



Podlaskie tourist guide





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KNOWLEDGE OF FOREIGN LANGUAGES IN PODLASKIE



The Poles attach more and more significance to their knowledge of foreign languages. The youth is being taught languages as early as primary school. In Podlaskie, as in the rest of Poland, foreign tourists should find English easiest to communicate. German and French are becoming more and more common. Due to the region's location, many people speak Russian. The staff in hotels and tourist information centres usually speaks more than one language. You may also book a tour of the region in the language chosen by you.

Ludwik Zamenhof, the inventor of Esperanto, was born in Białystok in 1859.

CLIMATE

Podlaskie's turn

Summer in Podlaskie is very often beautiful, sunny and hot with the temperature reaching 38.5° C. Winter lasts long and gets snowy and frosty. Though the average January temperature is – 4.3° C, it generally gets much colder, reaching – 38.7° C in some parts of the region. For updated weather information and forecasts in Podlaskie please contact any tourist information centre, www.wrotapodlasia.pl website, or the Institute of Meteorology and Water Management website www.imgw.pl.

Marta Cywińska – a poet and writer:

Białystok is a place of my continuous returns (...). The archive of my Białystok memories has preserved recollections of the Old House with Garden, which was taken away from my family and nowadays no longer exists, stories of the departed, extraordinary people told by my Grandmother, friendships from school which have stood the test of time, hard-working washerwomen in the Planty Park, the last parish fair at St. Roch's Church, the Mickiewicz district in which I spent my whole childhood. I have made a selection of my memories and preserved only those of noble people and emotional places in Podlaskie. In my dreams, I can see the flight of a homesick stork, the paths leading to Białowieża, the Museum of Borderland House in Białostoczek, the Celtic Festival in Dowszpuda. I never cease to miss, recollect, return.



Rapeseed fields



Podlaskie in winter

B. Żukowska



Border crossings in Podlaskie

Poland – Belarus

- Kuźnica Białostocka – road, railway; cargo and passenger traffic (1)
- Bobrowniki – road; cargo and passenger traffic (2)
- Polowce – road; passenger traffic restricted to Polish and Belarusian citizens (3)
- Białowieża – tourist border crossing; pedestrian and cycle traffic only, cars and scooters are not allowed (4)
- Augustów – river border crossing on the Augustów Canal, opened in summer only (5)
- Czeremcha – railway; cargo and passenger traffic (6)
- Siemianówka – railway; cargo traffic (7)

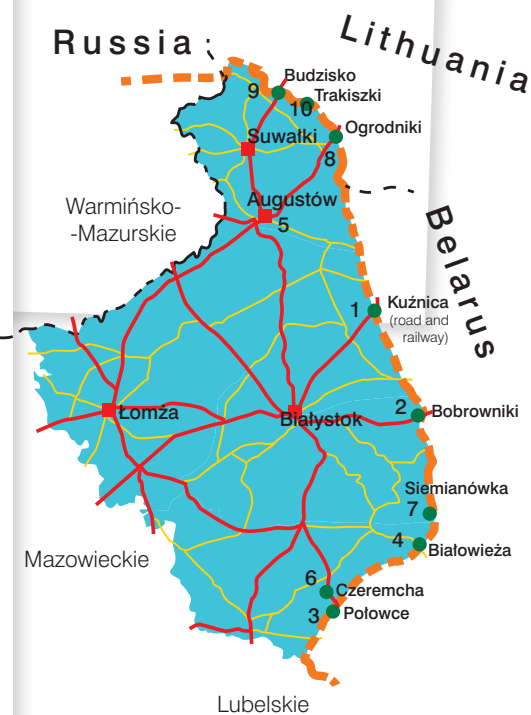
Poland – Lithuania

- Ogrodniki – road; passenger traffic (8)
- Budzisko – road; cargo and passenger traffic (9)
- Trakiszki – railway (10)

Poland in Schengen area

On 21st December 2007, i.e. 3.5 years after the accession to the European Union, Poland, together with 8 other EU new Member States (Estonia, Hungary, Latvia, Lithuania, Malta, Czech Republic, Slovakia and Slovenia), joined the Schengen area – a territory with no checks at internal EU borders, a territory of easier and faster movement of people and goods.

Although checks at internal EU borders have been abolished, you are still required to hold a valid document confirming your identity and citizenship while abroad (e.g. a passport or ID card; driver's licence or school card will not be sufficient), as identity checks may be carried out randomly in the territory of the entire Schengen zone. The same rule applies to children.



Białystok – the capital of Podlaskie



Białystok City Hall archive

a bird's eye view...

Paweł Małaszyński, an actor who comes from Białystok, told the Gazeta Współczesna daily: "Białystok is my best memory, my past, my future and my present. Białystok is everything I have. I always wanted my children to grow up here (...). Here are my streets, my pavements. I get up at my family home and what do I hear? Birds! Singing! No cars, no incessant noise. All of my friends, who I spent my childhood and grew up with, live here. This city is my safe haven, not just a port on my way. I simply love this city."

Dear readers,
Whether it is a short or long trip you are planning, it is well to visit the MAPY Tourist Bookshop (est. 1993) located in the coach station in Białystok. The bookshop offers the widest range of maps, atlases and tourist guides in north-eastern Poland. Dedicated and professional staff provides in-depth information and advice on your planned route.

Tourist Bookshop
Coach Station (mezzanine),
8 Boh. Monte Cassino St., 15-873 Białystok
tel. +48 85 745 15 61, +48 85 745 80 43
e-mail: mapy@td.com.pl
www.mapy.bialystok.pl



Białystok. The city's name is a combination of two Polish words: "Biały", meaning "white", and "Stok", which nowadays means "a hill" but once meant "a stream". Centuries ago, the vibrant and colourful centre of the city was a thriving primeval forest. Six hundred years ago this very spot used to be a hunting place of Gedyminas, the Grand Duke of Lithuania. The legend has it that one day nightfall caught him in the forest chasing a beautiful deer. The forest was wrapped in darkness and it was too late to find the way back, so he decided to camp beneath the stars. The next morning, the disappearing milky fog unveiled an extraordinary view – a crystal clear stream shining in the sun. A white stream – Biały Stok.

www.bialystok.pl

A stroll through Białystok

One of Białystok's most charming places is the palace with its surrounding park – a reminder of a person passionate about beauty and nature, someone who lived in 18th c. and loved this city, of Jan Klemens Branicki. Taking possession of Białystok, Branicki decided to change the austere character given to the city by its previous proprietors. He employed eminent baroque architects – Tylman of Gameren, Jan Zygmunt Deybel, Jakub Fontana and Jan Henryk Klemm – to transform the 16th c. castle into the "Versailles of the North", a magnificent residence of a great noble. Owing to their opulence, the most elegant chambers in the palace were called "royal". The palace featured also a "Chinese" room, "gold" room, library, chapel, ballroom, dining hall, aquarium, gala chambers, "Parisian"



PRTO archive

Fountains in the Planty Park



Avenue in the Planty Park/Białystok City Hall archive

apartments and bath chambers – all of them carefully decorated with the most fashionable beautiful furniture, masterpieces of art and various knick-knacks. Nowadays the palace houses the Medical University of Białystok and is partly open for tourists.

There are two gardens behind the palace, one in the English, the other in the French style. The English garden looks like a small forest bubbling over with greenery. The French one is just the contrary. Its carefully trimmed shrubs and hedges form green labyrinths and geometric patterns. You may admire this breathtaking view from the palace's terrace. The palace garden is surrounded by the Planty – a park in the city centre with its famous **Lo- vers' Avenue** and **Dancing Fountains**.



The Guest Villa

Ł. Dobrzyński



PRTO archive

The Cathedral Basilica

It was most likely for his wife, Izabella Poniatowska, that Branicki erected the Guest Villa in 1771. The building has been beautifully restored and nowadays serves as the representative seat of the City Mayor of Białystok. Do not be surprised if you happen to hear Mendelssohn's "Wedding March" and champagne corks blow off in the Villa, as the locals contract marriages here.

The Guest Villa is located very close to the oldest church in the city – **the Old Farny Church**, a white baroque church built in 1617-1621. Branicki's wife Izabella is buried in the church crypt. In mid 19th c., when the population of Białystok increased greatly, the church became too small to provide room for all the faithful. Therefore, they asked the tsarist Russian authorities to permit building a new church. The permission was granted... 40 years later! Moreover, they were permitted only to build an annexe. Construction works started in 1900. At present, the "annexe", a dozen times larger than the old church itself, stands gloriously and proudly over the Białystok landscape serving as the cathedral basilica.



Interior of the Podlaskie Museum
Ł. Dobrzyński



PRTO archive

The Town Hall – the seat of the Podlaskie Museum

Standing at the bottom of the cathedral you can see the **Town Hall** built in 1745 thanks to Branicki. It used to be a kind of "shopping mall" of that time. It housed merchant stalls, in many cases belonging to Jews, who at that time constituted nearly half the city's population. Nowadays the Town Hall is the seat of the **Podlaskie Museum**. The square in front of the building has recently been transformed into the representative city plaza on which the most important events take place.

The plaza also marks the start of the city's most popular street – Lipowa Street (Lime Tree Street) – with lime trees on each side planted by the order of Branicki. This typical shopping street, full of cafes, restaurants and boutiques, looks particularly fabulous at Christmas time decorated with colourful lights and green twigs.



Kościuszko Square/PRTO archive



Tourist Information

Białystok, 6 Malmeda St.
tel./fax +48 85 732 68 31
cit@podlaskieit.pl

www.podlaskieit.pl

In the past, Białystok featured ethnic, cultural and religious diversity of its inhabitants. The Poles, Jews, Russians and Germans coexisted here in 18th and 19th c. Catholic, Orthodox, Protestant churches and synagogues marked the landscape. Various cultures melted in the streets and the multilingual buzz floated in the air giving the city an extraordinary climate. In such circumstances, on December 15th, 1859, son Ludwik was born to the family of Zamenhof, who was later to become the inventor of an international language of Esperanto.

The Jewish community, which until World War II used to constitute half the city's population, today virtually does not exist. Yiddish is no longer heard in the streets, there are no open synagogues and Jewish merchants in the Town Hall, the Chanajki district disappeared. However, there are some Jewish reminders scattered about the city – the Jewish cemetery (kirkut) in Wschodnia Street, some memorial plaques and old tenement houses. One of them, in 37 Warszawska Street, nowadays houses the History Museum. An old synagogue is today the seat of the Ślendrański Gallery, and the street in which the Tourist Information Centre is located, has been named after Icchok Malmed – a Jewish hero from the World War II period.



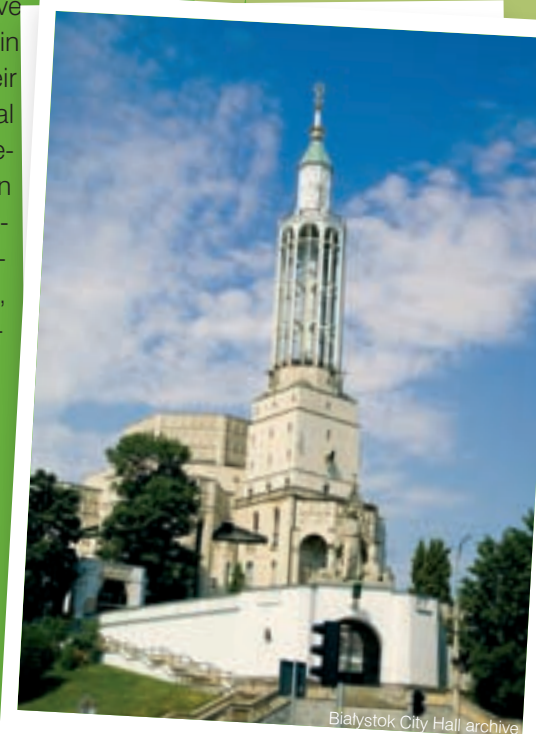
Saint Nicholas Orthodox Church
www.cerkiew.pl

Orthodox Cultural Centre in Białystok
5 Św. Mikołaja St., tel. +48 85 744 30 10

These days, Catholic and Orthodox churches are the most visible signs of the city's **multicultural character**. The Majestic **St. Nicholas Orthodox Church**, dating back to 1846, stands in the very city centre, in Lipowa Street, opposite the oldest hotel in the city – Cristal. It is a characteristic white domed church built on the plan of a Greek cross. Its interior strikes with a blaze of colourful icons, glare of candles and silence of extraordinary grandeur. In the church's right wing there are the relics of Saint Gabriel – a child born in the village of Zwierki, close to Białystok. According to the legend, the child saint could cure the sick with his mere presence. Although, there is no organ music in the Orthodox church, choral songs, lit candles and the smell of incenses give church services the magic and charm of Rembrandt paintings. In 1991, this church was visited by John Paul II who said in his speech to the Orthodox congregation: "Today we can see it more clearly, that the Orthodox and Catholic Churches are Sister Churches".

Białystok and the whole Podlaskie Region have the largest Orthodox community in Poland. Mixed marriages are commonplace and do not surprise anyone. A Catholic boy falls in love with an Orthodox girl, they get married in the church of their choice and bring their children up in a spirit of respect for cultural and religious differences. Friends of different faiths give one another best wishes on Catholic and Orthodox holidays, the Catholics are being invited to Orthodox wedding parties and vice versa. In Podlaskie, the Catholic and Orthodox religions coexist like the two heart ventricles.

At the exit of Lipowa Street, on a hill, there is the **Catholic St. Roch Church** built in the first half of 20th c. Owing to its modernistic style and huge size, there are not many lookalikes in Europe. Its light, ascetic interior has the capacity of 8 thousand people. The hill overlooks the city making it a perfect spot to enjoy a wide panorama of Białystok.



St. Roch Church

Every year, in March, Białystok hosts the Podlaskie Tourist Fair, organised by Podlaskie Regional Tourist Organisation. It is great opportunity to get to know the regional tourist offer, discover charming places to rest and plan your beautiful holidays.

The fair includes numerous events and prize competitions, in which you can win your stay in Podlaskie tourist resorts. During the fair you may also get familiar with the folk art of north-eastern Poland, listen to some music concerts and taste regional delicacies at the Festival of Podlaskie Cuisine.

Podlaskie Regional Tourist Organisation (PRTO)

Białystok, 6 Malmeda St.

tel./fax +48 85 732 68 31

cit@podlaskieit.pl

www.podlaskieit.pl



Weekend in Białystok and around

The "Hospitable Białystok" tourist package has received the Certificate of Polish Tourist Organisation for Best Tourist Product 2007

Weekend: Friday – Sunday

Accommodation in Hotel Branicki in Białystok, a four-star hotel with the atmosphere of the pre-war elegant Ritz Hotel. This cosy period hotel, located in a quiet quarter of the city centre, provides high standards of service.

In the afternoon – a walk in Białystok along the footpaths of Branicki: the Branicki Palace with its gardens, the Planty Park, the Guest Villa, and the Town Hall. Then, a moment of relax in one of numerous cafes or in the E. Wedel Chocolate House. The Chocolate House is a remarkable place of artistic and inspiring character. Its glamorous rooms, decorated in wild rose and vanilla colours, host concerts, exhibitions and film screenings. There is also a library to get an interesting book or newspaper to read.



Saturday evening

Relax in banquet atmosphere at the Nadawki Manor, located on the outskirts of Białystok, on the edge of the Knyszyńska Primaeval Forest, 7 km away from the city centre in the direction of Augustów. The Nadawki Manor is a complex of countryside buildings, a quiet place with warm atmosphere on the Supraśl River and a kingdom of exquisite regional, borderland cuisine. Before the diner you are welcome to go for a walk around the manor or a swim in the river. There is also a playground to cater for the needs of the youngest guests. Within walking distance you will find the Podlaskie Countryside Open Air Museum open year round. Overnight stay in Hotel Branicki in Białystok.

Sunday

Transfer and sightseeing in Supraśl, a town lying amidst the Knyszyńska Primaeval Forest. A visit to the extraordinary Museum of Icons, the winner of the Place of the Year 2006 Award (www.muzeum.bialystok.pl). Then, a voluntary horseback ride or bicycle trip through the Primaeval Forest.

Transfer to Lipowy Most in the Knyszyńska Primaeval Forest, where you may play golf in the Golf Park, embark on a hackney cab ride, barbecue or visit the local coach house and Old Polish manor house. Diner in the open air on the manor's terrace with the view of green forest clearings and ponds and the smell of resin.

The manor's chef recommends his pièce de résistance – duck in cranberry sauce.

Białystok Countryside Open Air Museum in Osowicze
tel. +48 85 743 60 82

Nadawki Manor archive



Nadawki Manor
Jurowce near Białystok
(PRTO Member)

tel. +48 85 749 10 67
www.folwarknadawki.pl



K. Pierwienis



Golf Park Lipowy Most
(PRTO Member)
www.golfpark.pl
mob. +48 505 02 51 50

Lipowy Most



Hotel Branicki/hotel's archive



Lipowy Most/ADMIS Promotion Agency

You are warmly welcome to stay at the modern and comfortable **Hotel 3 Trio** in Białystok. Its location in a quiet and peaceful city quarter, only 5 minutes away from the centre is particularly convenient in business trips.

Hotel 3 Trio offers a total of 30 rooms, comfortable and arranged in a modern way, ranging from deluxe rooms to standard singles and doubles. The rooms amenities include: bathroom, LCD SAT TV set, telephone and free Wi-Fi Internet access. The price includes breakfast.

There are three air-conditioned meeting rooms in the hotel, with a maximum seating capacity of 160, featuring high-speed Wi-Fi Internet access and latest technical equipment.

The Trio Restaurant features a restful air-conditioned interior of subtle pastel style. A varied and refined menu, offering Polish, French and Italian dishes, will suit even the most sophisticated gourmets.

The hotel is easily accessible and has free car park. Dedicated and professional service guaranteed. In season, you are welcome to have a well chilled beer in the patio and relax amid blossoming geraniums.



Hotel 3 Trio archive www.hotel3trio.pl

hotel 3 Trio

Hotel 3 Trio
3 Hurtowa St., 15-399 Białystok
tel. +48 85 745 40 50, 745 54 22
hotel@hotel3trio.pl
www.hotel3trio.pl



Zebra Restaurant archive

Beef roulade with Bison grass blades
in the Zebra Restaurant



The Zebra Restaurant
(city centre, entrance from the Central Shopping Centre side)
2 M. C. Skłodowskiej St., 15-097 Białystok
tel +48 85 74 55 555
www.zebra-restauracja.pl
www.zebrapub.pl



the Zebra Pub archive

The Zebra Pub



The Nemeti firm has been producing souvenirs and gifts from Białystok and the region since 2003. The Nemeti's product range broadens constantly, yet the "Białystok śledzik", Esperanto and Białystok and Podlaskie sights gadgets remain its unquestioned flagships.

www.nemeti.com.pl

The "Hospitable Białystok" tourist offer
is available from:
NOWATOR Travel Agency
13 M. C. Skłodowskiej St., 15-275 Białystok
tel. +48 85 742 63 36
fax +48 85 742 69 56
e-mail: nowator@nowator.com.pl
www.nowator.com.pl





The Branicki Palace/Białystok City Hall archive

If you plan on visiting either Białystok or the region it is good to hire a licensed guide who will show you the most interesting places and make the sightseeing tour tailored to your individual needs.

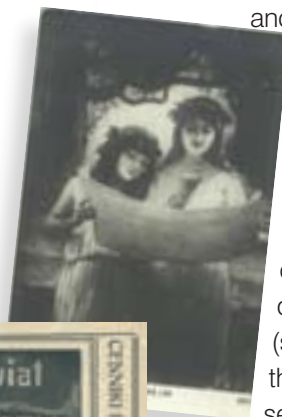
Guided tours may be obtained from:
 Polish Tourist Country-lovers' Society (PTTK) Regional Branch in Białystok
 30 Waryńskiego St., tel./fax +48 85 744 56 50, +48 85 744 55 60,
 mob. +48 514 090 142
 open Monday to Friday, 10 a.m. – 1 p.m.
www.bialystok.pttk.pl

BIAL-TUR Travel Agency
 tel. +48 85 742 43 51, www.bialtur.pl
 e-mail: biuro@bialtur.pl

An attractive tourist package in Podlaskie and the neighbouring countries, Lithuania, Ukraine and Belarus, is available from:

Polish Chamber of Tourism, Podlaskie Branch in Białystok (PRTO Member)
 77 Jana Pawła II St., tel. +48 85 653 76 87, +48 85 651 99 03
www.podlaskieit.pl, www.pit.org.pl

The travel agencies and lodging establishments, united within the Polish Chamber of Tourism, have a longstanding history and experience in the tourist market. Their established reputation guarantee high service standards.



BIAŁYSTOK AND ITS ENVIRONS

On the outskirts of Białystok, at the picturesque edge of a pine forest you will find the **“Trzy Sosny” (“Three Pines”)** Conference and Banquet Centre. Although the hotel is located in peaceful and quiet surroundings, the city centre is only a few minutes' drive away. It is a perfect spot for those in love with nature and horseback riding, as the stables in Ignatki is only 200 m away.

The “Trzy Sosny” is famous for its excellent cuisine. The chef's specialties include: pork loin stuffed with feta cheese, chicken breast plait, meat loaves with nuts, ham with broccoli and a mosaic of pork neck. The tasteful menu is perfectly complemented by the pork loin with apricots or the farmer's delicacy (minced meat with bacon, eggs and fennel).

