



THE BEST OF THE NOWY SĄCZ LAND

THE GREATEST TOURIST ATTRACTIONS OF THE NOWY SĄCZ LAND

s & deckie



Publisher:

Starostwo Powiatowe w Nowym Sączu



© Copyright by Starostwo Powiatowe w Nowym Sączu, 2016

ul. Jagiellońska 33, 33-300 Nowy Sącz

tel. +48 18 41 41 600, fax +48 18 41 41 700

e-mail: powiat@nowosadecki.pl

www.nowosadecki.pl

All rights reserved

ISBN 978-83-62735-29-7



POLAND • MAŁOPOLSKA REGION
THE NOWY SĄCZ LAND 'SĄDECKIE'



YOU ARE INVITED!

There is no greater pleasure for a tourist than to discover and explore new places, find delight in nature and feel a delicate breath of warm wind. Once we find such places we cherish them in our memories for the rest of our lives. The Nowy Sącz land creates unforgettable pictures in our minds.

The Nowy Sącz land is for everyone: those who prefer just revel in nature, the whole families with children, the elderly, the sportsmen – even those who are keen on extreme sports. Everyone will find something just for themselves. Each and every visitor will discover a place of their own that is bound not only to astonish but also to invite them back for the rest of life.

Our region is worth visiting!

s  deckie



CABLE CAR LIFT

The cable car lift in Krynica-Zdrój is an element of the Jaworzyna Krynicka ski station. The cable car climbs the slope of the Jaworzyna Krynicka Mountain up to a height of 1,114 m above sea level. The journey to the summit takes several minutes. In winter, skiers (and in summer – cyclists) can carry their sports equipment in the cable cars. The lower station of the lift is located in the Czarny Potok valley in Krynica-Zdrój. The view from the top of Jaworzyna Krynicka is extensive and considered the best one in the region. It is a perfect place for observing the entire Beskid Sądecki mountain range, part of the Beskid Niski, the Tatra Mountains, and in good weather conditions – even the Bieszczady Mountains. At the top, there are several restaurants and a tavern, which offers not only regional cuisine, but also accommodation in nice rooms. Slightly below the top of the mountain, there is a mountain shelter and a museum of mountain tourism. In summer, it is perfect for going on an educational walking tour. While stopping at each of the 13 tour stops, you can learn a lot about Polish nature or the legends of the Devil's Stone. Bike enthusiasts will also find something for themselves. There are two cycle routes here, both 5 km long. At the lower station of the cable car lift, there is a comfortable 3-star hotel with a spa.

www.jaworzynakrynicka.pl



The Jaworzyna Krynicka ski station has a modern cable car lift going to the top of the Jaworzyna Krynicka Mountain, as well as seven T-bar lifts, two 4-person chairlifts and a training lift for children. The total capacity is approx. 13,200 people per hour. The station has more than 8 km of ski runs, including the longest illuminated one in Poland – ski route No. 1 with a length of 2.6 km. It is divided into two parts – the upper one, Route No. 3, perfect for beginners, and the lower one – classified as a typical giant ski run. Route No. 5, with a length of 1 km and an average slope of 34%, has been homologated by FIS (black run). Advanced skiers will find a lot of space for winter fun here. Routes No. 2 and 2a are favourites for both skiers and snowboarders. They are classified as family-slopes and marked red. All routes are equipped with snow cannons and are taken constant care of. Snow remains here for approx. 150 days a year, and the season lasts from November to April. The constant care of GOPR (Mountain Volunteer Search and Rescue) guarantees safety on the slopes. The station offers a rental and service point, shops with sports equipment, a restaurant and a bar. By the lifts, there is a bus terminal and a car park for approx. 800 cars.



The Dwie Doliny Muszyna – Wierchomla ski station is one of the largest family ski stations in Poland. It is located on the slopes of Pusta Wielka (1062 m). Thanks to the special microclimate, snow remains here from November to March. The ski slope connects two villages (Wierchomla and Szczawnik near Muszyna) with a lift system, thanks to which you can ski down both sides of the mountain. The Dwie Doliny ski station is 11 km of downhill slopes of varying difficulty, 6 km of which is illuminated and allows you to ski even after dark, there are 2 chairlifts and 7 T-bar lifts. You can ride on all the lifts using a single ski pass. The resort has car parks, a ski school, rental, ski storage and dining facilities. The complex includes a three-star hotel with a swimming pool and wooden cottages located right by the slope. In the summer, tourists can use the Wierchomla I lift, rental of mountain and electric bikes (KTM), a rope course, tennis court, multi-functional court, playground and paintball field. There are also maps for orienteering available at the ticket offices and reception.

www.wierchomla.com.pl

SKI STATIONS



The Ryterski Raj ski resort is located at the foot of the Jastrzębska Góra Mountain in Rytro. The station has three ski lifts with different levels of difficulty. Every family member will find something for themselves, regardless of their skills. The illuminated slope which is equipped with snow cannons provides excellent conditions for skiing, even until late in the evening. The station offers rental and a professional service point with a ski school that teaches skiing and snowboarding skills. The training includes: teaching young children through play ('Rogasiowe Przedszkole' playgroup), courses for teenagers and adults at every level. The school employs qualified and experienced instructors. They run ski classes according to the guidelines for safe teaching issued by the Association of Ski Instructors and Coaches.

