

Poland Eastern



cities
culture
industry
tourism



Poland

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Cities of Eastern Poland

In Eastern Poland there are 15 major cities of significant importance to the development of the Macroregion. They feature administrative and education centres. Cities constitute the centre of cultural life and economic development.

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Industry

Industry in Eastern Poland develops on the basis of rich agricultural traditions of the Macroregion as well as its ecological environment. The greatest potential belongs to sectors such as: food, timber, furniture, clothing, construction materials and non-metallic minerals.

64

Nature

Eastern Poland boasts areas of significant natural values. One can find here complexes of lakes, forests (mainly the northern part of Eastern Poland region), the Biebrza wetlands and also uplands located in the southern part of the Macroregion: the Kielecko-Sandomierski Upland (with the Świętokrzyskie Mountains and Łysica, featuring boulder fields), the Lublin Upland and Roztocze as well as mountainous areas - the East Beskids which include the Bieszczady Mountains.



98 Multiculturalism

Multinationalism and multiculturalism of the Macroregion result from important historical events, which occurred at the juncture of Polish culture and eastern borderlands of Poland. For many centuries this was a place where the Byzantine and Latin cultures met, clashed and coexisted. Eastern Poland is inhabited by the Poles, Lithuanians, Ukrainians, Belarusians, Russians, Jews, Romani, Tatars – the professors of four religions.



108 Tourism

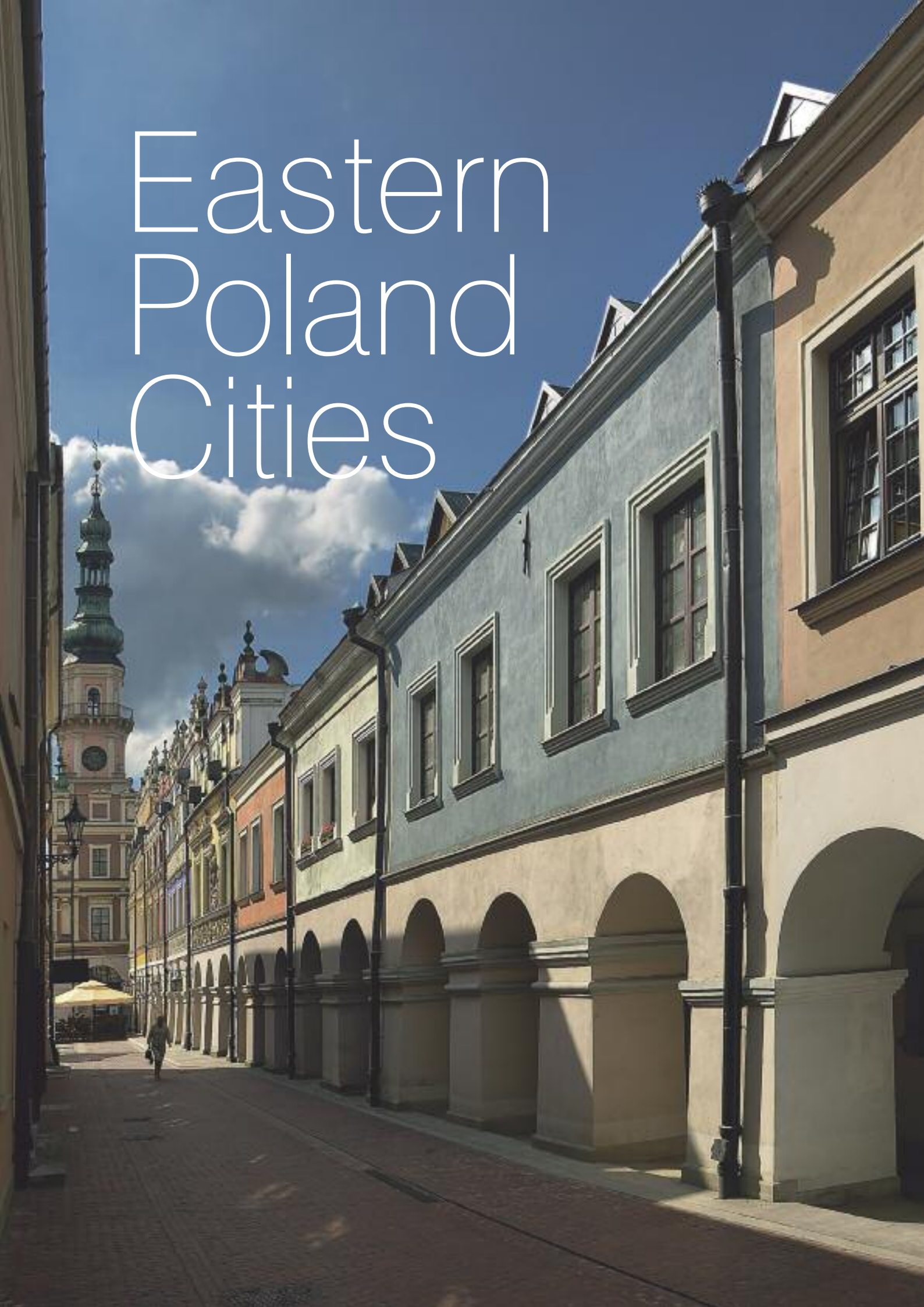
Unique nature of the Macroregion, diversity of its topography, flora, fauna and rich tourist traditions all contribute to Eastern Poland being a location with ideal conditions for kayaking, hiking, biking, tourism, as well as for practicing water sports and winter sports (cross country skiing, downhill skiing, sled dog riding), and fishing. Additionally, Eastern Poland offers many tourist attractions: the Teutonic fortresses, princely and aristocratic residences, royal castles, fortifications.