The “Trzy Sosny” Conference and Banquet Centre (PRTO Member)

www.trzysosny.pl

16-001 Kleosin near Białystok, 20 Leśna St.

tel. +48 85 663 13 11

The BIAŁYSTOK Horseback Riding Club

Jeździecka St., 16-005 Ignatki

tel. +48 85 663 29 94, mob. +48 609 46 25 04

INTERESTING PLACE, INTERESTING PEOPLE

Only 5 km away from Białystok, by the road to Białowieża, there is the **Museum of Borderland House in Białostoczek** – a place of great atmosphere and passionate people. Mr and Mrs Cywiński, who run this museum, have a way with words and easily send the guests floating away to the world of sounds and music, since everything in this museum circles around music, be it a musical theme in artistic images or a requisite of a music connoisseur. The atmosphere of the turn of 19th and 20th centuries has never left this house. The “Souvenir Living Room” has on display old decorative and utilitarian articles, historical memorabilia, documents of noble borderland and Podlaskie families, books, periodicals, old calendars, and, above all, collections of musical valuables (several thousands of music scores) and musical instruments. Each of these objects has its intriguing history waiting to be unveiled by the museum's owners. A visit to the museum is just like a visit to your long gone friend, and you are more than welcome to drop by.

The museum is open April to October. Visits require prior telephone arrangement.

tel. +48 85 732 20 57, +48 85 743 51 28, +48 696 96 05 14.

How to get there: by car: take the Białystok – Białowieża road, in the village of Białostoczek turn right following the signs; by bus: take 101 bus line going in the direction of Kuriany.



BIAŁYSTOK CITY CENTRE PLAN

- | | |
|--|---|
| 1. Railway station | 6. The Assumption of Holy Virgin Mary Cathedral |
| 2. Christ the King and St. Roch Church | 7. Podlaskie Regional Library |
| 3. St. Nicholas Orthodox Church | 8. Branicki Palace |
| 4. Ludwik Zamenhof Monument | 9. Branicki Park |
| 5. Town Hall | 10. Dancing Fountains at the Lovers' Avenue |

Railway Station in Białystok

9 Kolejowa St.

tel. +48 85 673 35 75



Zamenhof Square in Białystok/PRTO archive

BIAŁYSTOK – the cradle of Esperanto

In the second half of 19th c., Poles, Jews, Russians and Germans used to live together in Podlaskie. The inventor of the constructed international language of Esperanto, Ludwik Zamenhof, was born in Białystok on December 15th, 1859, to a Jewish family. Yiddish, and probably Polish, was spoken at his family home.

As a ten-year-old boy, Ludwik, being raised in multicultural and multilingual society, thought that most of interpersonal misunderstandings are due to the language barrier. Therefore, the little big dreamer, craving human unity in the spirit of peace and friendship, decided on constructing a language to link nations together. Pursuing his childhood dreams, he created in 1885 a logical and simple language of Esperanto.

The preparatory school Zamenhof used to attend still exists in Białystok. Since 1919, there has been a street in Białystok named after him, and in the city centre, next to the Tourist Information Centre, there is a monument commemorating Zamenhof. Every December, the Białystok Esperanto Society (BES) and the Ludwik Zamenhof Foundation hold joint celebrations of Zamenhof's Birth Anniversary.

There are about 50 active Esperanto speakers in Białystok. You can study Esperanto in Zamenhof's home town at courses organised by BES or the Białystok Technical University.

In 2009, the year of 150th anniversary of Zamenhof's birth, Białystok will be hosting the World Congress of Esperanto with several thousands of participants from all continents.

The Esperanto alphabet

Esperanto is written with a modified version of the Latin alphabet, including 28 Latin letters and some letters with diacritics:

a, b, c, ĉ, d, e, f, g, ĝ, h, ĥ, i, j, ĵ, k, l, m, n, o, p, r, s, ŝ, t, u, ŭ, v, z.

A small English – Esperanto dictionary:

Yes – jes
No – ne
Thank you – dankon
Thank you very much – dankegon
You are welcome – nedankinde
Please – bonvolu
I am sorry – pardonon
Hello! – saluton
Goodbye – gxis revido
Good morning – bonan tagon
Good evening – bonan vesperon
Good night – bonan nokton
I don't understand – mi ne komprenas
What is your name? – kiel vi nomigxas?

Important websites:

www.esperanto.pl

www.podlaskieit.pl

www.wrotapodlasia.pl

THE PEOPLE

The Poles are widely known for their hospitality, which is reflected even in our national proverbs, e.g. "What's ours is yours" or "A guest in the home, God in the home". Guests invited to Polish homes may always expect a warm and friendly reception. Friendships are very important for the Poles, and though they sometimes may form slowly, they often last lifelong.

Owing to the region's location and its history, the people of Podlaskie have always been an ethnic mosaic of the Poles, Belarusians, Lithuanians, Ukrainians, Russians and Jews. Ethnic diversity and longstanding peaceful coexistence of different cultures and religions have made the people of Podlaskie truly tolerant and open-minded.

The Lithuanian minority lives in the north-eastern part of Poland. Most of the Lithuanians live in Podlaskie, in the municipality of Puńsk, where they constitute about 80% of total population. The rest of population of Lithuanian descent is dispersed all over Poland, mostly in the north and southwest of the country (Gdańsk, Olsztyn, Szczecin, and Wrocław). There are many Lithuanians living in Warsaw as well.

The regional radio and TV stations broadcast programmes in Lithuanian, which can be received throughout the region. An hour long radio programme is aired once a week, whereas the TV programme, which lasts 30 minutes, is broadcast once a month.

The Belarusian minority constitutes a significant 2.5% of Białystok population. A large number of people of Belarusian descent live in the towns of Hajnówka and Bielsk Podlaski and in the villages in the south of the region. They publish books in Belarusian, organise choirs (very often Orthodox choirs), and have their representatives in regional politics. Consulate General of the Republic of Belarus operates in Białystok. Both nations share common heroes, such as Thaddeus Kościuszko and Adam Mickiewicz. A number of economic and commercial agreements have boosted trade between Poland and Belarus. Belarusian students study in Białystok.



In Kościuszki Square/PRT O archive

Ethnic, religious and cultural diversity in Podlaskie

Podlaskie Region is the north-eastern part of Poland, which has for ages been inhabited by people of various faiths: the Catholics, Orthodox, Old Believers, Jewish and Muslim.

The Majority of the population is Catholic. There are several Catholic sanctuaries and pilgrimage sites in the region: **Różanystok** (www.rozanystok.pl), the Sanctuary of Our Lady of Reconciliation in Hodyszewo, and the Sanctuary in Studzieniczna. Many churches are treasured monuments, going back to the distant past of local communities.

Podlaskie, and Białystok in particular, has the largest Orthodox population in Poland. About a third of Białystok's population is Orthodox.

There are about 140 Orthodox churches in Podlaskie, including the most important Orthodox sanctuary in Poland – the Holy Mount **Grabarka**, a place of 1710 miraculous cure of those who took shelter on the mount from the epidemic of cholera, which decimated neighbouring villages. Grabarka is a pilgrimage centre for thousands of Orthodox believers traditionally arriving here by foot, many of them bearing wooden votive crosses, several thousands of which can be nowadays seen around the church.

Every year the pilgrims leave linen handkerchiefs around the stream flowing at the mount's foot. Having washed their

hands and faces with the stream's water, they put the handkerchiefs on the stream banks in hope to leave their illnesses behind and return home in good health. Each year in May, Grabarka hosts international meetings of the Orthodox youth. On August 18th and 19th, at the Feast of Transfiguration of Christ, thousands of pilgrims visit the Holy Mount. Mixed marriages, e.g. Catholic-Orthodox, are commonplace in the region.



M. Kupryjaniuk

Orthodox church at Grabarka



synagogue in Tykocin

In Tykocin, a town in the vicinity of Białystok, there is a synagogue, a reminder of the region's Jewish community, which before World War II constituted half of Tykocin's population and a significant percentage of many other towns. The historical interiors of the **Great Synagogue**, dating back to 1642, and the Talmudic House, from the end of 18th c., nowadays house

the museum and display exhibits of the Jewish culture and eventful history of Tykocin.

Some Jewish cemeteries (kirkuts) and memorial plaques have remained in the region. One of the streets in the centre of Białystok has been named after Icchok Malmed – a Jewish hero from the World War II period.

The coexistence of Polish and Tatar cultures is the region's particular curiosity. Recently established **Tatar tourist route** preserves the remains of Tatar settlements in Poland, promotes Tatar customs and culinary traditions.

Podlaskie is a region of open dialogue and creative co-operation among nations, ethnic and religious groups. The borderland longstanding traditions of peaceful coexistence and harmonious merging of cultures make the essence of this land. Professional guides offer their assistance in discovering the region's cultural diversity. More

Regional cuisine – Bon Appétit!

Potato pie is very popular in the north-eastern Poland. To grated potatoes add small slices of your favourite sausage, ham and onion, season the lot and bake it. Potato pie tastes best when served hot.

In the northern part of the region, in Sejny and Puńsk, there are Lithuanian restaurants. There are many places in the region, which serve traditional regional dishes.

Dumplings are another popular dish in Podlaskie. Whether stuffed with cheese, mushrooms, meat or served sweet (e.g. with bilberries) you will find them on the daily menu. Meat stuffing – game meat, onion, seasoning; mushroom stuffing – sauerkraut, dried mushrooms, onion, seasoning; Russian dumplings – boiled potatoes, cottage cheese, onion, butter, salt and pepper. Dumpling dough: 1 kg flour, 1 egg, 600 ml of warm water, a pinch of salt, a bit of oil.



Religions of Podlaskie tourist route

The route leads through ethnically and religiously diverse parts of Podlaskie. Numerous Catholic, Orthodox, Old Believers', Muslim and Jewish temples located on the route evidence this land's turbulent history.

Route: Drohiczyn – Grabarka – Hajnówka – Białowieża – Tykocin – Krypno – Białystok – Święta Woda – Krynki – Bohoniki – Różanystok – Studzieniczna – Wigry – Wodzisławki.

information on guided tours can be obtained from the Polish Tourist Country-lovers' Society (PTTK) Regional Branch in Białystok
tel. +48 85 744 56 50
mob. +48 514 090 142
or BIALTUR Travel Agency,
tel. +48 85 742 43 51, www.bialtur.pl



A mosque in Bohoniki

Tench in cream sauce

Ingredients: tench, cream, fennel, salt, herbs, spices, potatoes.

Preparation: clean the fish and fry it. Serve with cream mixed with fennel sauce and grilled potatoes with herbs.



Hotel 3 Trio archive

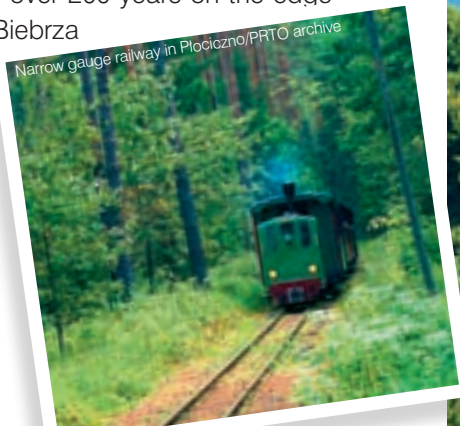
Siolo Budy archive

Served cold in summer and hot in winter, soups are always a popular dish in Podlaskie. In the northern parts of the region soups are sometimes served in clay pots to keep them warm and aromatic for a long time, and to heat up your chilled hands.

Podlaskie is also known for its fish dishes, particularly smoked vendace with lemon juice or tench in cream sauce.

Local beer brand "Żubr" (the second best selling beer brand in Poland) has been brewed from natural ingredients for over 200 years on the edge of the Białowieża Primeval Forest and the Biebrza meadows. Its unique taste adds the perfect crowning touch to a splendid regional meal.

Narrow gauge railway in Płociczno/PTO archive



The Suwałki District – a fairy tale land

The **Wigry National Park**, the pearl of the Suwałki District, is a land of 42 lakes. The deepest of them, the **Wigry Lake**, together with the adjacent 14 smaller ones, form an exceptional hilly landscape of twisting shoreline, picturesque islands and bays. Unique on Poland's scale, the small mid-forest lakes, known as "suchars", are a particular feature of the park. Abundant in the vendace and common whitefish, the waters of the Wigry National Park are a paradise for kayakers and sailors. The park's 230 km long network of hiking, cycle and horse routes is complemented by six amusing educational trails ("Forest" and "Suchars" in Krzywe, "Lakes" in Gawrych Ruda, "Primeval Forest" in Wysoki Most, "Amphibians" in Rosochaty Róg, "Exploitation of Forest Resources" on the Wigry Narrow-gauge Railway line). There are numerous lookout towers in the park, as well as permanent nature and ethnographic exhibitions – "By the Wigry Lake" in Krzywe and "Save from Oblivion" in Czerwony Folwark.

The **Czarna Hańcza** is the longest river of the Wigry National Park and one of the most important rivers of the Suwałki District. Beautiful yet fickle, puts your vigilance to sleep with its lazily flowing current then suddenly turns without warning. Bathed in sunshine lets you admire its full beauty and, after a while, disappears shyly in the green tunnel of trees.



A. Gabrel

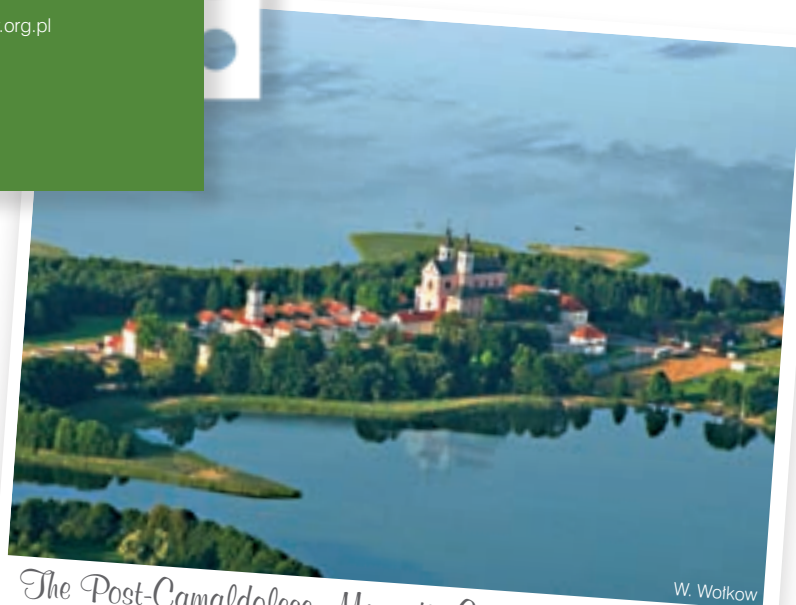


J. Trojanowski

Kayaking on the Czarna Hańcza, you will find many camp sites along the route. The organisers of kayaking trips recommend taking some food with you, anti-sun headgear, light tourist footwear, a raincoat (just in case), fingerless gloves (e.g. bicycle), but most of all an excellent frame of mind!

The Wigry makes a perfect starting point for a kayaking trip on the Czarna Hańcza. Before rowing off, do not forget to visit the nearby **Post-Camaldolese Monastic Complex**. Picturesquely set on the Wigry Peninsula, the complex Majestically overlooks Lake Wigry. You can fully enjoy its undisturbed, serene and spiritual atmosphere by staying overnight in one of the former monk hermitages, which are now let to tourists. The lookout tower lets you indulge in the surrounding beauty and fairytale landscapes.

In 1999, the Wigry Monastery had the honour to host Pope John Paul II. The apartment he stayed in is today open for tourists. For more information please contact the House of Art in Wigry, **tel. +48 87 563 70 00, www.wigry.org**.



The Post-Camaldolese Monastic Complex on the Wigry

W. Wolkow

Selected organisers of kayaking trips in the Suwałki District:
"Hobbit" Wild Adventure Lovers' Club
 tel. +48 87 567 88 97, mob. +48 602 31 10 98,
www.hobbit.suwalki.com.pl
www.akajak.pl, mob. +48 504 06 56 10
www.splywy-suwalzczyzna.pl Potok,
 tel./fax +48 87 567 24 01, mob. +48 609 52 44 16
www.campleszcz.suwalzczyzna.net
 Trojan, mob. +48 603 59 99 59
www.szot.pl
 tel./fax +48 87 643 43 99, +48 87 644 67 58
www.siroccokajaki.pl
 tel. +48 87 643 00 84, mob. +48 603 70 95 70

The Wigry Lake hosts annual sailing regattas. The Wigry National Park Director's Cup Regatta takes place in August, while in September the lake hosts the Wigry Blue Ribbon Regatta featuring cabin yachts, wooden and plastic Omega class sailboats events.

GUIDES:

The Wigry National Park
 tel. +48 87 563 25 62
www.wigry.win.pl
 e-mail: turystryka@wigry.org.pl

Polish Tourist Country-lovers' Society (PTTK)
 Suwałki Branch
 tel. +48 87 566 59 61
www.suwalki.pttk.pl

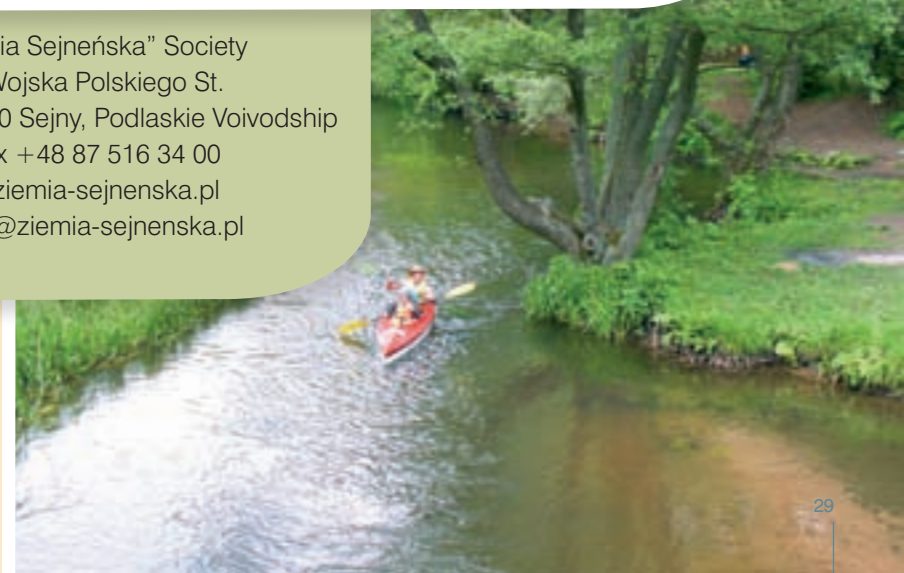
Although angling in rivers and lakes is generally allowed, you should remember that some species are protected within the limits of the Wigry National Park and it is forbidden to fish for endangered or important to the ecosystem species, e.g. the trout.

To combine environment preservation and tourists' satisfaction and needs, several lakes in the park have been made available for active tourism and angling: Wigry, Pierty, Omułówek, Mulaczysko, Czarne near Bryzgiel, Czarne near Gawrych Ruda, Leszczewek, Postaw and the Czarna Hańcza River downstream from Lake Wigry. All kinds of water equipment is allowed on these lakes (kayaks, rowing and sailing boats, etc.) except for motor boats.

If you long for a tranquil escape to rest and relax, choose **the Sejny District** – a land of angler friendly fish-abundant lakes, mushroom-rich forests, and peaceful borderland villages. The "Ziemia Sejneńska" Society offers a number of stay opportunities in Sejny and its surroundings, where the air is 25 times cleaner than the national average:

- holiday apartments, holiday houses, guest rooms in the countryside,
- accommodation for tourist groups,
- comprehensive group pilgrimages to Vilnius, and tours of Vilnius, Trakai and Kaunas; board and lodgings in Sejny and Vilnius, tourist guides, transport and on-site transfers, sightseeing tours,
- co-organised kayak rallies on the Czarna Hańcza and Augustów Canal,
- maps, guidebooks, other promotional materials.

"Ziemia Sejneńska" Society
 60B Wojska Polskiego St.
 16-500 Sejny, Podlaskie Voivodship
 tel./fax +48 87 516 34 00
www.ziemia-sejenska.pl
biuro@ziemia-sejenska.pl



ATTENTION DEAR VISITORS:

There is an entrance fee for all visitors to the Wigry National Park, including those entering the park by boats or other water equipment. There is also an additional fee for angling licence. For the list of places where you can pay the fees and additional information on the rules of tourist traffic in the Wigry National Park please visit www.wigry.win.pl or call +48 87 563 25 62 (the Wigry National Park Tourist Information Centre).

The park's tourist trails are open all year round from dawn to dusk, whereas water tourism is allowed from June 1st to October 31st.

Angling licence is required to angle in the waters of the Wigry National Park. The licence is available at the park's headquarters or angling shops. Each licence contains detailed information on angling rules.

The Wigry Tourist Society is an organisation of private accommodation owners who operate around Lake Wigry. It aims to promote the region and holds annual family angling competition every holiday last weekend.

www.wigry.win.pl/wst

The Wigry Narrow-gauge Railway in Płociczno is one of the greatest tourist attractions of the Wigry National Park and the Augustów Primaeval Forest. Built at the beginning of 20th c. was used to haul lumber produced in the Suwałki District's forests. The railway line had been closed in 1985 and two years later was put on the National Heritage Register. Reopened in 2001, nowadays it carries tourists through a resin-scented forest around Lake Wigry.

The Wigry Narrow Gauge Railway
40 Płociczno Tartak
16-402 Suwałki
tel./fax +48 87 563 92 63,
mob. +48 603 16 53 90
www.augustowska.pl



Guest rooms in the Wigry National Park forester's lodges and Park's Headquarters
Krzywe 82, 16-400 Suwałki, tel. +48 87 563 25 62, www.wigry.win.pl/it/noclegi.htm

Wigry National Park Tourist Guides:

Wigry National Park Tourist Information Centre, Krzywe 82, 16-400 Suwałki,
tel.: +48 87 56 32 562, fax: +48 87 56 32 541, e-mail: turystyka@wigry.org.pl

Suwałki Tourist Organisation

12, 1 Maja Street, 16-400 Suwałki

tel. +48 603 892 812, +48 087 566 65 55

e-mail: sot@suwalszczyzna.eu

www.sot.suwalszczyzna.eu www.suwalszczyzna-jakbasn.pl



The Suwałki Tourist Organisation (SOT) is an association of travel agencies, hotels, leisure centres, agritourist associations, promotion sector and local governments of the Suwałki District. The organisation has been established to create and popularize the image of the Suwałki District as an attractive tourist destination as well as to promote its values and tourist products.