www.ryterskiraj.pl



The Tylicz Ski station is located in Tylicz near Krynica-Zdrój, on the slopes of Bradowiec, 770 metres above sea-level. It is a perfect place to learn how to ski and snowboard. Near the car parks, there is the 'Gościniec' tavern, where you can warm yourself up and enjoy a delicious meal. The resort has a new chairlift with a length of 750 m, two T-bar lifts and a safe Baby Ski lift for the youngest skiers. The modern and varied ski runs will satisfy both advanced and novice snow frenzy lovers. The ski station includes 7 runs with a total length of 5 km, and the landscape features allow 11 different routes for skiing from the top of the Bradowiec Mountain. A specially dedicated slope guarantees safety for the youngest skiing learners.

www.tylicz-ski.pl

The sledge track in Krynica-Zdrój is located on Dąbrowskiego Street, behind Hala Lodowa, on a slope of the Iwonka Mountain. The track is approx. one kilometre long and the difference in levels between the upper and lower stations is 55 metres. Sledges go down the track with a length of 800 m. The slide takes approx. 1.5-2 min. The sledge track is open all year round and illuminated - you can book night slides.

www.sankostrada.pl

SLEDGE TRACK





PARADISE SLIDES

Paradise Slides on the Góra Parkowa Mountain in Krynica-Zdrój are open from spring to late autumn. They offer tube slides (difference in height of 12 m) from an easy wave, through a spiral, to the only "Kamikaze" slide in Poland. They are great fun for everybody, regardless of their age. When it rains, the slides are closed. The upper clearing has a great attraction in the form of a dinghy slide where you can slide down a specially prepared route in a dinghy, and then go back up on a conveyor belt (Sun Kid). You can go up the Góra Parkowa Mountain (741 m) by funicular.

www.pkl.pl



ROPE PARKS

The rope park in Rytró includes installations of 34 obstacles with a length of more than 800 m and 14 obstacles for kids with a length of more than 150 m. The trails in the air have a total of almost one kilometre. The park includes the following trails: training trail – 4 stations for learning safety measures, green trail – Standard (approx. 250 m) a universal trail designed for children and adults, consisting of 15 obstacles, red trail – Extreme (approx. 300 m) located at a significant height, consisting of 15 obstacles with a high degree of difficulty, PowerFAN – vertical jump from a height of 13 m, BigSWING (Infernal Pendulum), PAJĘCZAK slide (in total: more than 250 m long) and MALUCH trail – consisting of 14 obstacles, designed for children above three years of age.

www.ablandia.pl





Krynica rope park is located at the foot of the Jaworzyna Krynicka Mountain. It consists of 107 obstacles situated on different trails: a low one for children above 3 years of age and adults with a fear of heights (obstacles 1.5-2 m above the ground), a medium one for beginners (obstacles at a height of approx. 4 m), a high one with a higher degree of difficulty (obstacles at a height of 10-11 m), and a slide trail consisting mainly of Tyrolean zip-lines (the longest of which is 120 m). The total length of the slides is more than 260 m. The main attraction is Big Swing – a jump in the trajectory of a pendulum. It also has a climbing wall with 3 climbs and facilities for children, including a mini playground and trampoline.

www.parklinowykrynica.pl



POPRAD RAFTING

The rafting marina in the Poprad River Valley is located in Piwniczna-Zdrój on Gąsiorowskiego Street, below the suspension bridge at the Poprad River. You can get there by driving towards the border crossing in Mnišek. The end marina is situated in Rytro at the foot of the castle hill. The safe boats have a very shallow hull (9 cm), which allows rafting even at low water levels in the river. These unsinkable boats are handled by rafters who steer them using wooden poles. The journey takes approx. 1.5-2 hours, depending on the water level, strength and direction of wind. The boat capacity is 12-14 people. After about 10 km of rafting, the boats reach the marina in Rytro, located next to the campsite near the ruins of the castle. The organisers have also prepared a shorter version of the cruise which, at the request of customers, may end in the middle of the course, in the village of Młodów. While rafting you can enjoy the beautiful scenery of the Beskidy Mountains, and on a boat swung by the waves of a swift river, you can experience something that used to be reserved only for rafters, who floated wood this way, or traders who brought goods from Hungary on rafts.

www.centrum.nsnet.pl



The Poprad River tempts lovers of **rafting or canoeing**. The courses can be set on any section of the river between Stara Lubovnia in Slovakia and the mouth of the Poprad to the Dunajec Rivers near Nowy Sącz. The maximum time of the journey is 3 days (two nights). The most popular section is from Muszyna to Żegiestów, which takes 1.5-4 hours to do, depending on the water level and the number of stops.

Steering a dinghy is not difficult, it just requires a well-coordinated crew and minimum fitness to paddle. Rafting here is a safe attraction due to the small average depth of the Poprad River and low level of technical difficulty along the course.

A canoe gives you more freedom than a dinghy and allows you to enjoy the journey alone or with a partner. After Stara Lubovnia, the Poprad River is fully accessible for canoeists. It has some long flat areas, ensuring calm waters of the river, interchanged with dynamic falls providing travellers with some adrenaline.

www.czystafrajda.pl

www.splywpopradem.pl

The Whitewater Canoeing Course in Wietrznice near Łącko is a facility on the Dunajec River, which meets conditions for the organisation of European or world championship events. The course is designed for competitive sport. You can rent it by the hour. It is possible to organise white-water rafting competitions and training camps, field schools, as well as team building events for companies. The slalom course has a length of 350 m, and the difference of levels is 3 m. The facility contains water obstacles of canoeing courses with varying difficulty. It is a perfect course attractively located in Poland for training the youngest learners of canoeing.

