Spend your leisure time slowly... in Cittaslow towns

If you are looking for an alternative to an intense pace of life — fast food, fast relax, fast contacts with others — a visit to towns of the Cittaslow network will be a perfect idea. Each of them has an excellent offer for shorter and longer recreation: in particular, for entire families, but lovers of culture and enthusiasts of physical activity are welcome as well.

The members of the movement emphasize promotion and popularization of the idea of good life, concern for the distinctive local character, and preservation of the unique nature of urban space. Traditional hospitality makes them attractive to everyone wishing to find refuge from the everyday hurry.

The towns bearing the sign of the snail can boast natural values of their environs, interesting historical heritage, and local products, including food based on natural ingredients. An indispensable part of good life is sport and leisure in various forms, helped by parks, hiking and cycling trails or routes, kayaking harbours and marinas and even skiing slopes. The members of Cittaslow are concerned with bringing historic buildings and the urban fabric to their former glory. Restored interiors bustle with cultural life and serve as seats of museum institutions.

Most of all -22 out of 31 - of Polish "towns caring for better quality of life" are located in Warmia and Masuria, but the idea has also taken roots in Wielkopolska, Gdańsk and Central Pomerania, Upper Silesia, Opole region, Lublin region, Mazovia and Łódź region.

During cyclical events organized as a part of the network's activity, one can explore the towns and their tourist offer. Each May or June, one of them is chosen to host the Cittaslow Festival during which all Polish members of the movement present themselves. At the end of September, recreational and cultural events take place in individual towns as a part of the Cittaslow Week.

On the following pages of this publication, we will present assorted attractions of each town, suggesting several trips to allow you to feel their unique atmosphere. Current information on what is going on in each town can be found at **www.cittaslowpolska.pl.**



Cittaslow Square in Lidzbark, photo by Natalia Sieg

Old town houses and Lidzbark Gate in Bartoszyce, photo from the archive of the Bartoszyce Town Office



The Spirit of the Gothic





photo by Paweł Koziński

Teutonic Order castle in Nidzica

This Gothic stronghold, erected between 1380 and 1400, is the largest residential and defensive castle of the Teutonic Knights in Masuria. Located on a high hill, formerly surrounded by marshes of the River Nida, it used to secure the southern borders of the State of the Teutonic Order.

A four-wing fortress with dimensions of 62x44 m is set on a high stone foundation. In the attic, within the thickness of walls, the building is surrounded by defensive cloisters — both on the outside and from the courtyard.

The oldest, western part of the castle rises over the town. Its facade is adorned with large ogival windows, and gables are topped with pinnacles. The eastern wing is a gate building flanked by tall towers with tented roofs, ornamented niches and flat decorations. A two-storey chapel has been located over the gate.

Currently, the castle houses the Museum of the Nidzica Region, the Nidzica Cultural Centre, a seat of a knight fraternity, and a library; guest rooms and a restaurant operate here as well. Knight tournaments, "ZMRock" Castle Rock Marathon and Invasion of Fire and Music are among the events that take place here.

Borderland Museum in Działdowo

The facility was originally established as an Interactive Museum of the Teutonic Order. In 2018, after the revitalization of the gothic part of the Teutonic castle, it moved its headquarters there, expanding its activity and changing its name. Currently, the museum provides two permanent exhibitions. In the town hall you can see the interactive exhibition of the Teutonic Order's, contatining 3D projections, multimedia touch screens, animations, models and traditional exhibits. An exhibition presented in the castle is entitled "Działdowo – city and people of the former borderland". It shows the history of the city and the region from the Middle Ages to World War II, as well as the history of the German concentration camp KL Soldau, using multimedia stands and presentations, historic and reconstructed objects.



photo from the archive of the Borderland Museum in Działdowo

Warmia and Mazury Museum of Firefighting in Lidzbark

The museum shows the equipment used to put out fires by generations of firefighters of Lidzbark. Here you can see collections of hoses, fire pumps, fire extinguishers, as well as firefighter helmets, uniforms and flags (there are also fire engines outside). The museum also owns collections connected with the history of the town, such as newspapers, photographs, documents. The exhibition is open on Mondays, Wednesdays and Fridays (10.00 a.m. -1.00 p.m.).

Grunwald Loop Route

The battle of Grunwald (Tannenberg) is the symbol of glory of the Polish military powers. A 263 km long motorized route is designed to explore places connected with this battle and the relics of history preserved there, as well as modern attractions. Medieval culture enthusiasts will enjoy Gothic castles, churches, elements of town defences. Thanks to the route being planned in the form of several loops, everyone can plan their own sightseeing individually.

Defensive walls of the Land Chełmno Bishops castle in Lubawa

Restored fragments of the walls are a remnant of a Gothic fortress built in the years 1302-1326 by Bishop Arnold. Until the First Partition of Poland, the castle was the seat of the Chełmno bishops. During the next years it had been more and more destroyed, and after a fire, tore down in 1826. The foundations of the wings of the building, fragments of the defensive walls and one of the towers as well as the ogival portal in the courtyard have survived to this day. In the reconstructed basements and building wings The Social Activity Center is located, which carries out all educational and cultural activities.



photo by M. Grabowski

Kurzętnik Gate in Nowe Miasto Lubawskie

One of the two preserved Gothic gate towers, which are elements of the city's fortifications. The building, also known as the Brodnicka Tower, was erected together with the city walls from the 1330s. The massive block erected on a squared plan was covered with a hip roof. A pedestrian crossing was pierced in the 1920s. Next to the fragment of the wall adjacent to the tower had been arragned a square, on which a coat of arms of the city and two replicas of cannons can be found, both made for the film "Potop" (eng.,,The Deluge") from 1974.

photo from the archive of the MOWMP in Olsztyn





photo from the archive of the Lidzbark Town and Commune Office

Beach at Lidzbarskie Lake

The Lidzbark beach can boast the region's longest openair water slide. Beside it, the site includes: piers separating three swimming pools, a diving platform (almost 4 m tall), an umbrella roof, water equipment rental, three volleyball courts, a catering point and sanitary facilities. A promenade, with wooden sculptures set along its route, leads from the beach along the lake shore. It ends in a park which includes a playground among other things. The River Wel crosses Lake Lidzbark as a part of an attractive kayak trail.

Górznieńsko-Lidzbarski Landscape Park

The boundaries of the Warmian-Masurian Province (Lidzbark Commune) includes park's areas. It consists mainly of forest complexes. Their axis is along the River Brynica, delving a deep gorge (40-50 m) protected in two reserves. In one of them grows the "Oak of the Republic" (approx. 640 cm in circumference), more than 500 years old. Above 250 km of cycling and hiking trails as well as natural and educational paths have been established in the territory of the park.

Welski Landscape Park

The Park includes the picture que valley of the River Wel and its surrounding. The gorge section of the river is protected by the Piekiełko reserve. Apart from this one, three more natural reserves have been established here. The office of the park houses an ethnographic museum and a natural one. A popular kayak trail leads along the river. The park conteins six cycling trails, three hiking ones and an educational. Its area is also crossed by the hiking Grunwald Trail and motorized Grunwald Loop Route.



photo from the archive of the MOWMP in Olsztyn

River Drwęca kayak trail

The trail (approx. 211 km) has been routed from Rychnowska Wola. The sources of the river are found on the slope of Dylewska Góra, and the entire valley is within the area of a natural reserve. The Rodzone village near Lubawa can be reached from Samborów within one day. Further stages lead to Nowe Miasto Lubawskie, and from there to the Topiele village (outside the borders of the province). The trip can be continued on the Drwęca to Toruń where it joins the Wisła river, or on the waters of the Brodnica Lakeland.