Among the broad tourist offer of the Suwałki District, the SOT has a variety of interesting agritourist recommendations and a wide range of active rest packages (incl. cycle tours and rallies, the Czarna Hańcza and Rospuda kayak rallies, cross-country skiing rallies). Owing to the district's location in the northern part of Podlaskie Region by the Via Baltica route, the SOT offers sightseeing tours in neighbouring Lithuania (e.g. Vilnius, Druskininkai).

Visit the SOT websites to get more on leisure offers in the most popular parts of the Suwałki District, e.g. Lake Wigry, the Wigry National Park or the Suwałki Landscape Park with Poland's deepest lake – Hańcza.

Welcome to the Suwałki District – a fairy tale land.

Horseback trail in the Augustów Primeval Forest

No matter the season and weather, horseback riding in the Wigry National Park is always fun! The overwhelming beauty, blaze of colours and wolf, lynx and elk traces on the ground give the unforgettable feeling of entering a fairy tale. The 225 km of horseback trails lead along winding lake shorelines, charming riverbanks of the Czarna Hańcza and Szlamica, through the locks on the Augustów Canal. A number of scenic points let you admire the landscape while watering your horse. The thrill seekers will find night-time rides particularly entertaining.

Stables in the Suwałki District:

www.stadnina.zarnowo.site.pl, 16-300 Augustów

tel. +48 87 644 79 97, mob. +48 606 13 67 41

www.agrowicher.republika.pl, tel. +48 87 644 54 82, mob. +48 505 89 22 17

Romuald Łanczkowski, 16-407 Wiżajny 21, tel. +48 87 568 85 16

Berenika Orłowska, Okliny 24, mob. +48 667 55 49 30 www.okliny.info

Dowspuda near Raczki – General Pac School Complex, tel. +48 87 568 50 85, tel. +48 87 568 51 03

Leszczewo 25a "The Wigry Horseback Tourism Centre", tel. +48 87 563 70 46

D. Anuszkiewicz, Józefowo 32, tel. +48 87 568 34 77, mob. +48 508 13 10 43

Nowa Wieś 9 near Suwałki "Maniówka" – hippo therapy, tel. +48 87 565 63 55

Smolany Dąb 2 near Krasnopol, mob. +48 605 28 91 74

ON A BIKE THROUGH THE SUWAŁKI DISTRICT

There are many places in the Suwałki District, which ought to be visited on a bike. Here are some cycling packages we recommend.

"Explore the Wigry National Park on a bike" – bicycle trips organised every holiday Thursday by the Wigry National Park. The routes lead through the park. You can rent bicycles at the park's headquarters. More information: +48 87 563 25 62, turystyka@wigry.org.pl.

"Cycling with the PTTK" – one-day rides held every holiday Friday in various places throughout the Suwałki District.

More information: +48 87 566 59 61, www.suwalki.pttk.pl.

The Suwałki Chamber of Agriculture and Tourism runs a network of bicycle rentals, which greatly facilitate the 2, 3 or 5-day bicycle trips; tel. +48 87 566 58 72.

The "Blue Ribbon of the Suwałki District", is a 7-day cycling package and an ideal way to spend your holidays. It offers a delightful week of pedalling through the beauty spots of north-eastern Poland and the Polish-Lithuanian borderland.

We also recommend family holidays in the countryside and more challenging tourist offers combining hiking, kayaking and horseback riding.

The proximity of Lithuania makes the Suwałki district a perfect base for a trip to Vilnius or Trakai. In season you can get there by coach.



The Suwałki Chamber
of Agriculture and Tourism
(PRTO Member)
tel./fax +48 87 566 58 72,
+48 87 566 54 94
www.suwalki-turystyka.info.pl
www.suwalki-bicycle.info.pl



PRTO archive



SCAT archive

The Suwałki District/SCAT archive

**The Suwałki District –
– cycle tourism**
www.suwalki.pttk.pl

Recent years have seen cyclists from all over Europe flock to the Suwałki District. No wonder! The region's cycle routes have a lot to offer: remarkable nature reserves, national and landscape parks, Natura 2000 protected zones, places of historical interest and, of course, wonderful scenic points. Four international cycle routes have been marked out in the region:

1. "The Cycle Ring of the Suwałki District – northern part":

Route: Żegary – Stary Folwark; marked blue; 173.4 km. The route is the result of a joint Polish-Lithuanian initiative. It was marked out in 2003 together with its Lithuanian "sister route" – the 220 km long "Cycle Ring Suwałkija", which leads through Kalwarija, Vilkaviškis, Šakiai and Kaz-lu Rūda. Connected with each other, the routes allow cyclists to explore the Polish-Lithuanian borderland. As early as 2003, the Polish PTTK and the Lithuanian "Atgaja" Society held a fortnight long bicycle tour along both cycle rings.



2. "The Cycle Ring of the Suwałki District – southern part":

Route: Dowspuda – Żegary; marked green, R65 signs; 176.2 km.

3. International Cycle Route EuroVelo R11:

The Tarnowo – Ruda section; marked green, R11 signs; 130.0 km.

4. International Cycle Route EuroVelo R11:

The Ruda – Ogrodniki section; marked green, R11 signs; 173.6 km.

The R11 EuroVelo Cycle Route, which crosses Podlaskie, links Athens and the North Cape (Nordkapp) in Norway. The route runs through Skopje, Beograd, Kosice, Cracow, Warsaw, Vilnius, Tallinn and Helsinki.

In 1995, the European Federation of Cyclists (EFC) proposed the idea to create a pan-European network of long-distance cycle routes. The network is to connect European countries with 12 cycle routes and cover the length of 60 000 km. According to EFC, the target number of routes crossing Poland is 5 (No. 2, 4, 9, 10 and 11).

Remember that cycling along marked tourist cycle routes is governed by the general rules of the road code, according to which a cyclist is considered a standard road user. In every case, the right of way is determined by the rules of road traffic.

On the sections of marked tourist routes common for both cyclists and hikers, the cyclist should exercise necessary caution and always give way to pedestrians. The technique and speed of ride must be adjusted to terrain and weather conditions, road and pedestrian traffic volume.

Tourists are bound by laws on nature preservation and forests, national and landscape parks, and general fire regulations.

In addition to the international cycle routes in the region, there is the E11 European Long-distance Hiking Route and many more of varied length and difficulty level. More information at www.suwalki.pttk.pl.

WINTER IN THE SUWAŁKI DISTRICT

Skiing in the Suwałki District

The Dąbrówka skiing centre is located 9 km away from Suwałki on a gentle slope by Lake Dąbrówka. The 300 m slope is equipped with snow makers, snowcats and lighting system. The ski lift has the capacity of 900 persons per hour. Skiing and snowboarding instructors are available, as well as the equipment rental, free car park and bar.

Adres:

Dąbrówka 10, 16-400 Suwałki,
tel. +48 87 563 09 78, mob. +48 501 26 98 88

Winter brings magic to the forests of the Suwałki District. White sculptures of snow-covered oaks and spreading spruces, deer traces in the snow make a perfect setting for exciting sleigh rides and bonfire parties.

More information:

International Cultural and Tourist Information Centre
tel. +48 87 566 20 79, +48 87 563 05 38

The opening of a modern ski resort in Szelmęt is scheduled for 2008. It will feature 5 pistes (plus a separate one for snowboarders) and ski lifts, hotel, restaurant, bar and equipment rental. For updated information on the resort visit www.wrotapodlasia.pl.



Winter in the Suwałki District/SCA archive

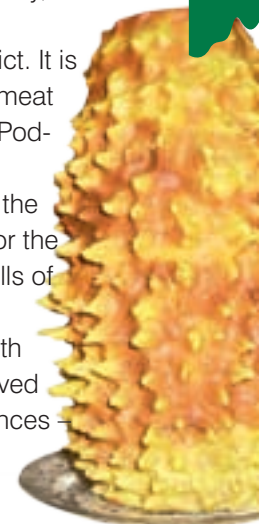
Culinary heritage

The Suwałki District is the gourmets' paradise, place of inspiration for culinary virtuosos, a new world of tastes for you to discover. Due to the region's location, you will find a wide array of Lithuanian accents in local cuisine. Probably the best-known symbol of the Polish-Lithuanian borderland cuisine is the "Sękacz" (tree cake), a layered cake made by pouring liquid dough on a hot rotating spit. Sizes and heights of the cake may vary, from very small to impressive half-metre high ones.

Dark Lithuanian bread is the culinary pride of the Suwałki District. It is very often served with "Kindziuk" (traditional pork sausage) – the meat specialty of the region. Kindziuk's broad popularity brought it the Podlaskie Brand of the Year Award in 2006.

There are, of course, many fish dishes on the menu, including the highly appreciated smoked vendace with a drop of lemon juice or the European smelt, which, caught under the ice of frozen lakes, smells of a fresh cucumber.

We also suggest you taste the Kolduny – dumplings stuffed with meat, onion, garlic, fragrant marjoram, salt and a bit of sugar. Served in broth, the Kolduny will remain one of your best culinary experiences – a symbol of dolce vita.



Tree cake/B. Żukowska

Where to eat?

Regional cuisine (selected restaurants recommended by the Wigry National Park):

- "Pod Sieją" Restaurant, 48 Stary Folwark (recommended dishes: tench in cream sauce, lentil soup, fried fresh pork, fish dishes, lentil dumplings, zeppelins)
- "Holiday", Stary Folwark (zeppelins, lentil dumplings, pork knuckles)
- "Dom Nauczyciela" Hotel, 120 Kościuszki St., Suwałki (Samogitian dumplings, Lithuanian kolduny, zeppelins, dusk)
- "Karczma Polska", 101A Kościuszki St., Suwałki

Agritourist farms serving regional cuisine:

- Agritourist farm Tartak 9A – Zofia Tarasiewicz (zeppelins, lentil dumplings, smoked vendace, other fish dishes, cottage cheeses, ham)
- Agritourist farm Wigry 12 – Halina Grudkowska (fish dishes, zeppelins)
- Agritourist farm Gawrych Ruda – Jadwiga Kolenkiewicz (zeppelins, potato pie)
- Agritourist farm Piertanie (mushroom dumplings, zeppelins, rye bread with acorus)
- "Morena" – Remieńki – Bogusława Hus (stuffed pike, zeppelins)

More information available from the Wigry National Park Tourist Information Centre, tel. +48 87 563 25 62.



Very popular and appreciated, the regional borderland dishes are widely available from traditional Lithuanian restaurants in Puńsk and Sejny to agritourist farms. The annual **“Suwałki Folklore Fair”**, held every July, is a festival of Polish, Lithuanian and Belarusian culture and review of regional culinary specialties, handicraft, folk art and music. It is a unique opportunity to watch folk artisan weavers, blacksmiths or potters at work.

More information available from the organiser:
the Regional Centre of Culture and Art in Suwałki
 71 Noniewicza St.
 tel. +48 87 566 42 11
www.rokis.suwalki.pl

Curios

In the village of Stańczyki, at the border of the Suwałki District and Masuria, there are huge viaducts, a remainder of a railway line in operation at the beginning of 20th c. 200 m long and 63 m high, they are ones of the highest in Poland. Their architecture features ideal proportions. It is a perfect scenic point, particularly loved by hikers.

Trying to revive the vanishing handicrafts, the Wigry National Park holds pottery and wicker weaving workshops.

More information: tel. +48 87 563 25 62,
www.wigry.win.pl

The Zofia Tarasiewicz agritourist farm (9A Tartak, tel. +48 87 563 71 74) holds workshops of traditional milk processing, bread baking, and zeppelin making, as well as **regional feasts**.



the "Anthill" cake/L. Dobrzyński



Stańczyki/A. Busiowski

The Old Rite Church

Podlaskie is a multireligious society. Besides the Catholic, Orthodox and Muslim, you can find the Old Believers in the north of the region. Having rejected the reforms in the Russian Orthodox Church in 17th c., they fled to Poland and East Prussia in fear of persecutions. The Old Believers do not recognise priests, their functions being performed by laymen. Of all the sacraments, they recognise only baptisms (celebrated by triple immersion in water), confession and marriage. It is forbidden for them to drink alcohol and tea and smoke cigarettes. In former days, men were obliged to wear beards. They bury the dead dressed in white. There are about 1500 Old Believers in Poland and 3 Old Believers' churches (molennas) in the Suwałki District: in Gabowe Grądy near Augustów, in Suwałki and Wodzilki in the Suwałki Landscape Park.



Old Believers' church (molenna) in Wodzilki/the Suwałki Landscape Park archive

The Suwałki Landscape Park

The Suwałki Landscape Park, established in 1976, features a mosaic of meadows, fields, forests, lakes, rivers and marshes. The park, a home to rich fauna and flora, protects numerous nature reserves and natural monuments (trees, boulders). It is also a very interesting place culture wise. The ancient Yotvingian settlement on Zamkowa Hill, an Old Believers' village and ubiquitous old wooden architecture are the cultural highlights of the Suwałki Landscape Park. The park's headquarters house a tourist information centre, tourist equipment rental and offer lodging places. The headquarters also serve educational purposes. Natural scientific classes are being held here year round. The park's varied landscape and marked cycle routes and educational trails offer perfect conditions for cyclists and hikers. In winter, the cycle routes transform into cross country skiing trails and frozen lakes into ice rinks. A winter sleigh ride and bonfire party followed by a moment of relax in a popular banya (a local steam bath) is a must.

More information: **The Suwałki Landscape Park, Malesowizna – Turtul 16-404 Jeleniewo, tel. +48 87 569 18 01, tel./fax +48 87 569 18 02 www.spk.org.pl**



The Celtic Culture Festival, held every August in Dowspuda, is an event inspired by the past of the Dowspuda County. Count Ludwik Michał Pac, the proprietor of the Dowspuda estate, patron of arts, and general of Napoleonic armies, being fascinated by the culture of the British Isles, built a palace in an English Neo-Gothic style, a palace well-known from the Polish proverb "Wart Pac pałaca, a pałac Paca" ("Both Pac and his palace come of the same brush").

He brought Scottish farmers to work his land and to spread modern farming techniques among local peasants. In 19th c., Tsarist authorities confiscated Pac's property for his active participation in the November Uprising. Over the years, the estate gradually decayed. Today, the recently renovated portico, corner Stork Tower, vault ruins and park remind visitors of the estate's former splendour.

Yet, the spirit of former settlers and Pac's passions has survived in the music of old Celtic origins. This long forgotten music of joy, revived in the 60s 20th c. by Bob Dylan and his Irish, Welsh, Scottish and English inspirations, is nowadays enjoyed by many at the Celtic Culture Festival in Dowspuda.

More on the Celtic Culture Festival in Dowspuda at:

www.dowspuda.artist.pl

www.mojairlandia.pl

www.dowspuda.artserwis.pl



Reminders of Pac's Palace in Dowspuda

Suwałki Landscape Park archive



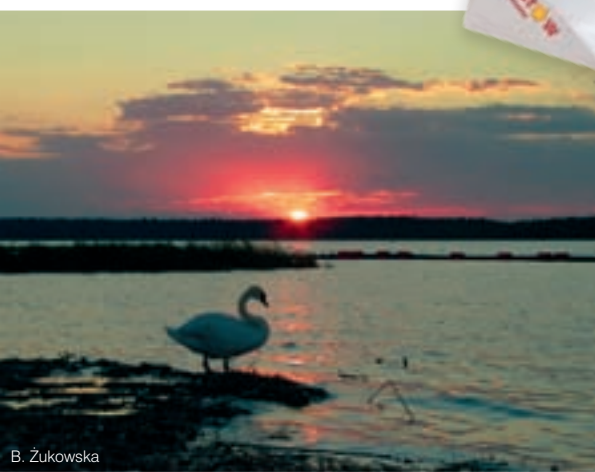
Suwałki Landscape Park archive



Suwałki County Office

Augustów – I love this town!

www.augustow.pl



B. Żukowska

Augustów – the capital of water sports and active tourism admired by sailors, kayakers, rowers, water skiers and motor boaters. A thriving holiday resort wrapped up by the Augustów Primeval Forest and dozens of lakes – Sajno, Necko, Białe, Rospuda, Studzieniczne – to name only the largest.

The Augustów Canal, a monument of technology, is Augustów's another tourist attraction. Built at

the beginning of 19th c., a period of industrial boom and rapid development of engineering, the canal was meant to be a reliable transport solution and an alternative to insufficient capacity of road and rail transport. At that time, when the idea of artificial connections between rivers and lakes had only just been introduced, the canal itself was quite a novelty. Designed in 1824 by Gen. Ignacy Prądzyński, the canal connects the Biebrza and Neman rivers. Covering the distance of 101,2 km, it links the territories of Poland and Belarus with a system of 18 locks, 14 of which located on Polish side. The lockage is a particularly thrilling experience when on a kayak, ship or sailing boat.

The town's magical aura makes it a perfect place for romantic gondola and ship cruises on the Augustów Canal with candlelit diners aboard.

The water skiing cable car on Lake Necko is yet another of Augustów's many attractions.

The 740 m long cable car sends the water skiers skimming on the surface of the water at 58 km/h. Every July Augustów



fot. B. Żukowska

Water skiing is great fun

hosts the International Water Ski Jumping Competition – Euroregion Niemmen Cup, the largest such sporting event in Poland, gathering top European water skiers year by year.

The water skiing cable car on Lake Necko (Elektryczny Wyciąg Nart Wodnych na jeziorze Necko), tel. +48 87 643 37 91.

EVENTS!

The Polish “Floating Stuff” Championships are definitely the summer's most spectacular event. Held annually on the Netta River, the event is a perfect occasion for the designers of weird vessels to meet and compete. It is a day when human imagination, humour and emotions exceed their limits! Entertaining and funny to the max, the event won the Polish Tourist Organisation Award for **Best Tourist Product 2007**.

The sheer number of sports and cultural events in Augustów guarantees loads of fun every day, not to mention the quality of such events as Weekends with Radio 3, Ballad Evenings by Lake Necko or the night-time theatre plays staged in the open air. Augustów means great fun, active relax, élan vital.

There is more to Augustów than summer fun on the lakes. In winter, you can relax in the town's modern sports and recreation centre and take on a variety of activities. This family friendly and adapted to disabled use centre offers indoor swimming pool with a 92 m long water slide, traditional and hydro massages, sauna, solarium, and a gym. The centre provides professional service and care year round.



Polish "Floating Stuff" Championships/Augustów Tourist Organisation archive



beach volleyball

Augustów Ship Cruises
Harbour
7 29 Listopada St.
16-300 Augustów
www.zeglugaaugustowska.pl
e-mail:
zegluga_augustowska@onet.pl
tel./fax +48 87 643 28 81,
+48 87 643 21 52

Sports and Recreation
Centre in Augustów
15 Sucharskiego St.
tel. +48 87 643 67 58,
+48 87 643 67 59
www.csir.friko.pl



Recently renovated town centre, with Zygmunt Augusta Square filled with pubs, restaurants and cafes, is where the nightlife concentrates after an action-packed day on the lakes. The Mostowa Street leading from the centre to the boulevards on the Netta River is a popular route for romantic evening walks or a peaceful and relaxing family stroll.



Augustów Canal/T. Lisiecki

Tourist Information Centre (TIC) in Augustów is located in the very town centre in Zygmunt Augusta Square (www.augustow.pl, tel. +48 87 643 28 83). The modern TIC building also houses the Restaurant with a beautiful panorama of Augustów.

The Tourist Information Centre in Augustów won the Polish Tourist Organisation the 2005 Best Tourist Information Centre Award. Congratulations!



Biebrza River Valley

The Biebrza is a naughty river. It tends to be all out at times. Actually, every spring, when it floods vast areas beyond its riverbed, covers roads with water and threatens households. Scary? Well, not for the locals. They are used to the river's extravagances and perfectly know it will pass. The big blue of flooded land gently merges with the skyline, looking a mirror for the sun and creamy white clouds. Homesick birds, having missed the river for half a year, circle above it watching majestic elks as they prance through the wetlands.

Welcome to nature's wonderland.



The Biebrza National Park was established to protect and preserve Europe's largest natural peat bogs in the Biebrza River Valley. Marshlands covered with a floral carpet and the variety of fauna species are the park's undoubted value. In spring, when the river bursts its banks, an astonishing number of 280 bird species return home from their winter voyages. In addition, the Biebrza River Valley is Poland's largest elk habitat and a home to wolves, beavers and otters. You will get the most of your visit to the park touring it with a guide.

Detailed angling regulations
on the Biebrza available at
www.biebrza.org.pl



Alongside the Augustów Canal, **the Osowiec Stronghold** is the most precious history monument in the Biebrza National Park. Built in late 19th c., the stronghold was the core element the fortification complex guarding the western borders of the Russian Empire. Originally built of bricks and stone, the stronghold was reinforced with concrete during modernisation works held at the beginning of 20th c. During World War I, in 1915, the fortress stood three German sieges including a battle gas attack, which gained it a reputation similar to that of the Battle of Verdun in 1916. In 1998, the Osowiec Stronghold was put on the National Heritage Register. Nowadays, the buildings of the Central Fort house the Museum of Osowiec Stronghold. The Osowiec Fortification Society offers guided group tours of the fortress and museum.

mob. +48 600 94 19 54.

