

It consists of Fort Aniola (Angel's Fort) and Fort Zachodni (West Fort) on the Uznam island and Fort Gerhardt (Gerhard's Fort) and Podziemne Miasto (Underground City) on the Wolin island, whose history dates back to Prussian times. Today they combine museum and cultural functions.



Muzeum bunkier V-3 (V3 Bunker Museum)



Borne Sulinowo

PODZIEMNE TRASY SZCZECINA (SZCZECIN UNDERGROUND ROUTES)

One of the largest air raid shelters and nuclear bunkers in Poland. Visitors can choose from three themed routes dedicated to the Second World War, the Cold War and the Communist era.

MUZEUM OBRONY PRZECIWOLOTNICZEJ W KOSZALINIE (MUSEUM OF AIR DEFENCE IN KOSZALIN)

It consists of four rooms with exhibits on the history of the establishment of the Polish air defence artillery, the course of the fighting during the Second World War and the fate of the artillery after the end of the war. It displays a collection of uniforms and memorabilia from the Szkoły Oficerskiej Artylerii Przeciwlotniczej i Wyższej Szkoły Obrony (Air Defense Artillery Officer Training School and the College of Defense). Artillery, rocket and radar equipment is presented in an outdoor exhibition.

MIEJSKI SZLAK FORTYFIKACJI W KOŁOBRZEGU (FORTIFICATION TRAIL IN KOŁOBRZEG)

The tourist trail leads through defensive elements of medieval and modern fortifications. It presents the history of defence in Kołobrzeg, which began in the 14th century with the construction of a fortified town and ended in the late 19th century with the dismantling of the Kołobrzeg fortress. A walk along the trail can be rounded off with a visit to Muzeum Oręża Polskiego (Museum of Polish Arms) and Skansen Morski (Open Air Maritime Museum).

MUZEUM WOJSK INŻYNIERYJNYCH I ARMII WOJSKA POLSKIEGO W GOZDOWICACH (MUSEUM OF THE ENGINEERING FORCES AND THE POLISH ARMY IN GOZDOWICE)

located in a building which in 1945 was the headquarters of the Chief of the Engineering Forces of the 1st Polish Army and Commander of the 6th Pontoon Bridge Battalion General Jerzy Bordziłowski. It exhibits memorabilia of the engineering forces of the 1 Armia WP (1st Polish Army). The outdoor exhibition features amphibians, boats, landing crafts and other vehicles.

SZLAK UMOCNIEŃ WAŁU POMORSKIEGO (POMERANIAN EMBANKMENT FORTIFICATION TRAIL)

Remnants of fortifications, the construction of which began in 1934 in preparation for the war. They stretched from the Baltic Sea near Darłowo to the so-called Międzyrzecki Rejon Umocniony (Międzyrzecze Fortified Region). Bunkers and combat shelters were built in the area of Borne Sulinowo, Mirosławiec, Szczecinek, and Wałcz. Fierce and bloody battles were fought in early 1945 to break through the Pomeranian Embankment. The remains of destroyed bunkers and shelters in the forests of the Lake District bear witness to this, as do museum exhibitions of unique memorabilia: Muzeum Wału Pomorskiego i Militarnej Historii Pomorza (Museum of the Pomeranian Embankment and the Military History of Pomerania) in Szczecinek, Muzeum Walk o Wał Pomorski w Mirosławcu (Museum of the Battles for the Pomeranian Embankment in Mirosławiec), Grupa Warowna Cegielnia „Brickyard” Fortress Group) – an open-air museum of fortifications in Wałcz.



Fort Anioła (Angel's Fort) in Świnoujście



Bunkier B-Werk (B-Werk Bunker) in Szczecinek



Muzeum Oręża Polskiego (Museum of Polish Arms) in Kołobrzeg

THE GATE OF TIME



In addition to active tourism, city sightseeing and SPA services, Pomorze Zachodnie (West Pomerania) also offers "time travel". Wrota Czasu is a product that allows tourists to take a closer look at different historical periods. In addition to specially prepared facilities, tourists can meet groups of re-enactors who can help them see the world as it was centuries ago. Visiting these places is an excellent „living” history lesson.

CENTRUM SŁOWIAN I WIKINGÓW W WOLINIE **(SLAVIC AND VIKING CENTRE IN WOLIN)**

The open air museum in Wolin takes visitors back to the early Middle Ages. They can learn about the trades of the settlement's inhabitants – a potter, a mint master, a jeweller and a fisherman – watch medieval warriors battle and peek inside a medieval hut. Throughout the year, the open-air museum hosts various events, the most spectacular of which is the largest Festival Słowian i Wikingów (Slavs and Vikings Festival) in this part of Europe. It brings together re-enactors from all over the world to recreate medieval scenes, including a great battle between two camps of warriors.