174 Experience it with us

Eastern Poland constitutes a bridge between the East and the West. Different nations and cultures coexist here, forming a unique cultural landscape. Folk festivals, concerts and exhibitions are organized in the Macroregion area – bringing the multicultural community closer. There is a rich tradition of theatre and film festivals, cabaret events, and there are numerous groups re-enacting historical events.

Eastern Poland Cities





The Macroregion of Eastern Poland is made up of five voivodeships: Lubelskie, Podkarpackie, Podlaskie, Świętokrzyskie and Warmińsko-Mazurskie with a total area of 99,045 km² (31.6% of the total area of Poland), bordering with Russia, Lithuania, Belarus, Ukraine and Slovakia. The capitals of these voivodeship are: Białystok, Kielce, Lublin, Olsztyn, Rzeszów, they function as administrative, economic and cultural centres of the Macroregion. Białystok, Kielce, Lublin, Olsztyn, and Rzeszów are home to academic centres educating highly qualified professionals. Tourist and recreational cities of Eastern Poland: Ełk, Kazimierz Dolny, Zamość, Sandomierz pride themselves on their excellent facilities for practicing individual and family tourism, also tourism for business, cultural and educational purposes. It is an ideal holiday destination for those seeking the tranquillity of primeval landscapes uncontaminated by civilization and for those preferring active leisure pursuits. In Elbląg, tourists may enjoy a trip along the Ostróda-Elbląg canal, featuring hydro-technical facilities that are unique Europe wide. In Łomża, the heart of Poland's Green Lungs, food industry has been developing specializing in healthy food production. Mielec is one of the most important aircraft industry centres in Poland. Przemyśl constitutes a very important transportation hub lying on the shipping route to Ukraine, while a transit route to Lithuania runs through Suwałki. The architecture and the shape of Eastern Poland cities are marked by the history rich in momentous events that occurred at the point where the Polish culture and Eastern Borderland of Poland meet.



BIAŁYSTOK

The largest urban complex in North-Eastern Poland, which currently has over 294 thou. inhabitants, the capital of Podlaskie Voivodeship and the seat of local authorities. It serves as an administrative, economic, scientific and cultural centre of the region. The city is a major transportation hub, the axis of which is a railway line between Warsaw and Vilnius.



