



MAŁOPOLSKA

National and landscape parks,
nature reserves



MSiIT

MAŁOPOLSKA NATIONAL AND LANDSCAPE PARKS, NATURE RESERVES

Capital of the region: Kraków

Major cities: Tarnów, Nowy Sącz, Oświęcim

Surface area: 15,190 km² (about 5% of the surface area of Poland)

Population: 3.35 mil. (about 8% of the population of Poland)

Landscape:

- the tallest peak – Rysy: 2499 m asl
- mountains – Tatras, Beskids, Pieniny, Gorce
- foothills – Carpathian Foothills
- uplands – Kraków-Częstochowa Upland
- lowlands – Vistula valley
- main rivers – Vistula, Dunajec, Poprad, Raba, Skawa, Biała
- water reservoirs – Czorszyński, Rożnowski, Czchowski, Dobczycki, Klimkówka
- the highest located, cleanest lakes – Morskie Oko, Czarny Staw, the lakes of the Valley of Five Polish Lakes
- the largest and deepest cave – Wielka Śnieżna Cave: over 22 km of corridors, 824 m deep

More information on:

www.visitmalopolska.pl www.muzea.malopolska.pl

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MAŁOPOLSKA National Parks, Landscape Parks and Nature Reserves



On the trail – the Tatras, photo by J. Gorlach

Encounter with Nature

Malopolska is a unique region, especially in terms of its natural diversity. It boasts fanciful outliers and hot desert sands, the scenic ribbon of the Vistula River and the Dunajec River forcing its way between the rocks, the green Beskids and the bare summits of the Tatra Mountains, the dark caves and roaring waterfalls... Two areas – Babiogórski and Tatrzański National Parks – have been recognized as the UNESCO biosphere reserves; sites of special natural value that are unique on the world scale.

Such landscape diversity naturally results in the abundance of flora and fauna. More than half of all the plant and wildlife species living in Poland have been categorised in national parks alone. Truly unique are the forest sections of primeval character that can still be found in the Pieniny Mountains, the Babia Mount Massif, the Tatras and the Sąddecki Beskid Mountains. These forest complexes are also habitats to a number of rare and endangered animals listed in the Polish Red Book of Endangered Species. Indeed, Malopolska is home to all Polish large predatory mammals: the bear, wolf, Eurasian lynx and the wildcat. It is also in Malopolska, or more precisely in the Tatras, where you can spot the Edelweiss and chamois – symbols of the environment unspoiled by human activity.

Natural treasures of Malopolska can be admired on many hiking, cycling and horse-riding trails. However, let us remember about the ground rules applying to national parks and reserves, where the environmental protection is a priority. First and foremost, it is forbidden to step off the marked trails. It is prohibited to feed animals or pick plants, even inconspicuously looking flowers. Rocks are also under protection. Nature does not like noise or litter, either. So, let us respect these after all not very demanding rules.

www.visitmalopolska.pl

NATIONAL PARKS



- △ Babiogórski National Park, photo by D. Zaród
- ▷ On the peak of Babia Mount, photo by D. Zaród
- ◁ Tourists on the trail, photo by D. Zaród

Babiogórski National Park

The half-wild and superior Queen of the Beskids, as Babia Mount is often called, became protected as part of a national park in 1954. Not very wide but very high, this mountain range (the highest in the Western Beskids) attracts attention from afar. Northern slopes, marked with gullies and rock debris, fall sheer, while the flatter southern slopes gently descend into the valleys. **Diablak (1,725 m above sea level)** is Babia Mount Massif's highest peak. The European Watershed runs through the Babia Mount ridge, which means that the waters flowing down the massif's northern slopes reach the Baltic Sea, whereas the waters running along the southern slopes end up in the Black Sea basin. The well-preserved alpine flora, complete with all the natural altitudinal vegetation zones, was the reason why Babiogórski National Park was incorporated into the **Natura 2000 Wildlife Conservation Network** and why it was recognised by the UNESCO as a **biosphere reserve** in 1976. Only areas that are unique on the world scale and unspoiled by human activity are ranked as biosphere reserves.

OTHER LOCAL ATTRACTIONS

The PTTK Mountain Hostel on Markowe Szczawiny located in the almost central point of the park. **Diablak**, the highest peak of the park is accessible via three routes: the yellow trail, called *Akademicka Perć* (Academic Narrow Path), the green trail from Jabłonka through Lipnica, and the red trail. **Zawoja**, a holiday resort featuring a church dating from 1888, located on the Wooden Architecture Trail, and the Garden of Babiogórskie Plants at the Babiogórski National Park Head Office. The "Earth's Crown" Museum in Zawoja.

The high altitude of the Babia Mount Massif and the consequent diversity of the climatic conditions were conducive to the formation of vegetation zones similar to those in the high mountains, such as the Tatras. The majestic forests growing in the lower parts of the range (the lower subalpine zone) are a remnant of the ancient natural Carpathian Forest, featuring many rare and protected plants in the undergrowth. The upper subalpine zone, dominated by spruce, boasts a natural rarity: the **Laserpitium archangelica**, a plant that occurs only in the Babia Mount Massif and has become the park's symbol. A strip of dwarf pine is a kingdom of bushes, while the highest alpine zone on the Babia is dominated by small green plants clinging to the ground or rocks. The **Alpine chickweed**, an inconspicuous plant decorated with white flowers, is another endemic (occurring only in particular areas) species present here. The very peak of Diablak is covered with rock debris.

This unspoiled flora is a haven to many animals. Apart from the common fauna, the park is home to rarely occurring species. Mountainous areas are a natural environment for large mammals, such as the Eurasian lynx, wolf and brown bear; and a nesting site for about 100 bird species, such as the Western Capercaillie, and the Black and Hazel Grouse.

i Babiogórski National Park, trail admission charged, **▲** www.bgpn.pl, **👉** see website for prices.

NATIONAL PARKS



- ↗ The altar on Turbacz Meadow, Gorce, fot. J.Gorlach
- ▷ Crossing the meadows in Gorczański National Park, photo by Arch. UMWM
- ◁ Gorczański National Park, photo by D. Zaród

Gorczański National Park

Gorczański National Park extends over the central and northeast parts of the Gorce Mountains, which are part of the Western Beskids. The park was established in 1981 and within its borders lie two main mountain ridges stretching from Turbacz (1,310 m above sea level, the peak itself is located beyond the park) towards the peak of Gorc (1,228 m above sea level) and the peak of Kudłoń (1,276 m above sea level). **Jaworzyna Kamienicka (1,288 m above sea level)** is the highest summit of the park. These relatively low mountains are of particular interest to tourists with a taste for hiking, thanks to a variety of trails suited to everyone's enjoyment. The area was also included into the **Natura 2000 Wildlife Conservation Network**, since it is home to rare European birds, such as the **Western Capercaillie**, the **White-backed Woodpecker**, the **Eurasian Pygmy-Owl** and the **Ural Owl**.