A MEDIEVAL CASTLE IN MORYŃ

The castle in Moryń is a treat for fans of the slightly later medieval period. Here you can see a reconstruction of the bailey, houses of old craft masters, a feast hall and a fencing area. Visitors can take part in field games, historical events and workshops.



Skansen Słowian i Wikingów
(Slavic and Viking Open-Air Museum) in Wolin



Moryń



Palace in Siemczyno

PALACE IN SIEMCZYNO

Built in the early 18th century, the palace in Siemczyno is the perfect place to experience a journey to the Baroque era. Reenactors and guides will introduce visitors to the world of Baroque women and respectable Sarmatians.

PARK ETNOGRAFICZNY – SKANSEN RYBOŁÓWSTWA BAŁTYCKIEGO W NIECHORZU (ETHNOGRAPHIC PARK – OPEN AIR MUSEUM OF BALTIC FISHING IN NIECHORZE)

The open-air museum near the lighthouse in Niechorze includes fishermen's huts, a post mill, sheds for fishing boats, a bread oven and a smokehouse, which give an excellent idea of the life and work of the former inhabitants.

FORT GERHARDA W ŚWINOUJŚCIU (GERHARD'S FORT IN ŚWINOUJŚCIE)

The facility allows tourists and history buffs to learn about 19th-century militaria. The tour of the fort takes the form of accelerated military training under the supervision of a "wicked" Prussian soldier wearing a military uniform.



Fort Gerhartha (Gerhard's Fort)

CASTLES AND PALACES



Castle of the Pomeranian Dukes in Szczecin

ZAMEK KSIĄŻĄT POMORSKICH W SZCZECINIE (CASTLE OF THE POMERANIAN DUKES IN SZCZECIN)

This historical building is a remnant of one of the greatest Pomeranian families – the Griffin dynasty. The castle houses a concert hall, theatre, opera house and a tourist information point.

ZAMEK KSIĄŻĄT POMORSKICH W DARŁOWIE (CASTLE OF THE POMERANIAN DUKES IN DARŁOWO)

The only seaside Gothic castle in Poland. It has guarded the city since the second half of the 14th century. It is now the Muzeum Regionalne w Darłowie (Darłowo Regional Museum).



Castle of the Pomeranian Dukes in Darłowo

ZAMEK KSIĄŻĄT POMORSKICH W SZCZECINKU (CASTLE OF THE POMERANIAN DUKES IN SZCZECINE)

A picturesque castle situated on a peninsula on Jezioro Trzesiecko (Lake Trzesiecko). It was once the seat of the dukes of the Griffin dynasty. It now houses Centrum Konferencyjno-Szkoleniowe (Conference and Training Centre) and the Galeria Sztuki ZAMEK (ZAMEK Art Gallery).

DRAHIM STARE DRAWSKO (CASTLE IN STARE DRAWSKO)

The remains of a fortified castle of the Knights of St John on a narrow isthmus between Drawskie and Żerdno lakes. Currently, Zamek Drahim (Drahim Castle) houses a small museum. Throughout the summer there are jousting tournaments and demonstrations, and you can take part in a medieval festival and feast.

ZAMEK W ŚWIDWINIE (CASTLE IN ŚWIDWIN)

This medieval knight's castle is now the seat of the Świdwiński Ośrodek Kultury (Świdwin Cultural Centre). Its rooms have been adapted for cultural activities.



Castle in Świdwin



Castle in Krag

ZAMEK WEDŁÓW W TUCZNIE (CASTLE OF THE WEDEL FAMILY IN TUCZNO)

The castle has been restored in Renaissance and Baroque style to resemble its appearance from the early 18th century. Its current host is Stowarzyszenie Architektów Polskich (Association of Polish Architects) and it houses a conference and training centre.

ZAMEK W PŁOTACH (CASTLE IN PŁOTY)

Former gentry residence, built in the early 17th century and expanded ca. 1910. The post-war reconstruction has highlighted the Gothic form of the original structure (uncovered the face of the walls of the residential tower, shooting galleries and staircase, a fragment of the defensive wall) and separated features of the later Renaissance renovation. The castle functions as a branch of Archiwum Państwowe (State Archives) in Szczecin and as the Biblioteka Miejska (City Library).

ZAMEK POŁCZYN-ZDRÓJ (CASTLE IN POŁCZYN-ZDRÓJ)

Located right next to the market square, originally associated with the Griffin family. It houses the Biblioteka Publiczna im. Juliana Tuwima (Julian Tuwim Public Library)

ZAMEK W PĘZINIE (CASTLE IN PĘZINO)

The small village of Pęzino boasts one of the most beautiful monastic and knight's castles in all of Pomorze. It has a very varied history, which is reflected in its combination of styles: Gothic, Renaissance and Neo-Gothic. Zamek w Pęzinie is suitable for organising conferences, symposiums, training courses, corporate meetings, and wedding receptions.

