

# *Recreational Tourism*

Poland

# *What is recreational tourism?*

Recreational tourism focuses mainly on relaxation and contact with nature. We can distinguish active and passive ways of spending free time. It contributes to broadening horizons, relieving stress and preventing civilization diseases.



# Attractions in the mountain area



## *Morskie Oko - Eye Of The Sea*



Do you want to see perfectly blue and transparent water? We invite you to see the eye of the sea.

There are many legends connected to this place:

At the bottom of the Morskie Oko Lake there is an inn which has been sunk for centuries.

Morskie Oko is connected by an underground river with the Vistula, and some say that even with the Adriatic Sea!

Morskie Oko and other nearby lakes were created from the tears of a beautiful daughter of Morski, the ruler of the surrounding areas. Disobeying her father, she married a foreigner.

# *Stołowe Mountains*



Do you dream of a hiking trip between the rocks? We have something for you. You can go to the highest peak of the Stołowe Mountains - Szczeliniec Wielki, this is a 12-meter rock known as the Grandfather's Armchair and it is 919 meters above sea level high. It is a rock labyrinth with many interesting and fanciful rocks. In the Stołowe Mountains, there is an increasingly popular skullcap visible on the rock. The rock resembles a human skull and attracts tourists.

# Energylandia



Are you just coming back from the Tatra Mountains but still feeling unsatisfied? We have something for you, the largest amusement park in Poland - Energylandia with the biggest roller-coaster in Europe - Hyperion. If you are tired you can visit Water Park and lie down on the sun lounger or splash in the pools. There are also places where you can eat delicious food. If you have enough of adrenaline you can visit magic show or 7D cinema. Every age group is welcomed.

## Rafting on the Dunajec river



Do you love water and mountains? This combination is just right for you. Visit the Pieniny Mountains and go rafting on the Dunajec River. The raftsmen will keep you entertained for the whole day. They will tell you stories and take you to the most beautiful places in this area. The views are breathtaking and we are sure you will never forget this experience.

## *Castle “Dunajec” in Niedzica*



Do you want to get scared? Visit the Castle “Dunajec” in Pieniny Mountains. When your foot crosses the gates of the building, expect to meet the ghost of a woman dressed in white. It is the Inca princess Umina, who tried to find shelter from Spanish assassins in Niedzica. Unfortunately, the curse of the Inca castle was the cause of her death. Be sure to visit each castle chamber and admire the views from the windows.

*Attractions near the sea*

## *Słowiński National Park*



If you like long walks on the beach at sunset you will definitely love this place. Słowiński National Park is the one of 23 National Parks in Poland and one of the most beautiful places. Moving dunes, wide beaches and Łebsko lake create an ideal place for many hours of rest away from people. All you have to do is pack your swimsuit, some food and maybe even a tent.

## *Mamry and Śniardwy lakes*



These two lakes are the largest lakes in the country. Many people choose this place to relax due to the availability of attractions such as sailboats, yachts and houseboats. There are many bicycle paths around Mamry and Śniardwy, which can lead you to charming towns like Mikołajki or Giżycko. While sitting on the shore, you can eat fresh fish and enjoy the views. Sounds great, doesn't it?

## *Wolin and Uznam islands*



These two islands almost always have the perfect weather for sunbathing. They have a blue flag, which means they have the safest and the cleanest beaches in Europe

On the Uznam island you will find the largest beach in Poland, which is wide and sandy. Every year it is getting bigger thanks to the sea currents.

On the Wolin island you can see the highest cliffs in the country. They are about 100 meters high. Cliffs are protected because they are located in the Wolin National Park. In Świnoujście you can also see the tallest lighthouse or visit Gerhard's Fort.

## *Wisłoujście Fortress*



If you are interested in history or wars, you must visit this place someday.

The Wisłoujście Fortress is the oldest seaside fortification on the Polish coast. Currently, it is one of the branches of the Gdańsk museum. Every year, staging sea battles and craft workshops are held there. From the tower of the fortress you can see the city panorama and the monument on Westerplatte.