ACCOMMODATION

To enjoy the hospitality of the locals and share their passion and respect for nature it is best to stay at an agritourist farm. **The "Łoś" ("Elk") Biebrza and Narew Agritourist Society** (PRTO Member, www.los.bramanabagna.pl, 191 Czarnieckiego St., 18-430 Wizna, tel. +48 86 219 64 89, mob. +48 668 819 508) will help you choose a farm to suit your needs. The landlords co-organise hiking, cycle, horse, kayak and cart tours along the most interesting routes. They offer maps and in-depth information on the most beautiful spots and places of historic interest. You may expect excellent food prepared and served by the landladies. English is spoken in most of the farms.



Osowiec Stronghold/M. Kępyrjanlik

SELECTED TOURIST ROUTES ON THE BIEBRZA

The Biebrza Kayak Route runs from Rogozynek to Ruś. It is 146km long, although you can choose to split your kayak experience into shorter sections.

A short section of the Augustów Primateval Forest and Masuria **Horse Route** crosses the Biebrza National Park. Named after Antoni Puszet, a cavalryman and forester, the section leads to the Grzędy Forester's Lodge.

Dear all,
June 19th, 2007
holidays on the Biebrza with a hike through the marshes and a balloon flight were just the thing I needed for a birthday present. At first, I was not sure how my Dba would react to such an idea, because, as you know, we used to spend all of our previous holidays hiking in the Tatra Mountains :o)) but he was delighted – the Biebrza is such a photographer-friendly place :o)) we took about 1500 photos (...) As for accommodation and our stay at the Jedynka – there was nothing to complain about :o)) ha ha ha. Great people, sweet dog :o)) the evening frog and bird concerts, weep of beavers, morning stork clatter, and, above all, excellent cuisine! I must admit, everything Miss Suzanna put on the table disappeared in a blink of an eye, we were eating like a horse; first bites out of hunger, but the following repeats out of sheer gluttony :o))
Best regards,

Patrycja

24H Tourist Information

Selling angling licences, permits and Biebrza National Park guidebooks.

Agritourist farm and rental point:

- kayaks
- canoes
- rafts
- boats
- inflatable dighies
- terrain bicycles
- tents

Agritourist farm by the Biebrza

Jadwiga Siebiedzińska
50 Polna St., 16-310 Sztabin
tel. +48 87 641 21 79, fax 087 641 21 79
tel. mob. +48 603 22 51 00
e-mail: agroturbiebrza@interia.pl
www.agroturbiebrza.fr.pl



bird's eye view of the Biebrza/K. Ramolowska

The whole route, stretching for over 400km, is currently Poland's longest horse tourist route. Starting at the Wigry National Park, the route runs through the forest of Suwałki, Szczebra, Płaska, Augustów, Rajgród, Elk and Drygały to finish near Orzysz. More information on the route as well as assistance in rally organisation available from:

Karol Chodkiewicz, Rajgród Forest District, tel. +48 86 273 33 10, mob. +48 661 66 01 52, e-mail: k.chodkiewicz@wp.pl

R11 EURO Velo Cycle Route (green marks)

Section: WIZNA Burzyn – Brzostowo – Radziłów – Klimaszewnica – Białasze-
wo – Okół – Ruda – Modzelówka – Pieńczykówek – Stoczek – Ciszewo
– Kuligi – “Las Grzędy” – Woznawieś – Orzechówka – Tajenko – ŚLUZA
SOSNOWO – 106,4 km



P. Dombrowski

Elk – unquestionable king of the marshlands

The Biebrza National Park won the Polish Tourist Organisation Best Tourist Product 2005 Award for its educational trails network totalling 25,2 km. Installed footbridges make the boggy trails accessible for tourist. In addition, on the trails and in the Outdoor Education Centre, you will find numerous lookout towers and platforms as well as information boards.

CULTURE AND NATURE

The Biebrza Folk Craft and Art Fair, held every August, offers an opportunity to try and buy local handicraft products, visit the Museum of Osowiec Stronghold and taste regional cuisine to the sounds of folk music.

The **Biebrza Haymaking**, held every September in the Biebrza National Park, is a truly extraordinary event. Being a combination of a sports event and wildlife preservation action, it features hay scything in the Biebrza meadows to prevent them from getting grown over with bushes and reeds. The aim of the haymaking is to ensure perfect habitat conditions for rare bird and plant species.

Tourist Information, accommodation and event information, kayak rental etc.
Biebrza National Park
Admission Unit

8 Osowiec Twierdza, 19-110 Goniądz
tel. +48 85 738 30 35, +48 85 738 06 20 ext. 243
Open Monday to Friday 7.30 a.m. to 3.30 p.m.
it@biebrza.org.pl www.biebrza.org.pl

Tourist Service Bureau – tel. +48 85 738 01 34
8A Osowiec-Twierdza (at the BNP HQ)
Tourist information and services, souvenirs, maps, publications
Open Monday to Friday 10 a.m. to 3 p.m.
May 1st to September 30th, open daily 10 a.m. to 7 p.m.



Time on the Biebrza seems to be passing slower, with the rhythm of life determined by changing seasons. Its peaceful atmosphere, so very distant from today's big city rush, attracts more and more people. To cater to such needs, **the Kuwasy Farmstead** has been established in the Biebrza National Park. The farmstead, although modern in style and of high standard of services, perfectly fits into the astonishing marshland landscape. The surrounding area favours cycle trips, horseback rides, hikes and kayak trips on the Biebrza.

The Kuwasy Farmstead (PRTO Member) www.zagrodakuwasy.pl
30A Woznawieś, 19-206 Rajgród, tel. +48 86 273 35 20,
tel. mob. +48 510 05 07 00

Whether in a kayak, canoe or raft, in a balloon or on an agri-tourist farm, your stay on the Biebrza is always a fantastic experience. Guided photosafaris, family holidays, incentive trips or ecological workshops for schoolchildren turn into exciting adventures.

In the picturesque wetlands, where the Biebrza flows into the Narew River, **the “Gate to the Marshes”** (“Brama na Bagna”) Local Tourist Organisation (PRTO Member) runs a leisure centre. The centre features a campsite, regional chamber, tourist information point, bicycle and kayak rentals; provides tourist maps and Internet access. It also marks the start of the “Along the Narew Meanders” educational trail. The centre holds outdoor school activities and ecology classes for organised groups. More information available at: www.bramanabagna.pl. A group of Biebrza experts remains at your disposal:

The “Gate to the Marshes”
Local Tourist Organisation (PRTO Member)
24 Strękowa Góra, 16-075 Zawady,
tel. +48 85 738 43 33.

BRAMA NA BAGNA*

Biebrza marshes/ PRTO archive



J. Stepnowski

zagroda
KUWASY

Biebrza travel tips (provided by www.biebrza-explorer.pl Travel Agency)

Out of consideration for the nature protected within the Biebrza National Park, bear in mind that:

- tourist traffic is allowed on marked tourist routes only,
- there is an entrance fee to the park,
- groups of 7 to max 25 persons are allowed into the park with a licensed guide only,
- tourist traffic is allowed from dawn till dusk,
- some routes may be subject to temporary closures,
- this is a wetland area, some routes, particularly in spring, may be marshy,
- always ask your tourist guide to show his valid licence.

RAJGRÓD – an under sail summer

The characteristic X-shaped motor free Rajgrodzkie Lake, the abundance of holiday centres, agritourist farms and marinas, make the nearby town of Rajgród a sailors' paradise.

Every year in July, a great number of sailors, including those with disabilities, gather in Rajgród for the **Blue Ribbon of the Rajgrodzkie Lake Regatta**. The ARCUS Yacht Club offers Flyer 3G Club yachts adapted for disabled sailors. Its marina is also fully wheelchair accessible.

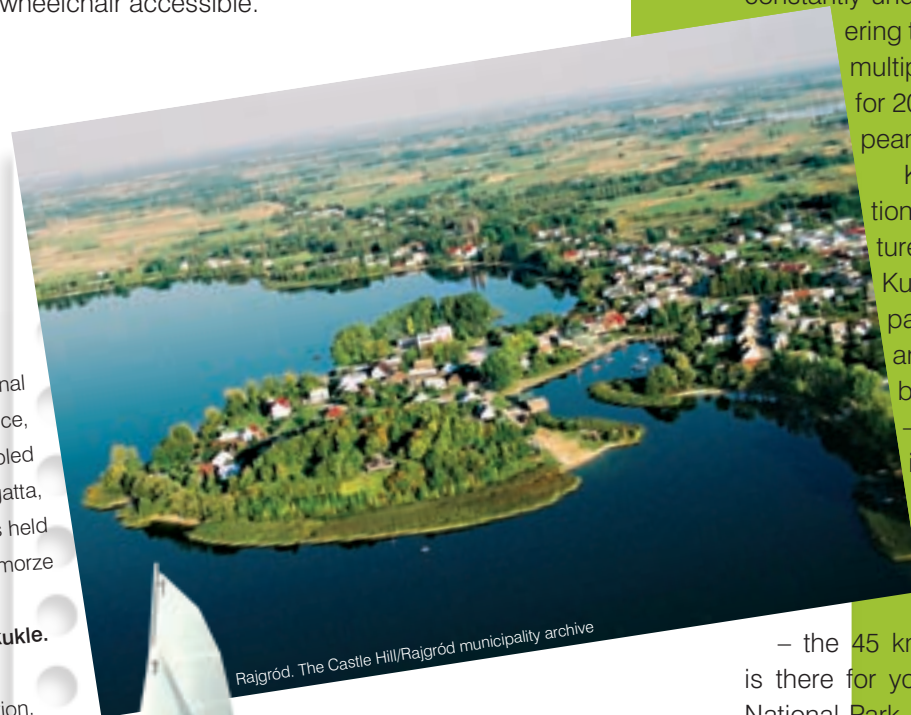
More information:
Rehabilitation Yacht Club
in Rajgród
7a Szkolna St.
tel. +48 86 272 19 01
mob. +48 503 07 00 28
www.4lomza.pl

www.nadjeziora.pl

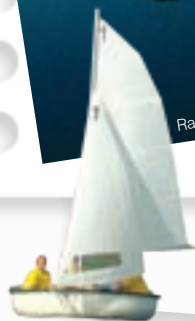
Round boats – unique on an international scale, offering excellent sailing experience, the round boats are safe and ideal for disabled sailors. The International Round Boat Regatta, gathering all kinds of water sport lovers, is held in the "Kukle" tourist centre by the Pomorze Lake near Giby.

More information: www.bialtur.pl, www.kukle.pl, www.alternativsailing.com.

We are looking forward to your participation.



Rajgród. The Castle Hill/Rajgród municipality archive



The Narew River – the “Polish Amazon”

The Narew National Park

www.npn.pl



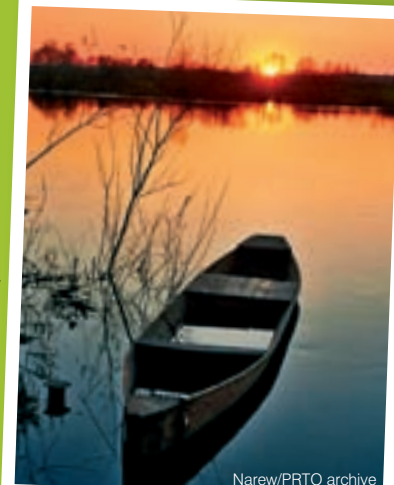
About 4000 years ago, the Narew River burst its banks and flooded its whole valley. Having split into many branches, the Narew formed a complex river system, a real aquatic labyrinth. Today, if you look at the river from the bird's eye perspective, you can see a web-like pattern of tangled riverbeds alternately merging and separating.

We encourage you to visit the Narew National Park and explore the secret meanders of the “Polish Amazon”.

To protect the river's marshy valley and preserve the processes it is constantly undergoing, the Narew National Park was established in 1996, covering the area of 6810 ha with a buffer zone of 15408 ha. Flowing in multiple riverbeds, the Narew weaves a unique web – the habitat for 203 bird species, of which 28 endangered on a world or European scale.

Kayak and boat trips in the park seem to be the best option when it comes to bird watching. Among numerous picturesque water routes, the 12.5 km long “In a Kayak around Kurowo” one leads through the most interesting places in the park – the marshy “Koziołek” redoubt dating back to 16th c., and the washed away bridge near Kruszewo. Late summer brings something more to the route – high haystacks dotting the surrounding meadows, looking a perfect picture of tranquillity, a scene from Monnet's paintings.

If you have more time to spare and look for something more challenging – the 45 km long “Narew Labyrinth” water route is there for you. Leading through the whole Narew National Park, the route generally takes 2 or 3 days.



Narew/PRT0 archive

The towns and villages which the route passes (Suraż, Uhowo, Bokiny, Topilec, Izbiszcz, Waniewo, Kurowo), feature traditional wooden farmsteads, thatched houses, sweep wells, wooden windmills, old roadside crosses and whitewashed chapels decorated with colourful flowers – the visible signs of historical heritage.

Kayak rental – the Narew National Park Headquarters, tel. +48 85 718 14 17

The park also holds outdoor classes on its educational trails: “Kurowo Manor Park” and “Marshland Footbridge”. Such unique biology lessons explain natural processes in an easy and interesting way. The classes include practical activities, such as water and soil testing, using microscopes, magnifying glasses and binoculars. The Narew National Park Headquarters is located on the edge of the Narew Valley, in Kurowo.

The Narew National Park, www.npn.pl
10 Kurowo, 18-204 Kobylin Borzymy

The eventful summer in Kurowo is the best season to visit the Narew National Park. **The Mead and Honey Feast** is held every last weekend of August. It is a splendid occasion to provide yourself with a stock of meads to keep you warm at long winter evenings, but also to relax on the riverbank. This joyful party is a review of region's best meads and honeys and other regional delicacies, such as the Narew pickles, sauerkraut, cheeses and breads. The feast is accompanied by a number of concurrent events – photo exhibitions, live music concerts, games for children, projections of nature films and multimedia presentations on protected areas of Podlaskie, guided tours, “push-boat” water trips, nature competitions.



The Mead and Honey Feast/S. Biernacka



A “push-boat” on the Narew/PTO archive

The “GORD” History Festival

Date and place: June; Suraż, the early mediaeval settlement “Nawia”

Organiser: Suraż Town Hall
 16 11 Listopada St., 18-105 Suraż
 tel. +48 85 650 31 84,
 fax +48 85 650 31 84

www.suraz.org.pl
<http://nawia.suraz.org.pl>

e-mail: umsuraz@zetobi.com.pl



Nawia archive

The Suraż History Festival

LET'S GET ORIGINAL

Every year in June, Suraż, a small town on the Narew, holds the “Gord” History Festival. Organised in the early mediaeval settlement “Nawia”, the festival includes spectacular fights of mediaeval Slavic warriors, ancient music concerts and presentation of handicrafts, such as mediaeval bakery, weaving, blacksmithing, pottery, minting and woodworking. You may also test yourself in the tug of war competition, archery and javelin throw. If you are not into physical exercises, take part in the history classes. The festival ends with a bonfire party.



The Narew wetlands/Wysokie Mazowieckie County archive



Branicki summer residence/Choroszcz Municipality archive

Once on the Narew, do not forget to visit the former summer residence of **the Branicki family** in Choroszcz, just off the Warsaw – Białystok road. The small white palace stands out against the greenery of the surrounding dense park. Split by water canals and moats, full of alleys and bridges, the park is a perfect place for a romantic stroll.

In Choroszcz, there is also a beautiful church, which houses the relics of St. Candide, and the Orthodox Church. A network of hiking, cycle, kayak and cross-country skiing routes connects the most interesting places in the vicinity.

Make the most of your visit to the Narew National Park and stay at one of the local agritourist farms. Many of them offer full board, rent kayaks, bicycles and in winter skis. More information is available from the Narew National Park (www.npn.pl) or the “Łoś” Biebrza-Narew Agritourist Association (www.los.bramanabagna.pl).

www.choroszcz.pl www.roszcza.pl

The Municipality of Choroszcz (PRTO Member) has won numerous Polish awards and prizes: Cheapest Municipal Office 2006, Fair Play Municipality 2006, Best Municipality 2006, Best Municipality 2005, Podlaskie Dream Municipality 2004.

Every August, Choroszcz holds the Dominican Fair – a lavish festival featuring concerts, beauty contests, dances and parties.

Włodzimierz Puchalski – an icon of the Narew National Park

Włodzimierz Puchalski (1909-1979), Polish director of documentary and educational films, pioneer of nature films in Poland, author of the “bloodless hunt” term to define taking photos of birds and other animals, especially the rarest species. Author of more than 50 photographic albums on nature (e.g. Bloodless Hunt, 1951) aiming at popularising the idea of nature preservation. Died and was buried on the King George Island in the Antarctic. One of the glaciers near the H. Arctowski base in the Antarctic was named after him.

In the Narew National Park, in the village of Morusy some 2 km away from Tykocin, there is a wooden hut – Puchalski’s lodge during his bloodless hunts in Podlaskie. Today it houses a small collection of Puchalski’s memorabilia.

The W. Puchalski Museum: www.ostojawmorusach.pl

2 Morusy, tel. +48 85 716 91 97

RIDDLE 1

What do we call the Narew National Park curiosity formerly used to transport hay and for fishing?

Answer: a traditional wooden “push-boat”

RIDDLE 2

A group of big city tourists went on a kayak trip on the Narew. Having reached a narrow stretch of water overgrown with reeds they suddenly took their mobile phones out. Why?

Answer: Having unexpectedly rowed into the reeds, the tourists raised birds, which took off screaming loudly. Unfamiliar with such sounds, the tourists thought their mobile phones had started to ring and wanted to pick them up.

QUIZ

Do you know the correct answers?

- When was the Narew National Park established?
1990 / 1985 / 1996
- Where is the Narew National Park Headquarters located?
in Kurowo / in Łapy / in Białystok
- What is the symbol of the Narew National Park?
a mallard / a hawk / a marsh harrier

4. What kind of flora predominates in the Narew National Park?

forests / reed, water and meadow plants / willow thickets

5. What is the largest mammal of the Narew National Park?

a European bison / a beaver / an elk

Correct answers can be found at the Narew National Park website: www.npn.pl

RIDDLE FOR CHILDREN

Match the following questions on the inhabitants of the Narew National Park with their correct answers.

1. It may either be a large grey-feathered bird or a machine used in the construction of high buildings.

2. These little suns growing by the stream can also help a monarch to drink.

3. It is the best builder of all rodents.

a crane / a beaver / a kingcup

Correct answers: 1-1, 2-3, 3-2

Exciting places

Some 30 km south of Białystok, set in the picturesque Narew valley near the village of Płoski, the Ptasia Osada Resort offers its guests peaceful and quiet rest to the soothing sound of rustling grass. Indulge in the delicious taste of regional dishes – the dumplings, potato pie and tree cake.

The summer offer includes a wide range of activities: horseback riding, cycling, kayak trips, badminton and beach volleyball, whereas autumn is the perfect time for a relaxing mushroom picking stroll through the forest. The river-view terrace, banquet chamber with restaurant and bar, Russian banya, sauna and billiards room will make sure you are not idle on the evenings. The Ptasia Osada, so intimate and comfortable, is not only a nice spot to relax, but also a marvellous place for creative work, group integration and team building.

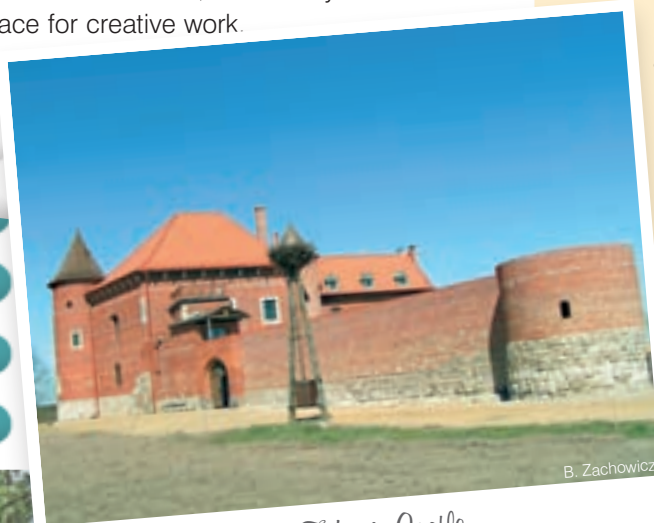
HOW TO GET THERE

The Ptasia Osada Resort is located 33 km south of Białystok just off the road No. 19 Białystok-Lublin.

Ptasia Osada Resort (PRTO Member)
17-130 Płoski
tel. +48 85 731 73 99
mob. +48 605 98 10 23
or +48 691 11 23 91
www.ptasiaosada.pl



Ptasia Osada archive



The Tykocin Castle

TYKOCIN – the baroque pearl of Podlaskie

www.tykocin.doc.pl

www.tykocin.hg.pl



M. Kwiatkowski

the Tykocin church as seen from the seminary

Set on the Narew, 30 km away from Białystok, once vibrant with life, Tykocin is today a peaceful and quiet town. Lying in the vicinity of 7th European Stork Village of Pentowo, Tykocin is a cornerstone of the Podlaskie Stork Tourist Route and a definite must see, which will send you travelling back in time through its eventful history.

Duke Janusz Mazowiecki founded Tykocin in 1425. In the 16th c., the Polish King Sigismund Augustus decided to expand the existing castle into a trapezoid-shaped fortress with four towers in each of its corners. In the 16th and 17th c., the Tykocin Castle was one of the mightiest fortresses in lowland Poland. By the order of the King, the main royal arsenal, treasury and library were moved to Tykocin.

It was in Tykocin that, in 1705 the successor to King Sigismund Augustus, King Augustus II the Strong, instituted the Order of the White Eagle – the oldest and highest Polish decoration, awarded to both Poles and foreigners in recognition of significant service in the interests of Poland.