Every year, Wietrznice attracts amateurs of wild water – many of them begin their adventure with this form of canoeing here. For the advanced, there is an offer of extreme entertainment – aquacanyoning. Participants, equipped with life jackets, helmets and neoprene suits, struggle with the force of a mountain river. It is also part of the training of paramedics of GOPR, TOPR (Mountain/Tatra Volunteer Search and Rescue) and special units of the Border Guard.

www.wietrznice.pl

WHITEWATER CANOEING COURSE





THE ROŻNOWSKIE LAKE

The Rożnowskie Lake is an artificial reservoir formed by damming of the Dunajec River. Its area is 1,600 ha. The highly developed shoreline and steep, largely wooded shores make it a picturesque place with a diverse landscape. The lake contains the Grodzisko Island (called "monkey island"), which is an area of special protection and a waterfowl reserve. There are approx. 165 species of birds in the area of the lake. By the water, there are several holiday resorts: Tęgoborze, Znamirówice, Zbyszyce, Bartkowa, Gródek nad Dunajcem, Tabaszowa and Rożnów. Gródek nad Dunajcem has a sandy beach with convenient designated places to swim. In Znamirówice, there is a marina which is looked after by the PTTK Beskid Yacht Club . They organise training courses for sailors. The marina has the infrastructure for launching and retrieving boats, as well as yacht houses.

www.znamirówice.pl

Zapoprządzie Pools in Muszyna are great fun for children and adults. The area includes: a leisure pool (depth of 135 cm), with separated swim lanes 25 m long and four hot tubs filled with therapeutic water, paddling pools with a small slide in the shape of an elephant and a fountain in the shape of a rhino. Water in the pools is heated to a temperature of about 28°C, and water in the hot tub has a temperature of 33°C. Additional attractions include: a family slide with two wide tracks, a water mushroom, cascades, wall hydromassages, an artificial wave grotto and a ball producing an artificial wave, as well as a bottom geyser and a climbing net in the paddling pool for children.

www.muszyna.pl

SWIMMING POOLS



'Stawy' Water Park in Stary Sącz is a bathing beach and a basin for small boats, kayaks and pedal boats, established on old excavation ponds. The facility has modern launching ramps. It also has a beach, playground for kids, beach court, cloakroom and water equipment rental. There is also a car park for 40 cars and a connection with cycle routes. The facility is open from 10 am to 8 pm.

www.wstarymsaczu.pl

The swimming facility in Tylicz in the 'Domki w Lesie' settlement is a great place for a family vacation. The main attractions are: a heated and illuminated swimming pool with dimensions of 20x10 m, beach volleyball and badminton courts, a large wooden playground for kids with a mini-pool and a grill bar. Next to the bathing beach, there is a large car park (also for coaches). The complex also offers the rental of mountain bikes and Nordic walking poles, an off-road track, a paintball field, and in winter – a cross-country skiing trail, floorball court, and a pipe for going downhill on a tire, equipment rental, and a ski school.

www.domkiwlesie.pl



The swimming facility in Piwniczna-Zdrój is located in the Radwanów housing estate, almost on the Poprad River bank. An indoor swimming pool with dimensions of 18x6 m has a depth of 1-1.8 m, and is divided into three swim lanes. Outside, there are large and small children's pools, 2 slides, and some dining options. You can also use the sauna and rent a deckchair. In winter, there is a skating rink at the facility. The swimming pool is open every day from June to September, from 10 am to 8 pm.

www.mgok.piwniczna.pl



GARDENS

While in Muszyna, you should visit **Sensory Gardens** located near the 'Korona' Sanatorium. The gardens stimulate all the human senses. They have been divided into zones connected with taste, touch, smell, hearing, sight and sound. They have walking and bike paths, and a stream with cascades, gazebos and exercise equipment, observation platforms, a tower with a view of Muszyna, and a lovers' zone. Newly-weds of a given year and married couples celebrating anniversaries can plant their love trees. Each plant has a padlock engraved with the date and names of the spouses.

www.muszyna.pl





Magic Garden with recreational ponds in Muszyna is located on Zdrojowa Avenue, behind the 'Antoni' pump room. The garden resembles Greek or Romanesque gardens with statues and steles. An area of more than 27 thousand m² contains 10 sandstone statues representing muses, Greek gods, and the seasons. Among the alleys, you can find the following statues: Adonis, Dionysus, Hebe, Thalia, Antiope and Canephora. The place is especially worth visiting in the evening. Colourful illuminations, bottom geysers in the ponds and the music of crickets create a unique atmosphere. The garden can be visited at any time of day or night.

www.muszyna.pl



Biblical Gardens in Muszyna occupies an area of about one hectare and is located by St. Joseph's Church. It is the fourth and largest garden of this kind in Poland. It includes: a miniature temple of Solomon, a fragment of the Wailing Wall, the grave and statue of the Risen Jesus, and many other exhibits, sculptures and plants to encourage visitors to learn about the Old and New Testaments. The surface of the gardens is divided into five parts: History of Salvation, Biblical Landscapes, Lord's Vineyard and Prophets Teachings, Children's Biblical Garden, and Garden for Lovers. You can also find plants known from the Gospel, and from the Holy Land, including palm trees, olive trees, papyrus, grapevine, mulberries and figs. The gardens are open to visitors for free.

www.muszynskieogrodybiblijne.pl





MOFETTES

There are 160 natural monuments registered in the Landscape Park. You can find here some interesting mofettes, i.e. carbon dioxide volcanic discharge. **The Prof. Henryk Świdziński Mofette in Złockie near Muszyna**, a monument of inanimate nature, is the biggest and most spectacular one in Poland. It is situated at the bottom of a marshy channel of the Złocki Stream. The outflow of CO_2 partially takes place under water and therefore, it is perfectly visible. Bubbles of CO_2 , of different sizes and with variable frequency, constantly escape in a few points, in the area of approx. 25 m^2 . The surrounding of the mofette influences its particularly attractive setting – bubbling rusty yellow mud with colours contrasting with the intense low green plants. Walking routes have been built which allow visitors to accurately observe this phenomenon.