River Wel kayak trail

The Wel emerges in the vicinity of the Dylewskie Hills, whereas the kayak trail (98.5 km) starts at Lake Dąbrowa Wielka. The river crosses Lidzbark to join the Drwęca in Bratian near Nowe Miasto Lubawskie. On its way, the Wel often meanders. It passes through ten lakes, which ensures its balanced water level. Along the route, kayakers will encounter sections of varied difficulty. The hardest one is similar to a mountain stream, in the Piekiełko natural reserve.

Kurza Góra Ski Resort close to the Nowe Miasto Lubawskie

The largest ski resort in northern Poland, operating in Kurzętnik near Nowe Miasto Lubawskie. It has three downhill runs (nearly 2.5 km in total), served by T-bar lifts, and partly also by the belt lift. The routes are equipped with snowmaking systems and artificial lighting. Skiers and snowboarders can use the ski equipment rental and service as well as the ski school services. Tubing tracks (700 m in total) and an ice rink operate here. Additional attractions are the amusement park and restaurant. The infrastructure of the center allows to organize various forms of activity at any time of the year.



photo from the archive of Kurza Góra Ski Resort

Łazienki Lubawskie Town Park in Lubawa

The revitalized town park is a perfect place for recreation and active outdoor relax, offering attractions for the entire family. Its area includes two large ponds and a small one, interconnected with canals. Free movement is made possible by walking paths and footbridges. Visitors have a playground, an outdoor gym and a rope park at their disposal. A pier has been built on the largest pond, and a stage for artistic performances is located nearby. Entertainment and recreational events for locals and tourists are organized in the park.



photo from the archive of the Lubawa Town Office

The Lyna River Springs nature reserve near Nidzica

Located on the edge of the Napiwodzko-Ramucka Forest, the reserve protects the source area of the region's largest river. Located near the village of Łyna, it covers about 121 ha. It covers a highly morphologically diverse, vast valley with steep and high (30-40 m) slopes with numerous side gorges. It is possible to observe here the process of retrospective spring erosion, which is rare in Europe. A water mill was built at the mouth of the valley in the Middle Ages. Moving around the reserve is facilitated by wooden footbridges, stairs and handrails. Parking lots have been made available in the vicinity of the reserve.



photo by Paweł Koziński

Historic cycling trail near Działdowo

This unmarked route leads through places connected with the history of the Działdowo Land. The loop goes from Działdowo through Księży Dwór, Prusinowo, Wysoka, Skurpie, Rudolfowo and Baranówka. On the way to Kurki, it is worth visiting a World War I cemetery. In Księży Dwór, a palace of the Frankenstein family has been preserved, and there is a medieval hillfort in the forest beyond the village. From Wysoka, cyclists will go along the hiking Grunwald Route, passing the former campsite of King Władysław Jagiełło's army before the battle in 1410. Skurpie features the family home of artist Hieronim Skurpski. Between Rudolfów and Baranówka, there are further graves from World War I.

The Wonders of Mazury





photo from the archive of the MOWMP in Olsztvn

Open Air Museum of Folk Architecture – Ethnographic Park in Olsztynek

Visiting the open-air museum, we can take a journey through time and space. 77 rural architecture objects from Warmia, Masuria, Powiśle and Lithuania Minor, built in the 19th and 20th century, are exhibited in Olsztynek. They are residential and farm buildings (including a watermill, windmills, oil mill, forge, smokehouse, pottery workshop) and a wooden church. Their furnishing shows how everyday rural life and rites looked like in past centuries. The museum's culture material, and folk art collections include more than 10 thousand exhibits. The climate of a village of old is evoked by events organized here as well as farm animals enjoying particular interest of children.

The museum was established in 1909 as the Rural Museum in Königsberg, the capital of East Prussia at that time. In 1938-1942, it was relocated to Olsztynek. Currently, the museum also includes two buildings in the town centre: a Showroom at a former church and the Mrongowiusz's House. Another museum operates just around the corner - in the town hall building; it is the Multimedia Museum of the Stalag IB Prisonerof-War Camp and of History of Olsztynek.

Town Hall in Pasym

With its picturesque location and unique atmosphere, Pasym attracts not only tourists but also filmmakers. This is why the characteristic buildings of this charming town can often be seen on cinema and TV screens. Among them is the town hall, erected in the English Neo--Gothic style. When designing the building, Karl Junler was inspired by the Babelsberg castle in Potsdam the summer residence of the German Emperor.

The new town hall was built in 1854-1855 at the site of a medieval one which had burned as early as 1583. From the front, this two-storey building on a rectangular plan is enriched with an avant-corps changing into a low, quadrilateral tower. The main body and the tower are crowned with battlements decorated by corner turrets.



photo from the archive of Pasym City and Commune Office

Castle in Ryn

This impressive fortress on the hill between Lakes Ołów and Ryńskie was built by the Teutonic Order in late 14th century. For more than two centuries, it had served military purposes; later it housed offices, a prison (19th century), and cultural institutions (after 1945).

Originally, the building used to have one wing. Two more were erected in the first half of the 17th century, and the fourth one in early 20th century. All of them have three storeys and a loft surrounded by a cornice with characteristic pinnacles in corners. After a series of rebuilds, the castle took on a rectangular shape with an internal courtyard. Currently, it houses a hotel with an area for historical exhibitions. The castle serves as a site of feasts, knightly and culinary events, and – partially – Masuria 2 Festival of Medieval Culture.



photo from the archive of the MOWMP in Olsztyn

Water tower in Goldap

A place where you can admire the panorama of Goldap and its surroundings is the top of the water tower, one of the oldest buildings preserved in the town. The tower has seven storeys and a height of 46.5 m.

Erected in 1905, it has Neo-Gothic features. Up to 1986, it supplied the townspeople with water. After renovation, it became a major tourist object in Goldap. A glazed room with a cafe was created around the tower's dome. An external viewing terrace was built over the hemispherical dome, around the lantern topped by a spire. Getting here brings unforgettable emotions. The tower houses a regional exhibition and a souvenir shop.



photo from the archive of the MOWMP in Olsztyn



photo from the archive of the MOWMP in Olsztyn

Health resort in Goldap

The town, picturesquely located on the edge of the Romincka Forest, is the first health resort in Warmia and Mazury. Its peloid and climatic profile is beneficial to treatment of motor, respiratory, and circulatory diseases as well as psychosomatic disorders.

A sanatorium operates in the Kumiecie Forest and by a promenade along Lake Goldap there is a mineral and medicinal water drinking room as well as brine graduation towers (220 m long and 8 m tall). Brine drawn to the towers creates a microclimate with a large content of iodine, calcium, magnesium, potassium, sodium, bromine and fluorine.

Active recreation is possible through hiking and cycling trails, a beach with water equipment rental, and in winter – through cross-country skiing routes as well as a slope on the Piekna Góra hill near Goldap.

Safari in Zatyki near Goldap

Unique sensations can be experienced during a safari in the Masurian Ecologic Farm near Goldap, Here, among other animals, one can see herds of fallow deer and other deer species, mouflons, Barbary sheep, Przewalski's horses, Polish primitive horses, zebras and camels. Visitors travel by off-road car with a driver/guide. The offer also includes trips by gondola and amphibious vehicle, as well as feasts at a "Yotving village" on the island.



photo from the archive of the Ryn Town and Commune Office

Eco-Marina in Ryn

An ecological marina is located near a renovated promenade at Lake Ryńskie, almost in the city center. It quarantees excellent conditions of stay to those sailing along the Great Masurian Lakes Route and allows to feel its atmosphere.

The stylish building houses the harbour master's office, training halls and rooms for sailing enthusiasts. The harbour infrastructure also includes: permanent and floating piers with berths for 85 vachts, and a vessel launching slipway. At the lake, one can take advantage of hiking and cycling trails as well as green areas. A short walk through the town to Lake Ołów allows you to reach the town beach with water equipment rental.