Over the centuries, the Tykocin Castle suffered fire and flood damage and was finally knocked down during the World War I, leaving the ruins as a reminder of its former glory for many years to come. Until now. These days, the castle is being carefully restored and is going to be revived as a hotel and conference centre. Looking at its red brick bulky mass you can almost hear the hoofbeat and see the King and the royal retinue. History repeats itself. The days of the castle's magnificence are back.



In mid 18th c., Tykocin was in its heyday. The Branickis, proprietors of Białystok, came into possession of the town and thanks to their investments, Tykocin quickly started to be nicknamed “the pearl of baroque”. The Holy Trinity Church, built in the 1741-50 period, still glows with its gold baroque and rococo decorations, golden altar, pulpit and 1760 pipe organ; astonishes with its illusionistic paintings and reliefs of the Apostles. Jan Klemens

Branicki and his wife Izabela greet the visitors at the entrance from their portraits by Antoni Tyllman. An anecdote has it that, Jan Klemens Branicki, being perfectly aware of large age difference between him and his wife, made the painter paint his portrait so, that he would look much younger.

Next to the Holy Trinity Church, there is the Seminary, a former hospital for the war-disabled and a shelter for the needy. Built in the 1633-39 period, the Seminary is the only such place in Poland. Nowadays it offers board and lodgings on the Narew’s riverbank (www.alumnat.pl).

Vis-à-vis the Holy Trinity Church, a vast market square provides a setting for the second secular monument ever built in Polish history. Dating back to 1763, the two-metre high monument by a French sculptor Pierre de Coudray, is placed on a pedestal and represents Hetman Stefan Czarniecki dressed in his noble clothes holding a gold sceptre in his raised hand. Latin inscriptions on the monument refer to Czarniecki and the monument’s sponsor Jan Klemens Branicki.

The monument is a stone’s throw from Tykocin’s most interesting sight – the Jewish synagogue from 1642. Once almost half of Tykocin’s population, the Jews used to run their pharmacies, shops and were very well known for the tallits (prayer shawls) of their manufacture. The Catholic peasants lived alongside working the land. Different religions, different cultures, one town – a picture once very typical of the whole region.



Monument to Stefan Czarniecki/S. Biernacka

The synagogue, religious and secular monuments and the Talmudic House remind us today of the town’s Jewish population.

The synagogue today houses a museum of Tykocin’s history, for many ages so very closely related to the Jewish culture.

The former Talmudic House hosts a gallery of a local painter Zygmunt Bujnowski and a reconstruction of an old Jewish pharmacy. There is also the study of Zygmunt Gloger, a famous historian, ethnographer and archaeologist from a nearby town of Jeżewo, the author of the “Old Polish Illustrated Encyclopaedia” (1900-1903), an important guide on the old Polish culture.

In the basement of the Talmudic House is the Jewish Restaurant “Tejsza”. One of the restaurant’s guests once wrote in the guestbook “You can’t say you’ve been around the world without visiting Tykocin, nor can you say you’ve tasted the cuisines of the world without eating in the “Tejsza”. The restaurant serves Jewish and regional dishes, its specialties being: the holiday tzimmes (beef goulash with vegetables served sweet), the kugel (a Jewish variation of potato pie) and kreplech (meat stuffed dumplings served with fried onion).

“Tejsza” in Yiddish means “a goat”, an animal regarded by the Podlaskie Jews as a symbol of luck and prosperity. May the “Tejsza” Restaurant bring you both of them!

“Tejsza” Restaurant: 2 Kozia St., Tykocin

tel. +48 85 718 77 50, open 10 a.m. to 8 p.m., in winter 10 a.m. to 4 p.m.

www.tejsza.restauracja.w.interia.pl

The historic synagogue tries to popularise the character of many Jewish holidays, such as Purim, Sukkot, and Hanukkah. The celebrations gather mainly those interested in the Jewish tradition.

Jewish holidays

The joyful holiday of **PURIM**, celebrated in the Hebrew month of Adar (February-March), is one of the most important Jewish holidays and is sometimes called the Jewish carnival. Widely celebrated even by the non-Orthodox Jews, the holiday commemorates the events of the turn of 5th and 6th c. B.C.,

Some basic words and phrases in Hebrew:

Good morning – boker tow
Good evening – erew tow
Goodbye – lehitraot
Thank you – toda
Please – bewakasza
Yes – ken
No – lo
I am sorry – sliha
Good – tow

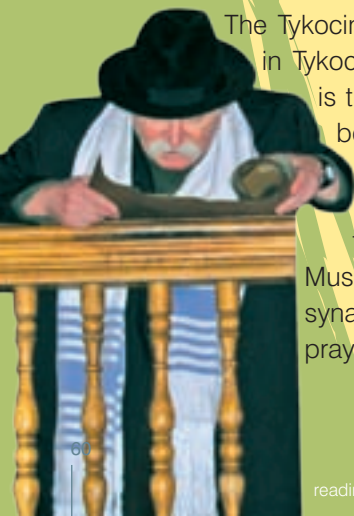
when the Jewish people, thanks to Queen Esther's smartness, were safely delivered from vizier Haman's genocidal plot to annihilate all of them in the ancient Persian Empire. During Purim it is traditional to serve triangular poppy seed pastries called “Haman's ears” and drink alcohol. It is also very popular to dress up in masks and costumes and for children to go door-to-door acting out scenes based on Esther's history. A holiday custom has it that the Jews should do good deeds and send food gifts. On Purim, the youth gathered in the Tykocin synagogue sings holiday songs, hissing, stamping, and rattling each time Haman's name is mentioned. Tourists are treated with pastries and sweets. It is necessary for every Jew to send two food gifts to two families and make two charitable donations to the poor. On Purim, the Tykocin Amateur Theatre stages the Purim spiel play, whereas the Book of Esther is being read out in front of the synagogue.

The Jewish holiday of **SUKKOT**, also called the Feast of Booths or Feast of Tabernacles, is celebrated in autumn to commemorate the stay of the Jewish people in the desert and to give thanks for the harvest. Near their houses or on balconies, the Jews build booths covered with grass or leaves and their sides decorated with greenery, in which to have a meal in joyful atmosphere to mark the Simchat Torah – the end and beginning of the yearly cycle of Torah reading.

The Great Synagogue, 3 Kozia St., 16-080 Tykocin,
tel. +48 85 718 16 13

The Talmudic House, 18 Piłsudskiego St., 16-080 Tykocin,
tel. +48 85 718 16 13

The Tykocin Amateur Theatre (address: Culture and Sports Centre in Tykocin, 2 Kozia St., 16-080 Tykocin, tel. +48 85 718 17 19) is the pride of Tykocin. Ever since it was established at the beginning of 20th c., the theatre has staged plays in the synagogue, in the culture centre and even in the streets to cultivate Jewish traditions. The theatre's youngest actor is 10, the oldest... 80! As a part of the Night at the Museum event, the actors summon the Jewish spirits. In the synagogue, the theatre says goodbye to the Sabbath with prayers and rites.



reading of the Book of Esther/A. Busłowski

EVENTS

The Honey and Mead Feast held in Tykocin features many attractions, such as the Best Podlaskie Honey Contest, Mead Contest, presentation and selling of honeys from best apiaries, the Alley of Traditional and Regional Products of Podlaskie, Kurpie, Lithuania and Belarus (handicraft and culinary delicacies), the Alley of Artists with rich artistic programme including music concerts, beauty contest, demonstration of the Tykocin noblemen dexterity, theatre plays, exhibitions, auctions.

mob. +48 606 36 18 63 www.biesiadamiodowa.org



Every first Sunday of the month, the nearby village of Kiermusy hosts the Court Fair, a market of folk handicraft including artistic blacksmithing, sculpture, weaving, and wicker products. You can taste the regional delicacies at the “Dworek nad Łakami” Restaurant or take a walk along the Narew to the castle, nowadays used as a hotel. A visit to the fair is a good idea for a family Sunday afternoon and for longer holidays as well.

Tel. +48 85 742 16 70,
+48 85 742 14 81,
www.dworek.com.pl



Tykocin Amateur Theatre/A. Busłowski

Strolling through Tykocin, it is well to pay a visit to another truly interesting place, the evidence of the town's exciting history – the Observant Monastic Complex. Founded by Jan Klemens Branicki and built in the 1771 – 1790 period, this peaceful and quiet building today houses a social welfare centre.

Łomża and its vicinity

Łomża is beautifully set on the Narew riverbank, just 140 km from Warsaw and 75 km from Białystok. Boasting over 1000 years of rich history, Łomża is one of the three largest cities in north-eastern Poland. Close to the city, there is the Łomża Landscape Park of the Narew River Valley, the “Rycerski Kierz” nature reserve, and some 25 km away – the Biebrza National Park.



façade of the Łomża Cathedral

Things to see in Łomża

- Łomża Cathedral, nearly 500 years old, featuring the painting of Our Lady of Beautiful Love dating back to 16th c.
- North Mazovian Museum with its huge amber collection, unique on world's scale (the collection includes amber necklaces, beads, buttons, cigar cases, newborns' teething rings, rosaries, crosses, hearts, original interior decorations of a Kurpie huts, and inclusions i.e. insects or plant parts sunk in amber; **North-Mazovian Museum, 22 Dworna St., 18-400 Łomża, tel. +48 86 216 64 87, +48 86 216 28 16, www.muzeum.4lomza.pl**

- Convent and Churches of the Benedictine Nuns with its Our Lady of the Snow painting dating back to 1630.
- Monastery and Church of the Order of Capuchin Friars Minor (1781-98) with the region's oldest moving nativity scene displayed at Christmas time.
- Orthodox Church of 1877 transformed into a Catholic Church featuring old frescoes.
- Old Market Square with the early 19th c. Town Hall, one of the city's oldest quarters; unfortunately the old synagogue, a memento of Łomża's large Jewish population, is no longer there.
- Dworna Street, one of Łomża's most beautiful streets.

A popular Polish actress and cabaret artist, commonly known as Hanka Bielicka, used to live in Łomża and was quite attached to the city and its cultural life. To thank the actress and commemorate her acting skill, the people of Łomża erected a monument representing Bielicka sitting on a bench wearing her ever-present hat.

The Crazy Twisting Group, a break dance formation from Łomża, won the 2007 “IDO EUROPEAN CHAMPIONSHIP” in Graz, Austria!!!

The colourful and folk surroundings of Łomża

The Kurpie Open-air Museum in Nowogród lies at the fork of the Pisa and Narew rivers. Established in 1927, the Nowogród open-air is one of Poland's two oldest museums of architecture, featuring wooden houses and farm outbuildings, shrines, wells and beehives from the 18th to 20th c. period. In summer, the museum holds numerous folk parties and events.



Adam Chętnik Kurpie
Open-air Museum,
Branch of North-Mazovian
Museum in Łomża
25 Zamkowa St.
18-414 Nowogród
tel./fax +48 86 217 55 62
www.muzeum.4lomza.pl



the architecture of the Nowogród open-air

An idea for a sunny summer's day

Every year, August sees Ciechanowiec hold the “Podlaskie Bread Feast”, a review of virtuosity of Podlaskie regional bakers' and demonstration of a wide variety of their breads, cakes and pastries. Traditional farmhouse bread is being baked on the spot and then served to the visitors alongside with potato pie, meads and juniper beer.

The Museum of Agriculture in Ciechanowiec, distinguished by the Polish Ministry of Culture and National Heritage for its outstanding contribution to national culture, exhibits the development of agriculture in north-eastern Poland from the ancient times to the beginning of 20th c. Located in a 19th c. park, the peasant's huts, noblemen's farmsteads and a palace provide a perfect overview of a typical Old Polish rural society and lifestyle. The museum houses also the unique on national scale museum of veterinary medicine.

How to get there.
travelling from Warsaw – (take the road to Białowieża) – through Radzymin – Wyszaków – Brok – Małkinia – Zuzela – Nur
travelling from Olsztyn – through Łomża – Zambrów – Czyżew
travelling from Lublin – through Międzyrzec Podlaski – Łosice – Siemiatycze
travelling from Białystok – through Sokoły – Wysokie Mazowieckie
travelling from Białowieża – through Hajnówka – Bielsk Podlaski – Brańsk

Museum of Agriculture
 18-230 Ciechanowiec
 5 Pałacowa St.
 tel. +48 86 277 13 28
www.muzeumrolnictwa.pl



Museum of Agriculture in Ciechanowiec/S. Biernacka

The **Łomża Landscape Park of the Narew River Valley** lies in the western part of Podlaskie, in the Łomża County, on the meandering Narew River. Beavers, otters and elks living here, are a mere addition to the park's astonishing 6 bat and 178 bird species, such as white storks, ruffs, northern lapwings, ducks and cranes. Lush and precious flora includes 37 protected plant species. The park's pearl, the "Kalinowo" Nature Reserve, occupies the right slope of the Narew valley 5 km to the east of Łomża, and protects a multispecies deciduous forest. Numerous educational trails have been marked out to let the visitors make the most of their visit to the park.

Built in 18th c, **the historic wood and brick Drozdowo manor of the Lutosiński family** is the park's another tourist attraction and a house to the Museum of Nature. Distinguished for its exhibitions on nature and former court lifestyle, the museum also holds concerts of classical music, including a cyclic festival the "Drozdowo – Łomża Music Days" organised every year in July.

The park's headquarters is located in Drozdowo, Piątnica municipality.
 Address: Drozdowo, 52 Główna St., 18-421 Piątnica,
 tel. +48 86 219 20 15, tel./fax +48 86 219 21 75,
 e-mail: lpkdn.drozdowo@wp.pl, www.lpkdn.4lomza.pl

Łomża on the Internet:
www.4lomza.pl
www.um.lomza.pl
www.lomza.info
www.lomza.org

MILITARY TOURISM IN THE ŁOMŻA DISTRICT

Piātnica forts

Constructed in the 1882-1914 period by Tsarist authorities, as a part of Narew and Biebrza fortifications, the forts in Piātnica are one of the most interesting military sights in north-eastern Poland. The forts played their important role in 1920 during the Łomża defence against the Bolsheviks and in 1939 at the beginning of World War II. The forts' vaults are today overcrowded with bats.

More information can be found at www.lomza.com/forty

The forts are best visited with a guide. To get information on guided tours please contact

PTTK Regional Branch in Białystok, tel. +48 85 744 56 50,
 mob. +48 514 09 01 42, or

PTTK Branch in Łomża, 1 Wojska Polskiego St., 18-400 Łomża,
 tel. +48 85 216 47 18, fax +48 86 216 64 42

e-mail: biuro@pttklomza.pl,
kajaki@pttklomza.pl
www.pttklomza.pl

Local beer Łomża Export won consumers' award for **Most Popular Product of Podlaskie – Best Taste 2006**, in an Internet contest held by Wrota Podlasia web portal.



Piātnica forts/PRT0 archive



somewhere near Łomża/ Łomża County Office archive

Located on the Narew River and at the edge of the Kurpie Primaeval Forest, some 130 km from Warsaw, the "Zbyszko" Hotel in Nowogród, is an outstanding place to relax in a peaceful and entertaining atmosphere. The hotel offers a variety of amenities, which include and outdoor swimming pool (open in summer), gym, night club with billiards, table tennis, football field, basketball and volleyball courts, and an inn. To cater for guests' needs, the hotel organises bonfire parties, feasts, balls, tourist tours and shooting competitions.

The "Zbyszko" Hotel provides perfect conditions to hold trainings, conferences and all kinds of special and corporate events. Our dedicated personnel, technologically advanced facilities and best reputation for regional cuisine and service excellence, help to make each event we host a unique experience for groups of 30 to 180.

"ZBYSZKO" Hotel (PRTO Member)
2 Obrońców Nowogrodu St.
18-414 Nowogród
tel. +48 86 217 55 18
e-mail: biuro@zbyszko.com
www.zbyszko.com

„ZBYSZKO” Hotel
13 Św. Rozalii St., 19-110 Goniądz
tel./fax +48 85 738 03 22,
+48 85 738 00 74
e-mail: goniadz@zbyszko.com
www.zbyszko.com



Knyszyńska Primaeval Forest

Białystok, the capital of Podlaskie, is wrapped to the east and north by a 20 to 40 km wide stretch of thick forest. Only 10 km from the city centre, the Knyszyńska Primaeval Forest is a place of utter silence and relax. Thin and soaring as a warship mast, the Supraśl pine is the unquestionable queen of this forest.

The Knyszyńska Primaeval Forest is the habitat for over 150 bird species, which include white and black storks, cranes, woodpeckers, and lesser spotted eagles. There is also a wide variety of mammal species in the forest, ranging from small ones (common shrews, pygmy shrews, and harvest mice) to big ones (deer, boars, wolves, foxes, raccoon dogs, badgers, martens, weasels, lynxes and stoats). Muskrats and beavers inhabit the banks of rivers and streams, whereas hares can be found in the open fields. The Knyszyńska Primaeval Forest is also home to one of Polish five herds of the European bison.

It was decided in 1988 to establish the Knyszyńska Primaeval Forest Landscape Park to protect over 126 thousand ha of forest and river valleys.

Besides nature preservation, the park covers a wide range of scientific and educational activities, plays an active role in promoting tourism and recreation in the area. An extensive network of educational trails and cycle, hiking, horse and kayak tourist routes, lets the forest amaze and amuse its visitors!

The Knyszyńska Primaeval Forest is famous for its perfect conditions for horse riding. Whether pony-rides for children, cross-country cart rides, or horse rallies through the primaeval forest, across streams or rivers far away to the Belarusian border, horse riding in the Knyszyńska Primaeval Forest is always an exciting experience.

No matter the weather or season, the Knyszyńska Primaeval Forest has a rich and varied tourist offer for everyone. A summer's hiking rally or winter's sleigh ride, a visit to the Arboretum or to the ski slope – it is all up to you.

Both in summer and winter, the forest is a perfect place for quad rides and other forms of adventure tourism (tel. +48 85 718 66 50, www.activequad.pl).

TWO FOREST GARDENS

The Kopna Hill, Arboretum

In the very heart of the Knyszyńska Primaeval Forest, there is the Kopna Hill Arboretum, a park and botanical garden of 500 different species of trees and shrubs, and a place of many more colours and scents. Established and run by the Supraśl Forest District, the Arboretum features forests typical for this area in addition to a vast collection of shrub species, such as junipers, cypresses, thujas, rhododendrons. Its breezy humid air and pleasing forest chill make the park a popular recreation place.

As a particular natural attraction, the Arboretum also serves educational purposes, hosting biology lessons for the youth and children.

The Arboretum is open April 1st to September 30th (other dates on prior individual arrangement), admission is free of charge.

There is a bus service to the Arboretum departing from Białystok Coach Station, platform 19. There is accommodation possibility at nearby hotel, on prior booking, tel. +48 85 718 37 96.

Silvarium

In 2005, the other forest park was established in the Knyszyńska Primaeval Forest to present its secrets and rhythm of life in a unique and interesting way. Due to the abundance of medical herbs, once essential in saving people's lives and still so important in pharmacology and cosmetology, the Silvarium is sometimes called a forest pharmacy. The park features an exceptional phenological sundial, which measures time and seasons based on recurring natural events. It was used by herbalists to help them choose the best time to collect herbs. Contemporary researches confirm the findings of past folk medicine and prove there is a relation between the concentration of active substances in plants, their lifecycle and astronomic phenomena.

The Silvarium features all of the Knyszyńska Primaeval Forest tree and herb species, each of them carefully described and supplemented with folk medicine recipes.

The Silvarium won the 2005 Podlaskie Brand of the Year Award.



Established in 2007, the Knyszyńska Primaeval Forest Society unites service providers and lovers of the Knyszyńska Primaeval Forest Landscape Park, to promote the park's mighty and mysterious spirit.
tel. +48 508 06 10 13, www.puszczaknyszynska.pl

Knyszyńska Primaeval Forest herbs

Lovers' Punch Recipe

1.5 lemon, 6 sprigs of Melissa, 4 sprigs of Borage or Echimium, 1/2 glass of sugar, 3 glasses of water, 1/2 bottle of dessert wine, 1/2 bottle of brandy, 1 bottle of champagne, ice.

Drink cautiously!



More information on the Knyszyńska Primaeval Forest is available from the Knyszyńska Primaeval Forest Landscape Park HQ,
14 Konarskiego St., 16-030 Supraśl,
tel./fax +48 85 718 37 85
turystyka@pkpk.pl
pkpk@sitech.pl
www.pkkp.pl www.puszczaknyszynska.pl

There is a place...

... on the edge of the Knyszynska Primaeval Forest Landscape Park, some 200 km away from Warsaw and 6 km from Białystok, called the "Sosenka" Boarding House. The "Sosenka" is one of Podlaskie's best curative centres offering a wide range of relaxation, anti-stress, dietary and herbal treatments. Its modern rehabilitation equipment and highly qualified personnel provide top class medical, pharmaceutical and dietary services. Those keen on active rest will find kayak and cycle trips, horse rides, Nordic Walking, forest jogging, PILATES or cross country skiing particularly exciting. It is also a great place for creative work, incentive and team building events.

"Sosenka's" varied recreation and curative offer has been recognised by the Marshal of Podlaskie Voivodship with the 2005 Podlaskie Brand of the Year Award. Relax in the Knyszyńska Primaeval Forest, the land of tranquility, rich culture and delicious cuisine.