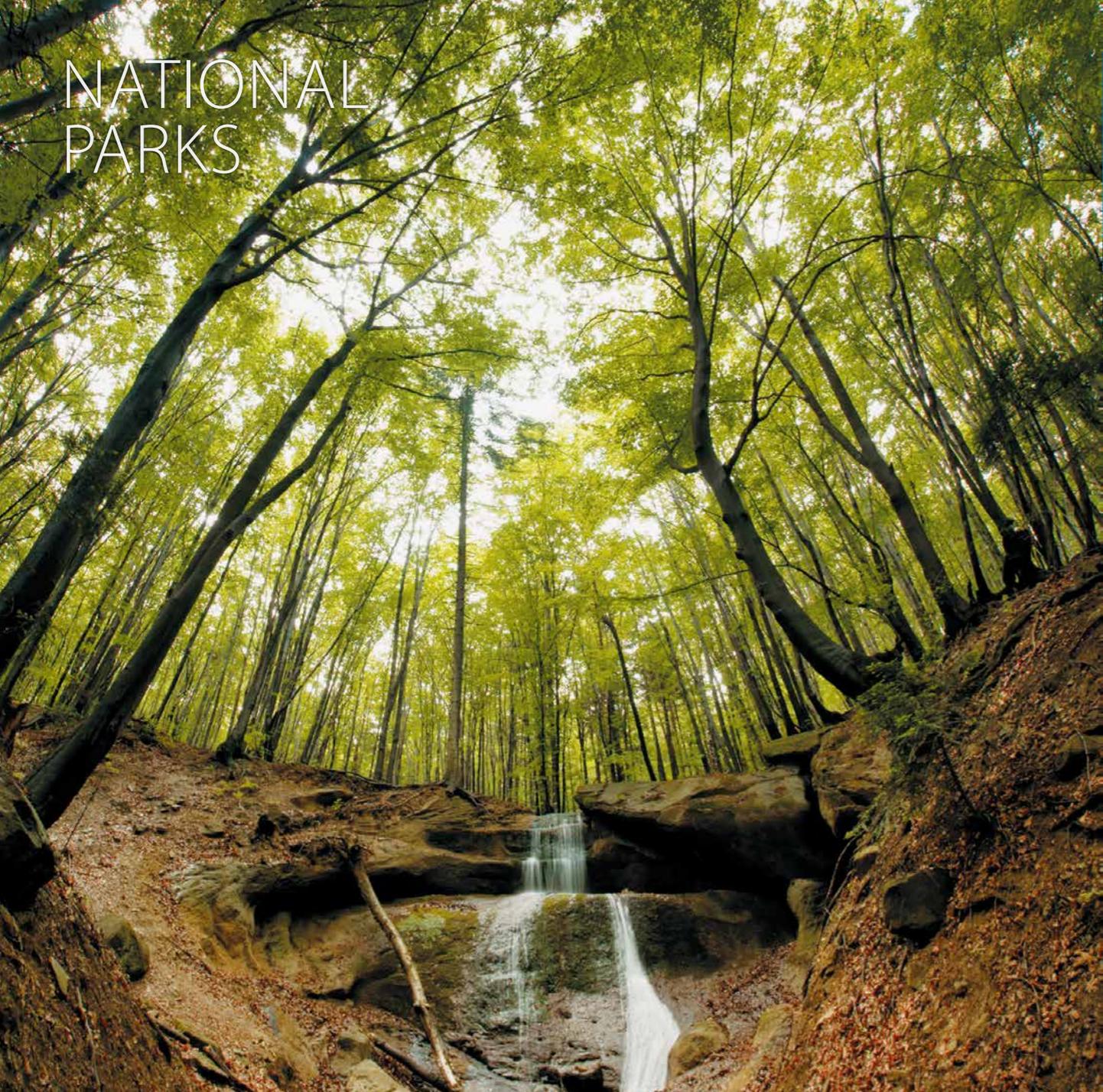
The mountains are covered with beautiful forests, which are remnants of the once primeval Carpathian Forest. The areas least affected by man, situated in the lower parts of the mountains, are the mixed forests, called beech woods, featuring centuries-old beech and fir. A true flora rarity is the **Lance Leaf Moonwort**, a fern known to grow only in the Gorce Mountains and now, sadly, endangered with complete extinction. Large predatory mammals, such as the wolf and the Eurasian lynx, as well as many ungulates also inhabit the area. The old trees are a favourite nesting site for birds, including such rare species as the Eagle Owl and Western Capercaillie, while the flowery meadows resound with the myriad buzzing of insects. The park's symbol is the frequently occurring **Fire Salamander**. However, the prominent feature of the Gorce Mountains is the **clearings**, the result of the region's pastoral traditions that harkens back to the 15th century. Amidst the forest complexes, the clearings create vast and picturesque glades that guarantee splendid views. Sometimes, these clearings are linked together, making the trails running through them extremely attractive. Once used as grazing lands for sheep, some of the clearings now still feature shepherds' shelters. A few huts of high historical value on the **Mostownica**, **Jankówki** and **Wzorowa Clearings** have been refurbished. The park also comprises rock outcrops and landslides, located mostly in the north on the black trail from Lubomierz.

OTHER LOCAL ATTRACTIONS

Jaworzyna Kamienicka Clearing features an interesting **Bulandowa Chapel** that is over 100 years old. It was erected by shepherd Tomasz Chlipaka, who grazed sheep on this clearing for almost 50 years. Mountain hostels are located on the outskirts of the park: near Turbacz (whose peak is not part of the park), on Stare Wierchy Mount and Maciejowa Mount. Villages located at the foot of the Gorce Mountains, such as Grywałd, Łopuszna, and Harkłowa, feature beautiful **wooden churches**, located on the Wooden Architecture Trail.

 **Gorczański National Park**, admission charged to selected trails,  www.gorczanski-park.pl,  see website for prices.

NATIONAL PARKS



- △ The Orthodox church in Owczary, photo by R. Korzeniowski
- ▷ Spring in Magura National Park, photo by GA, M. Rawluk
- ◁ The Folsz Waterfall, photo by D. Zaród

Magurski National Park

Established in 1994, the park extends over the central part of the Low Beskids: the Magura Wątkowska Range and its lower southern slopes near the Slovak border. It is only the small northwest part of the park that lies within the borders of the Małopolska Region and only some of the mountains exceed 800 m above sea level. **Wątkowa, the highest peak**, reaches 846 m above sea level, and is the summit of the Magura Wątkowska Massif. Popular tourist attractions here include the picturesque Magurski Waterfall, an interesting rock called the Devil Stone, and **Kornuty Nature Reserve** (which is famous for its elaborate, nearly 10m tall outcrop of Magura sandstone), located high on the peak of Magura, right next to the park's border. Complementing the beauty of the area is the meandering Wisłoka River whose gorges and tributaries cut deeply into the slopes in the southern part of the park. The impressive cultural monuments of Magurski Park, such as the **Lemko Orthodox churches**, are especially worth visiting.