The Trail of Masurian Fortifications

Ryn lies on a road trail connecting places where memorabilia of the turbulent past of Masuria have been preserved, while allowing the use of other local tourist attractions. Travelers, along the 438 km route may visit Old Prussian strongholds, Teutonic castles, Boyen fortress in Gizycko, fortifications and shelters from the times of both world wars (with the Wolf's Lair in Gierłoż and the complex in Mamerki at the forefront). The trail lies, among others also Goldap.

Recreation at Lake Kalwa in Pasvm

A great advantage of Pasym is its picturesque location at Lake Kalwa Wielka. The lake is shaped like a horseshoe with uneven ends, divided by the Ostrów peninsula with smaller Lake Kalwa Mała at the tip.

The town beach in Pasym has been arranged at Ostrów street, water equipment can also be rented nearby. There are many angling and sailing piers recreation centres, a caravan site and a campsite around the lake. Relax at Kalwa will be quiet and peaceful, as it is prohibited to use vessels with combustion engines on the lake.

From here, one can kayak up the Struga Młyńska through Lake Kiepuńskie to Lake Leleskie. The second water connection from Lake Kalwa is the River Kalwa, joining the River Kośna flowing through Lake Kośno and constituting an attractive kayak trail.



photo from the archive of the MOWMP in Olsztyn

Cycling trails near Pasym

Masurian landscapes, beauty of the nature and relics of the past encourage cycling trips around Pasym. Nine interesting routes have been planned in the vicinity of the town — each of them is a loop starting and finishing in Pasym.

The "Czarci Kamień" ("Devil's Stone") route (17 km long) leads to Lake Dłużek; the "Kamień Hindenburga" ("Hindenburg's Stone", 32 km) — to Lakes Leleskie, Gromskie and Sasek Wielki Lakes, "Pasymskie Bunkry" ("Pasym Bunkers", 30 km) and "Kalwa" (21 km) - around Lake Kalwa, "Graszk" (30 km) - to Serwent Lake, "Czarny Bocian" ("Black Stork", 20 km) - to Lake Małszewskie, "Babska Chata" (33 km) – to the Sapłaty village, "Chamedafne Północna" (23 km) – around Lake Leleskie, "Pajtuński Młyn" (35 km) – to a former watermill on the Kośna river.

River Marózka kayak trail

The Marózka, a tributary of the Łyna, is an unusually charming kayak trail. Most kayakers will choose a starting point in the region of Waplewo, from where the river meanders through wetlands and forests (5-9 km) to Lake Maróz. Having passed this lake (6 km), kayakers will reach Swaderki, where a long portage (approx. 800 m) is necessary. However, what lies ahead is the most beautiful part of the river, leading through an old forest (5 km). The trip ends at Lake Święte near Kurki village (1 km). After several hundred meters of portage, it can be continued on the Łyna river.

In 1958, future Pope John Paul II had a trip down the Marózka, as commemorated by plaques in Kurki and Olsztynek.



photo from the archive of the Olsztynek Town Office

photo from the archive of the Wydminy Commune Office

The Masurian Resort Okrągłe near Wydminy

The resort offers the possibility various forms of active recreation throughout the year. It is favored by its location in picturesque, hilly areas at Skomack Mały Lake in the heart of "Mazury Garbate", less than 30 km from Giżycko. This is one of the most beautiful parts of Masuria, which attracts many tourists, amateurs of contact with nature and to rest in its surroundings.

The resort provides excellent recreation conditions for families with children, lovers of active recreation, fishermen, mushroom pickers, hunters, and wildlife watchers. In winter, there is a ski station with illuminated and snow-covered slopes (four runs, 1500 m), with conveyor belt for beginners. Tubing works throughout the year.

The resort has a 100 ha Zoo Safari, in which live over 200 animals. An additional attraction of the complex is the RC Remote Control Toy Park Arena. In addition, guests can enjoy a bar and restaurant specializing in traditional Polish and regional dishes.

ophoto from the archive of the Wydminy Commune Office

Recreation at the Wydminy Lake in Wydminy

One of the biggest attractions of Wydminy is the lake on which the town lies. Thanks to the extensive shoreline and numerous islands, the 377 ha water area is extremely attractive for tourists. Holiday resorts and campsites located on its shores offer excellent conditions for relaxation. You can go fishing and do water sports, especially kayaking.

The surrounding forest complexes encourage walking and collecting undergrowth. The varied terrain makes it more attractive for walking and cycling along designated hiking trails.

From the center of Wydminy along a stone-lined road, you can reach an alley by the lake that leads to a "humped" bridge. It leads to the island, which in the future will be developed with tourists in mind.

The Great Masurian Lakes Trail

The most popular and longest sailing route in Poland. It has over 130 km and leads from Węgorzewo through Giżycko and Mikołajki to Pisz. Its branches reach Ryn and Ruciane-Nida. Thinking about water sports enthusiasts, modern eco-marinas, numerous marinas and equipment rentals were created at the most important points on the trail. The system of the Great Masurian Lakes consists of over 30 water reservoirs connected by canals, including the two largest in the country - Śniardwy and Mamry. During the tourist season (from April 15 to October 15) cruise ships run along the complex, departing on cruises from the marinas in Giżycko, Mikołajki, Węgorzewo, Ruciane-Nida, Ryn, Rydzewo and Stare Sady. Experience of a unique adventure will ensure a cruise on a real sailing ship.

The Climate of Warmia



Barczewo – the hometown of Feliks Nowowiejski

In Barczewo, historic monuments commemorating the 14th-century origin of the town, have been preserved. However, the most famous person connected with Barczewo was born here in the 19th century. This was an outstanding composer, conductor, organist and choirmaster Feliks Nowowiejski (1877-1946) who wrote such works as the popular patriotic song "Rota" and the song "O Warmio moja miła", also known as the "Anthem of Warmia". In 1946, the town was renamed as Nowowiejsk in honour of the artist, but the name was dropped just three months later.

Today, a statue of the composer stands by the primary school in Barczewo, and the Musical Salon in honour of Feliks Nowowiejski is located at the site of his home. It displays the artist's memorabilia, such as manuscripts and copies of his music, personal items, books, paintings, desk and the piano he used to play. Many concerts, exhibitions and scholarly meetings take place here, instrument-playing lessons are conducted as well.

Annual event to commemorate the composer and popularize his music is the International Festival of Choral Music named in his honour, of which the most important concerts take place in Barczewo.



photo by Zbigniew Ramsko-Kozłowski



photo from the archive of the Biskupiec City Hall

Historic market square in Biskupiec

The heart of the town is the old guarter with a medieval spatial layout, including a market square with seven streets going out of it. 19th and early 20th-century houses have survived by these streets. The most peculiar one is at Floriańska Street 2. Another place of interest is the Old Pharmacy, built before 1800. Important buildings of the old town include the former town hall of 1895 and John the Baptist's Church whose original Gothic body was built in late 14th century. In the middle of the renovated market square, there is a monument in honour of those who fought for the Polishness of the region.



photo from the archive of the Dobre Miasto Town and Commune Office

Municipal Museum in Dobre Miasto

Four historic houses from the turn of the 17th and 18th century are adapted for exhibitions presenting the work of the old craftsmens. They include reconstructed early 20th-century service workshops: shoemaker and leather-worker, tailor and barber shops, as well as a photo studio and a bakery with a residential annex. Additionally, one house is adapted for an art gallery presenting works by local artists, and another one houses a permanent historic exhibition about the Napoleonic period in the region and the history of Dobre Miasto. Workshops of such crafts as weaving, lace making, pottery and photography are held at the museum.

Revita Warmia Gallery in Jeziorany

The Centre for Living Culture and Revitalization of the Province of Warmia and Mazury is a centre of activity not restricted to culture. It offers works of decorative and applied art as well as artistic crafts, made by local artists (furniture, paintings, sculptures, pottery, glass, fabrics, jewelry, souvenirs). It organizes meetings with creators, workshops, lessons in art and tradition, as well as weekly Eco-Fairs in the summer (from May to September). It also maintains a tourist information point.