CHEŁM

District city, a city with the second largest population (approx. 66 thou.) in Lublin Voivodeship. After the war it was a centre of the cement industry, nowadays it is dominated by medium and small enterprises. The largest company is Chelm cement plant (today CEMEX Poland). Underneath the Old Town of Chelm a unique monument of chalk mining has been preserved, created as a result of many centuries of mining. A tourist route passes through a two-kilometre long section of the originally existing mining headings.







ELBLĄG

A city situated at the estuary of the Elbląg River to the Vistula Lagoon at the junction of the Żuławy Wiślane and the Elbląg Hills. Elbląg is a district city in Warmińsko-Mazurskie Voivodeship inhabited over 124 thou. people. It has a well-developed electrical machinery industry (Zamech Plant), clothing industry, wood and paper industry, leather and footwear industry, food processing industry (including a brewery), and power engineering industry. Elbląg is an important road and railway transportation hub as well; the city of Elbląg also features a passenger navigation marina.







ELK

A city located in the Elk Lakeland, in an untouched land of primeval forests with sunny glades and dark coppices, with clear lakes and clean rivers as well as with murmuring brooks that are located among moraine hills. It is an ideal holiday destination for those looking for peace and for those who prefer active recreation, such as biking, kayaking or horse riding.





The Elk Lakeland includes large, beautifully and picturesquely connected forest areas, lakes, moraine hills, valleys and flat areas. Roe deer, deer, wild boars, hares, polecats, martens and wolves live in the forests. On wetland areas of Żelazek one can meet elk deer and in Bartosz forests - beavers. The lakes abound in various fish species. A greater part of the Lakeland is an area of protected landscape.





KAZIMIERZ DOLNY

A part of the so-called. tourism triangle:
Puławy - Kazimierz Dolny - Nałęczów,
A town of art festivals, galleries
and museums.

One of the most famous tourist
and recreation locations in the
country with excellent facilities
for individual and family tourism,
as well as

for business, cultural and sightseeing
tourism. Kazimierz Dolny is inhabited
by about 3.5 thou. people.



KIELCE

The capital of Świętokrzyskie Voivodeship with approx. 200 thou. inhabitants, it is located in the heart of the Świętokrzyskie Mountains. It constitutes an economic and tourist centre of the region. At present it develops its construction, building materials, electrical machinery, food and food processing sectors. Many well-known companies are based in Kielce, including: Cersanit, Barlinek, Kolportel Capital, Echo Investment. 5 nature reserves are also located in Kielce area. The city is known for its fairs and exhibitions - Kielce Fairs is the second leader in the fair market in Poland.





Lublin is an incredible place lying at the crossroads of cultures and religions. Here the East meets the West.

LUBLIN

The largest city of the eastern border with history dating back to nearly 700 years, rich in momentous events transpiring at the crossroads of Polish culture and the eastern provinces of the Republic of Poland. Lublin is a city of the young and the active. Nearly 100 thou. students study here at a number of universities (more than 3 thou. are foreign students.) Lublin ranks as the ninth largest city in Poland with about 348 thou. residents living here.







ŁOMŻA

Łomża lies in the area of Poland's Green Lungs. Nearby there are: Łomża Landscape Park of the Narew Valley, Kierz Knights Reserve and the Red Forest, Biebrza National Park, the Kurpie Primeval Forest. The town has over 63 thou. residents. Because Łomża is located in an agricultural and forest region, the most intensively developing industries here are food industry, timber processing industry, furniture industry and construction materials sector.