"Sosenka" Boarding House
(PRT0 Member)

49/6 Sochonie, 16-010 Wasilków

tel./fax +48 85 718 66 50

tel. mob. +48 508 06 10 13

www.pensjonatsosenka.pl



A weekend in the Knyszyńska Primaeval Forest

Saturday

Let's start in Supraśl (www.suprasl.pl). A tour round the town will take us at least few hours. Museum of Icons, the winner of 2006 Podlaskie Brand of the Year Award, housed by the Orthodox Monastery (www.monaster-suprasl.pl), is a must-see. A stone's throw away is a picturesque riverside manor house – the seat of the Knyszyńska Primaeval Forest Landscape Park, featuring an interesting exhibition on local nature and culture. At lunch-time, the smell of good homemade food will lure you to the forest's edge, to the "Łukaszówka" eatery. In summer, fresh homemade dishes are served outside, in the garden with the view of soaring primaeval forest pines. After lunch, move out to the Arboretum on the Kopna Hill for a stroll among the 500 tree and shrub species, or to Silvarium in Poczopek. Overnight accommodation at the "Ritowisko" in Surazkowo (www.ritowisko.com).

Sunday

Let's get more action. Choose from horse rides at "Ritowisko" or along the primaeval forest horse routes, hiking trips or a kayak rally. Eco-lunch at "Ritowisko" made from ecological, chemical free products. Then a golf afternoon at the golf course in Lipowy Most (www.golfpark.pl) and duck in cranberry sauce for diner.



at the stables/SCAT archive



Kayak trip on the Supraśl River/R. Biernacki

Sample tourist route in the Knyszyńska Primaeval Forest

The Long Tatar Route (57 km, green marks)

Sokółka – Szyski – Bohoniki – Stara Kamionka – Wierzchlesie – Talkowszczyzna – Sosnowik – Nowa Świdziałówka – Góranie – Nietupa – Sanniki – Kruszyniany.

Before the trip, it is good to visit the Museum of the Sokółka District and see its collection on Tatar culture. Then, passing Szyski, we go to Bohoniki to visit its mosque guided by a friendly local Tatar lady living just opposite the temple. Recently opened Tatar restaurant serves traditional dishes and provides perfect view of the mosque and the greenery of the surrounding Sokólskie Hills. Moving on, it is very close from the village of Góranie to the Silvarium in Poczopek – a fairy tale garden in the primaeval forest smelling of herbs and trees and soothing with its balsamic climate. Featured Forest Gallery presents animal species of the area. Further on, through Nietupa and Sanniki, we reach Kruszyniany – another Tatar centre in the region. Just one final visit to the local mosque and a well-deserved relax at "Dworek pod Lipami" or "Tatarska Jurta" having a cup of thick and sweet Turkish coffee.

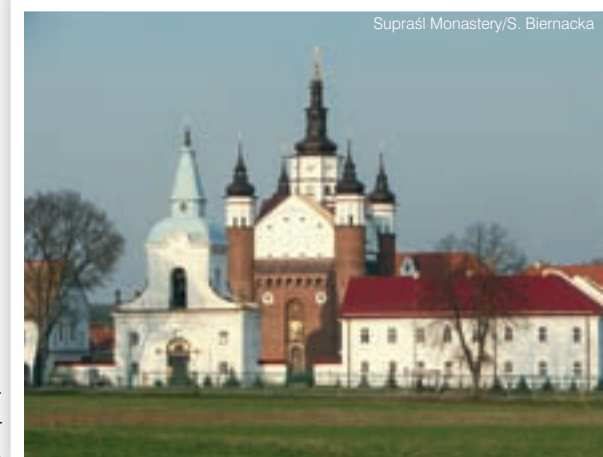
More information in the Tatar Route, the Orient of Podlaskie chapter of the guide.

Supraśl Health Resort

SUPRAŚL – art, culture and ... health

www.suprasl.com.pl

Surrounded by the Knyszyńska Primaeval Forest, located on the river of the same name and boasting 500 years of its history, the town of Supraśl has always associated with nature, culture, history, art, and, of late, health.



Supraśl Monastery/S. Biernacka



Museum of Icons in Supraśl archive/E. Zalewska
www.muzeum.bialystok.pl



The Supraśl Orthodox Monastery is one of the town's most important sights. Legend has it that in early 16th c. **Orthodox monks** from a nearby village of Gródek, disturbed in their prayers and contemplation by incessant hubbub of local fairs, asked the Divine Providence to guide them to a more favourable place by setting a wooden cross on the waters of the Supraśl River. The cross stopped in Supraśl thus fulfilling the monks' prayers. Starting in 1501 with a wooden Orthodox church, the monks gradually expanded their monastery with gardens, orchards, fishponds, catacombs and a brick defensive Orthodox church, a combination of Gothic and Byzantine styles, beautifully decorated with frescoes.

Over the years, the monks had gathered an impressive library of prints and manuscripts, opened a print shop and a paper mill, the first to be opened in north-eastern Poland. The monks printed secular books in Latin and Polish as well as religious ones in Church Slavonic language. The monastery reached its cultural peak in the 16th c.

Unfortunately, in 1944, the Orthodox church was blown up in a matter of seconds.

Nowadays, the carefully restored church glitters in the sun. A part of the monastic complex houses the one of its kind Museum of Icons, winner of the 2006 Podlaskie Place of the Year Award and the prize of the Polish Minister of Culture and National Heritage.

Originally, a monk would begin painting an icon following a long series of prayers. The Supraśl Museum of Icons, thanks to modern technology and multimedia, introduces the long and laborious icon-painting process to the visitors, who later may try their hand at icon-painting in the Museum's workshop.

The museum's multimedia exhibition tells the story of the icon and its religious and cultural meaning. Presented in perfect harmony with lights and sounds, the icons seem like gates to the mysterious world of the past.

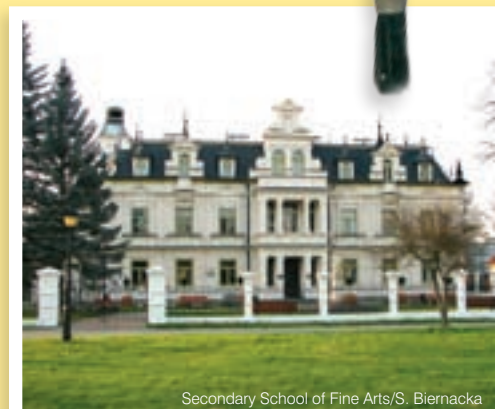
MUSEUM OF ICONS IN SUPRAŚL, tel./fax +48 85 718 35 06

www.muzeum.bialystok.pl

Supraśl's aura is particularly favourable for art and culture, which have thrived in the town for centuries. Supraśl is the seat of **the Secondary School of Fine Arts**. Its students, affectionately referred to as "Philips", inspired by surrounding nature and region's history, paint, weave, sculpt and carve in wood. The school is housed in the Buchholtz Palace dating back to 1892-1903, the period when the Buchholtz family established first cloth manufactories and weaving workshops in Supraśl to export their products to the Russian market. Just like in the old days, the palace still overlooks nearby well-preserved weavers' houses.

Supraśl's climate

Recently discovered rich therapeutic mud deposits, gained the town a health resort status in 2001. A stay in Supraśl is recommended especially for those recuperating from heart surgeries or suffering from rheumatism, cardiac and airway conditions.



Secondary School of Fine Arts/S. Biernacka

Once industry-oriented, Supraśl today is a thriving cultural centre. The "Uroczysko" Meetings with Nature and Art (www.uroczysko.pl) gathers every year a multitude of scientists and artists who take this great opportunity to present their works and participate in creative discussions.

A three-time winner of the Edinburgh Theatre Festival Fringe First Award, the **WIERSZALIN** Theatre, has its seat and stage in Supraśl. In 1994, in recognition of its outstanding services for Polish culture, Wierszalin was awarded the diploma of merit by the Polish Minister of Foreign Affairs. In 1998, the theatre received the International Theatre Institute Critics' Award for its contribution to world's theatre. Wierszalin's nature is of unusual simplicity, the spectacles full of music and vocals, with wooden sculptures, forms, figures and masks coexisting with living actors.

Spectacle information and ticket bookings:

tel. +48 85 710 88 45

www.wierszalin.pl



Rozłogi

Relax, we will take care of the rest!

Located in the heart of the Knyszynska Primaeval Forest, 30 km east of Białystok, 75 km away from Białowieża, at the crossing of hiking and cycle tourist routes, in the vicinity of Podlaskie Tatar Route and outstanding horseback routes, the Rozłogi Leisure Centre offers:

- 104 bed places in double and triple rooms with bathrooms
- regional cuisine
- swimming pool and playing field
- conference and banquet rooms and pub
- childrens' playground
- gardens, barbecue

We organise special events, weddings, summer camps, green schools, training and incentive get-togethers.

Rozłogi Leisure Centre
 Wality, 16-040 Gródek, Podlaskie
 Mob. +48 515 25 81 82
rozlogi@rozlogi.com
www.rozlogi.com

Take road No. 65
 from Białystok to Bobrowniki



Krynki Municipal Office archive



KRYNKI

32 km east of Supraśl, deep into the Knyszynska Primateval Forest and at the border with Belarus, lies a 600-year-old town of Krynki. For ages, this borderland area has been a meeting place for waves of Polish, Russian and Lithuanian settlers. The history of Krynki is inseparably linked with the Tatars and Jews. The Jewish community settled here as early as 16th c. and, thanks to their privileges granted by the Polish king, gave Krynki an economic boost. Industrial boom reached Krynki in mid-19th c. with the establishment of cloth manufactories funded by the Jews and Germans. In

that period, the town received its unique urban layout, with hexagonal main square radiating with 12 straight streets. To a large extent the layout has remained unchanged. The 18th c. bell tower as well as the former synagogue buildings are certainly worth a visit. A large information board installed in the centre of the park proposes a tour route round the town and gives some details about nine interesting sights.

A nice place to rest after a stroll through Krynki is the "Pod Modrzewiem" Inn, which serves a variety of Polish, Belarusian, Jewish and Tatar dishes. The inn holds the annual Krynki Days Feast and discos on weekends and holidays.

Contact details: tel. +48 85 722 80 69

www.krynka.pl/gospoda

6 Jagielloński Sq., Krynki

TITBIT

Ever since 1945, "KRYNKA", a popular brand of mineral water, has been produced in Krynki. Located in the centre of the "Green Lungs of Poland" region, the town is famous for its clean air and pure water. So is the "KRYNKA" – pure mineral water of unique taste and healthful qualities. The Kvass and the Home-Brew, two traditional Polish borderland soft drinks, are particularly tasty on summer's hikes through the region. The labels of drinks produced in Krynki feature pictures of Podlaskie's most beautiful places.



"Pod Modrzewiem" Inn, www.krynka.pl/gospoda



Mineral Water and Soft
Drinks Production Plant
KRYNKA
(PRTO Member)
tel. +48 85 722 85 44
www.krynka.pl



Krynki Municipal Office archive

church in Krynki



TATAR ROUTE, the Orient of Podlaskie

Sokółka – Szyszki – Bohoniki – Wierzchlesie
– Talkowszczyzna – Góranie Sanniki – Kruszyniany
(57 km) www.kruszyniany.pl

Today in Poland, there are about 5000 Muslims of Tatar descent, most of them living in Podlaskie, where they have their temples – mosques, in Białystok, Bohoniki and Kruszyniany.

Podlaskie Tatar Route leads through the lands once densely populated by the Tatars, introduced to Poland by King Jan III Sobieski in 17th c. Nowadays only few their descendants live mainly in Podlaskie. Mosques and cemeteries remind of Tatar past presence. The Sokółka Culture Centre houses the Museum of Sokółka District and its collection of Tatar exhibits. The Museum of History in Białystok also has an exhibition of Tatar pieces.

The Tatars reached the lands of present-day Eastern Europe at the beginning of 14th c. Tired of civil wars in their homeland, they decided to settle here. In order to be granted land and the right to settle, the Tatars had to do military service in Polish army. In return, they were given the right to build mosques, intermarry with Christians, and bring up their children in Islamic faith.

At the turn of 16th and 17th c., the Tatars completely lost their mother tongue, and picked up the Slavic languages, Polish and Belarusian. The Tatars became so assimilated into the local communities that they adopted local customs and started to be called the Polish Tatars. Still, invariably they follow the Islamic faith.

In 17th c., King Jan III Sobieski granted the Tatars additional lands in Podlaskie, in the Hrodna County (present-day Belarus). Within the inter-war boundaries of Poland, there were 19 Tatar communities with mosques and cemeteries.

Bohoniki and Kruszyniany, two villages on the Podlaskie Tatar Route, offer best opportunity to get to know true Tatars with their religion, culture and cuisine.

Dżemil Gembicki, a tourist guide, has more on Tatar culture
mob. +48 502 54 38 71



Crescent – symbol of Islam

Stunningly set in a hilly, partly forested area overlooking the Świsłocz River Valley, the village of Kruszyniany offers an insight into the Tatar culture and a thorough rest to the smell of freshly mowed grass and the sounds of singing birds, miles away from big city's noise and stressful life.

Local "Dworek pod Lipami" Manor is a vast recreation and relaxation space. Nearby forests will certainly attract mushroom and bilberry pickers as well as nature watchers. There is also something for the swimmers and anglers – a reservoir located 1 km away from the manor. The reservoir's gently descending bottom makes swimming and other water activities perfectly safe, even for the youngest. The manor's delicious cuisine complements its great tourist offer.



How to get to the "Dworek pod Lipami" Manor
Kruszyniany is located 55 km to the east of Białystok (10 km from Krynki). It is best to take the road No. 676 leading through Supraśl and Krynki. Once at the roundabout in Krynki, follow the Kruszyniany road signs.

Address:
"Dworek pod Lipami" Manor
(open year round, PRTO Member)
51 Kruszyniany, tel./fax +48 85 722 75 54
www.dworekpodlipami.pl



"Dworek pod Lipami" Manor archive



mosque in Kruszyniany/B. Żukowska



mosque's interior/B. Żukowska

Tatar cuisine

Tatar dishes are often fatty and spicy. Most popular of them include Tatar dumplings stuffed with meat, pilaf (with mutton and fresh vegetables), bielusz (made with yeast pastry) and pierekaczewnik (made with pasta pastry) – both of them spirally rolled and stuffed with either duck or mutton meat with added onion and spices.

A variety of sweet dishes popular in the Tatar-Muslim east includes honey džajma, czak czak, flour halva with added butter, honey and nuts.

Honey-sweetened water is served to most of the dishes, as well as lemon juice. Thick and sweet Turkish coffee and tea are also very popular.

The Tatar cuisine today has adopted many European dishes, however modified to suit the Tatar taste.

Pierekaczewnik, a multilayer pastry stuffed with meat, cheese, apples or mushrooms, served during Tatar holidays, was the very first dish to be put by the Polish Ministry of Agriculture on the List of Traditional Products. In 2004, pierekaczewnik won the Podlaskie Taste of the Year Award.



Route of Vanishing Trades – Podlaskie Folk Handicraft Route

The world changes, of course.

So does the labour market, trades and professions. The Podlaskie Route of Vanishing Trades offers a unique opportunity to travel back in time and discover the crafts long forgotten in many parts of the world.

The idea behind the Podlaskie Folk Handicraft Route was to preserve the remaining workshops of disappearing trades of blacksmithing, pottery, spoon making and weaving, to remind ourselves and show our children the daily life of our ancestors.

Working in a traditional way passed from father to son, the local artisans craft unique objects with as much skill as passion.

The blacksmith forges every single rose, every single metal detail as though it was to be an exceptional gift. The potter passionately models his clay pots and vases, the weavers make colourful double warp carpets, i.e. having patterns on both sides. In addition, all this magic happens in front of the visitors. Believing that you can learn everything with a bit of practice and that you should strike while the iron is hot, you can try your hand at pottery, weaving or sculpting.

To keep the handicraft traditions alive, every year in summer, pottery classes are held on the Podlaskie Folk Handicraft Route in the heart of the Knyszynska Primaeval Forest by the reservoir in the town of Czarna Białostocka.

The Podlaskie Folk Handicraft Route leads through potters' workshops and a smithy in Czarna Wieś Kościelna, traditional wooden spoon maker's shop in Łapczyn, double warp



L. Dobrzyński



I. Łysko



I. Łysko

www.tatarzy.info

www.muzulmanie.pl

www.mzr.pl – Muslim religious Association of the Republic of Poland

Islamic Centre in Białystok

63 Hetmańska St., 15-727 Białystok

tel.: +48 85 651 40 21,

fax +48 85 652 09 01

weaving shops in Janów, Nowokolno and Wasilówka, and a folk sculptor's studio in Sokółka. Besides their weaving talent, the women weavers are gifted at cooking as well, so it is good to plan a longer lunch break and taste the delicacies of local cuisine.

Handicraft workshops are open to visitors Monday to Saturday on prior telephone arrangement.

More details available from BIAL-TUR

tel. +48 85 742 43 51, www.bialtur.pl

Weaving workshops

Teresa Prymont, 19 Wasilówka, Janów Commune, tel. +48 85 721 63 64

Alicja Kochanowska, Janów, 3 Nadrzeczna St., tel. +48 85 721 60 36

Filomena Krupowicz, Janów, 50 Sokólska St., tel. +48 85 721 61 28

Ludgarda Sieńko, Janów, 8 Sokólska St., tel. +48 85 721 61 74

Sculpture studios

Piotr Szalkowski, religious, biblical, countryside (presenting peasants at their traditional farming activities) and nature (birds) folk sculpture Sokółka, 22 Mickiewicza St., tel. +48 85 711 53 32

Blacksmithing workshops

Mieczysław Hulewicz, Czarna Wieś Kościelna, 4a Sosnowa St., tel. +48 85 710 90 89

Pottery workshops in Czarna Wieś Kościelna

Zbigniew Piechowski and Bolesław Piechowski, 27 Piękna St.,

tel. +48 85 710 90 74, mob. +48 604 21 88 20

Jan Kudrewicz, 19 Sosnowa St., tel. +48 85 710 90 85

Pottery workshops in Czarna Wieś Kościelna

Bolesław Piechowski, 27i Piękna St.,

tel. +48 85 710 90 74

Miroslaw Piechowski, 27a Piękna St.,

tel. +48 85 710 91 34

Jan Kudrewicz, 19 Sosnowa St.,

tel. +48 85 710 90 85

Adam and Paweł Piechowski, 29 Piękna St.,

tel. +48 85 710 90 23

Stanisław Mosiej, 69 Piękna St.,

tel. +48 85 710 90 80

Spoon making workshops

Wooden spoon making workshop,

Mieczysław Baranowski

10 Zamczysk, tel. +48 85 710 93 21



How to get there

From Białystok. Take the road No. 18 and head for the border crossing in Kuźnica Białostocka. On 21st km take the turning to Czarna Białostocka and continue to Czarna Wieś Kościelna. Then, through Chmielnik (turning to Zamczysk), Niemczyn, Sitkowo, Białousy to Janów (55 km) and Sokółka.

From road No. 19 Białystok – Augustów. On 38th km, near Korycin, take the turning to the local road No. 672 leading to Janów (18 km). Then from Janów to Chmielnik (19 km) (turning to Łapczyn and Zamczysk) and on to Czarna Wieś Kościelna (5 km).

From Sokółka (road No. 18). Take the local road No. 673 to Sokolany (8 km), then the road No. 672 to Janów (18 km), Zamczysk (19 km) and on to Czarna Wieś Kościelna (5 km).

Returning to Białystok from Sokółka, you can also take the Podlaskie Tatar Route through Bohoniki and Kruszyniany..

Podlaskie Cultural Route “Wood and Sacrum”

The leading motive behind Podlaskie Cultural Route “Wood and Sacrum” is the historical wooden architecture, both secular and sacral, of north-eastern Poland. The route sends you travelling through totally wooden villages featuring wooden shrines, windmills, Orthodox and Catholic churches. You get a unique chance to discover local traditions, folk customs and rites, visit local handicraft artisans.

In the years to come, the route is to develop west of Bielsk Podlaski, south of Dubicze Cerkiewne and north of Nowe Berezowo. The route is to be marked in such a way to let the tourists decide for themselves which way they want to go, to see the most of picturesque buildings – the masterpieces of our ancestors.



The "Wood and Sacrum" Route is planned to cover the whole of Podlaskie Region. 2008 will mark the opening of its first section, starting in Bielsk Podlaski and leading through Parcewo, Orla, Reduty and Dubicze Cerkiewne, then further north through Koryciski, Stary Kornin, Dubicze Osoczne to finish in Nowe Berezowo. In the future it is to lead further north in the direction of Narew and Zabłudów. There is also an alternative route – from Orla, through Szczyty-Dzięciołowo and Rakowicze to Czyże.



Białowieża National Park

Kingdom of European Bison

Emanating tranquillity, the Białowieża Primeval Forest is a natural choice for those seeking true relax in any season of the year. This ancient, living to its own rhythm woodland, a UNESCO World Heritage site and Biosphere Reserve, straddles the border between Belarus and Poland.

To feel the overwhelming spirit of nature and its unstoppable force, you should start your visit to the forest at the Strict Protection Zone of the Białowieża National Park. Granted the World Heritage Site status in 1976, the zone remains the only such natural site in Poland. The huge, soaring 400-year-old oaks, lindens or elms and breathtaking spruces knocked down by wind revealing their meters wide, shallow roots create a majestic interior of this cathedral of nature. Due to its sensitive environment, only guided tours are allowed into the Strict Protection Zone.



Białowieża Primateval Forest Tour Guides:

Folk Agency in Hajnówka
17-230 Białowieża, 3/4 Park Pałacowy
tel. +48 85 682 25 54
e-mail: enmk@poczta.onet.pl
(guided tours in English and Belarusian)
Local customs and rites, history of the region, architecture.

