

**THE REPUBLIC OF POLAND**

The Republic of Poland is located in Central Europe. It is bordered by Germany to the west; the Czech Republic and Slovakia to the south; Lithuania, Belarus and Ukraine to the east; Russia and the Baltic Sea to the north. The population, over 38.5 million strong, occupy an area of 312,000 square kilometres.

Poland's landscape is very diversified. The Carpathian and the Sudety Mountains stretch across the south. Lowlands and uplands occupy the central part of the country. The northern part of Poland, comprising Pomeranian and Masurian Lakelands, is gently undulating, relatively well forested and covered by hundreds of lakes; still further to the north are the sandy beaches of the Baltic Sea coast. Poland's national emblem is the white eagle with a golden crown on a red background. The national flag is white and red. The people of Poland use the Polish language.

Its capital and the largest city is Warsaw, which has a population of over 1,700,000 and is located on the longest Polish river, the Vistula. The major Polish cities include Kraków, Gdańsk, Katowice, Łódź, Poznań, Szczecin, and Wrocław. Poland is divided administratively into voivodships (16), counties and communes.

**PRACTICAL INFORMATION**

**Monetary System. How to Pay?**

The Polish currency is the złoty (PLN). You can pay using other currencies e.g. Euro, after you have come to an agreement with the vendor, but this is not always the case. Money can be changed at banks or exchange counters (Kantor). Credit cards are accepted in most shops and for services in the whole of Poland. The official money is the złoty divided into 100 groszy. Polish money is in circulation as coins and banknotes. Coins: 1, 2, 5, 10, 20, 50 groszy and 1, 2, 5 złoty. Banknotes: 10, 20, 50, 100 and 200 złoty.

**Customs and Currency Regulations**

Current customs and currency regulations can be found on the website of the Main Customs Office: [www.mf.gov.pl](http://www.mf.gov.pl).

**By Air To and Around Poland**

LOT Polish Airlines is Poland's national carrier. In order to find the necessary information, all travellers planning to come to Poland and move around the country by air should visit the LOT website: [www.lot.com](http://www.lot.com). In addition, several other carriers, including budget airlines such as Aer Lingus - [www.aerlingus.com](http://www.aerlingus.com), Easy Jet - [www.easyjet.com](http://www.easyjet.com), Germanwings - [www.germanwings.com](http://www.germanwings.com), Norwegian - [www.norwegian.no](http://www.norwegian.no), Ryanair - [www.ryanair.com](http://www.ryanair.com), Wizzair - [www.wizzair.com](http://www.wizzair.com), have scheduled flights to and from Poland.

**By Rail To and Around Poland**

The national railway network is administered and serviced by the Polish State Railways (PKP). All necessary information can be found on the PKP website: [www.pkpl.pki.pl](http://www.pkpl.pki.pl), [rozklad-pkpl.pl](http://www.rozklad-pkpl.pl), [www.intercity.pl](http://www.intercity.pl).

**By Bus To and Around Poland**

There are many reputable international bus companies that service coach lines linking Poland with major European cities. On Polish territory, the majority of regular bus links are operated by the state bus company (PKS) and Polski Express.

**By Ferry To and From Poland and Inland/Coastal Navigation**

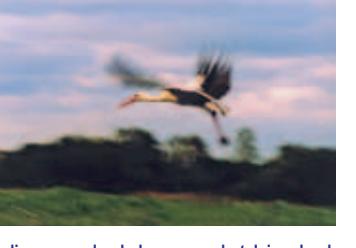
Poland has a regular ferry services to/from Sweden and Denmark, operated by the Poferry of Polish Baltic Navigation (PZB): [www.poferry.pl](http://www.poferry.pl), pl. Stena Line - [www.stenalinie.com](http://www.stenalinie.com), and Unity Line - [www.unityline.pl](http://www.unityline.pl). Cruises in pleasure boats are available in the summer season on some lakes.

**By Car To and Around Poland**

Motorists travelling to Poland must possess a passport, driving licence, vehicle registration card and a document testifying that the traveller is a civil liability holder. Polish road regulations are similar to those in force in other European countries. Car rentals, with or without chauffeur are offered by many international rent-a-car agencies, and there are many of local operators.