# *Hel Peninsula*



Did you know there are seals in the Baltic Sea? Some of them go ashore to rest and some of them are thrown away by the sea because they are sick. The Hel Center finds animals and helps them to heal. Of course, you can enter the seal Center and this is the biggest attraction for children. However, if you are interested in the history of World War II, museum on the Hel Peninsula will help you learn about the types of weapons and ammunition used at that time.

*Attractions in our area*

## *Horse stable in Napiwoda*

The stable in Napiwoda has a magical Masurian atmosphere. By visiting the stable, you can learn the secrets of horse riding.



# *Castle in Nidzica*

If you like sightseeing or you are interested in history you should visit this place. It was built in the 14th century in Gothic style. The Polish-Lithuanian King Władysław Jagiełło used to spend time here.



## *Open-air museum in Olsztynek*

Buildings representing folk architecture originating from Warmia, Masuria, River Bank of the Vistula, Barcja, Sambia and Lithuania Minor also called as Prussian Lithuania, are unusually architecturally diverse, creating one of the most interesting open-air museum complex in Poland. They represent several functions: houses, farm buildings and utility rooms, church buildings, manufacturing facilities such as a water mill, four wind mills, an oil crusher, a blacksmith's shop, smoking chamber and pottery shop.



*The Nature Reserve of The Springs  
of the Ľyna River named after  
professor R.Kobendza*

It is partially covered with mixed forest with pine, spruce, birch, creating a picturesque, often mystery spot. The inhabitants of the reserve include roe deers, stags and mooses.



*The most famous cities*

# Warsaw

Warsaw is the capital and the most famous polish city. The heart of this city is Old Town, which has been enlisted on unesco world heritage list. Over the red roofs of Old Town buildings, skyscrapers are visible. Historic buildings and modern architecture combined together make the city so surprising for visitors.



Warsaw is a mixture of relaxing green spaces, historic sites and vivid modernity. Discover the charming Old Town, Wilanów Palace and amazing Lazienki Park, where you can watch free Chopin concerts every Sunday during the summer. Experience a few of the dozens of interactive museums, including the Warsaw Uprising Museum, the Museum of the History of Polish Jews and the Copernicus Science Centre.





# Poznań



Poznań was once the capital of Poland and is still the capital of the Wielkopolska region. Poznań lies midway between Berlin and Warsaw, which has helped make it an important town for centuries. Badly damaged in World War II, the city (especially its Old Town) has been beautifully restored. The huge Old Town Square (Stary Rynek) is one of Europe's nicest, and is lined by fabulous historic attractions, restaurants and nightlife. The Basilica of Saints Peter and Paul is Poland's oldest cathedral.

# Poznań



Poznań is one of the oldest cities in Poland . Symbol of this city is town hall that was built 800 years ago. Nowadays it houses Historical Museum of the city. To relax in Poznan people visit Maltańskie lake. It is a fake lake made in 1950s . There are often competitions held, for example World Canoeing Championship . Areas around the lake create amazing recreation centre . You can find there cycle and running paths, rope park or all year round ski slope. If you want you can go for a walk to Cytadela Park . It has 100 hectares of surface and you can find two museums there- Armament Museum and Museum of Army . This is a perfect place for people who like being close to nature.

Town hall



Maltańskie lake



# *Cracow*



Cracow is the second the biggest city in Poland, it provides fairy tail views with Wawel castle towering over the city and Floriańska Street and the Old Town. When you miss nature you need go to see Planty, they provide lots of green space. The dark times in Cracows history are visible in a memorial site of Jewish ghetto.

# *Wawel castle*



# *Florianka Street*



# Planty



# Old town with Unesco certificate



# Gdańsk



From medieval architecture to World War II museums, Poland's port city is a must-visit for history buffs and anyone looking for a budget-friendly city break. Gdańsk is a must-visit on any trip to Poland. Straddling the Martwa Wisła river, this beautiful harbour city is home to historical museums, Dutch-style architecture and thriving cafe culture. The golden tree sap found in the city's coniferous forests, unearthed underground and occasionally even washed up on beaches, make it the world capital of amber.

# Gdańsk



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