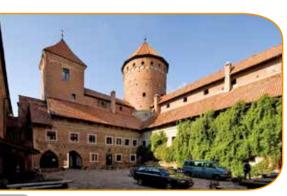


photo from the archive of the MOWMP in Olsztyn

Warmian Bishops Castle in Reszel

The monumental stronghold, despite many conversions, is still characterized by its Gothic character. It was built in the years 1350-1400. After fall of the Teutonic state, it lost its military significance, gaining the character of a residence. At the end of the 18th century, the authorities set up a prison there. In 1806 and 1807, fires destroyed it. Barbara Zdunk, who was accused of calling the fire, was burned at the stake (this is the last such execution in Europe). The building consists of four wings of different sizes, the main tower and the gate tower. The top of the southern wing is crowned by a soaring turret from the 19th century. Nowadays, the gallery, quest rooms and the restaurant operate in the castle. An exhibition of knightly equipment and medieval torture instruments has been arranged in its basement.

Old Town in Reszel

Reszel (chartered in 1337) can boast the best-preserved medieval urban layout in the region. However, the majority of the climatic Old Town architecture comes from the 19th century, since the previous one was consumed by fires. An older structure is the monumental St. Peter and Paul's Church; other Gothic relics are the castle and the bridge (so-called high bridge) over the River Sajna. The park along the river surrounds the Old Town from the south and east. In the centre of the spatial layout, there is a quadrilateral market square with a Classicist town hall built in 1815-1816. Another characteristic building is a late Baroque St. John the Baptist's Church. A water supply system was already operating in Reszel in late 14th century, and parts of it remained in use until 1971.



photo from the archive of the MOWMP in Olsztyn

Hiking and cycling trail from Reszel to Święta Lipka

This historic route is approx. 6 km long, leading along a lime alley. There are 15 Baroque chapels with stone reliefs along the way. In the past, it used to be a pilgrimage route to the Sanctuary of Visitation of the Blessed Virgin Mary in Świeta Lipka, known as Częstochowa of the North, famous for the most beautiful Baroque church in this part of Poland (built 1687-1693), enriched with a quadrangular cloister with chapels in the corners.

River Łyna kayak trail (Dobre Miasto)

The Łyna is the biggest river in the region. The marked kayak trail in its Polish section is 196 km long (starting in Brzeźno Łyńskie). Before the river reaches Dobre Miasto, it passes, among others, through Lake Łańskie, Las Warmiński natural reserve and Olsztyn. One or two-day trips, the route of which includes Dobre Miasto, will be most convenient to start at Braswałd or Cerkiewnik riverside hostels or in Dobre Miasto itself. On the other hand, they may end at Smolajny or Łaniewo hostels. At these stages, the current of the river is peaceful, meandering through meadows and woods.

Kayak trail of the rivers Dadaj – Pisa Warmińska - Wadag

An extremely diverse and picturesque trail, approx. 50 km long. Kayakers start from a chosen locality at Lake Dadaj to leave it together with the river of the same name, which has a mountain-like gorge (6 km). Through Lake Tumiańskie, the river reaches Lake Pisz, leaving it under the name of the Pisa Warmińska. In Barczewo (approx. 9 km), it is joined by the Kiermas river (the further flow of the Kośna). From the town, it reaches Lake Wadąg (10 km), out of which it flows as the Wadag. After a section in the Municipal Forest of Olsztyn (9 km), it joins the Łyna near the hydroelectric plant. Kayakers will encounter arduous portages in Barczewo (200 m) and near the Wadag hydroelectric plant.



photo from the archive of the MOWMP in Olsztyn



photo from the archive of the Biskupiec City Hall

Recreation at Lake Dadaj

The second largest body of water in the Olsztyńskie Lakeland, with over a dozen islands, many coves and peninsulas, is located approx. 5 km from Biskupiec. There are hotels, boarding houses, recreation centres, agritourist farms and campsites around the lake. One can enjoy the charms of water recreation, taking advantage of beaches and piers. Water equipment can be rented in several places. The largest waterway flowing into the lake is the River Dymer. It leaves it as the Dadaj, serving as the beginning of a kayak trail leading to the Łyna. Large depth (approx. 39 m) and a rich fauna make the lake attractive to divers and anglers at any time of the year. In winter, one can engage in ice yachting here. The lake is also a favourite place of the "walruses" (winter swimmers) from Biskupiec.

Beach at Lake Luterskie

A water sport base is located approx. 7 km from Jeziorany, in Kikity at Lake Luterskie. What resting tourists have at their disposal is a beach with a sandy section and a grassy one, a pier, a playground, a beach volleyball court. One can rent pedalos, kayaks and SUP (stand-up paddle) boards. Another beach in Jeziorany is located at Lake Ring and provides equipment rental as well.



 photo from the archive of the Jeziorany Town and Commune Office

Cycling trails near Jeziorany

Enthusiasts of active recreation can explore the cultural and natural values of the town and commune using four cycling trails. All of them have a loop form, starting and finishing in Jeziorany. The blue route (24 km long) leads to Kikity at Lake Luterskie (with a beach and water equipment rental) and Zerbuń (military cemetery from World War I). The green route (24 km long) leads to Derc and Radostowo. The yellow one (18 km long), through Tłokowo and Franknowo, reaches the Ustnik water and swamp birds reserve. Along the red route (17 km long), you can reach Krokowo through Wójtówko, Kalis and Lekity.

Copernicus Trail

The almost 300 km long road trail leads through the places where the famous astronomer lived and worked. The route allows to learn about Gothic buildings whose walls remember Copernicus, as well as visiting planetariums and astronomical observatories. Nicolaus Copernicus stayed in Warmia in the years 1503-1543, mainly in Lidzbark Warmiński, Olsztyn and Frombork. These are the most important cities on the trail, where the most astronomical mementoes have been preserved. A museum dedicated to him operates on the Cathedral Hill in Frombork. The trail also includes Nowe Miasto Lubawskie, Lubawa, Olsztynek, Dobre Miasto, Orneta and Elblag.

Olsztyn County

The largest county in the Warmian-Masurian Voivodeship is a supporting member of the Cittaslow network. The county consists of twelve communes, of which five (urban-rural) belong to the network: Barczewo, Biskupiec, Dobre Miasto, Jeziorany and Olsztynek. Other (rural) communes of the county are: Dywity, Gietrzwałd, Jonkowo, Kolno, Purda, Stawiguda and Światki.

The areas of the Olsztyn county are a perfect place for everyone who escapes the hustle and bustle of big cities. Here they can admire the beauty of nature, visit towns full of monuments and charming villages lost among the forests. Some of them remember the times of the most famous inhabitant of these lands, Nicolaus Copernicus, who spent 40 years in Warmia.

The county is known for forests full of animals, clean lakes and rivers. Many areas of particular natural value are protected as part of the nature reserves (e.g. beaver sanctuary on the Pasłęka River, Warmian Forest, Kośno Lake, Kamienna Góra, and Ustnik). The forest arboretum in Kudypy enjoys great popularity. Canoe enthusiasts have at their disposal attractive routes: Łyna, Wadąg, Pisa Warmińska and Dadaj, Marózka and Symsarna.

Numerous roadside chapels are characteristic for the whole of Warmia region. Interest is also aroused by other cultural attractions of the county, among others: the unique open-air museum in Olsztynek, the St. Mary's Sanctuary in Gietrzwałd, the earthwork left after the battle of Napoleonic troops with the Russian army in Jonkowo, the Municipal Museum with craft workshops in Dobre Miasto, The Warmia Calvary in Głotowo, Old Prussian barrows and the Lavender Living Museum in Nowe Kawkowo. It is also worth tasting regional cuisine here and meet interesting people.