The biggest mofette in the Carpathians was discovered in the area of the 'Domki w Lesie' tourist village **in Tylicz**. It consists of eleven interconnected circles. The circles – each with a diameter of approx. one metre and a depth of about one metre – have a very large number of "bubbles" and "wheezes" – around 50. An interesting fact is that the taste of mineral water from every circle is different.



TOURIST TRAILS

Almost 1,000 km of marked hiking trails have been prepared in the Nowy Sącz land. Mountain hiking is easier thanks to good accommodation provided by PTTK shelters in Hala Łabowska, Wierchomla, Jaworzyna Krynicka and Przehyba Mountains. Here are some popular tourist routes in the form of one-day mountain hikes.

Start in Łabowa on the way out to the Hala Łabowska Mountain. Then, go up the red trail to the Wierch Nad Kamieniem Mountain (1,083 m) with a beautiful panorama of the Beskid Sądecki range. Next, go down the yellow or blue trail to Łomnica or Piwniczna. Or continue to go down the red trail from Wierch Nad Kamieniem through Hala Pisana (1,043 m) and Cyrła (844 m) to Rytro. From Hala Łabowska, it is possible to go down the red trail through the Runek Mountain (1,079 m) to the Jaworzyna Krynicka Mountain (1,114 m) which has a panorama of the Tatra Mountains on a clear day.

We also recommend hikes in the opposite direction: on the red trail from Rytro to Cyrła. Along the way, you can see the picturesquely situated Rytro Castle, and eat a delicious dinner in the mountain hut in Cyrła. The local delicacies are blueberry dumplings and wild mushroom soup.



The highest peak of the Beskid Sądecki range – the Radziejowa Mountain (1,262 m) can be reached by the red trail from Kosarzyska, through Sucha Dolina towards Przełęcz Gromadzka (Obidza 930 m). From there, you can go along the blue trail to Wielki Rogacz (1,182 m), Przełęcz Żłobki, and then, along the red trail to Radziejowa. At the top of the mountain, you should go up the observation tower from which, in good weather conditions, you can see the Pieniny Mountains, or even the Tatra Mountains. From the top, go down the red trail to Przehyba (1,175 m), and along the blue trail leading to Rytro and a paved road to Gaboń.

Another hiking tour starts in Szczawnik and goes through the valley to 'Bacówka nad Wierchomlą'. Then, a scenic blue trail on mountain pastures leads to Jaworzynka (1,001 m). Following the blue trail you reach Pusta Wielka (1,060 m), from which you can go along the yellow trail and get back to Szczawnik.

If you need a relaxing hike, go for a walk from the Krynica promenade to the Góra Parkowa Mountain. Set off on the route next to the lower station of the ski lift. After an easy climb, you are at the top. A popular place is Polana Michasiowa with the 'Bocianówka' spring, and slightly lower, there is a famous statue of Our Lady. There is an identical one in St Mary's Square in Lvov.

The uniqueness of Nowy Sącz's nature was appreciated more than a hundred years ago, because in 1906, the owner of local forests, Count Adam Stadnicki, began conservation efforts in the area of Barnowiec. In 1924, the first strict nature reserve in the Beskid Sądecki range was founded there. It is a woodland preserving the beech trees of the Carpathian forest on a rocky slope. The reserve had then 70 ha. In this way, the old specimens of trees survived. Their age is estimated to be 100-200 years, and some of them – even 300 years. The reserve is dominated by Carpathian beech, and firs, maples and elms. The height of some of the firs reaches 30 m, and the diameter of the trunk – 50 cm. **The Barnowiec reserve** is one of 14 nature reserves in the Beskid Sądecki range. 12 of them include wooded areas. Some of them, like the **Obrożyska Linden Forest**, which is unique in this part of the Carpathian Mountains, are easily accessible and perfect for visiting.

The uniqueness of the nature in the Nowy Sącz land is also emphasised by 181 natural monuments scattered throughout the region, including a variety of inanimate and animate natural monuments.

NATURE RESERVES





ECOLOGICAL PARK

The Ecological Park in Rytro was established in 1996 by the local government and the Greenworks Association. It has some protection stands and paths for visitors. Numerous species of reptiles and amphibians live here: grass snake, smooth snake, slow worm, sand lizard, common toad, European green toad, yellow-bellied toad, common frog, European tree frog, Carpathian newt, Northern crested newt, smooth newt, Alpine newt, and fire salamander. All these animals are subject to legal protection, and in many countries, they have become extinct. In the Ecological Park, there are more than 10 species of orchids, including the very rare orchid helleborine. There are three nature stands along the educational path for visitors. They allow you to understand plant and animal species better.

www.rytro.pl





OBSERVATION TOWERS

The stunning panorama of the mountains can also be seen from the observation towers on **Eliaszkówka** (1,023 m) which can be reached via the Piwniczna-Zdrój – Eliaszkówka tourist trail. You will also find some attractive views from the towers on **Radziejowa** (1,262 m), the highest peak of the Beskid Sądecki range, and on the **Jaworze** peak (880 m) in the Beskid Niski range. Another equally attractive observation tower is located in the Sensory Gardens in **Muszyna**. The brick tower has a height of approx. 11 metres. Its peak is perfect for enjoying a beautiful panorama of the spa.