**Accommodation & Catering**

Polish hotels are classified according to the star system and their standard varies a great deal – from budget to luxurious places to stay. International hotel companies are represented by Accor S.A., Bass Hotels & Resorts, Campanile, Hilton, Hyatt, Holiday Inn, Marriott, Orbis, Qubus, Radisson, and Sheraton. In addition to hotels, various types of accommodations are available, including country inns, motels, pensions, farm rooms and tourist hostels. Rooms can be booked through telephone or Internet:



[www.discover-poland.pl](http://www.discover-poland.pl), [www.hotelsinpoland.com](http://www.hotelsinpoland.com), [www.orbisonline.pl](http://www.orbisonline.pl), [www.warsawshotel.com](http://www.warsawshotel.com), [www.polhotel.pl](http://www.polhotel.pl), [www.php.com.pl](http://www.php.com.pl), [www.visit.pl](http://www.visit.pl), [www.polhotels.com](http://www.polhotels.com). Many historic and old buildings (palaces, castles, manors, mills) were adapted for tourist purposes –



**Tum (E6)** – Romanesque collegiate church (12<sup>th</sup> c.) with unique portal and frescoes.

**MAŁOPOLSKA PROVINCE**

**Kraków (I6)** – Poland's former capital, for many visitors the most beautiful city in Poland. Its historical centre is composed of the Main Market Square, Cloth Hall and the Gothic St Mary's Church with altarpiece carved by Wit Stwosz. Not far from the market stands the Collegium Maius, the oldest building of the Jagiellonian University established in 1364. All Poles love the Wawel Hill with its Renaissance Royal Castle and Cathedral, where Polish monarchs were crowned and buried. Tadeusz Kościuszko and Józef Piłsudski as well as many other famous Poles rest in the Cathedral's crypts. The showpiece of the Cathedral is the Renaissance Zygmunt Chapel. In the Zygmunt Tower hangs Poland's largest bell called 'Zygmunt'. Visitors flock to admire the Royal Castle interiors (Royal Chambers, Crown Treasury, Armoury) decorated with many works of art, including the famous tapestries. Kraków has many old churches, burgher houses, museums, and a Jewish district – Kazimierz. Kraków's historical centre is on the UNESCO World Heritage list.

**Biñarowa, Dębnia, Lipnica Murowana, Sękowa (I,II)** – Late-Gothic wooden churches on the UNESCO World Heritage list.

**Kalwaria Zebrzydowska (I6)** – The monastery, church and chapels situated along Via Dolorosa are on the UNESCO World Heritage list. The famous Passion Plays attract crowds of pilgrims.

**Krynica (J7)** – spa with old sanatoriums, pumprooms and mud-bath centres.

**Nowy Wiśnicz (I7)** – Castle in the palazzo-in-fortezza style with five defensive towers, arced courtyard, richly ornamented chambers.

**Oświęcim (I6)** – Site of the former Nazi concentration and death camp from World War II known as Auschwitz-Birkenau. Millions of people from different countries perished in the camp. The site is on the UNESCO World Heritage list.

**Stary Sącz (I7)** – Oldest urban centre of the region. The Church and Convent of the Poor Clares erected by the Blessed Kinga (14<sup>th</sup> c.).

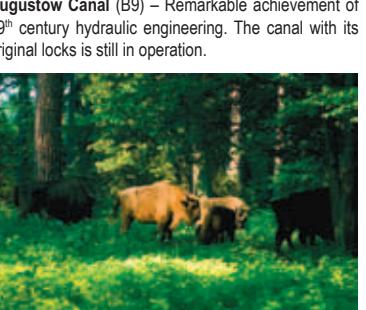
**Tarnów (I7)** – Attractive old urban layout of the city. Late-Gothic Cathedral, Gothic and Renaissance Town Hall, old burgher houses.