The park's typical woodland character is manifest in the beautiful indigenous fir and ancient beech forests divided by meadows, heaths and pastures. The pastures that had been abandoned for over 50 years are now again used as sheep grazing lands in order to prevent forest encroachment. Meadows and heaths are mowed every few years. Although the non-forest environment comprises only 5% of the park, it contributes to the abundance of flora in the area, which is home to rare protected species, such as numerous varieties of **orchids**.

The forested highland is a habitat for many animals. All species of large predatory mammals occurring in Poland, such as the **wolf, Eurasian lynx and wildcat** inhabit the area. The protected area is a nesting zone of many predatory birds, such as the **Golden Eagle, the Tawny Owl, the Common Buzzard and Hawk, as well as the Honey Buzzard**. The **Lesser Spotted Eagle**, which builds more nests here than anywhere else in Poland, is the park's symbol.

OTHER LOCAL ATTRACTIONS

Lemko Orthodox Churches located on the **Wooden Architecture Trail** in the villages of **Skwirtne, Bartne and Owczary**.

First World War Cemeteries in **Małastów** (on the **Małastowska Pass**), in **Gładyszów, Regietów Wyżny** (on **Rotunda Mount**) and in **Koniczna**. **The Devil Stone** monument of nature and **Kornuty Rock Nature Reserve** boast incredible rock formations located in the park's area.

The Magurski Waterfall near **Folsz**.



Magurski National Park, trail admission charged, www.magurskipn.pl, see website for prices.

NATIONAL PARKS



- △ The Chapel on the Water, photo by M. Zaręba
- ▷ The Glove Rock, photo by UMMW photo archive
- ◁ The Mace of Hercules, photo by D. Zaród

OTHER LOCAL ATTRACTIONS ↴

Ojców with the ruins of the 14th-century castle, erected under the reign of King Casimir the Great, located on the Trail of Eagles' Nests.

The outstanding Chapel on the Water dating from 1901, with three original altars in the shape of the gables of peasants' cottages, featured on the Wooden Architecture Trail.

King Łokietek Cave (open to the public), an alleged hiding place of the later king of Poland.

Dark Cave (open to the public), where one of Poland's oldest settlements of the Neanderthal man was discovered.

Nietoperzowa and Wierchowska Góra Caves, located in the vicinity of the park, are also worth seeing.

The Castle in Pieskowa Skała, featuring a museum exhibition, constituting a branch of the Wawel National Art Collection.

The Mace of Hercules, the most famous Jurassic rock, and the well known Petrified Wanderer and Deotyma's Needle.

The Kraków Gate, formed by two gigantic, almost 15-metre-tall limestone rocks.

Ojcowski National Park

Ojcowski National Park, Poland's smallest national park, is of high geological, natural and cultural value. Established in 1956, it has protected the Prądnik and Sąspowska Valleys and a few small gorges. The importance of this area was already appreciated in the 19th century. At Professor Władysław Szafer's initiative, the first monograph on the nature of the Prądnik and Sąspówka Valleys was produced. The fairy-tale character of the landscape: the valley with steep-sided canyons, jutting rock pinnacles, and groups of outliers are a result of water's destructive activity. Jurassic limestone rocks are relatively quickly dissolved and the processes of limestone erosion, repeated for millions of years, resulted in astounding forms. The most spectacular is the Prądnik River Valley – a gallery of karst works – which features tall rocks of fanciful shapes, karst springs, and a multitude of caves (it is estimated that the park boasts over 700 caves).

A specific microclimate has evolved in the valleys carved by water. The climatic conditions combined with the rich diversity of the terrain resulted in abundance of flora in the park. Over 1,000 vascular plants – that is, half of all species occurring in Poland – have been recorded here. Among the most interesting species are the *Centaurea mollis*, the European feather grass, the **Lady's Slipper Orchid**, and **Mother-of-Thyme**, which does not grow anywhere else in Poland but here. The best-known residents of the park are **bats**: out of 21 species occurring in Poland, 17 have been spotted here. A bat's iconic silhouette has been included in the park's logo.



Ojcowski National Park, trail admission free of charge, ▲ www.ojcowskiparknarodowy.pl

NATIONAL PARKS



△ Raftsmen, fot. T. Gebuś

▷ Three Crowns peak, photo by J. Waruś

◁ Dunajec River Gorge, photo by T. Gebuś

OTHER LOCAL ATTRACTIONS

Homole and Biała Woda Gorges, charming nature reserves.

Church of St. Martin in Grywałd, dating from the 15th century, located on the Wooden Architecture Trail.

Rafting down the Dunajec River Gorge is the largest attraction of the Pieniny. The rafting starts in rafting marina in **Sromowce Wyżne-Kąty**; in 2–3 hours you cover an 18-km-long route to **Szczawnica**, or a 23-km-long route to **Krościenko** (www.flisacy.com.pl).

Dunajec Castle in Niedzica, rising above **Czorsztynskie Lake**, is the best-preserved fortified residential structure in the entire Carpathians. It houses a **Museum of Interior Design**, whereas the noteworthy **Ruins of the Czorsztyn Castle** are located on the opposite shore of the lake (boat cruises).

Pieniński National Park

Pieniński National Park is the oldest national park in Poland and the first trans-border park in Europe. The fairly small and rugged Pieniny Mountains are the gems of the Carpathian range. Built from Cretaceous and Jurassic limestone, they are characterised by a distinct terrain form. The park extends over the most attractive part of the mountains – the emerging steep quasi-islands called the Pieniny Proper. Although the protection of this area began to World War II (National Park in the Pieniny since 1932), the park gained its current name only in 1954. **Okraǳlica** (982 m above sea level), situated in the Three Crowns Massif, is the highest peak of Pieniński National Park.

Limestone bedrock, and the extensive terrain diversity coupled with the fairly low altitude of the mountains contribute to the flora variety in the Pieniny. Apart from the beech and fir forests, the park stands out with its flowery meadows (with a multitude of different species, including several varieties of orchids) and the grass upon the rocks. The rocks boast two endemic species (found only in the Pieniny Range): the ***Taraxacum pienanicum***, ***Erysimum pienanicum***, and the relict ***Dendranthema zawadskii*** which grows in the vast areas of Central Asia and only in the Pieniny Mountains in Europe. A great diversity of wildlife is another characteristic feature of the mountains. It is estimated that half of the species recorded in Poland occur here, most of them insects. The **lynx** and **wildcat** can also be found prowling beneath the forests' canopies. The mountains also provide a habitat to the **Eurasian Eagle Owl**, the **Lesser Spotted Eagle** and the **Wallcreeper**. However, what makes the Pieniny Mountains so popular and unique is the scenic landscape, highlighted by the park's logo, which includes the **Dunajec waters** cascading down amidst the mountain peaks.

i **Pieniński National Park**, Trail admission: free of charge, fees are charged for: Czorsztyn castle ruins, the exhibition of nature at the Park Management, the viewing gallery at the top of the Three Crowns, the viewing gallery at the top of Sokolica mountain, waterway in the gorge of Dunajec River ▲www.pieninypl.pl, 📞 see website for prices.