There is a very attractive observation tower in **Wola Krogulecka** near Stary Sącz. It offers an extraordinary view of the Poprad River Valley, the Radziejowa range and the entire the Nowy Sącz Basin, as well as Beskid Wyspowy range, and even the Gorce Mountains. In order to get to the “snail” platform in Barcice you need to turn to the bridge over the Poprad River and head towards Wola Krogulecka village. By the road, there are signs indicating the distance to the viewpoint. Next to the “snail”, there is also a bar and a car park for a couple of cars. The observation platform is accessible for people in wheelchairs.



The Galician Town is Stary Sącz, Lanckorona and Lipnica Murowana in one place – or a town from 19th-century Galicia in a nutshell. The attractions include: the town hall of Stary Sącz, a manor house from Łososina Górna, a fire station and residential buildings with arranged workshops: of a watchmaker and a potter. The reconstructed buildings house exhibition halls, a hotel, a conference centre and shops. There is also a regional tavern and, nearby, there is a reconstructed complex of three homesteads of German colonists from Gołkowice from the end of the 18th and the beginning of the 19th century. It is complemented by a rebuilt and equipped evangelical church from Stadła.

www.muzeum.sacz.pl

GALICIAN TOWN





OPEN-AIR ETHNOGRAPHIC MUSEUM

The Nowy Sącz Ethnographic Park has an area of 20 ha with 68 items and more than 7 thousand exhibits presenting the folk culture of the Lachy, Pogórzanie, Górale Łąccy, Łemkowie and Carpathian Gypsies. The most interesting ones include: a Lach homestead in Gostwica, a Pogórze peasant cottage in Niecew, a peasant cottage of a herbalist from Lipnica Wielka, a manor house from Rdzawa, a barn from Zarzecze, a homestead from Obidza and Królowa Górna, a cottage without a chimney from Łabowa, a smithy from Czaczów, St. Martyr Demetrius Orthodox Church from Czarne, a wooden Sts. Peter and Paul Church from the 18th century from Łososina Dolna, and a church from Świniarsko.

www.muzeum.sacz.pl



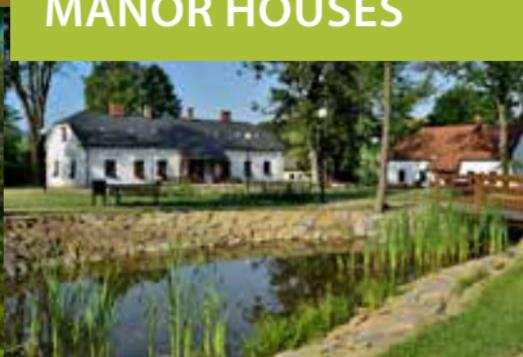
ANCIENT TALE STRONGHOLD

The Ancient Tale Stronghold ('Stara Baśń') in Grybów is built in the style of a medieval fortified town which allows you to soak up the atmosphere of the time. According to legend, the settlement was founded by Bolek the Enraged, where the armies of Batu Khan (grandson of Genghis Khan) were defeated in 1287 during the Mongol expansion in Europe. You can stroll around the galleries on a real high wall connecting two towers in the fortification system. The traditional interiors are made of stone, brick and wood. The atmosphere of the Ancient Tale is additionally emphasised by the art gallery, the museum part, and elements of interior design, ancient instruments and exhibits. Visitors will find: an over-ten-metre replica of the defensive wall with a drawbridge, watchtowers, knight's courtyard, and the Old Forge which is the heart of the complex. The settlement of Bolek the Enraged organises historical and educational trips for school children and teenagers, and medieval games with archery and javelin activities. You will have an unforgettable experience while treasure hunting at the castle. You can also see an interesting staging of the "defence of Bolek's settlement against the Mongol hordes", as well as demonstrations of medieval crafts, bread baking and meat smoking.

www.zamekstarabasn.pl

The Nowy Sącz land has some manor houses and palaces as well - today, most of them are not open for visitors, but they have been restored and are beautifully situated. In a historical park in **Marcinkowice**, there is an 18th-century manor house which currently houses a museum with collections of the last owners of the property – the Morawski family, and of the First World War. In **Tęgorz**, there is a 19th-century brick palace built by the Stadnicki family. The palace is a private property and is not open to the public, but it is worth seeing from the outside. In **Nawojowa**, you can find an interesting brick Stadnicki palace and a large park with many trees identified as natural monuments. The palace has been returned to the Stadnicki family and, currently, it is not open for visitors. The manor house in **Brzezna** from the 19th century is an example of a landed estate with a highly developed infrastructure and is economically self-sufficient. You should also see the manor house in **Korzenna** from the 2nd half of the 19th century located in an old park complex. While in **Muszyna**, you should visit the manor house on Kita street from the late 18th and early 19th centuries. It served as the seat of the Muszyna governors, and is currently a cultural centre. **Rożnów** also has the remains of the Rożnów family's castle from the 16th century. Its construction was started by Grand Crown Hetman, Jan Tarnowski – great-grandson of Zawisza Czarny, a beluarda (a type of tower/bastion) from the 17th-18th century, and a manor house from the 19th century.

MANOR HOUSES





CASTLES

Castles attract visitors interested in history, and there are some amazing stories and legends connected with the region hidden in them. On a hill by the Poprad River in **Rytro**, there are the ruins of a castle erected in the 13th century. Currently, it is undergoing professional restoration works. Jan Długosz in his writings mentions a treasure hidden in Rytro. Apparently, the Poor Clare Sisters from Stary Sącz showed him the testament of Piotr Wydźga with information about hidden gold which he had found in the mountains nearby. He buried and hid some of it, while killing the witnesses, then he put the rest into barrels and took them with him on his expedition to see the Teutonic Knights in 1255, where he died. Many have looked for these treasures, but nobody has ever found them.