The Gościniec Niborski Bike Route

The route was marked out on a part of the historical route called the royal one, which once connected Warsaw with Królewiec (eng. Königsberg). It leads from around Olsztyn (Gągławki) to Napiwoda, and then to Nidzica (formerly called Nibork), for a total of about 50 km. The trail leads mainly through the picturesque forests of the Napiwodzko-Ramucka Forest, in large part along the Łyna river. This allows cyclists to admire the beauty of the Warmian nature and breathe fully. Along the way, they can also discover traces of long-gone villages.

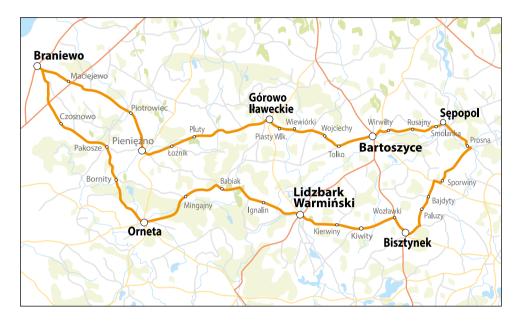


The chapel in Brąswałd at the foot of the Church of St. Catherine, photo from the archive of the Olsztyn County Office



Łyna near Bartąg in the Stawiguda commune, photo from the archive of the Olsztyn County Office

The Charms of the North



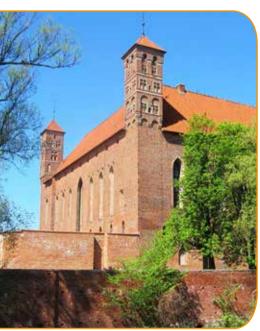


photo by Paulina Zdanowicz

Warmian Bishops castle in Lidzbark Warmiński

This impressive Gothic stronghold was erected (1350-1355) at the confluence of the Symsarna and the Łyna river, as the seat of Warmian Bishops. From late 16th century, it began gradually losing its defensive character.

The four-wing castle in the form of a small fort has survived until today as one of the few of its kind. Its courtyard is surrounded by impressive cloisters which earned it the name of Wawel of the North. Particularly impressive are the Great Refectory and St. Anne's Chapel with Rococo furnishing, as well as restored cellars.

Currently, the building houses the Museum of Warmia (a branch of the Museum of Warmia and Mazury) with a permanent exhibition devoted to outstanding inhabitants of the region. They were among them Bishop Ignacy Krasicki, a renowned poet, and other Bishops of Warmia, as well as Nicolaus Copernicus. Painting and medieval art of the region are exhibited here as well. The collection also includes other relics of history and documents, including the act of the Second Peace of Toruń. An exhibition on the castle's construction history was arranged in the basement.

Recognizing the exceptional cultural value of the monument, in 2018 the President of the Republic of Poland gave him the status of a monument of history. Not far from the stronghold is the revitalized summer bishop's palace, in which the Orangery of Culture operates.

Old Town in Orneta

Orneta has preserved its original old town architectural layout. The market square is surrounded by 17th and 18th-century Baroque houses with arcades and facades of some of them bear original ornaments. The best-preserved Gothic town hall in the region (built before 1359) stands on the market square. Warmia's oldest bell (1384) is hanging in its turret. A pitched roof of the building is crowned by a Baroque clock turret. The western wall is adorned by a crow-stepped gable with pinnacles.

The second characteristic building of the old town is the St. John the Baptist and St. John the Evangelist Church. The temple (built between 1338 and 1349) has impressive, soaring Gothic walls with ceramic reliefs, ornamental gables and roof finishing.

photo from the archive of the Orneta Town and Commune Office

Gas Industry Museum of Warmia and Mazury in Górowo Iławeckie

The facility presents a technological line for the gas production from hard coal. It was opened in 1994 in a historic gasworks, which operated in 1908-1945 and 1964-1992. Visitors can also watch here, among others old gas meters, gas stoves and ovens. Sightseeing is possible upon phone appointment. There is also a City Museum in Górowo lławeckie with collections of military items and items related to the life and culture of the region. While in the city, it is also worth visiting the recreation and sensory park around the Staw Garncarski (eng. The Pottery Pond).



photo from the archive of the MOWMP in Olsztyn

Lidzbark Gate in Bartoszyce

The oldest relic of secular architecture in Bartoszyce is a preserved part of the Gothic town defences from mid-14th century. The gate was built of red brick, on a rectangular plan. The three storeys above the clearance are adorned with blind windows on both sides as well as pinnacled gables. Two bells are found inside: a larger one, of 1517 (transferred in early 19th century from a demolished town hall), and a smaller one of 1767.

St. Michael the Archangel's Church in Sepopol

This monumental Gothic building dominates the landscape of the town. It was built in stages in the second part of the 14th century, on a rectangular plan. The main body was supplemented with a square tower at the turn of the 15th and 16th century. Inside the temple, elements of Gothic and Baroque furnishing have survived until today. A historic 19th-century rectory is found near the church. Nearby, parts of medieval town walls with fragments of a tower have survived as well.

St. Matthias the Apostle and the **Precious Blood of Jesus Christ Church in Bisztvnek**

The temple became famous for an Eucharistic miracle during its consecration in 1400. It sparked off the worship of the Precious Blood of Jesus Christ, persisting until today. The originally-Gothic building was rebuilt after a fire in late 18th century in a late Baroque style. The ornamental facade was crowned by a semi-oval pediment. Inside the church, mostly Late Baroque and Rococo furnishing was preserved. Life-size sculptures of the Twelve Apostles stand on the wall surrounding the church.

photo from the archive of the MOWMP in Olsztyn





photo from the archive of the City Hall in Braniewo

St. Catherine's Church in Braniewo

A monumental Gothic temple in the oldest city of Warmia (city rights in 1254) was built almost throughout the century (1343-1442). It has arisen in a place where earlier existed (from around 1251) a wooden church in honor of St. Catherine. The new building was fully used since 1399, but the next decades had passed until the work has been completed.

At the end of World War II, the church suffered the most damage during its 600-year history. Its reconstruction and restoration began in 1979, and three years later its services began again. In 2001, it was given the status of a minor basilica. From 2017, the sound can be heard of the Gebr. Stockmann pipe organ from 1951, imported from Dortmund.

The church furnishings include, among others: the gallery from 1500, altars, paintings (including the image of St. Catherine from 1803) and sculptures. In one of the chapels, are kept the relics of Bl. Regina Prottman, patron of the city.

"Zdrowe Braniewo" Recreation and Rehabilitation Complex

The modern facility was created for the residents of the city and tourists visiting it. It has been equipped with all amenities, thanks to which you can take care of your physical condition, in particular swimming skills.

The sports pool, with six tracks, is perfect for training and recreational swimming. People of all ages who would like to relax have at their disposal a recreational pool with water heated up to 30 degrees C. The pool has been equipped with nozzles for feet, back and whole body massage. Proponents of hot steam baths can use the sauna. However, for those who prefer high temperatures in the water, there is a jacuzzi.

photo from the archive of the City Hall in Braniewo

The Lidzbark Triangle Fortification Route

A 3 km long walking path marked out in the forests of the Orneta Forest District between the villages of Krosno and Kaszuny. It lets you get to know one of the most interesting and best preserved fragments of the Lidzbark Triangle - the longest line of fortifications of ancient East Prussia. It consisted of over 1000 shelters erected in 1932-1937 north of Lidzbark Warmiński and Orneta. In order to better mask the carried works and to protect the line against armored weapons, it was built deep in the forest complexes. The route leads to many well-preserved buildings. 12 information boards positioned along the path help in better understanding their construction and its history. It is worth reserving about an hour and a half to go through it and explore the shelters.

Green Velo East Poland Cycling Trail

A part (approx. 395 km) of Poland's longest cycling route leads through the Warmian-Masurian Province, enabling sightseeing of its northern areas, very picturesque and abound with natural and cultural attractions. Three sections of the route, known as cycling kingdoms, are distinguished in the region: "At the Zalew Wiślany" (93 km long), "Warmia and its vicinity" (147 km) and "Northern Mazury" (153 km). The route leads, among others, through Cittaslow towns: Górowo łławeckie, Lidzbark Warmiński, Bartoszyce, Sępopol ("Warmia and its vicinity"), Gołdap ("Northern Mazury"). Each stage of travel along the Green Velo can be diversified through trips along many local routes.