NATIONAL PARKS



- △ Western Tatra Mountains, photo by J. Bronowska
- ▷ High Tatra Mountains view from the Pieniny Mountains, photo by J. Waruś
- ◁ High Tatra Mountains – rock cliffs, photo by J. Bronowska

Tatrzański National Park

One of the largest parks in Poland, Tatrzanski National Park encompasses the entire Polish Tatras and sections of Podhale (Tatra Foothills). The park was established in 1955 but the idea to implement the highest form of nature conservation of this area was first put forth in the late 19th century, just after the establishment of the very first national park in Yellowstone in the United States. The “snowy mountains,” as the Tatras were called centuries ago – the only alpine mountain range in Poland – inspire awe and command respect. On the one hand, the landscape consists of sharp ridges, jagged peaks, chimneys and postglacial corries capped with snow throughout the summer and hidden among billowing clouds. On the other hand, the Tatras are framed by the scenic valleys of streams and vast clearings, still featuring grazing sheep. In terms of natural resources, the Tatras are one of the areas of highest natural value in Poland. Hence, not only has the park been included in the **Natura 2000 Wildlife Conservation Network**, but it has also been designated a UNESCO **biosphere reserve** (jointly with the Slovakian TANAP Tatra National Park), which proves its uniqueness on the world scale.

The park features all the characteristic vegetation zones associated with the changing altitudinal climatic conditions. The lower subalpine zone consists of both mixed forests and coniferous woods whose undergrowth blooms with thousands of flowers in the spring. The upper subalpine zone is a kingdom of spruce joined on the north side by Swiss stone pine trees, distinctive for their dome-rounded tops. The dwarf pine belt is framed by a clump of bushes, which in higher altitudes give way to the meadows of the alpine zone, also known as mountain pastures. The limestone rocks exposed to the sun are covered with the Edelweiss, characteristic for the park. The plant has arrived here from Asia and now is a floral symbol of the Tatras. The highest peaks of the mountains mark one more altitudinal level, called the subnival or peak zone, created by low-lying grass tufts. This vegetation zone has evolved in Poland only in the High Tatras.

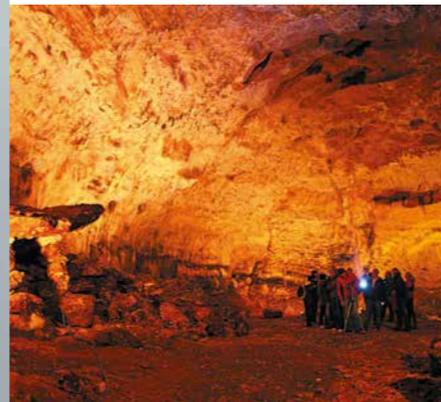
The vicinity of the mountain pastures and peaks boast species that do not occur anywhere else in Poland, such as e.g. the **chamois**. Another species typical for the Tatras only is the Alpine Marmot, which can be spotted in the summertime on the pastures with a little bit of luck. The Golden Eagles soar above the mountain peaks and pastures before returning to their nests located in the park in the vicinity of the Kominiarski Wierch Massif. The park also boasts large predatory mammals such as the **bear, wolf and wildcat**, although the bears, often venturing to the high passes, do not reside in the park permanently, often crossing to the Slovakian, vaster part of the Tatra Mountains.

THE BEST OF... THE POLISH TATRAS

- **highest waterfall: the Siklawa Waterfall** (ca. 70 m high)
- **largest lake: Morskie Oko Lake** (34.9 hectares)
- **deepest lake: Great Polish Lake** (79 m deep)
- **longest valley: the Chochołowska Valley** (10 km long)
- **largest valley: the Chochołowska Valley** (35 square km)
- **highest peak: Rysy** (2,499 m above sea level)
- **highest-located mountain hostel: in the Five Polish Lakes Valley** (1,672 m above sea level)

 **Tatrzański National Park**, trail admission charged, www.tpn.pl,  see website for prices.

LANDSCAPE PARKS



Małopolska Region Landscape Park Complex

Bieliańsko-Tyniecki Landscape Park

The park embraces an area of the scenic Vistula River Valley between Kraków and Ściejewice together with the three major forest complexes: the Wolski Forest and the woodlands in the vicinity of Tyniec and Czernichów. The park took its name from the two **monasteries** – the **Camaldolese Monastery in Bielany** and the **Benedictine Abbey in Tyniec** – which comprise the park's monuments of highest cultural value. The landscape is characterised by the logging hills, which form for instance the enchanting Vistula Gorge near Tyniec. A unique site is the above-mentioned **Wolski Forest**, a forest park in Kraków, cut across with gorges and canyons marked by a number of hiking and cycling trails. The park also boasts interesting nature reserves, such as Bieliańskie Skałki, Paniańskie Skały, and Skały Przegorzalskie Reserves. Also worth seeing are the Renaissance Villa Decius, Kraków Fortress fortifications, as well as the Kościuszko and Józef Piłsudski Mounds.

Dłubniański Landscape Park

The park encompasses the Dłubnia River Valley, stretching from the Nowa Huta district of Kraków to the north. The long and narrow valley has a few picturesque regions, such as the sections between Glanów and Imbramowice, or between Iwanowice and Maszków. The river is fed by a number of springs, a few of which are protected as monuments of nature. The most popular and beautiful one is the **Jordan pulsating karst spring** in Ściborzyce. The other characteristic features of the valley are numerous monuments of high historical value, such as the **Norbertine Monastery Complex in Imbramowice** and the local **Parish Church of St. Benedict**, an 18th-century wooden **church in Iwanowice**, and the Romanesque **church in Wysocice** dating back to the 13th century, or a slightly younger **church in Sieciechowice**. Several towns and villages by the river, such as Glanów and Michałowice among others, also feature 18th- and 19th- century **manor complexes**.

Kraków Valleys Landscape Park

Situated to the northwest of Kraków, the park encompasses **several Jurassic valleys**, such as the Kluczwody, Bolechowicka, Kobylańska, Będkowska, Szklarka, Raclawka and Eliaszówka Valleys. This is a land of valleys and gorges traversed by picturesque winding rivers and a kingdom of rocky outliers, caves and karst springs. This region is perfect for one-day trips facilitated by a number of hiking and cycling tracks. The park boasts many geological rarities, such as the inactive quarries in Dębnik, or the Karniowice travertine, the world's only deposit of freshwater calcite. Two **caves**: the **Nietoperzowa Cave** and the **Wierchowska Górna Cave** are

- 📍 The Nietoperzowa Cave, photo by M. Zaręba
- 📍 Jurassic rocks, photo by J. Bronowska
- 📍 Benedictine Abbey in Tyniec, photo by A. Brożonowicz
- 📍 The Kraków Valleys, photo by M. Zaręba

LANDSCAPE PARKS



open to the public. The late-Gothic wooden **churches in Paczółtowiec and Raclawice**, located along the Wooden Architecture Trail, are also worth seeing. Other noteworthy historic monuments include the palace-park complexes in Młoszowa near Trzebinia and in Krzeszowice, or a manor complex in Modlnica near Kraków. The **Monastery Complex of the Carmelites in Czerna** is a sanctuary of extremely high historic value, often visited by pilgrims. The Kraków Valleys Park also features a Marian sanctuary in Płoki near Trzebinia.