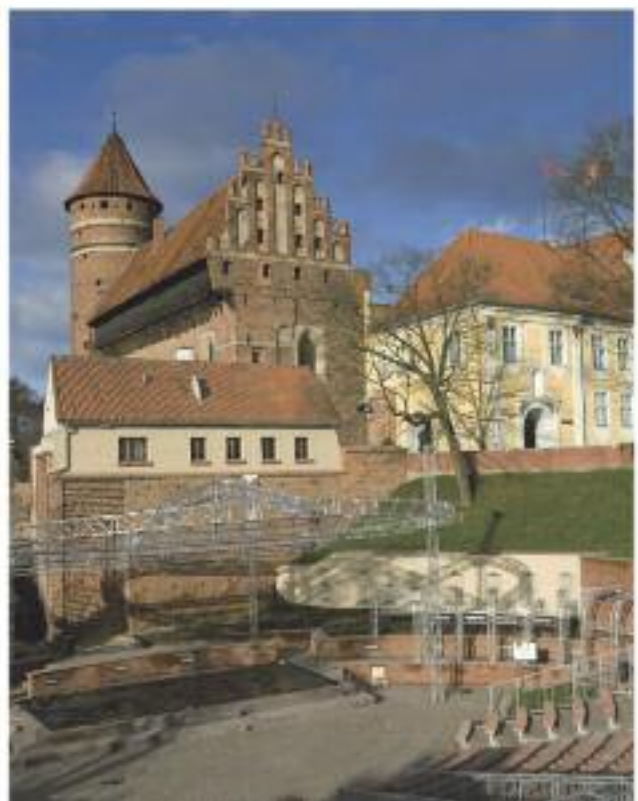
The foundation of the town of Łomża dates back to the tenth century. A medieval burg city was probably located in a distance of 5 km to the east from the present town centre, on a high bank of the Narew river valley. A huge fort called "Queen Bona Mountain " and "St. Lawrence Hill" is a remnant of those times. The stronghold was granted a city charter five centuries later by Duke Janusz I.





OLSZTYN

The largest city in the region, the capital of Warmińsko-Mazurskie Voivodeship. The route to the Masuria lakes and the road to the border with Russia in Bezledy runs through Olsztyn. Olsztyn, next to Dębica, is a major centre of tire, timber and furniture industry, it is also an important tourist centre, mainly owing to its location amidst lakes and forests. The city is home to the second largest Polish Planetarium and Astronomical Observatory.







An aerial photograph of Mielec, Poland, showing a dense urban area with numerous residential buildings, interspersed with green spaces and trees. In the foreground, a large, lush green forest covers a hillside. The city extends into the distance under a clear blue sky with light clouds.

MIELEC

A district city with about 61 thou. residents. One of the most important industrial centres in Podkarpackie Voivodeship. Polish Aviation Works, being a part of the Aviation Valley, are located here. EURO-PARK MIELEC – a special economic zone has its seat in Mielec.



PRZEMYŚL

The oldest city in the region, inhabited by about 65 thou. people. Przemyśl serves as an important transportation hub - international route E40, a border crossing with Ukraine in Medici, a large border railway station. It is a multicultural city where representatives of many nations (Poles, Ukrainians, Romani), religions and rites (Roman Catholics, Graeco-Catholics and Protestants) live side by side.







RZESZÓW

The city serves as the main administrative, industrial, commerce and service, academic and cultural centre in South-Eastern Poland. Rzeszów has an international airport and Podkarpackie Scientific-Technological Park aimed at supporting high technologies industry. In the direct vicinity of the airport A4 highway will be built (Dresden-Kiev). The distance to the border with Slovakia and Ukraine is about 100 km long. Rzeszów has about 180 thou. inhabitants.





SANDOMIERZ

A city with a thousand-year history, located picturesquely on the Vistula embankment. Sandomierz has about 120 historic buildings. Aside from tourist attractions, natural values of the city are also worth emphasizing. Sandomierz is situated on the Vistula River on seven hills. Within the city limits there is a nature reserve of the Pepper Mountains. The city is inhabited by over 24 thou. people.





SUWAŁKI

A district city in North-Eastern Poland in Podlaskie Voivodeship on the Czarna Hańcza River. The city is inhabited by 70 thou. people. It is a centre of timber, building and food industry. Suwałki is a place with numerous tourist values.



Suwałki Special Economic Zone - one of the oldest economic zones in Poland – is located in the vicinity of Suwałki. It has been operating since 1996. Economic activity in the area of Suwałki zone is conducted on preferential terms.