**Wadowice (I6)** – Birthplace of Pope John Paul II. A museum has been arranged in the family house of the Pope.

**Wieliczka (I6)** – The salt mine of Wieliczka is one of the greatest tourist attractions in Poland and is on the UNESCO World Heritage list. It has been in operation for the last 700 years. Excavating salt, the miners created hundreds of underground caverns, tunnels, shafts and galleries. The chapels, chambers, lakes as well as wooden mining gear and machinery are of great interest. The beautiful St Kinga's Chapel is the highlight of the mine.

**Pińczów Mountain Chain (J7)** – This is a small mountain range divided by the Dunajec River. The raft trip down the spectacular Dunajec Gorge has become one of Poland's major tourist attractions.

**River Prądnik Valley (H6)** – The Ojców National Park occupies the most attractive part of the valley with



**Wrocław (www.wroclaw.pl)** – town hall, tel./fax +48-71 344 31 11, fax 344 60 50, info@iwrwroclaw.pl

**ZAKOPANE (www.zakopane.pl)** – tel. +48(18) 201 22 11, fax 206 60 51 info@promocja.zakopane.pl

**ZIELONA GÓRA (www.zielona-gora.pl)** – tel./fax +48(68) 323 22 22 turystyka@zielona-gora.pl

**Important Telephone Numbers**

The nationwide toll-free 24 hour emergency phone numbers are:

- Ambulance 999
- Fire Brigade 998
- Police 997
- Mobile Phone Holders Assistance 112
- Roadside Assistance 981

**Major Tourist Information Centres In Poland**

**BIAŁYSTOK (www.podlaskie.pl)** tel./fax +48(85) 732 68 31 ci@podlaskie.pl

**BYDGOSZCZ (www.visitbydgoszcz.pl)** tel./fax +48(52) 585 87 02 bci@visitbydgoszcz.pl

**KRAKOW (www.mci.pl)** tel. +48(12) 471 70 06, fax 421 30 36 info@mci.pl

**CZESTOCHOWA (www.czestochowa.pl)** tel. +48(34) 368 22 50, fax 368 22 60 mci@czestochowa.um.gov.pl

**GDANSK (www.gdansk4u.pl)** tel. +48(58) 305 70 80, 301 66 73, got@gdansk4u.pl

**KATOWICE (www.um.katowice.eu)** tel. +48(32) 259 38 08, fax 259 33 69 it@um.katowice.eu

**KIELCE (www.swietokrzyskie.travel)** tel. +48(41) 348 00 60 informacja@swietokrzyskie.travel

**LUBLIN (www.loj.lublin.pl)** tel. +48(42) 532 44 12, fax 442 35 56 infotur@loj.lublin.pl

**ŁÓDŹ (www.ziemialodzka.pl)** tel./fax +48(42) 662 99 70 it.centrum@rotwl.pl

**OLSZTYN (www.warmia.mazury.pl)** tel. +48(89) 535 35 65, fax 535 35 66 wci@warmia.mazury.pl, www.mazury.travel

**OPOLE (www.opole.pl)** tel. +48(71) 451 19 87, fax 451 18 61 mit@um.opole.pl

**POZNAN (www.cim.poznan.pl)** tel. +48(61) 851 96 45, fax 856 04 54 centrum@cim.poznan.pl

**RZESZÓW (www.podkarpackie.travel.pl)** tel./fax +48(17) 852 00 99, fax 867 62 30 prot@prot.rzeszow.pl

**SZCZECIN (www.visit-szczecin.pl)** tel. +48(91) 489 16 30, fax 434 04 40 ci@mosir.szczecin.pl

**TORUŃ (www.it.torun.pl)** tel. +48-62 09 31, fax 621 09 30 it@it.torun.pl

**WARSAW (www.warsawtour.pl)** tel. +48(22) 194 31, fax 474 11 42 info@warsawtour.pl



\* anglers can enjoy numerous and picturesque fishing grounds with many interesting species;

- \* winter sports enthusiasts will find excellent conditions in the Tatra, Beskydy and Karkonosze Mountains;
- \* many stud farms and equestrian centres wait for lovers of horseback riding;
- \* Poland is a real paradise for big and small game hunters.