You should also see the ruins of **the Royal Castle in Nowy Sącz** built in the middle of the 14th century. It was founded by King Casimir III the Great. Władysław II Jagiełło took a liking to the stronghold. This is where the plans for the war with the Teutonic Knights were developed. After several fires, the castle fell into ruin. The facility was restored in the 1930s. During World War II, the invaders turned it into barracks and a weapon storehouse. In 1945, the castle was blown up. The only remaining part is the Kowalska Tower. Fragments of the city walls are the only remaining parts of the fortification.

On a hill called **Baszta in Muszyna**, there are the ruins of a castle which was built around 1390. It was to defend the border and trade routes, and also served as a customs house. It was a residence of the governors of the bishop's "Muszyna state" until 1474, when it was completely destroyed. The following elements have survived to this day: fragments of walls on the south side, a pinnacle of an angular tower wall, protected remains of the vault and walls of the castle tower. On a stone pedestal on the castle walls, there is a statue of St. Mary, funded by parishioners in 1979.





POOR CLARES CONVENT

The pride of the town is the **Poor Clares Convent Complex** founded by St. Kinga in 1280. The first church was consecrated in 1285, rebuilt in 1332 in the Gothic style and, in the years 1601-1604, it was rebuilt again by Jan de Simoni in the Mannerist-Baroque style. A particularly noteworthy monument is the Baroque pulpit from 1671 with the image of the Tree of Jesse. In the vestibule of the church, there is a 15th-century font in the shape of an octagonal chalice with a tracery ornament. The main altar comes from 1699. It was made of black marble and stucco by Baltazar Fontana. He also built the side altars. The church is adjoined by the 14th-century chapel of St. Kinga, with a big window on the aisle's side, with a marble baroque setting. On the left side of the window, there is a commemorative plaque, funded in thanks for the canonisation of St. Kinga and for the visit of John Paul II. The chapel has a visible altar with a statue of the Duchess Kinga (approx. 1470) carved in basswood. In the cavity under the statue, there is a small coffin with relics of the Saint. Closer to the lattice, there is the former tomb of Kinga, where her body used to rest.