ZAMOŚĆ

The city is situated in the southern part of Lubelskie Voivodeship and it is inhabited by 66 thou. people. Zamość is dominated by small and medium-sized enterprises. There are also several major manufacturing plants, most of them are food processing enterprises and plants. Tourism plays a very important role in the economy of Zamość. It has developed after Zamość Old Town was listed as the World Culture Heritage by UNESCO.





Eastern Poland is dominated by small and medium-sized enterprises. Considering the specificity and lay of the land, food, timber, furniture, clothing, construction materials and non-metallic minerals industries are the most intensively developed sectors here. In the context of investment planning in Eastern Poland Voivodeships, Special Economic Zones play a particularly significant role. 5 out of 14 zones located in all of Poland function here: Suwałki SEE, Tarnobrzeg SSE, Euro-Park Wiśłosan, SSE Euro-Park Mielec, SSE Starachowice, Warmia and Mazury SSE. Additional benefits that Eastern Poland has to offer are cost and price-related advantages, knowledge and social capital (mostly in the form of highly qualified staff), quality, innovativeness, entrepreneurship. A wealth of experience in operating in the eastern markets, as well as excellent and direct contacts with partners from Russia, Ukraine, Belarus, Lithuania, Latvia and Estonia are of considerable importance.



Industry



CEMEX POLSKA

Producer of cement, concrete and aggregates. In the area of Eastern Poland it possess a Ready-Mix Concrete Factory in Białystok, Lublin and Olsztyn and Cement Plant in Chelm presented in the photo. It offers a full range of products, it has branches on every continent. It has operated in Poland since 2005.





DOLINA NIDY (NIDA VALLEY)

An enterprise located in Leszcze (Świętokrzyskie Voivodeship) is engaged in extracting and processing gypsum stone, producing a wide range of mixtures, binding agents and adhesives used in construction industry (gypsum putties, putty coat, gypsum adhesives, plaster gypsum, building gypsum). Since 2002 a manufacturing facility using a fully automated conversion process of gypsum stone has been operating in the area of the Valley of Nida, increasing roast line capacity threefold.





PILKINGTON

The company has existed since 1826. Since June 2006 it is a part of an international NSG Group corporation, one of the largest manufacturers of glass for construction and automotive industries.

Float technology invented by Sir Alastair Pilkington in 1952 is currently the world standard in the production of flat glass. In Poland the company has branches in: Sandomierz, Białystok, Wrocław, Szczecin, Kraków and Warsaw. Pilkington is involved in a number of initiatives for the benefit of sustainable construction.



CERAMIKA GRES (CERAMICS GRES)

The enterprise has been operating in Polish market since 1999 and can boast one of the most modern production plants in Europe. Built in Kopaniny, the factory has two furnaces, three presses and four glazing lines capable of producing technologically advanced tiles. The plant production capacity is about 5 m tiles per year.