**Spas**

There are 42 spas in Poland, in different regions of the country. Most of them are situated in attractive tourist localities with many mineral water springs. Natural therapy centres offer a rich choice of treatment procedures. For more information go to the following Internet page: [www.udzworska.pl](http://www.udzworska.pl), [www.sgrup.pl](http://www.sgrup.pl), [www.sanatoria.com.pl](http://www.sanatoria.com.pl)

**MAJOR TOURIST ATTRACTIONS**

**KUJAVIA AND POMERANIAN PROVINCES**

**Biskupin (D4)** – Reconstructed fortified village of the Lusatian culture with earth and timber defences. Site of



**Biebrza River Marshes (C9)** – Europe's unique nature reserve of about 100,000 hectares. Kingdom of birds, paradise for fans of photo-safaris and those who collect recordings of bird song. Elk is a common sight here.

**Suwalski Lakeland (B9)** – Scenic region of lakes, forests and post-glacial hills. The highlight of the region is the monastery built by Cistercian monks, located on a peninsula in Lake Wigry.

**POMERANIAN PROVINCE**

**Krasiczyn (I9)** – Late-Renaissance palace and park. **Krosno (I8)** – Market Square with old houses, Gothic church with baroque interior decorations. **Leżajsk (H9)** – Fortified Bernardine church and monastery (17<sup>th</sup> c.). In the Basilica, one of the finest baroque organs in Poland. **Łanicz (I8)** – Perfectly preserved aristocratic residence in the huge castle, lavishly furnished and decorated. Original collection of carriages. **Przemysł (I9)** – Picturesquely located on the hills and upon the San River, Przemysł has a wealth of historical monuments. The 14<sup>th</sup> century castle on the Parkowa Mountain was remodelled many times. Many old churches. **Sanok (I8)** – Sanok's skansen is one of Poland's best open-air museums with about 100 traditional buildings from the southeast of the country. The former castle contains Poland's largest collection of Ruthenian icons. **Bieszczady Mountains (J9)** – Gently undulating range, by many considered to be the remotest wilderness in the country. Bear, wolf, lynx and eagle are likely to be encountered. The region is dotted with wooden Orthodox churches.

**PODLASIE PROVINCE**

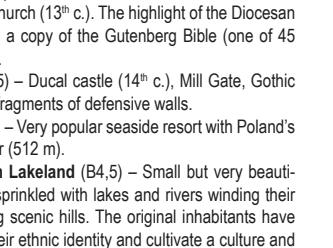
**Bałany (C9)** – Region's capital with a sumptuous palace of the Branicki family. Worth visiting are old Catholice and Orthodox churches as well as mosques located in the city's environs. **Tykocin (C9)** – Original urban layout with well-preserved houses, churches and the former Baroque synagogue built in 1642. The synagogue has a collection of Judaica. **Augustów Canal (B9)** – Remarkable achievement of 19<sup>th</sup> century hydraulic engineering. The canal with its original locks is still in operation.



**Bytów (B4)** – Gothic Teutonic Knights' castle. **Gdynia (A5)** – Dar Pomorza, the famous frigate is moored at the Southern Pier, while the Oceanographic Museum and Aquarium is located at its tip. **Gniezno (B5)** – Gothic Teutonic Knights' castle, where knights' tournaments are organised.

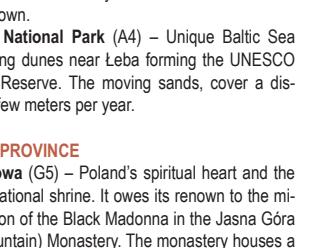
**Malbork (B5)** – European largest Gothic Teutonic Knights' castle. The former seat of the Order's Grand Masters. On the UNESCO's World Heritage list. **Pełkinia (B5)** – Gothic Cathedral, the former Cistercian monastic church (13<sup>th</sup> c.). The highlight of the Diocesan Museum is a copy of the Gutenberg Bible (one of 45 worldwide).

**Stupsk (A5)** – Ducal castle (14<sup>th</sup> c.), Mill Gate, Gothic churches, fragments of defensive walls. **Sopot (A5)** – Very popular seaside resort with Poland's longest pier (512 m.). **Kashubian Lakeland (B4,5)** – Small but very beautiful region sprinkled with lakes and rivers winding their way among scenic hills. The original inhabitants have retained their ethnic identity and cultivate a culture and art of their own. **Śląski National Park (A4)** – Unique Baltic Sea coast shifting dunes near Łeba forming the UNESCO Biosphere Reserve. The moving sands, cover a distance of a few meters per year.