Eagles' Nests Landscape Park

Stretching from Częstochowa to Olkusz, the park is located within the borders of Małopolska and Silesian Regions. The Małopolska part includes the vicinity of the towns of Klucze, Olkusz, Trzyciąż and Wolbrom. The name of the park derives from the medieval **fortified castles** erected on the high inaccessible rocks that were supposed to secure the border and the important trade routes in the time of King Casimir the Great. Today the ruins of these fortresses, such as in **Rabsztyn**, comprise a unique feature of this area. A great natural curiosity of the Małopolska part of the park is the **Błęków Desert**, the only such area in Poland. Plants are gradually encroaching the Polish Sahara, as it is called, but large stretches of sand can be still seen from the Chechło village. The still little-known but very charming **Wodąca Valley** (its name is a derivative of water, though ironically the valley has none) offers spectacular views of many limestone outliers. The Cavemen Trail runs along the valley, featuring the lofty **Zegarowe** (Clock **Rocks** complex (with a viewing platform). Also noteworthy are two nature reserves: Michałowiec and Pazurek Januszkowa Mountain and Pomeranian Rock complex near Olkusz. It is also worth visiting the Laski village, where is found the only travertine marble dome in Poland. The park and its vicinity feature historic manors in Krzykawka and Bolesławiec, churches of high historic value in such places as Chechło, Bolesławiec, Gorenice, and the magnificent Gothic Basilica of St. Andrew in Olkusz. The town of Olkusz also boasts the Firefighting Museum of the Olkusz Land.

Rudniański Landscape Park

Situated to the west of Kraków, on the Krakowsko-Częstochowska Upland, the park was established in order to protect forest complexes of high natural value, such as the oak-hornbeam and mixed coniferous forests, as well as the turf and xerothermic plants growing on the upland slopes and limestone rocks, e.g. in Kajasówka Reserve. The landscape's distinctive features are the picturesque logging uplands formed from the Jurassic limestone. The **Rudno Spring Valley**, from which the park derived its name, is one of the most attractive sites. The park uniquely boasts the exposed Kwaczała arkose in the gorges north of Kwaczała. It is also worth spending a few moments in **Alwernia**, which charms with its splendid wooden architecture around the market square and the magnificent **Bernardine Monastery**. Poręba-Żegota also features interesting historic monuments, such as the Baroque church and park and palace complex.

- 📍 The Błęków Desert, photo by P. Fabijański
- 📍 Pazurek Nature Reserve, photo by J. Sypień
- 📍 Tęczyn Castle in Rudno, fot. arch. UMMW
- 📍 Lipowiec Castle, photo by M. Zaręba

LANDSCAPE PARKS



Tenczyński Landscape Park

This extremely interesting park protects the forested areas of the Tenczyński Ridge. The terrain features typical elements of the Jurassic landscape, such as rocky edges, karst valleys, gorges, gulches and tectonic faults. The areas of great natural interest include nature reserves open to the public, such as **Zimny Dół**, **Mnikowska Valley**, **Skala Kmity**, **Bukowica** and **Lipowiec Reserves**. Among many monuments of nature featured here, it is worth mentioning the Triassic rock in Bołęcín, formed from the rare diplopore calcite. In the village of **Babice** you can also explore the **ruins of a medieval castle**. An interesting **wooden architecture heritage park** (Heritage Park in Wygieźłów) is located at the foot of the castle. The ruins of **Tęczyn Castle in Rudno**, another famous fortress of the park, is currently under renovation. Other noteworthy historic monuments are located in Pląza (Manor of the Starzeński Family and a church), Mętków (the wooden church from Niegowić), Aleksandrowice (manor), and Balice (the palace-park complex of the Radziwiłł Family). The northwest part of the park near Trzebinia is covered by the panoramic **Dulowska Forest**.

Ciężkowicko-Rożnowski Landscape Park

Featuring a great landscape, this park protects the regions of the Różnowski and Ciężkowicki Foothills, divided by the Biała River Valley. It abounds with the original geological features and unspoiled forest environments. At least some of the interesting sites can be accessed from the marked tourist trails and nature paths. The spectacular **Skamieniałe Miasto (Petrified City) Reserve** is undoubtedly the best-known attraction of the park, but the impressive rocks can also be admired in **Bukowiec**, near Jamna, in the **Diabla Skala (Devil Rock) Reserve**. In the northern part of the Różnowskie Foothills, you can view the **Wał Massif**, featuring several geological rarities, such as fossilised tree trunks that are 60 millions years old. The park also comprises several **First World War cemeteries**.

Brzanka Range Landscape Park

The highest eastern part of the Ciężkowickie Foothills is the most enchanting. The Brzanka Range stretches latitudinally between the Biała River and the Wiśłoka River Valleys. Splendid forests covering the slopes are the park's main attraction. Below, fields and meadows complete the idyllic landscape. The trails crossing the range abound in rock outcrops and interesting geomorphologic forms. Only a fragment of the protected area, the **Ryglice** and **Lubaszowa** region, belong to Małopolska Region. In this part **Brzanka** (538 m above sea level) is the highest peak with a private hostel at its summit. An attractive yellow trail runs along the mountain ridge, featuring a majestic panoramic view of the Foothills and the Beskids. The park boasts numerous picturesque sandstone outliers. Among the most interesting are the Rock in Burzyń and Sharp Rock situated high on the main ridge of the range above the village of Żurowa.

- 📍 On the trail, photo by M. Rauer
- 📍 Brzanka – observation tower, photo by G. Wamberski
- 📍 Ciężkowicko-Rożnowski Landscape Park, photo by S. Gacek
- 📍 Wiśnicko-Lipnicki Landscape Park, photo by S. Gacek

LANDSCAPE PARKS



Wiśnicko-Lipnicki Landscape Park

The conservation area embraces a portion of the Wiśnickie Foothills near Nowy Wiśnicz, Lipnica Murowana and Królówka, graced by unique historic monuments of high cultural value. **Wiśnicz Nowy** features the noteworthy 14th-century castle, the 17th-century Monastery of the Discalced Carmelites, and town architecture. **Lipnica Murowana** is renowned for its wooden Gothic church dating from the late 15th-century, and inscribed on the UNESCO World Cultural and Natural Heritage List. It also has a beautiful market square with wooden arcaded houses. While admiring the monuments, you cannot forget about this area's environment of high natural value. The curiosities of the geological features include groupings of sandstone outcrops protected in the **Kamień Grzyb Reserve** and a cluster of rocks called **Brodziński's Rocks**.