ZAMEK W KRAĞU (CASTLE IN KRAĞ)

This 15th century castle is one of the most interesting and best-preserved Renaissance knight's residences in Pomorze. For over four centuries it was owned by the gallant knightly family of Podewils. It was long renowned for its lavish balls in richly decorated halls and its unparalleled hospitality. Today, the castle's chambers serve as a hotel.



Wedel Castle in Tuczno



Castle in Ploty



Rymań Palace

ZAMEK JOANNITÓW W SWOBNICY (KNIGHTS OF ST. JOHN CASTLE IN SWOBNICA)

Built in the 14th century on the shore of Jezioro Zamkowe (Zamkowe Lake), it is approached by a long avenue lined with lime and chestnut trees. As it stands today, the castle contains elements of all stages of its construction – from the Middle Ages to the 18th and 19th-century additions. In the tourist season, visitors can climb up the renovated tower. The remains of defensive walls are an eye-catching feature. The only fragments of earlier Gothic buildings are the castle cellars.

PAŁAC W SIEMCZYNIE (PALACE IN SIEMCZYNO)

18th-century baroque palace and park. Today, the palace and farm complex accommodates hotel and conference rooms, two museums and a forge where you can take part in ceramic workshops. Each year, the Dni Henrykowskie (Days of Henrykowo) festivity is held on the palace grounds.

PAŁAC W TRZEBIATOWIE (PALACE IN TRZEBIATÓW)

A classicist building with a colourful history. Remains of a medieval monastery and a Renaissance and Baroque residence are preserved within its walls. Currently, the palace is the seat of Trzebiatowski Ośrodka Kultury (Trzebiatowski Cultural Centre), a public library and the Galeria Sztuki im. Lyonela Feiningera (Lyonel Feiningar Art Gallery).

PAŁAC W RYMANIU (RYMAŃ PALACE)

The history of the palace dates back to 1751. After renovation and expansion, its main function as a hotel and restaurant is combined with the provision of complementary services: organisation of conferences and training, spa and recreational services, organisation of events and wedding receptions.

BURSZTYNOWY PAŁAC W STRZEKĘCINIE (AMBER PALACE IN STRZEKĘCINO)

A palace and park complex in the former knight estate of the von Wolde family, which houses a hotel. The interiors are finished and furnished with great attention to detail.



Palace in Siemczyno



Palace in Trzebiatów

REGIONAL FLAVOURS



The waters of West Pomerania – the Baltic Sea, Zalew Szczeciński (Szczecin Lagoon) and Zalew Kamieński (Kamień Lagoon), numerous rivers and lakes – are rich in fish. The region's specialties are therefore fish dishes – fish soup, fried fish and smoked fish. Both on the coast and in the lake districts you can easily buy freshly caught fish or a prepared dish straight from the smokehouse. Paprykarz Szczeciński (Szczecin Paprikash) was a dish that gained national popularity. It was a tinned dish made with African fish, tomatoes imported from Hungary or Romania and the “pima” spice from Nigeria. Today, paprykarz is still associated with Szczecin and offered by many restaurants that prepare it according to their own recipe.

A dish typical in Szczecin is pasztacik Szczeciński (Szczecin Pâté). They consist of a yeast dough with a filling, which is prepared in a special frying machine. The history of this product begins in the 1960s, when Szczecińska Spółdzielnia Społem the (Szczecin Cooperative Społem) received a machine imported from the Soviet Union, which was used for its production. In December 2010, pasztacik Szczeciński was added to the list of traditional products.

The culinary specialties of West Pomerania include various types of honey – lime, multiflower, rapeseed and buckwheat. The best known is Miód Drahimski (Drahim Honey) – a regional product of the Drawskie and Szczecineckie Lake Districts.





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

Bobolice

ul. Plac Zwycięstwa 5, 76-020 Bobolice
phone: +48 94 316 71 55
citbobolice@o2.pl
mgok.bobolice.pl

Borne Sulinowo

ul. Bolesława 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. Osiedlowa 9, 78-630 Człopa
phone: +48 67 259 11 44
promocja@czlopa.pl
www.czlopa.pl

Darłowo

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

Darłówek

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

Dębno

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

Dobra

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

Drawno

ul. Jeziora 2, 73-220 Drawno
phone: +48 95 768 21 99, 664 772 644
cit.drawno@gmail.com
www.drawno.pl

Drawno

ul. Kolejowa 20, 73-220 Drawno
phone: 95 768 23 95
pit.drawno@dpn.pl
drawienski.ppn.gov.pl

Drawsko Pomorskie

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

Dziwnów

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

Głusko

Głusko 8, 66-520 Dobiegniew
phone: +48 95 761 38 20
pit.glusko@dpn.pl
drawienski.ppn.gov.pl