Those travelling along the route can take advantage of Cyclist Service Points equipped with racks, benches, tables, umbrella roofs, bins and information boards. Tourists are also awaited at Cyclist-Friendly Places, i.e. recommended objects (accommodation, gastronomy, services) adapting their offer to the needs of cycling enthusiasts.



Górowo Iławeckie – the city on Green Velo route, photo from the archive of the MOWMP in Olsztvn

Lidzbark Warmiński – Orneta cycling route

The 28 km long route was runs on an embankment of a former railway line active between 1905 and 1945. It leads among fields and forests and is characterized by minimal elevation differences. On their way, cyclists will pass old viaducts and roadside chapels as well as monuments worth visiting: a Gothic Church of the Holy Cross in Opin and a Baroque Marian sanctuary in Krosno. Cyclists can take advantage of two relax zones with barbecue sites, tables and benches (Łaniewo, Opin).



The Sanctuary of the Visitation of the Blessed Virgin Mary and St. Joseph in Krosno, located near the route, photo from the archive of the Orneta Town and Commune Office

photo from the archive of the City Hall in Bartoszyce

Elizabeth Park in Bartoszyce

Attractive recreation area located at the foot of Góra Zamkowa. It consists of a heart-shaped pond and a walking path along the Łyna river. The park was founded in 1903 by the first head of Bartoszyce County Heinrich von Gottberg to commemorate his passed wife Elizabeth. He gave the city an area of 2.78 ha, which in subsequent years was arranged based on the designs of garden architect Larass from Bydgoszcz, the creator of, among others Walter Simon Square in Królewiec (eng. Königsberg). The park was developed thanks to the efforts of the City Beautification Society established in 1887 and private foundations.



Different faces of Cittaslow

Warmia Thermal Baths in Lidzbark Warmiński

A modern pool and recreation complex utilizing thermal waters provides a full range of water attractions and additional services.

The Active Thermal Bath Zone includes pools (swimming, multipurpose and for children), Jacuzzi troughs and a seasonal Wild River. In the Relax Thermal Bath zone, one can use pools (brine, wellness, external hyperthermal), Jacuzzi tubs and a flow channel. The Wellness Zone offers a wide range of procedures. The Sauna Zone consists of: Finnish and steam saunas, a sanarium, aroma and salt grottoes, a spring and immersion pool, showers (inside), as well as a Finnish sauna and a thermal cooling pool (outside).

The Centre of External Activities includes: a rope park, a climbing wall, a playground, a sports field, tennis courts, a pond with a beach, gazebos and barbecue sites. The conference part of the complex includes, among others, meeting halls, a bowling alley, a disco and a restaurant. Accommodation is provided by a holiday village.



photo by Termy Warmińskie

River Łyna kayak trail (Lidzbark Warmiński – Sępopol)

The main river of the region is an attractive kayak trail (196 km long). From Dobre Miasto, it flows, among others, through Smolajny and Łaniewo to Lidzbark Warmiński. Here, the Łyna is joined by the Symsarna, also worth kayaking. Further, the Łyna flows through Rogóż and Perkujki to Bartoszyce, and later, through Szylina Wielka to Sępopol where it is joined by the Guber. Each of the mentioned localities features ariverside hostel (in case of Lidzbark Warmiński, even two of them), enabling a comfortable start or ending of a trip. The final hostel is found in Stopki, about 5 km far from the place where the river crosses the border to Russia. Further down the Łyna, its meandering flow is wide and peaceful. The main difficulty for kayakers is several hydroelectric plants, necessitating portage.



Sępopol in a bend of the Łyna River, photo by Robert Zakrzewski

Devil's Rock natural monument in Bisztynek

The Devil's Rock is the second largest erratic rock in Poland. It has a circumference of 28 m and extends more than 3 m above the ground. The granite rock is heavily cracked, showing light grey and pink feldspars as well as tiny grains of quartz. According to a legend, the boulder was brought to Bisztynek by a devil hurrying to take the soul of a poor cobbler's son. Another legend tells about fulfilling the wishes of those who walk around the boulder twice. Previously, the boulder used to be known as the Bishop's Stone, which was supposedly reflected in naming of the town.



ophoto from the archive of the MOWMP in Olsztyn

The arcade house "Mały Holender" in Żelichowo/Cyganek (around Nowy Dwór Gdański)

The house in a bend of the River Tuga was built in the 18th century, and a renovation in 2010 underlined its original architecture. The exhibited collections include equipment and objects from old farms of the Żuławy region. Curiosities include handmade bricks with imprints of fingers, cat and dog paws, and even... an earthworm. Visitors can participate in workshops of cheese-making, beer brewing and pottery, and spend a night in rooms stylized as peasant cabins of old. They also can rent bicycles, kayaks and rowing boats. In the vicinity, there is a park with old trees, a bonfire

To learn more about the Żuławy region, the monuments of its history, the local Mennonite community and the regional history, visit the Żuławy Historical Park in Nowy Dwór Gdański.



photo from the archive of the Nowy Dwór Gdański Town Office

Żuławy Commuter Rail in Nowy Dwór Gdański

site, a campsite and a berth.

A narrow-gauge (750 mm) railway in the Nowy Dwór County, based in Nowy Dwór Gdański. Timely connections, enjoying the interest of tourists, are carried out during the summer holidays (everyday) as well as in May, June and September (at weekends). Additionally, organizes special rides, e.g. to the "Summer with Radio" festival – summertime radio show in Stegna. The railroad also offers an opportunity to order a private ride at any chosen date. Currently, it serves three lines: Nowy Dwór Gdański – Stegna Gdańska (15 km), Sztutowo – Mikoszewo – Wisła river estuary (15 km), and Nowy Dwór Gdański – Tuja. A special attraction is travel on hot summer days in open carriages known as "letniaki" ("summertimers").



photo from the archive of the Nowy Dwór Gdański Town Office

St. Mary Magdalene's Church in Długa Goślina

A motorized Trail of Wooden Churches runs around the Zielonka Forest. Along its route, of interest is the beautiful 17th-century church in Długa Goślina (approx. 6 km from Murowana Goślina).

The origins of the local parish date back to 1325, and the original patron saint was St. Ottilia. The surviving church was built in 1623-1625. In early 18th century, the main body was supplemented by a tower crowned with a Baroque cupola. In 1918, the parish chose St. Mary Magdalene as its patron saint. The main altar features a 19th-century painting with her image, founded as a votive for the regaining of Poland independence. Every first Saturday in August, in church the "Musica Sacra, Musica Profana" Festival takes place. In recent years, among all the performers werer: Konstanty Andrzej Kulka. Edyta Geppert. AudioFeels. Waldemar Malicki. and Natalia Niemen.

photo from the archive of the Murowana Goślina Town and Commune Office

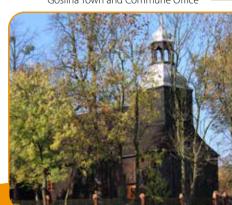




photo from the archive of the Murowana Goślina Town and Commune Office

Cycling trails near Murowana Goślina

More than a half of this commune's area is covered by forests, including the Zielonka Forest Landscape Park, Its most remote parts can be reached through a more than 500 km network of marked cycling trails. They lead, among others, to five natural reserves: Żywiec Dziewieciolistny, Mixed Forest in the Łopuchówko Forest Inspectorate, Lake Czarne, Lake Pławno, and Klasztorne Modrzewie near Dabrówka Kościelna. The forest is also crossed by more than 40 km section of the Wielkopolska Road of St. James (marked with a symbol of a white shell with a red cross inside), a part of the European network of pilgrimage routes to the grave of St. James in Santiago de Compostela in Spain.