NES-TUR Active Tourism Agency in Hajnówka
17-200 Hajnówka, 3 Warszawska St., tel. +48 85 682 62 46, mob. +48 608 444 536
(guided tours in German)

"Ryś" Travel Agency in Białowieża
17-230 Białowieża, 22 Krzyże St.,
tel./fax +48 85 681 22 49,
mob. +48 608 582 840,
mob. +48 660 667 790

"Puszcza Białowieska" Travel Agency in Białowieża
17-230 Białowieża, 11 Park Pałacowy, tel. +48 85 681 28 98, e-mail: bup@o2.pl
(guided tours in English, German and Russian)

"Teo-Eko" Travel Agency
17-230 Białowieża, 13 Park Dyrekcyjny, tel. +48 85 681 23 11, mob. +48 608 454 107

"JUNIOR" Civil Law Partnership in Białystok – a wide range of tourist services on offer for those interested in visiting the Belarusian part of Białowieża Primateval Forest
25 Stoleczna St., 15-879 Białystok
tel./fax. +48 85 741 57 20
tel. +48 85 744 43 26 (workdays 9 a.m. to 5 p.m., Saturdays 9 a.m. to 1 p.m.)

Contact persons:
Ławreniuk Eugeniusz mob. +48 606 256 209
Bobrowski Jerzy mob. +48 602 470 422
e-mail: biuro@junior.bialystok.pl
www.junior.bialystok.pl
www.bialowieza.net.pl

Nature-Tour in Białowieża
17-230 Białowieża, 4/1 Park Dyrekcyjny,
tel./fax +48 85 681 20 07,
mob. +48 606 443 007
e-mail: naturetour@wp.pl
(guided tours in English)

PTTK Białowieża Branch
17-230 Białowieża, 17 Kolejowa St.,
tel. +48 85 681 22 95, fax +48 85 681 26 24
www.pttk.bialowieza.pl,
e-mail: pttk@pttk.bialowieza.pl
(guided tours in English, German and Russian)

Interpreter service – Spanish, English and Portuguese: Dorota Gryka,
7 Suszczy Borek, mob. +48 85 685 60 43.



Białowieża Primateval Forest

Polish-Belarusian border crossing in Białowieża is open for pedestrians and cyclists:

- April 1st to September 30th, 8 a.m. to 8 p.m.;
- October 1st to March 31st, 8 a.m. to 6 p.m.

Białowieża Primateval Forest Region Tourist Information Centre, 45 3 Maja St., Hajnówka, tel. +48 85 682 43 81, tel./fax +48 85 682 51 41 www.powiat.hajnówka.pl or www.bialowieza.net.pl, offers in-depth information on stays in Białowieża, crossing the Polish-Belarusian border, Białowieża National Park guides, tour reservations, integration events, conferences, feasts, kayak rallies, hotel, boarding house and agritourist farm accommodation.



Nature Education Centre

Located in the very heart of the land of the European Bison, the **Soplicowo Business and Conference Complex** has been designed to satisfy the most demanding guests. The Complex consists of the Manor House, which provides 90 bed places of various standards, and the Inn, a perfect setting for night-long old-Polish feasts – our particular pride. Satisfied guests, warm and friendly atmosphere, old-Polish hospitality, professional service and outstanding traditional cuisine is all that counts in Soplicowo. We hold get-togethers, conferences, trainings, incentive, balls, bonfires and other special events – all of them spiced up with a wide range of original attractions, e.g. musical and folk bands, traditional costume parties, open carriage and sleigh rides, narrow gauge railway, and many more. In July 2008, we will be opening a newly-built part of the Complex, offering additional 100 bed places, a top-notch conference room and a recreational annexe (swimming pool, Jacuzzi, sauna).

Visit Soplicowo, a place where the old-Polish proverb *A guest in the house is like God in the house* is still alive.

The Soplicowo Manor

tel. +48 85 682 99 30, 17-230 Białowieża, 2a Krzyże St., www.dworsoplicowo.pl



Best Western Żubrówka Hotel is a top notch four-star hotel located in the heart of the Białowieża Primateval Forest, offering 170 bed places in comfortable single and double rooms, as well as four luxurious apartments.

"Żubrówka" Restaurant serves traditional Białowieża cuisine in addition to a variety of hunter's dishes. Hotel's Café and the "Carski Buduar" ("Tsar's Boudoir") Night Club provide pleasing and entertaining relax.



On-site Conference Centre is equipped with latest technology and may seat up to 300 persons.

Fitted with modern equipment, "Żubrówka's" SPA offers a number of professional soothing face and body treatments in addition to its sauna, fitness club and solarium.

Friendly and obliged personnel, as well as hotel's cosy interiors, make it an outstanding family holiday resort.

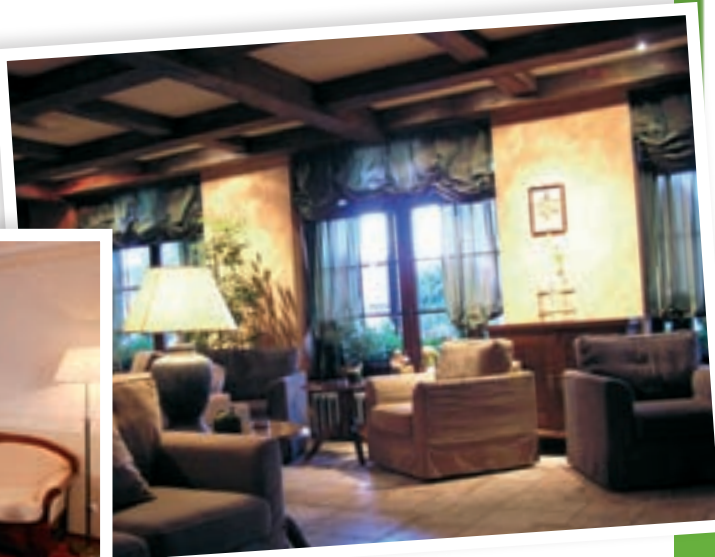
Whether at a conference, integration event or a family weekend away, the Best Western "Żubrówka" Hotel will turn your Białowieża stay into an unforgettable experience.

"Żubrówka" Hotel

6 O. Gabiec St., 17-230 Białowieża
tel. +48 85 681 23 03
fax +48 85 681 25 70
e-mail: recepcja@hotel-zubrowka.pl
www.hotel-zubrowka.pl



Żubrówka Hotel/T. Konopko



Established in 1921 to protect and preserve the ancient forest, Białowieża National Park is Poland's oldest one. In 1977, UNESCO designated the Białowieża National Park as MAB Biosphere Reserve. In 1992, when the Biosphere Reserve status was granted to the Belarusian part of the forest lying within the "Belovezhskaya Pushcha" National Park, the area became a transboundary World Heritage site. The Białowieża National Park was awarded the Diploma of Europe in 1997.

European Bison Breeding Reserve

Although most of the European Bisons in the Białowieża National Park live at large and happen to come across wandering tourists, it is very rare of them to do so. Therefore, the Breeding Reserve, where you are certain to see European Bisons, is invariably one of the Park's best attractions. To get there, turn left 3 km before Białowieża and follow the road signs.



Every European Bison born in the Breeding Reserve gets its name starting with a "PO" syllable, e.g. Poland, Poziomka (wild strawberry), Poranek (morning), Polana (glade).

A RIDDLE FOR THE YOUTH

What is the fastest a weighing almost 1000 kg European Bison can run?

A large and heavy European Bison can run at a speed of 40 km/h.

A RIDDLE FOR CHILDREN

Why is a stag's neck so thick and stocky?
In order to lift its great and heavy antlers.

TITBIT

Did you know, that a European Bison can jump over a 1.70 m high fence?



S. Biernacka

deer is also on display in the Breeding Reserve

Palace Park

When in Białowieża, you cannot miss the Palace Park. Planted in 19th c., the park used to surround Tsar's Alexander III Palace until the great fire of 1944. Today, it features about 90 European, American and Asiatic tree and shrub species growing around two picturesque ponds. At the alley, which divides the two ponds, there is an obelisk commemorating King Augustus III the Saxon big hunting of September 27th, 1752.

The Białowieża National Park HQ is located in the Palace Park. Nature Education Centre, housed in a beautiful wooden building dating back to 1845, a former manor of the Governor of Hrodna District, provides stunning view of the park and its ponds.

Most of the buildings in the Palace Park date back to the turn of 19th and 20th c., and remind of those Tsarist times – palace gate from 1894, old stables, the Marshal's House from 1904, Hunter's Lodge. At the entrance gate to the park, there is a Tourist Information point. The central part of the Palace Park is occupied by the Natural History Museum of the Białowieża National Park.

Natural History Museum of the Białowieża National Park

Established in 1919, having undergone seven renovations, the museum features an interesting exhibition of the Białowieża Primaeval Forest history and nature. Refined in every detail and full of latest technology, the exhibition sends visitors deep into the ancient forest. Visual and sound effects enhance the experience.



exhibition of Natural History Museum



St. Nicholas Orthodox Church

The museum is adapted for disabled use. The smooth, well-profiled floor and internal elevator allow visitors on wheelchairs to move freely everywhere in the museum, on the exhibition, between floors and to the lookout tower. On custodian's prior consent, the sight impaired may touch the exhibits. It was with them in mind, that the forest sounds soundtrack was introduced into the exhibition and accompanies the visitors during their stay at the museum. The lookout tower with a panorama of Białowieża Primaeval Forest complements the experience.

tel. +48 85 681 22 75 (open daily except Mondays, in summer 9 a.m. to 5 p.m., in winter 9 a.m. to 4.30 p.m.)

St. Nicholas the Wonderworker Orthodox Church

Located near the Natural History Museum, the 1895 red-brick St. Nicholas the Wonderworker Orthodox Church features a unique porcelain iconostasis (a icon-decorated wall, which separates the altar and the main nave).

Holy Trinity Orthodox Church

In Hajnówka, some 17 km away from Białowieża, the onion-shaped domes of the Holy Trinity Orthodox Church overlook the town. Apart from their magnificent looks, the domes also provide excellent acoustic conditions. In its stunning interiors, decorated with colourful biblical frescoes, the church hosts the annual International Festival "Hajnówka Orthodox Music Days" gathering best Orthodox choirs from many countries.



Power Spot in the primaeval forest

The "Orthodox Music Lovers" Society (17-200 Hajnówka, 19 Dziewiatowskiego St., tel. +48 85 682 33 51, fax +48 85 873 47 23, www.festiwal.cerkiew.pl, e-mail: festiwal@cerkiew.pl) has more information on the International Festival "Hajnówka Orthodox Music Days".

Power Spot

There are many magical places in the Białowieża Primaeval Forest. One of them, called the Power Spot, features

a ring of stones and amazing trees of adjoining trunks. An unsolved mystery! One thing is certain, though. The accumulation of positive charges, proven by dowsers and sensed by visitors, favourably influences human body.

It is very easy to get to the spot. Follow the road signs on your way from Hajnówka to Białowieża.

The cosy “Białowiecki” Hotel *** offers you comfortable rest in Białowieża, weekend relax and peaceful family leisure in the land of the European Bison – the Białowieża Primeval Forest.

The hotel, with its apartment and 64 rooms of comparable standard to Swiss **** hotels, is a perfect choice to hold trainings, conferences and original team building and corporate events, e.g. the Pagan Evening.

Located 1.200 m from the Polish-Belarusian border, in the very heart of the Białowieża Primeval Forest, the hotel organises cycle and hiking rallies offering a wide choice of routes, from easy to really challenging ones, through the forest’s most amusing places.

Make sure not to miss interesting folk events, such as the July Kupala’s Night, the local alternative to Valentine’s Day.

Magical moments spent in the Primeval Forest need magical crowning. The feasts, held for hotel guests and cycle rally participants, offer a variety of traditional local dishes, such as deer or boar ham with cowberry sauce, forest roulades with mushrooms and gravy, and dumplings with forest bilberries for dessert.

You are also welcome to stay at a beautifully set boarding house with the view of the Narewka River Valley, located 150 m from the hotel.



BIAŁOWIESKI Hotel * (PRTO Member)**
 218 B Waszkiewicz St.,
 17-230 Białowieża
 tel. +48 85 681 20 22, +48 85 744 43 80
 fax +48 85 744 45 34
 e-mail: incoming@hotel.bialowieza.pl
www.hotel.bialowieza.pl

Cycle tours through the most beautiful, picturesque places in the Białowieża Primeval Forest are available from:

“NATURE TRAVEL” Registered Partnership
 2/1 Wyszyńskiego St., 15-888 Białystok
 tel. +48 85 744 45 62
 fax +48 85 744 45 34
 e-mail: nattrav@masuren.travel.pl
www.masuren.travel.pl

A network of **narrow-gauge railway** lines covers the area of the Białowieża Primeval Forest. Used to transport timber until late 80s 20th c., nowadays they carry tourists and are a popular means of local nature exploration. Running from Hajnówka to Topiło (11 km) or from Hajnówka to Postołowo (6 km), they offer a choice of additional attractions. In the old settlement of Topiło, tourists can stroll along the “Trees of the Primeval Forest” educational trail, visit the forest railway mini open air museum, or have a bonfire by the ponds. The railway operates year round upon prior request, however individual rides are available only in summer.

Contact details: Kolejki Leśne (Forest Railways)
 tel. +48 85 682 26 89
 e-mail: kolejki_lesne@wp.pl
www.bialystok.lasy.gov.pl



Narrow-gauge railway/M. Mackiewicz

The natural richness of the Białowieża Primeval Forest allow the preparation of a wide range of herb-based mixtures, such as invigorating herbal and fruit teas or relaxing bath herbs. Aromatic herbal spices add special flavour to local cuisine, especially the poultry and game meat dishes.

Once baked in houses, nowadays in local bakeries – the Białowieża bread is still made from rye or whole-wheat flour according to the same traditional recipe. Whether farmstead, honey, hunter's, nuts and raisins or onion – every kind of bread is a delicacy. A variety of pastries, e.g. cheese- and poppy-seed cakes or apple pies, complements the local bakery offer.

Białowieża today is a combination of the wilderness of ancient nature and comfort of a modern holiday resort. Dozens of high-end hotels, cosy boarding houses, inns and agritourist farms host thousands of tourists attracted by Białowieża's unique values – the same, which fascinated Polish kings hunting here ages ago.

The "Siolo Budy" Boarding House in Białowieża has a complete offer for your stay in the town, which includes hikes in the primeval forest, cycle rallies, Białowieża National Park tours, bonfire parties, folk concerts, horse-drawn cart and sleigh rides, handicraft workshops, forest narrow-gauge railway rides, team building and integration events, trainings and conferences, visits to the Museum of Belarusian Culture in Hajnówka.

"Siolo Budy" is well known for its exquisite cuisine. You should try some typically local dishes, such as "wareniki" – huge dumplings with various stuffing, "solianka" – an original Russian soup, honey fungi soup, farmstead whole-wheat bread, roasted game meat and other delicacies of Belarusian and Ukrainian cuisine.

"Siolo Budy" Boarding House
(PRTO Member)
41 Siolo Budy,
17-230 Białowieża,
tel. +48 85 681 29 78
www.siolobudy.pl

Siolo Budy archive



In the well-lighted parts of Białowieża mixed forests, you may find a plant of purple petals – the Purple betony. Betony essence is a well known anti-tussive. It is also used to treat anxiety, rheumatism, Migraine and to regulate metabolism.

Every bottle of original Bison Brand Vodka contains a blade of bison grass, which grows only in the Białowieża Primeval Forest and gives the vodka its unique taste, aroma and yellowish colour. It is common to serve Bison Brand Vodka chilled with apple juice.

The Tsars Restaurant in Białowieża is located in a historical building of railway station built exclusively for Tsar Nicholas II.

Refined Polish and Russian cuisine served in four stylish chambers sends up to 60 guests back to Anna Kareninas times.

A special place for special occasions:

- Romantic dinner
- Lavish feast
- Holiday celebration
- Outdoor feast with wild-boar bar beque and bonfire.

Both travel agencies and individual visitors will find us at their disposal.

Contact details: www.restauracjacarska.pl
tel. +48 85 681 21 19
mob. +48 602 24 32 28



How to get to Białowieża by car

The Hajnówka-Białowieża road (17 km) leads through the Białowieża Primeval Forest. There are many dangerous bends so drive cautiously.

From Warsaw: Żąbki - Zielonka - Radzymin - Wyszaków - Brok - Ciechanowiec - Brańsk - Bielsk Podlaski - Hajnówka - Białowieża (ca. 210 km).

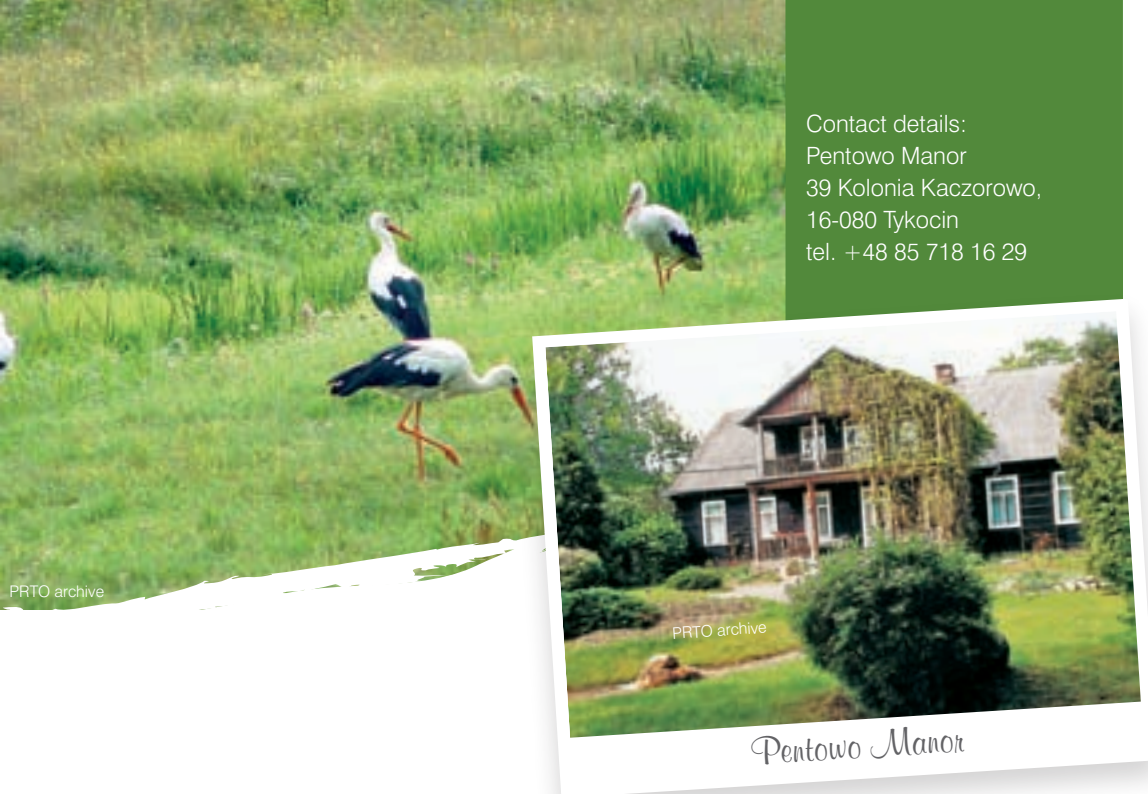
From Białystok: through Zabłudów - Narew - Hajnówka - Białowieża (ca. 88 km).

From Łódź: through Skierniewice - Żyrardów - Warszawa - Żąbki - Zielonka - Radzymin - Wyszaków - Brok - Ciechanowiec - Brańsk - Bielsk Podlaski - Hajnówka - Białowieża (ca. 319 km).

From Lublin: through Lubartów - Radzyń - Międzyrzec Podl. - Łosice - Siemiatycze - Hajnówka - Białowieża (ca. 236 km).

From Gdańsk: through Nowy Dwór Gdański - Morąg - Olsztyn - Szczytno - Łomża - Zambrów - Wysokie Mazowieckie - Brańsk - Bielsk Podlaski - Hajnówka - Białowieża (ca. 448 km).





Podlaskie Stork Route

The white stork, a popular symbol of childbirth and bringer of babies, has inspired the creation of a brand tourist product in Podlaskie – Podlaskie Stork Route – linking the region's four national parks, the Białowieża NP (www.bpn.com.pl), Biebrza NP (www.biebrza.org.pl), Narew NP (www.npn.pl) and Wigry NP (www.wigry.win.pl). Carefully marked out, the route allows tourists to reach a number of amusing places, such as Białowieża, Kurowo, Tykocin, Osowiec-Twierdza, Goniądz, Stańczyki, Pentowo, either by car, on a bicycle or in a kayak.

Peace, quiet and excellent natural conditions, i.e. rivers, meadows and wetlands providing plenty of food, keep the storks coming back to Podlaskie over and over again.

The Podlaskie Stork Route, one of Poland's first brand tourist products, grants an insight into stunning Podlaskie landscapes and its integral part – the white stork and its habits.

Pentowo – the heart of Podlaskie Stork Route

Lying on the Narew near Tykocin, the 7th European Stork Village of Pentowo features a hundred-year-old manor with adjacent farm-buildings surrounded by trees, and ... a larger population of storks than humans.

Impossible as it may seem, the storks started flocking to Pentowo after a hurricane of 1991, which truncated most of the trees and thus, paradoxically, prepared perfect spots for storks to build their nests. In 1997, there were already 12 stork-built nests. However, due to their poor mounting, they gradually crumbled. To save the nests and reinforce their bases, the North Podlaskie Bird Protection Society mounted 8 special solid platforms. Since this experiment proved successful, more and more platforms were installed every year to reach the present number of 23 nests. With its 17 stork couples and 37 young, making a total number of 71 storks living in one place, Pentowo was designated as a European Stork Village in 2003 by the European Nature Heritage Fund EURONATUR, the title traditionally awarded to only one place in each country.

Pentowo is also famous for its open-air classical music concerts held every summer on Sangórka.