Goleniów

pl. Bramy Wolińskiej 1, 72-100 Goleniów
phone: +48 91 418 95 90
cit@turystyka.goleniow.pl
www.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: +48 789 035 121
cit@csir.gryfino.pl
www.csir.gryfino.pl

Jabłonowo

Dzika Zagroda w Jabłonowie
Jabłonowo 42, 78-650 Mirosławiec
phone: +48 881 006 288
dzika.zagroda@zubry.org
www.dzika-zagroda.pl, www.rysie.org

Karlino

ul. Szymanowskiego 17, 78-230 Karlino
+48 535 149 403; +48 535 364 762
promocja@karlino.pl
www.karlino.pl

Kołobrzeg

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

Kołobrzeg

ul. Dworcowa 1, 78-100 Kołobrzeg
phone: +48 94 35 279 39
it@rck.kolobrzeg.eu
kolobrzeg.eu

Koszalin

ul. Dworcowa 11-15, 75-201 Koszalin
phone: +48 94 346 24 40 67
rcit.koszalin@gmail.com
www.cik.it.koszalin.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, 793 897 305
kontakt@cit.mielno.pl
www.cit.mielno.pl

Międzyzdroje

ul. Promenada Gwiazd 2, 72-500 Międzyzdroje
phone: +48 91 328 04 41, 603 460 055
informacja@miedzyzdroje.pl
www.miedzyzdroje.pl

Niechorze

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

Mirosławiec

ul. Parkowa 1, 78-650 Mirosławiec
phone: +48 672595 023
okis.mc@wp.pl
www.okwm.pl

Mirosławiec

ul. Wolności 37, 78-650 Mirosławiec
phone: +48 67 2590 261
promocja@miroslawiec.pl
www.miroslawiec.pl

Moryń

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

Polanów

ul. Wolności 7, 76-010 Polanów
phone: +48 798 605 898
biblioteka.polanow@gmail.com
www.biblioteka.polanow.pl

Połczyn-Zdrój

ul. Kościuszki 4, 78-320 Połczyn-Zdrój
phone: +48 94 712 84 57
www.polczyn-zdroj.pl

Rewal

ul. Szkolna 1, 72-344 Rewal
phone: +48 91 38 62 629
itrewal@rewal.pl
www.rewal.pl

Sławno

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

Stargard

Rynek Staromiejski 4, 73-110 Stargard
phone: +48 91 5785466
startur@wp.pl
cit.stargard.com.pl

Szczecin

pl. Żołnierza Polskiego 20, 70-551 Szczecin
phone: +48 91 434 04 40
cit@zstw.szczecin.pl
www.visitszczecin.eu

Szczecin

ul. Korsarzy 34, 70-540 Szczecin
phone: +48 91 489 16 30
cikit@zamek.szczecin.pl
www.zamek.szczecin.pl

Szczecinek

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

Szczecinek

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

Świdwin

ul. 3 Marca 1D, 78-300 Świdwin
phone: +48 507 430 978
cit@zamek.swidwin.pl
www.zamek.swidwin.pl

Świdwin

ul. Niedziałkowskiego 17, 78-300 Świdwin
phone: +48 797 230 953
cit@zamek.swidwin.pl
www.zamek.swidwin.pl

Świnoujście

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

Trzcińsko-Zdrój

ul. 9 Maja 25B, 74-510 Trzcińsko-Zdrój
phone: +48 690 579 079
drogalotha@gmail.com
www.drogalotha.pl

Trzebiatów

ul. Rynek 1, 72-320 Trzebiatów
phone: 577 371 819
infotur.trzebiatow@gmail.com

Ustronie Morskie – seasonal

ul. Osiedłowa 2B, 78-111 Ustronie Morskie
phone: +48 94 35 14 175
www.ustronie-morskie.pl

Wałcz

pl. Zesłańców Sybiru 3, 78-600 Wałcz
phone: +48 512 207 877
info@wck.info.pl
www.wckwalcz.pl

Węgorzyno

ul. Kościuszki 29, 73-155 Węgorzyno
phone: +48 91 39 71 455
biblwno@wp.pl
www.wegorzyno.pl

Złocieniec

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

**Publisher:**

West Pomeranian Regional
Tourist Organisation
ul. Partyzantów 1, 70-222 Szczecin

Release implementation:

WT Print Tomasz Walburg
www.wtprint.pl

Text and images:

West Pomeranian Regional
Tourist Organisation
and its partners,
members of ZROT

ISBN 978-83-970341-2-9

FREE COPY



**European
Funds**
Regional Programme



Republic
of Poland



European Union
European Regional
Development Fund



The folder was prepared as part of the project „Strengthening of the position of the regional economy, West Pomerania – Steering towards innovation – Stage 3”, co-financed by the European Union from the European Regional Development Fund as part of the Regional Operational Programme for the Zachodniopomorskie Province for 2014-2020.