Murowana Goślina is the laureate of the Grand Prix of the "Cyclist Friendly Commune" competition. Within the commune there are numerous events promoting cycling tourism and sport activities.



photo by Andrzej Drzazga 💿

Campsite in Pietrowice

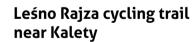
near Głubczyce

placed at the corners of the pedestal.

a cupola with several steps.

Town Hall in Głubczyce

The region of Głubczyce is famous for its picturesque landscapes and nature. A part of the area of the commune falls within the borders of the Mokre-Lewice Region Protected Landscape Area, including a part of Opawskie Mountains. There is a village of Pietrowice there (12 km from Głubczyce), with a high-standard campsite nearby (open between 1 April and 31 October). Its attraction is a beach on a water reservoir, with a diving tower and a skating rink (11 m tall, 25 m long). The site offers accommodation at a hotel building and in brick bungalows, at a campsite and in caravaning sites. Such facilities as a bowling alley, a playground, as well as volleyball and basketball courts are at the guests' disposal.



Kalety is located near extensive forest complexes, providing perfect conditions for active recreation. Under a partnership agreement, a picturesque Leśno Rajza cycling trail (marked in green and using the LR symbol) has been created in the area of the Kalety Commune and five adiacent communes. The main loop is approx. 90 km long (including access roads, the length of the route is 110 km). The route goes from Kalety to Miasteczko Ślaskie, near Tarnowskie Góry, the localities of Woźniki, Koszęcin, Świerklaniec and Tworóg. Of particular interest is a small loop around Lake Chechło-Nakło. In several places, the Leśno Rajza joins a system of four cycling trails around Miasteczko Śląskie. The route is among the showpieces of Kalety, known as the Forest Corner of Silesia.



photo by Tomasz Michalewski

photo from the archive of the UMWWM in Olsztyn



Wok's Tower in Prudnik

One of the oldest buildings of such type in Poland and the town's oldest relic, the only visible trace of a local castle burnt in 1806. The name comes from Wok of Rosenberg, who decided to erect the castle in 1255. Originally, the cylindrical keep was used as the ultimate line of defence of the fortress. Thick walls and the entrance located 12.5 m above the ground made the stronghold impregnable.

After renovation and construction of hoardings, the 41 m tall structure acts as a viewing point from where one can admire the panorama of the town and the Opawskie Mountains. Wok's Tower is also a part of the Polish-Czech tourist product "Borderland Towers". It can be visited between 1 May and 30 September. The tower is made available at the discretion of the Prudnik Region Museum.





The city park in Prudnik, photo from the archive of the Prudnik Town Office

Cycling trails near Prudnik

The town and its surrounding are perfect places for cycling tourism. They feature both family routes and trails for experienced cyclists. Apart from natural values, their attractiveness is increased by viewing towers and campsites. Thanks to cooperation with the Czech partners, the cycling trails connect localities on both sides of the border.

The route "Following Franciszek Surmiński and Stanisław Szozda – the legends of Polish cycling" passes such interesting places as the St. Joseph Sanctuary in Prudnik Las, the place of imprisonment of Primate Stefan Wyszyński.

The cycling infrastructure of the Opawskie Mountains enables organization of events for amateurs and professionals alike. The best known of them is the Stanisław Szozda Memorial Race, ranking every two years as a qualification round for the Championship of Poland in the Street Criterium.



photo from the archive of the Town Office in Kalety

Zielona Water Reservoir in Kaletv

The Mała Panew, flowing through the town, enabled creation of two ponds the origins of which go back to mid-14th century. The larger one has an area of 60 ha. while the smaller one, of 20 ha. Surrounded by forest areas, these bodies of water provide perfect conditions for functioning of tourist and leisure facilities. Guests can take advantage of sandy beaches and water equipment rental. At their disposal, there are bungalows, an inn, a campsite, volleyball courts, a tennis court, bonfire and barbecue sites, and bicycle rental. The ponds are inhabited by different species of fish as well as beavers, numerous bird species feed here. The exploration of the reservoir region is helped by the "Green Loop" educational and natural path (9 km).



the "Firley" Cement Plant established here in 1924. The only official monument of history in the city is the Kiwerski Mansion, currently the seat of the "Dworek" ("Mansion") Municipal Culture Centre. Built in the Classicist spirit with some elements of Romanticism, it came into being between 1890 and 1900. The one-storey structure is built on a rectangular plan. The body is adorned by a porch, shallow avant-corps at the front and on the side of the garden, as well as a storeyed corner annex adjacent to the shorter side. Around the mansion, there is a park (3,4 ha) with more than a thousand trees.



photo by Paweł Soja

Tourist trails near Rejowiec Fabryczny

combine physical activity with exploration of the region's cultural heritage. Their routes partially overlap. The Mikołaj Rej Cycling Trail leads from Rejowiec Fabryczny to Krasnystaw. It links places connected with the famous writer. The Arian Hiking Trail (64 km), having reached Krasnystaw, goes further to Skierbieszów, leading through places connected with the life and activity of Paweł Orzechowski (1550-1612) of the Arian (Polish Brethren) faith.

The most interesting features of both trails are: the Arian Tower in Krynica (possibly Orzechowski's tomb), ruins of a castle and a mansion in Krupe, historic buildings and



the Regional Museum in Krasnystaw.

Mother of God Oueen of Poland Church in Iwiecino near Sianów

In Sianów, which obtained city rights in 1343, a medieval urban layout and several old buildings have been preserved (e.g. a church from the 16th and 18th centuries and the town hall from 1879).

One of the most interesting monuments near the city is the Gothic church in Iwiecino. A single-nave temple with a three-sided presbytery and a massive tower was built in the 14th century from stone and red brick. The roof of the body and the pointed roof of the tower were covered with shingles. The cockerel at the top of the tower is a symbol of wake-up and conversion, heralding the attraction inside: the painting of the Last Judgment on the entire surface of the ceiling (1698). The equipment is dominated by Baroque protestant elements from the 17th century: a three-story altar, a pulpit, a baptismal font, a benchconfessional. Medieval monuments (crucifix, sacramentarium) have also been preserved.

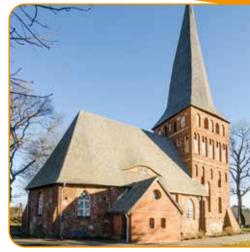


photo by Waldemar Kosowski

Arboretum in Karnieszewice near Sianów

The arboretum was established in 1881 on the occasion of the congress of the Pomeranian Forest Society. Currently, it operates as a botanical garden, and its educational offer is addressed to children and young people as well as students of environmental protection and biology from Central Pomerania. Fans of relaxation can find it with close contact to the nature. To do so, there is an educational shelter, a bonfire place and numerous places to rest.

The arboretum was created during attempts to introduce species of foreign origin to the forestry, especially Douglas fir from North America. Besides that, many other species were planted in the arboretum, including: Canadian hemlock, giant arborvitae, Sawara cypress, Lawson cypress, Caucasian fir, pin oak, northem red oak.



photo by Waldemar Kosowski

St. Stanislaus Bishop and Martvr Church in Rzgów

Rzgów boasts of having city rights since 1467. Behind its most valuable historic building is the late Renaissance church from 1630, one of the oldest in the region. The one-nave temple was founded by the Krakow chapter house to which the city belonged. The tops of the body of the building were decorated with attics, and the octagonal tower was crowned with a helmet. Inside there have been preserved a rich stucco decoration of the ceilings from the construction period, together with equipment such as: a baroque main altar, a pulpit and stalls from the 18th century, five side altars from the turn of the 17th and 18th centuries or organs from the end of the 19th century. A valuable painting of Mother of God and Child from the 17th century has been discovered here during conservation work.