www.klaryski.stary.sacz.pl

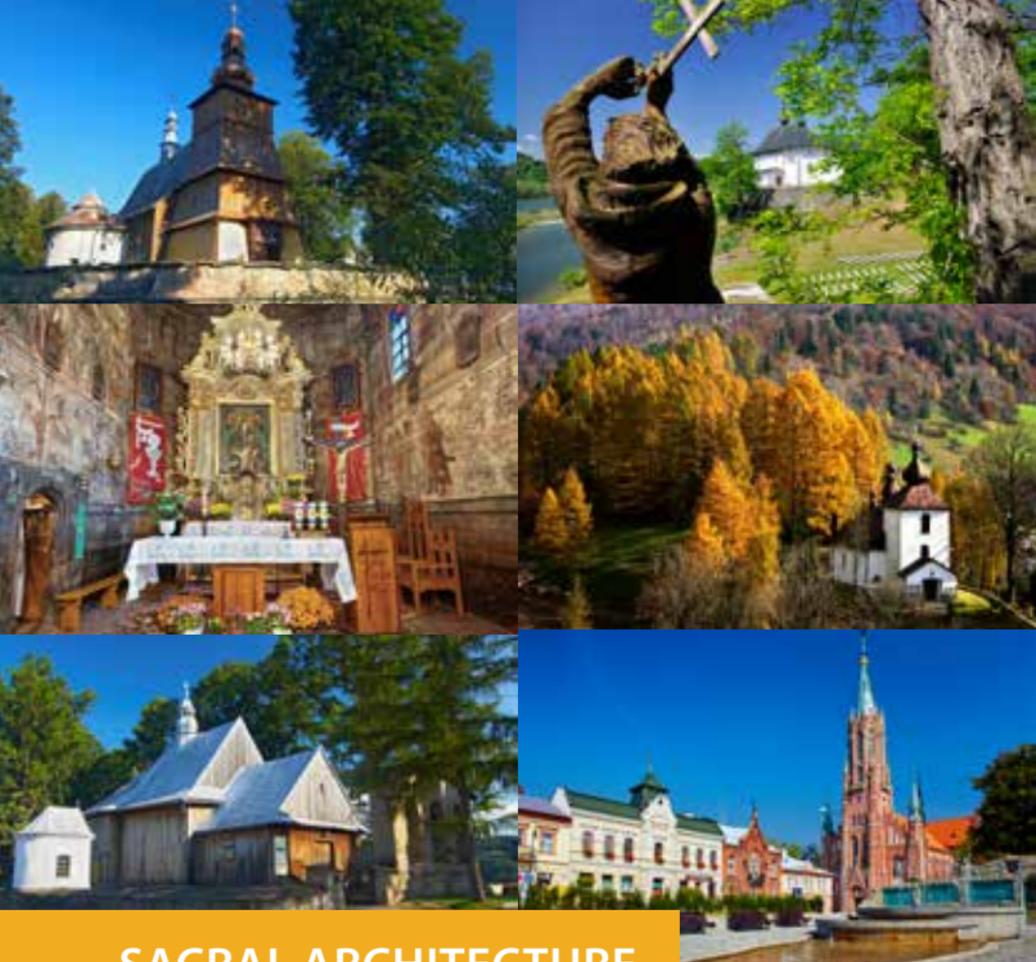




PAPAL ALTAR

On 16 June 1999, on the common land in Stary Sącz, John Paul II canonized the Blessed Kinga – the patron saint of the Nowy Sącz land. According to the plan, the **Papal Altar** was supposed to be demolished after the ceremony, and the witness to this historic event was supposed to be a chapel with a statue of the Pensive Christ. However, the interest of pilgrims and tourists in the Altar meant that this unusual keepsake was left in Stary Sącz. Originally, the altar stone was supported on two pillars made of rock salt, from the mine in Bochnia. However, due to the devastating impact of weather conditions, they have been replaced by granite ones. Above the altar stone, there is a copy of the canonisation image of the Blessed Kinga by Józefa Kamińska. Next to the Altar, there is the chapel of Jesus by Michał Gąsienica Szostak from Zakopane. In the lower, closed part of the Altar, there is a memorial hall of John Paul II, a sacristy (with all necessary liturgical Paraments), an audio-visual room and a gift shop.

www.opoka.sacz.pl



SACRAL ARCHITECTURE

Catholic and Orthodox churches are true pearls among the monuments of the Nowy Sącz land. You should visit the temples in: **Tropie** from 1090 (preserved polychrome from the 12th century, and the hermitage of St. Andrzej Świerad), **Grybów** from 1909 (figural stained glass windows), **Ptaszkowa** from 1555 (a sculpture of Madonna and Child "with a sunflower" from 1420, a low relief "Agony in the Garden" by Veit Stoss, from 1490), **Przydonica** from 1527 (preserved late-Renaissance polychrome, valuable triptychs in the side altars), **Krużłowa Wyżna** (polychrome ceilings from 1520), Just (16th-century painting of Our Lady of Częstochowa and Just, folk-Baroque painting of St. Just from 1677), **Mogilno** from 1765 (Gothic crucifix from 1400, polychrome, stone baptismal font from the middle of the 16th century), **Rożnów** from the 18th century (fragments of polychrome from 1688, font with a wooden cover from 1663), **Czarny Potok** from 1755 (Pieta paintings), **Powroźnik** – the oldest Lemko Orthodox church in Poland on the UNESCO list (iconostasis from the 17th century, Rococo pulpit from 1700, and bell from 1615), **Dubne** (Orthodox church equipment, Baroque icon of Crucifixion and Entombment), **Jastrzębik** (ornamental polychrome from 1806, icon of Christ the Good Shepherd from 1775), **Szczawnik** (bell from 1707, late-Baroque iconostasis, side altar from 1729), **Milik** (Pieta from the 17th century, icon of Lamentation of Christ from 1700), **Złockie** (Baroque-folk painting of Christ in the column from the 18th century), **Bogusza** (iconostasis from around 1670), **Kamianna**



(painting of St. Ambrose – the patron saint of bee keepers, referring to the beekeeping traditions of Kamianna), **Andrzejówka** (late-Baroque altar from the 18th century), **Żegiestów** (built on the plan of a Greek cross), **Maciejowa** (icon from the 17th century depicting the baptism of Christ in the Jordan), **Czyrna** (altar from the 17th century with a painting of the Madonna and Child), **Królowa Górna** (above the nave, there is a depiction of the Last Judgement), **Binczarowa** from 1760 (late-Baroque iconostasis, tsarist gates, icon of Christ the Pantocrator), **Polany** (polychrome from 1862, late-Baroque altar with a painting of Pieta from the 18th century), **Muszynka** (built in 1689, altars from the 17th and 18th centuries, painting of St. Barbara, about which the legend says that it was found in the field altar of the Bar Confederates), **Berest** (considered one of the nicest in the Beskid Niski range), **Łabowa** (the oldest temple in the western Lemko region), **Łosie**, **Wojkowa**, **Wierchomla**, **Muszyna**, **Florynka**, **Mochnaczka Niżna**, **Leluchów**, **Tylicz** and **Zubrzyk**.

The centre of **Nowy Sącz** is dominated by the architecture of St. Margaret's Church, erected shortly after the town was established in the 14th century. The temple was given the title of minor basilica by John Paul II. You will find here a Gothic polychrome from 1360, and a bronze font from the 16th century. The temple is a well-known sanctuary in the diocese of Tarnów, called the "Mount Tabor" of the Nowy Sącz land, thanks to the main altar's painting (Vera Icon type) of the Transfiguration from the 16th century.

Honey and bee products from the Nowy Sącz land are well-known and appreciated throughout the country, mainly due to their high quality. 'Sądecki Bartnik' in **Stróże** houses a museum and an open-air beekeeping ethnographic museum. It has a collection of more than one hundred historic hives and beekeeping tools. In the apiary, you can look inside the hives and watch the life of bees. The open-air museum organises educational beekeeping workshops for children, teenagers and adults, and occasional "Forest Bee-keeper Feasts". You can buy honey products in the 'Miodowa Spizarnia' shop operating in the farm. The 'Bartna Chata' restaurant offers honey dishes. In the 'Barć' apiary in **Kamianna** – the capital of Polish beekeeping – there is an attractive and educational beekeeping path with the opportunity to watch the life of a honeycomb. The apiary is located at an altitude of about 650 m above sea level, in the mountains and in the middle of a forest. The apiary products come with a band containing the signature of Rev. Dr Henryk Ostach – the patron of the farm. The 'Barć' apiary supplied honey to the Holy Father John Paul II for many years. While in Kamianna, you should also see the open-air museum with hives of original shapes and rich colours, and you can visit the beekeeping museum, and make your own wax candle. And when you are in the apiary, you should see the owner's shop, and a cafe where you can take part in honey tasting.