Popradzki Landscape Park

Established in 1987, the park encompasses the Sądecki Beskids, consisting of the Radziejowa and Jaworzyna Krynicka Mountain Ranges separated by the Poprad River Valley and the slightly smaller Kraczonika Range situated on the side. Rich in mineral water resources, the region is well developed. A number of health resorts such as **Krynica-Zdrój**, **Muszyna**, **Piwniczna-Zdrój** and **Szczawnica** serve as the region's additional attractions. The resorts also provide a perfect base for tourists wishing to explore the scenic mountains ornamented with numerous river gorges. **Radziejowa** (1,262 m above sea level) is the highest peak of the Sądecki Beskid Range, as most mountains do not exceed 1,200 m above sea level. The mountainous region is covered mostly with trees, a remnant of the primeval Carpathian Forest. The viewing tower on Radziejowa and the hike to **Łabowska Pasture** or **Jaworzyna Krynicka Mount** offer unforgettable views, high in the mountains. The Sądecka Land is also an extremely interesting cultural region with dozens of well-preserved Lemko Orthodox churches, e.g. in **Andrzejówka**, **Łosie** or **Powroźnik** (the latter has been inscribed on the UNESCO World Heritage List), and the monuments of wooden architecture (e.g. the **Beekeeping Museum** in Stróże).

Little Beskids Landscape Park

This park consists of a small group of mountains, divided into two unequal parts by the gorge in the Soła River Valley. Although the mountains do not exceed 1,000 m above sea level, they stand out thanks to their diversified landscape. The park came into existence in 1998 in appreciation of its landscape attributes and in order to preserve its natural qualities. The northeast part of the protected area belongs to the Małopolska Region. You can set off for the mountains from **Sucha Beskidzka** or the **Kocierz Pass**. The latter marks the beginning of an interesting trail towards **Leskowiec**, leading through the **Madohora Reserve**, which protects a region of the upper subalpine spruce forest and a few picturesque rocks. Leskowiec itself offers a panoramic view of almost all the neighbouring ranges.

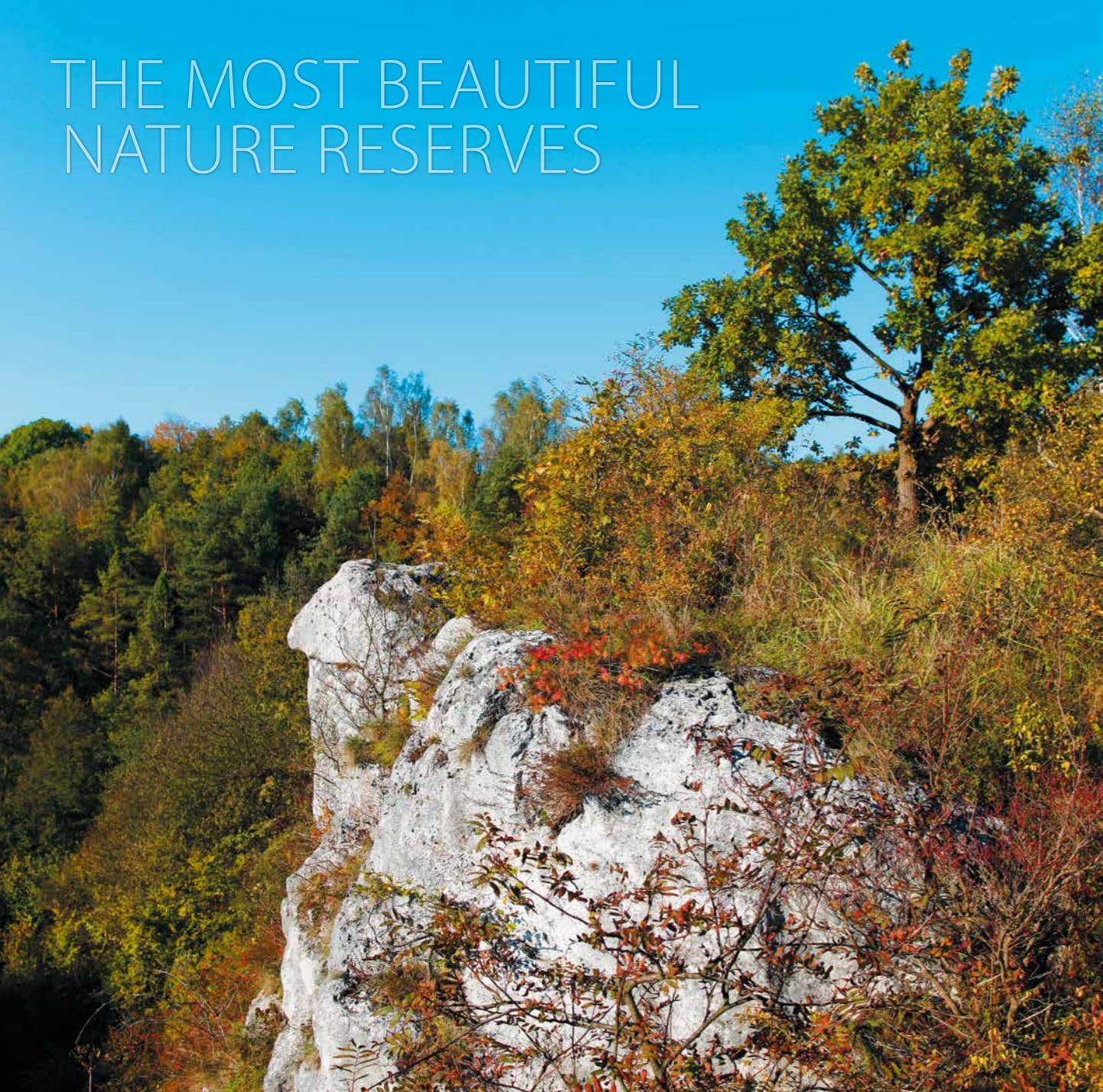
📍 The church in Lipnica Murowana, photo by A. Brożonowicz

📍 Rafting on the River Poprad, photo by J. Goriach

📍 The Dunajec River in Szczawnica, photo by J. Goriach

📍 Popradzki Landscape Park, photo by J. Goriach

THE MOST BEAUTIFUL NATURE RESERVES



- △ The Wierchowska Górna Cave, photo by M. Zaręba
- ▷ Climbing in Bolechowicki Gorge, photo by M. Zaręba
- ◁ Ruins of the castle in Kluczwoda, photo by M. Zaręba



Kluczwoda, Będkowska i Kobylańska Valley

Kluczwoda Valley – a beautiful dell near Kraków, also called the Wierchówka Valley, stretches for 6 kilometres between Wierchowie and Bolechowice. A stream, also named Kluczwoda meanders into the Rudawa River. The area of greatest natural value – a forest gorge with steep sides situated in the lower part of the valley between Gacki and Wierchowie – has been protected since 1989. The reserve encompasses this characteristic landscape covered with oak-hornbeam forest complexes and xerothermic rock plant formations. However, the greatest treasure of the whole valley is the **Wierchowska Górna Cave** situated near the village of Wierchowie. The underground route leads through chambers and beautiful corridors beje-welled with mineral deposits.