**SIŁESIAN PROVINCE**

**Częstochowa (G5)** – Poland's spiritual heart and the country's national shrine. It owes its renown to the miraculously icon of the Black Madonna in the Jasna Góra (Bright Mountain) Monastery. The monastery houses a



**archaeological festivals.**

**Chelmno (C5)** – Old city with medieval urban layout. Late-Renaissance town hall in the market square. Many historical monuments of sacral architecture. **Ciechocinek (D5)** – Famous spa with saline graduation towers made of timber in the 19<sup>th</sup> century. **Golub-Dobrzyń (D5)** – Gothic castle built by the Teutonic Knights. It hosts the International Knights' Tournament.

**Kruszwica, Mogilno and Strzelno (D4,5)** – Well-preserved Romanesque churches of great interest. **Toruń (D5)** – Old Town complex is on the UNESCO's World Heritage list: Cathedral of SS John the Baptist and John the Evangelist, many churches, Gothic Town Hall, market square lined with splendid old houses. Birthplace of the famous Polish astronomer Nicolaus Copernicus.

**LOWER SILESIA PROVINCE**

**Wrocław (G3)** – Old city with many historical monuments. Market Square with Gothic Town Hall and old houses, Cathedral on the Ostrow Tumski Island, Wrocław University with the spectacular Aula Leopoldina, many churches, museums and bridges. Most visited tourist attractions: Panorama Radziwiłłowa painting (15m high and 120m long) and the People's Hall on the UNESCO World Heritage list.

**Zawoja (G9)** – Outstanding example of European Renaissance town. The most spectacular is the Cathedral and the Old Town Square with its lofty town hall and old burgher houses. The city's Old Town is on the UNESCO World Heritage list.

**LUBUSZ PROVINCE**

**Zielona Góra (E2)** – Capital of the region, once known for its wine production. Historical monuments: late-Gothic church, former Protestant church, Hunger Tower, town hall.

**Lubiąż (G3)** – Cistercian Abbey which ranks as one of the largest and most impressive former monastic complexes in Central Europe.

**Walim (H3)** – Passages hewn in rock by prisoners of many nationalities (WW II) in the neighbouring mountains.

**Gostyczyń-Paradyż (E2)** – Cistercian monastic complex with rich Gothic and baroque interior decorations.

**Łagów (E2)** – Picturesquely located town with the castle built for the Knights of St John of Jerusalem in the 14<sup>th</sup> century.

**Miedzyrzecz Fortified Region (E2)** – Complex of military fortifications built by the Germans in 1934-38. The system of underground tunnels near Kalawa and Bożysznia forms a unique tourist route. The tunnels house one of the biggest colonies of bats in Europe.

**Łęknica (F1)** – Mużakowski Park. Extensive scenic park with an extremely expressive layout from the first half of the 19<sup>th</sup> century, on the UNESCO World Heritage list.

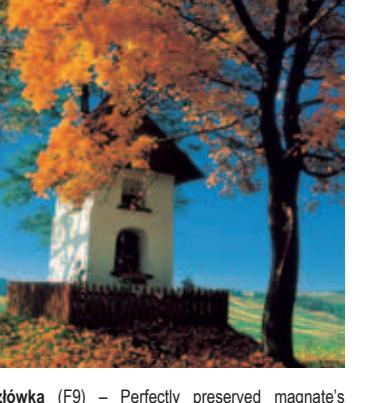
**Łódź Province**

**Łódź (D6)** – Palaces of former textile industry tycoons, 19<sup>th</sup> century textile mills. Eclectic houses along Piastowska Street, original monuments, for example, poet Julian Tuwim's bench, Artur Rubinstein's piano.

**Łowicz (E6)** – Famous for its Corpus Christi processions during which participants are dressed in brightly coloured and embroidered traditional costumes.