www.bartnik.pl, www.kamianna.pl

FLAVOURS





‘Piękny Jaś’ white kidney bean from the Dunajec River Valley is the youngest flavour of the Nowy Sącz land, which still has to fight for its name in the local market. The borough of the region which specialises in the cultivation of the bean is Gródek nad Dunajcem - a municipality located on the shores of the Rożnowskie Lake, which provides a specific microclimate, perfect for beans. Beans can stimulate the culinary imagination so much that it may become an ingredient of sausages, pate, cutlets and even cakes! Beans from the Dunajec River Valley have gained the “Protected Designation of Origin” (PDO) title, and have been entered onto the Culinary Heritage list of the Małopolska region. Thanks to Janina Molek from Tropie, who is a bean specialist, beans have appeared in the menus of the citizens of the Nowy Sącz land.

Lamb has been one the specialities of shepherds for centuries, but only available on the biggest occasions. Well-cooked lamb is a delight for every gourmet, it tempts even the most persistent advocates of diets and fine food. Lamb is very juicy, tender and, most of all, lean. You can make a roast, cutlets or stew from it... Its delicious flavour can be experienced in restaurants and agro-tourism facilities offering traditional meals. Lambs of the Nowy Sącz land are bred in natural ecological conditions, their meat not only protects against poor cholesterol, but has an anti-cancer effect and is rich in vitamin B1 and micro-elements.



Apple is definitely a key flavour of the Nowy Sącz land, which is best evidenced by the fact that, for generations, this fruit has been a significant source of income for families from this region. The Łącko Valley is a particularly convenient place for fruit farmers. It is its unique microclimate to which local apples owe their distinctive flavour, aroma and juiciness. On 18 October 2005, Łącko apples were entered into the List of Traditional Products. Fruit from the Nowy Sącz land are the basis for the production of natural and ecological juice, produced according to traditional recipes in Tłocznia Maurera in Zarzecze near Łącko, Zakład Owoc Łącki in Olszana, and Tłocznia Owoców Pawłowski in Żbikowice. These juices are not only appreciated by customers and connoisseurs of natural flavours, but are also regularly awarded by juries of specialised festivals. Łącko is also one of the most important points of the Małopolska Fruit Trail.

Slivovitsa (plum brandy) from Łącko is a legend of the Nowy Sącz land. In 1992, it was listed by the regional conservator as an intangible cultural property. 'Krasilica', as it is also called, is connected with a centuries-long tradition of growing damson plums in the region. Apparently, the fruit growing on the slopes of higher altitudes have a specific taste and higher sugar content needed to produce this highly-alcoholic drink.

The true treasures of the Nowy Sącz land are hidden in its depths. **Mineral waters** are the greatest natural wealth of the region. There are more than 100 mineral water springs of different compositions in the Nowy Sącz land. The most famous ones are located in Krynica-Zdrój, Muszyna, Piwniczna-Zdrój, and the surrounding area. They are springs of unique properties, characterised by a high content of elements, including sodium, potassium, magnesium, calcium, fluorine, silicon and iron. The most popular mineral and medicinal waters from Krynica-Zdrój are the ones bottled in the Krynica-Żegiestów Spa: Jan, Józef, Słotwinka, Zuber and Kryniczanka. Piwniczanka is the most popular water mined in Piwniczna-Zdrój. It is highly-mineralised with a high content of magnesium and calcium. The Muszyna waters which can be drunk directly from the springs have some graceful names: Milusia, Piotr, Antoni, Anna, or Miczuły, and contain magnesium, calcium, sodium, potassium, iron, selenium and lithium. Bottled waters are also popular: Muszyna Zdrój, Galicjanka, Muszyna Minerale, and the most famous, Muszynianka – extracted from 8 wells located in the area of the Poprad Landscape Park. It is an alkaline, highly-mineralised, magnesium and calcium water. It owes its popularity to its characteristic flavour. It has a large amount of bicarbonates, magnesium and calcium. When drunk regularly, it helps your health and well-being. The amount of magnesium contained in a half-litre bottle of Muszynianka covers the daily demand for this element and neutralises the effects of air pollution in the body.



Download
free tourist app

SĄDECKIE4U

You will find here some practical information on tourist attractions, accommodation facilities, restaurants, monuments, and major cultural events in the Nowy Sącz land.

The application is available in two languages: Polish and English.

It plays the role of a tourist guide, as well as a free time organiser. Thanks to it, exploring the Nowy Sącz land is not only easier but also more effective.

You can use the application off-line, i.e. without an Internet connection. You will need a GPS module. However, you will need the on-line mode to update the database in the application.



download on the
Google play



download on the
App Store



ATTRACTIONS



ACCOMODATION



GASTRONOMY



LANDMARKS



EVENTS



SCANNER QR

Text and proofreading:

Andrzej Zarych

Translation:

Behlert & Behlert, Kraków

Agata Żyłka

Photos:

Kamil Bańkowski, Andrzej Klimkowski, Janusz Wańczyk,
Ewa Mrózek, Paulina Kurnyta-Ciapała

Graphic design and DTP:

Ewa Mrózek, Paulina Kurnyta-Ciapała



www.facebook.com/SADECKIEzaprasza

PUBLISHER

Starostwo Powiatowe w Nowym Sączu

ul. Jagiellońska 33, 33-300 Nowy Sącz

tel. 18 41 41 600, fax 18 41 41 700

e-mail: powiat@nowosadecki.pl

www.nowosadecki.pl

ISBN 978-83-62735-29-7