Near the church, a century-old metal bridge on the Ner River attracts attention. Nowadays with its colorful illumination at night, is a place of romantic meetings.



photo from the archive of the Rejowiec Fabryczny Town Office



photo from the archive of the Town Office in Rzgów

photo by M. Dołasiński



photo by A. Jabłońska

Adam Mickiewicz Park in Rzgów

In the very center of Rzgów, in the place of the former market square (500th Anniversary Square), there is a charming park nowadays, encouraging to rest on the fresh air.

The history of this place, and the same of whole city, is at least several hundred years old. Among the park's attractions there are: a historic well, the throne of Kazimierz Jagiellończyk, on which everyone can feel like a king, illuminated fountains built into pedestrian routes. A playground in the form of a wooden castle awaits children. The central avenue incorporates dates - the most important for the history of Poland and the city.

Physical activity in Rzgów is also encouraged by: a sports hall, playgrounds, pitches and courts, city stadium, open-air gyms, arbours and a skate park by the Ner River.

Museum of the Mazovian Countryside in Sierpc

The largest tourist attraction of the city, which attracts approx. 100 thousand tourists a year. The open-air museum is picturesquely located area of over 50 ha near the Sierpienica river. A typical row village with 11 peasant homesteads from northwestern Mazovia was recreated on its territory. There are also: a farm from Rębów with a windmill, a tavern with an inn from Sochocin, a blacksmith's forge and cottage, a manor complex with a landscape park, a manor from Uniszki Zawadzkie with a similar park, and a church from the 18th century with a belfry.

Next to the buildings, there are vegetable and flower gardens, orchards, plant cultivation and livestock farming. The museum hosts numerous outdoor events (e.g. harvesting events such as "Żniwa w skansenie" or "Wykopki w skansenie"). Many films were shot in its area, including "With Fire and Sword", "Pan Tadeusz", the series "Stulecie winnych".

Sierpc's "Jeziórka"

The reservoir and the area around it have been providing conditions for active rest and recreation for the city's residents and tourists. The pond is often used by anglers, organizing numerous competitions. At the turn of the 1960s and 1970s, a wooden house for swans appeared in its center, which has since become an inseparable symbol of "Jeziórka". Further works are being carried out around the reservoir to make the area more attractive. The benches has been replaced, trees and other plants has been planted, elements of small architecture has been installed (table tennis table, table soccer, chess tables and deckchairs). Furthermore, a small outdoor gym and two showcases for purpose of borrowing books are available.

Cittaslow Festival and Cittaslow Week

Good quality of life in a small town - this is the main idea behind the Cittaslow movement. An important element of such a life is celebration, recreation and leisure. In addition to celebrating city days and other local festivities, members of the movement celebrate two joint holidays. Every year in May or June in a selected city belonging to the network of Cittaslow Festival guests, all Polish cities under the sign of the snail present their values. At the end of September, each of them hosts recreational and cultural events as part of the Cittaslow Week.

The highlight of the Cittaslow Festival program is the annual fair, on which there are distributed promotional materials of the history and tourist attractions of each cities together with offered handicrafts, folk art products and regional food. The fair is accompanied by competitions, tastings and culinary shows together with various artistic activities. Football matches between the Cittaslow representation and local athletes or local government officials have also become a tradition. The culmination of the event is usually a concert with the participation of a star. During the festival, city representatives discuss matters important and relevant to the Cittaslow movement.



photo from the archive of the UMWWM in Olsztyn

Supporting members and Cittaslow Friend

Local government of the Warmian-Masurian Voivodeship has been a supporting member of the Cittaslow movement since 2007. As part of cooperation with it, the towns implement the "Supralocal revitalization program for the network of Cittaslow cities in the Warmian-Masurian Voivodeship".

In 2019, the Olsztyn County joined the group of supporting members (see p. 15).

The first "Cittaslow Friend" in Poland is the Grupa Meblowa Szynaka, operating in the towns of Cittaslow - Lubawa, Lidzbark and Nowe Miasto Lubawskie.

Calendar of major events in the Cittaslow towns

JANUARY

- New Year's concerts in Głubczyce
- The Three Kings Procession in Biskupiec
- Direction Goldap

FEBRUARY

- Winter Foray to the Castle in Nidzica
- Wreck races Parszywa Wrak Race near Rzgów (also: April, June, August, November)

APRIL

- Easter fair in Nowe Miasto Lubawskie
- Exhibition of Rzgów Chronicles

MAY

Olsztynek May Picnic

MAY/JUNE

- International Choir Festival in honor of Fr.
 Edmund Szymański in Murowana Goślina
- Cittaslow Festival
- International Choir Music Festival in honor of Feliks Nowowiejski in Barczewo

JUNE

- International Days of the Bartoszyce Region
- Jazzteaval in Dobre Miasto (jazz-related concerts)
- Days of Górowo Iławeckie
- Provincial Review of Music Ensembles and Vocal Groups in Jeziorany
- Festival of Farmer's and Traditional Cheese in Lidzbark Warmiński
- Nowe Miasto Lubawskie Days
- Orneta Days
- Family Picnic on the Grass in Pasym
- Exhibition of Folk Artists and Artistic Craft of the Polish-Czech Borderland in Prudnik
- Indergartner's Spartakiad in Rejowiec Fabryczny
- Midsummer Night in Sępopol
- Wydminy Days
- Nowy Dwór Gdański Days
- Braniewo Run of Little Tough Guy

- Health Festival in Goldap
- Milko Mazury MTB Stage 7 Lidzbark Welski -Weltrack Challenge

JUNE/JULY

Braniewo Days

JULY

- Barczewo Days
- Bisztynek Days
- Ekołomyja Festival of Ukrainian Culture in Górowo Iławeckie
- Lidzbark Davs
- St. Jacob's Fair in Murowana Goślina
- July Feast in Rejowiec Fabryczny
- Honey harvest in the Museum of the Mazovian Countryside in Sierpc
- Nidzica Days
- Reszel Days

JULY/AUGUST

- Pasym Concerts of Organ and Chamber Music
- Reszel Concerts of Organ and Chamber Music
- Lidzbark Jazz Evenings (Lidzbark Warmiński)

AUGUST

- Warmian Dumplings Feast in Biesowo near Biskupiec
- Birthday Działdowo Ten (street run) in Działdowo
- · Arts and Crafts Fair in Dobre Miasto
- Kartaczewo Borderland Festival in Gołdap (culinary festival)
- Lidzbark Evenings of Humor and Satire in Lidzbark Warmiński
- Lubawa Days
- Lubawa Ten (running event)
- Regional Herbs Festival in Olsztynek
- "WOW Culture" Festival in Orneta
- Orneta Heritage Days
- Masuria Festival of Medieval Culture in Ryn
- Larding and Cucumbering in Ryn (culinary festival)
- Folk Film Festival in Sianów

- Historical spectacle "W" Hour in Sianów (reconstruction of the Warsaw Uprising fights)
- Wydminy Folk Culture Fair
- Castellan Festival of Tastes in Sierpc
- Summer Chamber Concert in Jeziorany
- Nidzica Craft Fair
- FRROR Rock Festival in Barczewo

SEPTEMBER

- Cittaslow Week in all cities belonging to the network
- Sports and Recreation Family Picnic from the "Settler Days" cycle in Bartoszyce
- Commune harvest festival in Bisztynek
- · Commune harvest festival in Sepopol
- Equestrian harvest festival procession in the commune of Rzgów
- Memorial in honor of Stanisław Szozda (cycling race) near Prudnik
- Regional Apple Festival in Lubawa
- Commune Harvest Festival every year in a different village of Nowy Dwór Gdański commune

OCTOBER-NOVEMBER

· Culture Days in Głubczyce

DECEMBER

- National Youth Song Festival Hoffer Superhit Festival in Działdowo
- Warmian Cittaslow Christmas Fair in Biskupiec
- Christmas City Eve in Reszel