**Nieborów (E6)** – baroque palatial residence with the beautiful Romantic park Arcadia.

**Sulejów-Podklesztorze (G6)** – Cistercian Abbey with Romanesque church.



**Kozłówka (F9)** – Perfectly preserved magnate's residence. Palace interiors and the beautiful park are greatly admired by visitors. Known country-wide for its unique gallery of socialist-realist art.

**Jawor and Świdnica (G3)** – Two outstanding timber-framed Protestant Churches of Peace erected in the 17<sup>th</sup> century, with rich interior decorations, on the UNESCO World Heritage list.

**Krzeszów (G2)** – Cistercian church with beautiful interior decorations, including the Świdnicka Piasts' mausoleum, and an adjacent huge Abbey. A gem of Silesian baroque.

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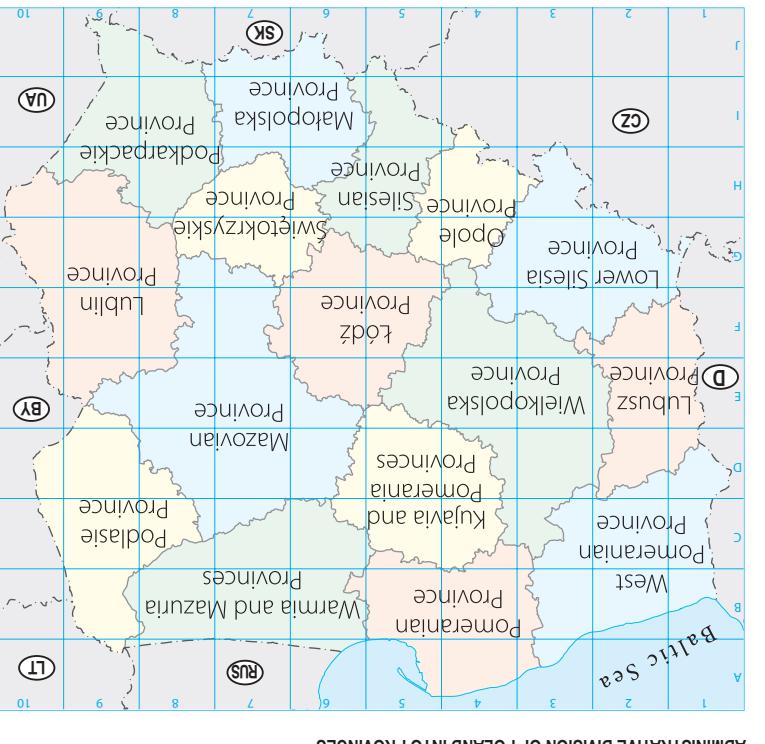
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**Administrative Division of Poland into Provinces**



**BRANCHES OF THE POLISH TOURIST ORGANISATION ABROAD**

AUSTRIA	• Austria	tel. +43-1-24 70 19 20 fax 24 70 19 21	www.polandtravel.at
BELGIUM	• Belgium	tel. +32-2-74 00 60 20 fax 24 72 35	www.polandtravel.be
FRANCE	• France	tel. +33-1-42 44 29 12 fax 24 72 35	www.polandtravel.fr
GERMANY	• Germany	tel. +49-20 24 70 06 72 fax 24 78 66 70	www.polandtravel.de
HUNGARY	• Hungary	tel. +36-1-20 99 10 fax 84 91 53	www.polandtravel.hu
ITALY	• Italy	tel. +39-06 21 97 05 fax 21 65	www.polandtravel.it
JAPAN	• Japan	tel. +81-3-39 06 38 08 fax 39 25 38 09	www.polandtravel.jp
SPAIN	• Spain	tel. +34-91 51 69 70 fax 21 69 71	www.polandtravel.es
SWEDEN	• Sweden	tel. +46-1-20 97 00 fax 20 97 01	www.polandtravel.se
SWITZERLAND	• Switzerland	tel. +41-1-24 72 25 fax 24 72 26	www.polandtravel.ch
U.S.A.	• USA	tel. +1-212-42 00 99 10 fax 84 91 53	www.polandtravel.us
UKRAINE	• Ukraine	tel. +38-04 24 78 66 72 fax 2	