i **Wierchowska Górna Cave**, www.jaskiniawierchowska.pl

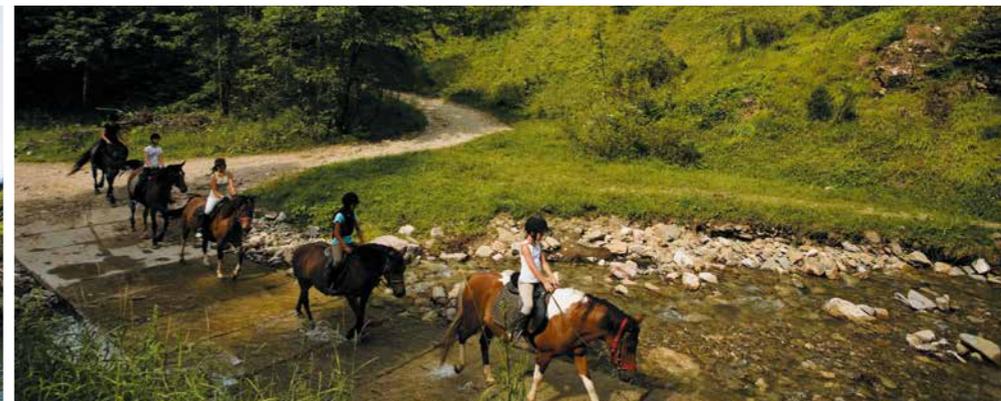
Będkowska Valley is one of the valleys of Cracow Valleys Landscape Park. It is 7 km long. Będnowka Brook, running through the valley, forms the largest waterfall of the Upland (Jura) named "Murmur". Majestic rock formations rise on the slopes of the gorge, of which the best known are: "Needle" – a limestone, obelisk-shaped monadnock.

Kobylańska Valley is located between the villages of Kobylany and Karniowice. It is 4 km long, with a picturesque stream Kobylanka flowing through it. The most interesting part of the valley is its beginning, where you can admire the surrounding limestone cliffs as high as 30- 50 m.

Bolechowicki Gorge

The Bolechowicka Valley, 1.5 kilometres long, is a small wonder of nature. A shallow gorge of rocky walls, stretching from Karniowice to Bolechowice in the Kraków Valleys, is the rock climbers' favourite destination. Despite the fact that in 1968 the area was designated as a nature reserve, this form of sport has been permitted, provided the use of the already fixed hooks on the rocks. The reserve, which is called the Bolechowicki Gorge, protects the site of a characteristic pass – an enormous gate guarding the entrance to the valley – and the nearby picturesque limestone rocks and caves, as well as the forest communities and xerothermic formations. The reserve also encompasses the habitat of the *Betula oycoviensis* (the Ojców birch), interesting karst springs, and two small waterfalls. The most impressive is the gate itself with its 30-metre-high right wing, called the Abazy Pillar, and the 35-metre-high left wing, Pillar of the Penitents. The Gate was once a training ground for the most outstanding Polish alpinists and Himalayan mountaineers, as well as others who want to follow in their footsteps today.

THE MOST BEAUTIFUL NATURE RESERVES



△ Biała Woda Nature Reserve, photo by A. Niedźwieńska

▷ Biała Woda Nature Reserve, photo by J. Gorlach

◁ Homole Gorge, photo by J. Gorlach

Eliaszówka Valley

The nature reserve, established in 1989, graced with beautiful beech wood and complemented by intriguing limestone rocks that are under protection here. The valley stretches from Paczółtowice to Czerna and its most interesting part has features of a picturesque gorge. The Eliaszówka stream flows through the valley, creating numerous swift currents and small waterfalls. Traversing the trail running through the valley, you can admire more than just nature. The monuments of special significance include the early Baroque **Monastery of the Discalced Carmelites in Czerna**. The church and the monastery are among Poland's most beautifully located churches, while the Carmelite order once owned the major part of the valley as manifest by the ruins of the imposing 17th-century bridge which spanned the Eliaszówka Stream. Even today, though in ruins, the construction is very impressive to behold. According to local people, the bridge was built by the devil; hence it was called the Devil Bridge. Nearby, there are a few gushing springs sprouting from the earth. Best-known is St. Elias's Spring, also called the Spring of Love. It is said that its gushing water has miraculous properties.

Homole Gorge and Biała Woda Reserve

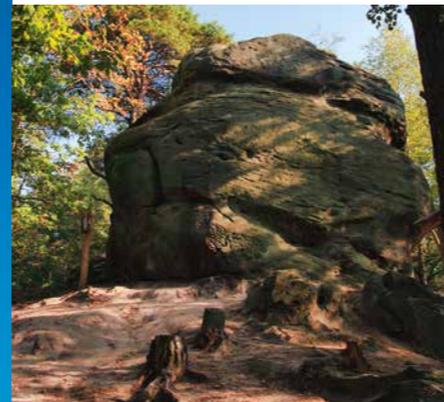
Homole Gorge (800 m) is one of the most beautiful corners of the Little Pieniny Mountains. It forms a deep canyon with steep sides (about 100 metres high) covered scenically with juniper and calcicole plants. The Kamionka Stream, whose bed is filled with boulders, flows through the gorge. In order to preserve this romantic corner, its landscape and rarities of inanimate nature, a nature reserve was established in 1963 and opened to the public. A green trail, which starts just before the village of Jaworki near Szczawnica, runs through the gorge. A parking lot and an inn are located before the sign marking the entrance to the reserve. Allegedly, treasure hunters explored the gorge already in the 5th century. The mineshafts of those gold-greedy explorers have been found in one of the rocks, called Prokwiłowska Homola. The first stretch of the trail crosses the canyon, where the lofty rocks can be admired. Further on, the trail ascends along the forest scree towards the Pod Wysoką Clearing.



Homole Gorge and Biała Woda Reserve, ▲ www.pieniny.net.pl

Biała Woda Nature Reserve, which can also be reached from the town centre of Jaworki, was established and open to the public in 1963, just like Homole Gorge. This picturesque, almost woodless and wide valley can be traversed via the yellow trail, which is perfectly adapted for tourists (with numerous benches and information boards provided). Far from Jaworki, the valley narrows rapidly, and beautiful rocks, similar to