In addition, there is a horse riding school offering a dozen of horses, including the small Tarpan-like horses, perfect for children.

Podlaskie Stork Route: Białowieża – Pogorzelce – Narewka – Stare Lewkovo – Odrynki – Narew – Trześcianka – Kaniuki – Wojszki – Doktorce – Suraz – Turośń Dolna – Baciuty – Bokiny – Pajewo – Tykocin – Piaski – Łaziuki – Łazy Duże – Zajki – Laskowiec – Strękowa Góra – Dobarz – Osowiec Twierdza – Goniądz (206,3 km).

Northern part of the region: Jasionowo nad Biebrzą – Sztabin – Wilkonia – Starożyńce – Rudawka – Mikaszówka – Strzelcowizna – Czerwony Folwark – Stary Folwark – Nowa Wieś – Dębowo – Wołownia – Gulbieniszki – Błaskowizna – Maciejowięta – Stańczyki (183,1 km).



Main attractions on the Podlaskie Stork Route

Białowieża National Park – Natural History Museum with its lookout tower, Strict Protection Zone (oldest and best preserved part of Białowieża Primeval Forest), Breeding Reserve, Palace Park with its unique plants and spatial layout, St. Nicholas the Wonderworker Orthodox Church, "Power Spot" educational trail, "Stara Białowieża" Reserve, "Royal Oaks" Route

Narewka – Siemianówka Reservoir (perfect for anglers and bird watchers), Orthodox Church, Jewish cemetery

Land of Open Shutters – wooden houses dating back to the turn of 19th and 20th c. featuring richly decorated shutters

Doktorce – holiday resort on the Narew River, nearby 4th and 5th c. burial mounds

Narew National Park (aka Polish Amazon) – historical Kurowo Manor located in old park, lookout tower

Suraz – one of the oldest towns on the route, interesting early mediaeval settlements: the Castle Hill of Queen Bona and NAWIA

Tykocin – baroque town on the Narew, a must-see late baroque Holy Trinity Church, the Seminary, Synagogue and Museum, Talmudic House

Pentowo – the heart of Podlaskie Stork Route

Strękowa Góra – place of legendary defence of the "Wizna" section in September 1939, ruins of Capt. Raginis shelter, panorama of the Biebrza and Narew River valleys

Biebrza National Park – Osowiec-Twierdza fortifications

Goniądz – holiday resort on the Biebrza, campsite, agritourist farms, boarding house and hotel

Sztabin – a town on the Biebrza, 1910 neo-gothic St. Jacob Church, monument to Joachim Chreptowicz – Chancellor of Grand Duchy of Lithuania and founder of the town

Mikaszówka – traditional village architecture, 1907 St. Maria Magdalena Church featuring antler-decorated interiors, 19th c. lock on the Augustów Canal

Wigry National Park – park's HQ in Krzywe, Lake Wigry featuring post-Camaldolese Monastic Complex on peninsula

Stary Folwark – popular holiday resort, located on Lake Wigry's northern shore

Dębowo – 19th c. lock on the Augustów Canal

Błaskowizna – village on Lake Hańcza – the deepest lake in Poland

Stańczyki – cosy holiday resort on the Błędzianka River, nearby famous "viaducts of the north" Poland's largest



Bug Basin – Drohiczyn, Siemiatycze, Mielnik

www.krainabugu.pl

The Bug River Basin, the natural land of beauty, is treasured among outdoor and unconventional sports lovers, such as balloonists and hang-gliders, who like to admire the river's scenic values.

Various hiking, cycle, nature and thematic routes make the whole Bug Basin accessible for tourists. Moreover, the stables network is developing rapidly. The world-famous stables in nearby Janów Podlaski (Lubelskie Region) breeds finest pureblood Arabians and Angloarabians.

<http://www.janow.arabians.pl>

The region features a choice of rehabilitation and recreation centres, beauty farms, sports halls and fields, swimming pools, tennis courts in addition to tourist and sports equipment rentals.



Bug River/K. Kitya



Drohiczyn

www.drohiczyn.pl

Overlooking the Bug River, Drohiczyn, the former capital of Podlaskie Voivodship, is located in the place of an ancient settlement dating back to 9th-12th c. Founded more than a thousand years ago, Drohiczyn used to be a strategic point on the Amber Road, controlling the only available transport route through otherwise impassable thick forests – the Bug. Drohiczyn was in its prime in 16th c.

Picturesque landscapes of the Bug Basin have provided marvellous setting for many Polish films. The best way to indulge in these magnificent views is aboard a cruise ship.

Drohiczyn's historic, mainly baroque, sights are particularly interesting. The Benedictine Nunnery Complex from 1729-1744 period with the All Saints Church, St. Nicholas the Wonderworker Orthodox Church from 1763-1792 period, 17th c. Jesuit Monastic Complex, 18th c. Franciscan Monastery and early mediaeval settlement on the Castle Hill attract flocks of tourists each year. On top of that, every June, Drohiczyn hosts the Slavic and Viking Warriors' Rally, an event devoted to revive the ancient customs of this land.

The town's unique aura favours organising open airs. Held every year, they never fail to inspire painters with Drohiczyn's colourful landscapes.

RIDDLE

Who is a mysterious rider, sometimes galloping through Drohiczyn?

Hint: It is a famous Polish actor, born in Drohiczyn, constantly returning to his hometown to relax.



PRTO archive



Jesuit Monastic Complex in Drohiczyn/H. Oleszczuk

Drohiczyn is 120 km away from Warsaw and 110 km from Białystok.

"Stara Baśń" Inn on the Bug (tourist services for groups and individuals)
2 Nadbużańska St., 17-312 Drohiczyn, mob. +48 506 43 47 21, www.svet-perk.pl

Siemiatycze

www.siemiatycze.pl

Lying in the Bug River Valley, Siemiatycze is a town of extraordinary landscapes, exuberant nature, clean air, three large reservoirs and rich history. It is an interesting place for anglers, kayakers, hikers, swimmers and cyclists.



Assumption of Holy Virgin Mary Church in Siemiatycze/K. Kryza



kayak rally/Siemiatycze County Office archive

Siemiatycze heritage of historic monuments includes St. Peter and Paul the Apostles Orthodox Church, 17th – 19th c. Monastery of Missionaries, synagogue, Talmudic House of 1893.



Siemiatycze County Office archive

Siemiatycze

Mielnik

www.mielnik.com.pl

Mielnik, the southernmost municipality of Podlaskie, borders on Belarus to the east and two other Polish regions to the south – Lubelskie and Mazowieckie, with the Bug River drawing the borderline. It is quite common in this part of the region to come across a wandering elk or wild boar while driving a car, and for anglers to catch a huge fish. The river greatly influences the town, its aura, beauty and idyllic character.

Located north of the town on two hills of Duże (204 m ASL) and Małe Uszeście (174 m ASL), the “Góra Uszeście” Reserve was established to preserve a number of thermophilic plants, unique for this part of the world. Depending solely on precipitation waters, so scarce in this area, the soils of the reserve feature very low humidity and heat up rapidly.

On summer’s sunny days, soil temperature in open areas reaches 78°C! Such conditions favour plants typical of dry and hot climate, such as the

following protected species European Bugbane, Cross Gentian, Locoweed, Eastern Pasqueflower, Small Pasqueflower, Scorzoneria.

In the rich calendar of local events, the National Presentations of Culture of Ethnic Minorities – “**Musical Dialogues on the Bug**” deserve special

attention. Held in the first half of August, the event is a review of music and culture of ethnic minorities present in Podlaskie – Belarusian, Ukrainian, Russian, Lithuanian, Romani and Greek.

Chalk deposits are a particular feature of southern Podlaskie. There are two chalk downlands

in the Mielnik Municipality. Only one of them, the 160 m ASL chalk hill in Mielnik, is being exploited; the other one is located near the village of Radziwiłłówka.



B. Żukowska

a chalk pit in the Mielnik Municipality

Places to see in Mielnik:

- ruins of 16th c. gothic Holy Trinity Church,
- early mediaeval settlement dating back to 11th-12th c. on Zamkowa Hill,
- 18th c. brick presbytery,
- brick Transfiguration of Christ Church from 1913-1920 period,
- brick Our Lady the Pure Orthodox Church from 1825,
- wooden cemetery Orthodox Church of Our Lady the Guardian from 1770,
- brick synagogue dating back to 1st half of 19th c.,
- chalk pit.

MILITARY TOURISM

Bunkers on the Bug Route (Wólka Nadbużna – Mielnik, 23 km, blue marks)

The Bunkers on the Bug Route offers a thrilling tour of the area dotted with a total of 100 remaining bunkers from the World War II period. Built to defend the frontline, after the war these mighty structures were used to test new weapon types. The route starts in Wólka Nadbużna and runs through the villages of Anusin, Małkowicze, Osłowo and Zagórze to end in Mielnik. A sightseeing tour of Mielnik or a kayak rally on the Bug will perfectly complement your military adventure.

Profiting from the longstanding traditions and diversity of coexisting nationalities, local cuisine featuring Belarusian, Ukrainian, Russian, Jewish and Tatar influences will make you forget you are on a diet. Especially when you are served the lentil stuffed dumplings, potato pie with egg-mushrooms, stuffed pike, cabbage leaves stuffed with buckwheat groats, smoked bacon, bread baked on calamus leaves, hard-cured sausage, kindziuk or other pieces of culinary art. Hospitable and warm-hearted people of the Bug Basin make agritourist farms one of the best accommodation options.



The "Puszczamiełnicka" Agritourist Association (tel. +48 85 657 71 05, puszczamiełnicka@vp.pl, www.puszczamiełnicka.ovh.org (PRTO Member)) provides detailed information on agritourist accommodation in the area, in addition to a wide range of tourist services tailored to your individual needs.

Disabled tourism in Podlaskie

The Suwałki District features a varied tourist offer for the disabled, which includes:

a number of special training programmes focusing on:

- recreation and sports (horse riding and kayak rallies);
- education – computer and office skills, foreign languages;
- talent development – sculpture, painting and drawing, pottery, music workshops;
- preparation to function independently in society,

general rehabilitation programmes combined with recreation and relax for the:

- movement impaired, including those on wheelchairs;
- hearing and sight impaired;
- mentally handicapped;
- suffering from epilepsy;
- suffering from other disorders and diseases, such as autism, cerebral palsy, neurological disorders, diabetes, Down syndrome

medical rehabilitation and hippo-therapy.

Contact details:
Suwałki Chamber of Agriculture and Tourism
82 Kościuszki St., room 7, 16-400 Suwałki
tel./fax +48 87 566 54 94
www.suwalki-turystyka.info.pl

"Maniówka" Centre
9 Nowa Wieś, 16-402 Suwałki
tel. +48 87 565 63 55
mob. +48 608 48 19 05

Augustów

The Augustów Sports and Recreation Centre, an all-year complex adapted for disabled use, features an indoor swimming pool, water and air massages, jacuzzi and water slide. Qualified personnel ensure safety and professional service.

Sports and Recreation Centre
Augustów, 15 Sucharskiego St.
tel. +48 87 643 67 58, +48 87 643 67 59, www.csir.friko.pl

Rajgród

Every year in July, a great number of sailors, including those with disabilities, gather in Rajgród for the Blue Ribbon of the Rajgrodzkie Lake Regatta. The ARCUS Yacht Club offers Flyer 3G Club yachts adapted for disabled sailors. Its marina is also fully wheelchair accessible.

Rehabilitation Yacht Club in Rajgród, 7a Szkolna St., tel. +48 86 272 19 01, mob. +48 503 07 00 28, www.4lomza.pl, www.nadjeziora.pl

Białowieża

The Natural History Museum of the Białowieża National Park is adapted for disabled use. The smooth, well-profiled floor and internal elevator allow visitors on wheelchairs to move freely everywhere in the museum, on the exhibition, between floors and to the lookout tower. On custodian's prior consent, the sight impaired may touch the exhibits. It was with them in mind, that the forest sounds soundtrack was introduced into the exhibition and accompanies the visitors during their stay at the museum. The lookout tower with a panorama of Białowieża Primaeval Forest complements the experience.

Natural History Museum of the Białowieża National Park
9 Park Pałacowy, 17-230 Białowieża
tel. +48 85 681 22 75, open daily except Mondays, www.bpn.com.pl

Find your health in Podlaskie

Located on the edge of the Knyszyńska Primaeval Forest Landscape Park, some 200 km away from Warsaw and 6 km from Białystok, the "Sosenka" Boarding House makes every guest feel at home. Friendly, family atmosphere, cosy pastel-hued interiors and the soothing closeness of beautiful pine forest make "Sosenka" a superb place to relax in every season of the year.

The "Sosenka" is one of Podlaskie's best curative centres offering a wide range of relaxation, anti-stress, dietary and herbal treatments. "Sosenka's" varied recreation and curative offer has been recognised by the Marshal of Podlaskie Voivodship with the 2005 Podlaskie Brand of the Year Award. Its modern rehabilitation equipment and highly qualified personnel provide top class medical, pharmaceutical and dietary services.

Contact details: "Sosenka" Boarding House (PRT0 Member), 49/6 Sochonie, 16-010 Wasilków
tel./fax +48 85 718 66 50, mob. +48 508 06 10 13, www.pensjonatsosenka.pl

Podlaskie in the European Union

Podlaskie European Information Centre at the AMICUS Society

14 Lipowa St., 15-427 Białystok, tel. +48 85 653 77 53
www.towarzystwoamicus.pl

The AMICUS Society was established in 1998 as a joint effort of the students and graduates of Białystok universities, colleges and secondary schools. Besides the integration of the youth and academic and scientific circles, the society's main objectives include the inspiration and promotion of culture, as well as stimulation of social, cultural and scientific activity of the youth.

Pursuing these objectives, the AMICUS Society promotes the ideas of European integration and strengthening cooperation between communities through the organisation of conferences, trainings, contests, thematic workshops, as well as artistic, cultural, musical and sports events, in addition to film reviews, photography and graphic art exhibitions, tourist rallies and mass outdoor events.

Podlaskie European Information Centre provides education in the field of legal and technical aspects of EU funds, particularly among small and medium enterprises. Moreover, the Centre disseminates information on the EU among the youth, local and regional authorities, entrepreneurs and other social groups.

The AMICUS Society runs:

the Information Point on the European Commission YOUTH Programme providing comprehensive information on EU educational programmes for the youth;

the EURODESK Regional Information Point – an EU programme aiming to promote and provide easy access to youth information via Internet, www.eurodesk.pl.

Important addresses:

European Integration Bureau

www.bialystok.uw.gov.pl
Podlaskie Voivodship Office, 3 Mickiewicza St., 15-213 Białystok,
tel. +48 85 743 93 93

Euro – Info Centre

www.pfrr.bialystok.pl
15 Starobojarska St., 15-073 Białystok
tel. +48 85 740 86 78

Euroregion Niemen

22 Wesola St., 16-400 Suwałki
tel. +48 87 565 36 71
www.niemen.org.pl

Association of Member Self-governments of Euroregion Puszcz Białowieńska

www.euroregion-puszczbialowieska.prv.pl
3 Parkowa St., 17-200 Hajnówka,
tel. +48 85 682 51 99, tel. +48 85 682 30 46

HAJNÓWKA COUNTY OFFICE

www.powiat.hajnówka.pl
1 Aleksego Zina St., 17-200 Hajnówka, tel. +48 85 682 27 18

Euroregion Puszcz Białowieńska is an association of Polish and Belarusian communities, of neighbouring regions from both sides of the border, for which the common denominator is the Białowieża Primateval Forest.

The Euroregion aims at developing a friendly atmosphere favourable to transborder cooperation. The Polish side of the Euroregion comprises the south-eastern part of Podlaskie Voivodship – all the municipalities and communes of the Hajnówka County and two communes of the Bielsk Podlaski County. The Belarusian side covers western parts of Belarus – the Svislach District in the Hrodna Voblast, and the Pruzhany and Kamenets Districts in the Brest Voblast.

Poland – European Union

The European Union has announced the year 2008 the European Year of Intercultural Dialogue. In this scope, three EU part-financed projects will be implemented in Podlaskie, which will focus on promoting the idea of intercultural dialogue and on supporting the development of communities in the diverse, pluralist and dynamic society. Detailed information on the European Year of Intercultural Dialogue is available at www.nck.pl.

Websites of note:

Office of the Committee for European Integration (OCEI) in Warsaw – www.ukie.gov.pl
OCEI European Information Centre in Warsaw – www.cie.gov.pl
Euro-Info Centre in Poland – www.euroinfo.org.pl
SPLOT Network of Information and Support for Non-governmental Organisations – www.splot.ngo.pl
Krzyżowa Foundation for Mutual Understanding in Europe – www.krzyzowa.org.pl
Jesuit European Office (OCIPE) – www.ocipe.org.pl
KLON/JAWOR Information Bank on Non-governmental Organisations – www.klon.org.pl
Polish Economic Society – www.ptc.pl
Centre of European Partnership – www.europart.wroc.pl

International Information Centre

The International Culture and Tourist Information Centre was established in Suwałki in 2006 to provide detailed information on cultural, artistic and tourist events held by members of Euroregion Niemen, i.e. regions from Poland, Lithuania, Belarus and Russia (Kaliningrad Oblast). The Centre is a local administrator of the Internet System of Tourist Information, holds joint transborder cultural and tourist initiatives, promotes Euroregion Niemen.

International Culture and Tourist Information Centre

16 Hamerszmita St., 16-400 Suwałki, tel./fax +48 87 566 20 79



Suwałki District/Suwałki County Office archive

Members of Podlaskie Regional Tourist Organisation

(as of October 30th, 2007)

1. Podlaskie Voivodship www.wrotapodlasia.pl
2. City of Białystok www.bialystok.pl
3. City of Augustów www.urzad.augustow.pl
4. Hajnówka County www.powiat.hajnówka.pl
5. Augustów County www.augustowski.home.pl
6. Town of Goniądz www.goniadz.pl
7. Białowieża Municipality www.bialowieza.biaman.pl
8. Polish Chamber of Tourism Podlaskie Branch in Białystok
9. Podlaskie Foundation of Regional Development www.pfrr.bialystok.pl
10. "Euroregion Niemen" Society www.niemen.org.pl
11. Suwałki Chamber of Agriculture and Tourism www.suwalki-turystyka.info.pl
12. PTTK Regional Branch in Białystok www.bialystok.pttk.pl
13. "Amicus" Society www.towarzystwoamicus.pl
14. Augustów Tourist Organisation www.augustow.pl
15. "Brama na Bagna" Local Tourist Organisation www.bramanabagna.pl
16. Casablanca Catering LLC www.casablanca-catering.com.pl
17. Academy of Management in Białystok www.wsm.bialystok.pl
18. "Ptasia Osada" Conference and Recreation Centre www.ptasiaosada.pl
19. "Dworek pod Lipami" www.dworekpodlipami.pl
20. "Sosenka" Boarding House www.pensjonatsosenka.pl
21. "Siolo Budy" Boarding House www.siolobudy.pl
22. Lipowy Most Golf Park www.golfpark.pl
23. Kuwasy Farmstead www.zagrodakuwasy.pl
24. "Trzy Sosny" Conference and Banquet Centre www.trzysosny.pl
25. "Agrokresy" Agritourist Society www.agrokobylanka.republika.pl
26. "Puszcza Mielnicka" Agritourist Society www.puszczamielnicka.ovh.org
27. "Łoś" Agritourist Society www.los.bramanabagna.pl
28. Podlaskie Agritourist Society www.psa.org.pl
29. "Ziemia Sejneńska" Society www.ziemia-sejenska.pl
30. SPH Krynka www.krynka.pl
31. TRIO Hotel www.hotel3trio.pl
32. "Raj Bobra" Agritourist Society www.rajbobra.pl
33. "Żubrowka" Hotel in Białowieża www.hotel-zubrowka.pl
34. Nature Travel Registered Partnership www.masuren.travel.pl and Hotel Białowiecki www.hotel.bialowieza.pl
35. LOT „Ziemia Łomżyńska” www.ziemialomzynska.info
36. Hotel „Zbyszko” w Nowogrodzie www.zbyszko.com
37. Tourlomza.pl www.turlomza.pl
38. Samorząd Gminy Choroszcz www.choroszcz.pl
39. Białowieżskie Stowarzyszenie Agroturystyczne „Żubr” bsa-zubr@home.pl
40. Wydawnictwo Turystyczne Agencja TD www.td.com.pl
41. Podlaski Ośrodek Doradztwa Rolniczego w Szepietowie www.odr.zetobi.com.pl
42. Suwalska Organizacja Turystyczna www.sot.suwalszczyna.eu www.suwalszczyna-jakbasn.pl
43. Dwór Soplicowo Białowieża www.dworsoplicowo.pl
44. Ośrodek Wypoczynkowy ROZŁOGI www.rozlogi.com

Podlaskie Foundation of Regional Development

Within the scope of its activities, the Foundation:

- promotes development of tourism in Podlaskie Voivodship;
- supports economic development and the creation of small and medium enterprises;
- promotes employment and vocational activity of the unemployed and those in risk of losing jobs;
- promotes development of local communities;
- supports European integration and development of international and inter-regional co-operation;
- promotes and protects consumers' rights;
- promotes and protects human and civil rights and freedoms, as well as supports development of democracy;
- supports science and education;
- promotes ecology.

Podlaskie Foundation of Regional Development (PRTO Member), www.pfrr.pl
15 Starobojarska St., 15-073 Białystok, tel. +48 85 740 86 83

Academy of Management provides education and vocational training in the fields of:

- tourism and recreation;
- tourist traffic services;
- tourism economy;
- hotel management;
- gastronomy;
- agritourism;
- ecotourism;
- culture tourism.

Academy of Management (PRTO Member), www.wsm.bialystok.pl
3 Sobieskiego St., Białystok
tel./fax +48 85 732 89 44