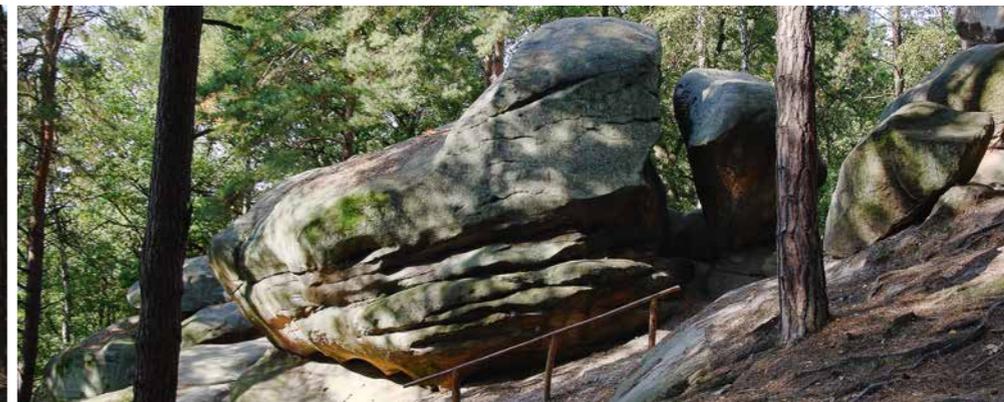
THE MOST BEAUTIFUL NATURE RESERVES



△ Petrified City Nature Reserve, photo by A. Brożonowicz

▷ Petrified City Nature Reserve, photo by A. Brożonowicz

◁ Białka River Gorge near Krempachy, photo by J. Gorfach



those in Homole Gorge, and the unique rock made of volcanic basalt rise above the winding Biała Woda stream. The road running along the bottom of the gorge leads to the upper part of the valley, and then to the Rozdziele Pass, where the yellow trail ends. The pass offers a picturesque panoramic view. The col constitutes the natural borderline between the Sądecki Beskid and the Little Pieniny Mountains.

Białka River Gorge near Krempachy

The west end of the Spiskie Pieniny, near the village of Krempachy, features the expansive but short gorge of the Białka River, the right tributary of the Dunajec River. The beauty of this place is well known not only to naturalists and tourists, but also to filmmakers: the local landscape (and the Biała Woda Valley) “starred” in such films as, *Janosik* (the Polish version of *Robin Hood*) in 1974. The area was also well known to the Neanderthals, whose oldest traces can be found in the Pieniny. Thirty thousand years ago, a primitive man even left his weapon: a 70-centimetre-long boomerang made from a mammoth’s tusk in the Oblazowa Cave. It is the world’s oldest boomerang, with a throwing range of up to 65 metres (displayed in the PAN Museum in Kraków). The reserve was established in 1959 protecting, apart from the landscape, the relict vegetation covering the rocks. The limestone rocks guard the gorge: Kramnica on the right side and Oblazowa on the left. The walls of the latter are rich in prominent fossils, mainly of Jurassic ammonites. Both rocks offer an awe-inspiring view of the Nowatorska Valley, the Spisz area, as well as of the Gorce, Pieniny and Tatra Mountains.

Petrified City in Ciężkowice

This is one of the main attractions and sights of the Ciężkowickie Foothills, a geological reserve featuring large sandstone rocks of fanciful and splendid shapes located in the beautiful hilly forest. As a monument of nature, the area had already been protected in 1931 but became a reserve only several dozen years later in 1974. This place of outstanding beauty is situated within the borders of town of Ciężkowice, only 700 metres from the town centre (along the road from Tarnów to Gorlice and Krynica). The rocks, which acquired their present shapes through the process of erosion, bear interesting names. Apart from the Witch with a hooked nose, guarding the town’s entrance, there is also the Town Hall, the Tower, the Club, the Pyramid, and the Badger.... One group of rocks has even been dubbed Grunwald (Tannenberg) to commemorate the greatest victory in Polish history. In the vicinity of the reserve there is one more interesting site: the small (only 70 metres long) – Witches’ Gorge. It can be reached via a trail running from the Petrified City. The gorge’s greatest attraction is a rather large waterfall, which in winter creates a splendid ice wall, which plunges resoundingly onto the rocks in the spring.

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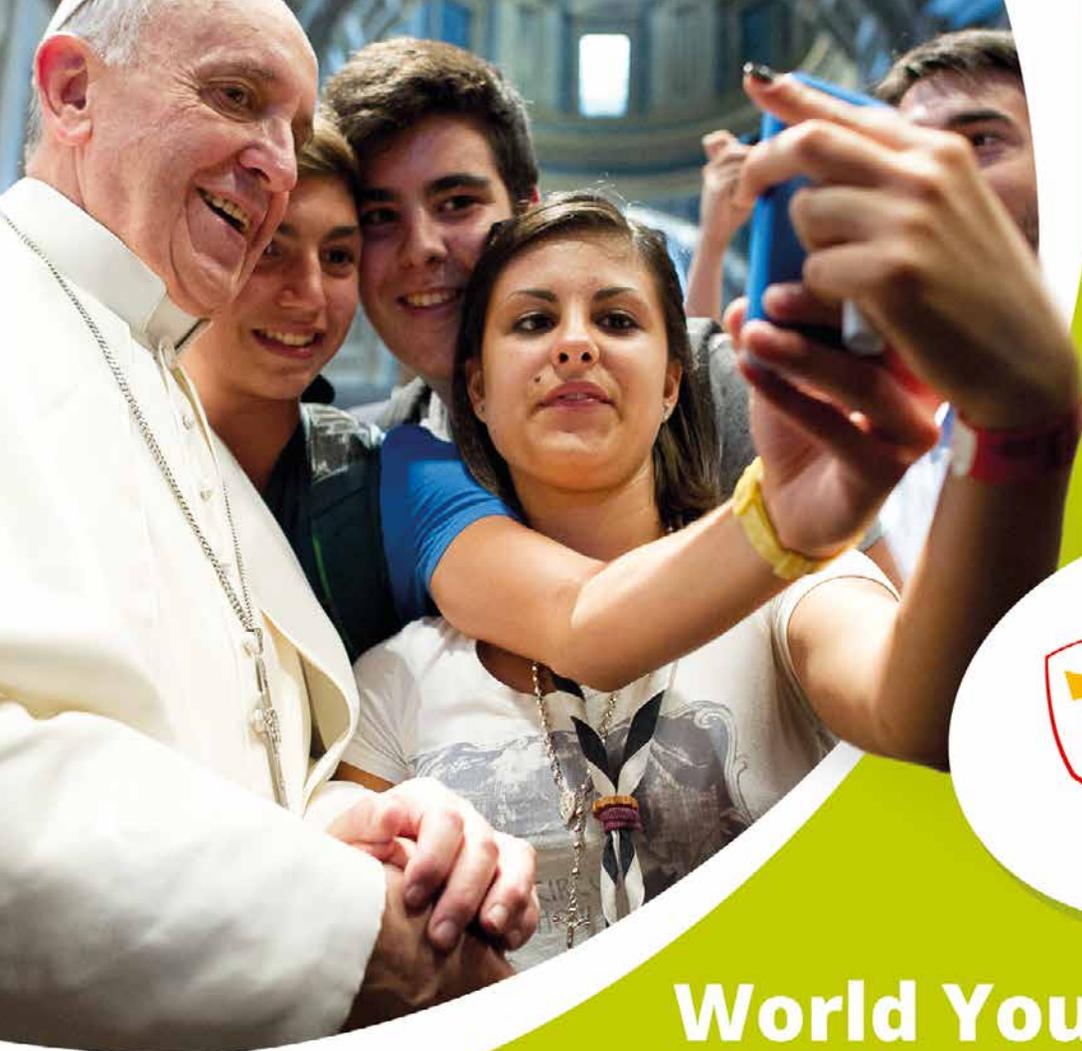
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