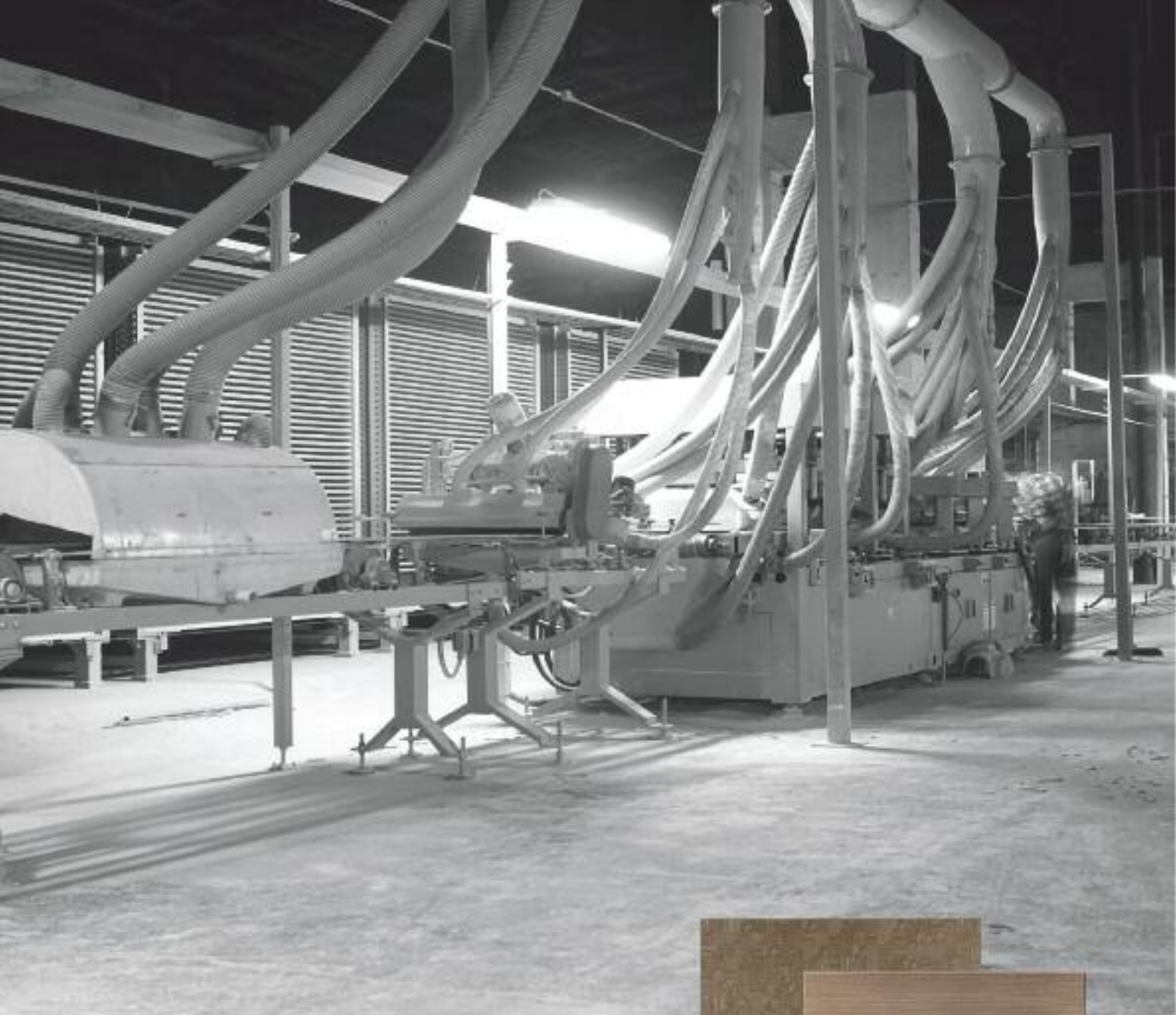


CERAMIKA KOŃSKIE (KOŃSKIE CERAMICS)

A ceramics producer, since 1996 it has operated as a company with foreign capital. Wall and floor tiles are produced by Ceramika-Końskie on the basis of Italian machines and technology from Polish materials and under the supervision of Polish experts.

In 2001 Ceramika Końskie became a winner of the Golden Gala receiving the title of "Diamond Company". The company's success is owed to many years of work of qualified management staff and the cooperation with avant-garde artists from Poland and abroad.





CERAMIKA NOWA GALA (NEW GALA CERAMICS)

One of the leading Polish producers of modern, milled rock tiles, founded in 1995 in Końskie (Świętokrzyskie Voivodeship). The company has two plants, the capacity to produce tiles in double-burning technology as well as to produce glazed floor tiles in single-burning technology. Since 2004, Ceramika Nowa Gala has been listed on the stock exchange, and since 2007 it has also been the owner of Ceramika Gres in Kopaniny.





BLACK RED WHITE

A furniture group with its headquarters in Biłgoraj – a producer and distributor of furniture and articles of interior furnishings with sales constituting a 20% share of the market. The group is comprised of Black Red White and 20 subsidiaries, including 9 foreign entities. 21 production plants located in Poland and abroad carry out production for Black Red White.

A patination line in one of the production plants of Black Red White.





SZYNAKA MEBLE (SZYNAKA FURNITURE)

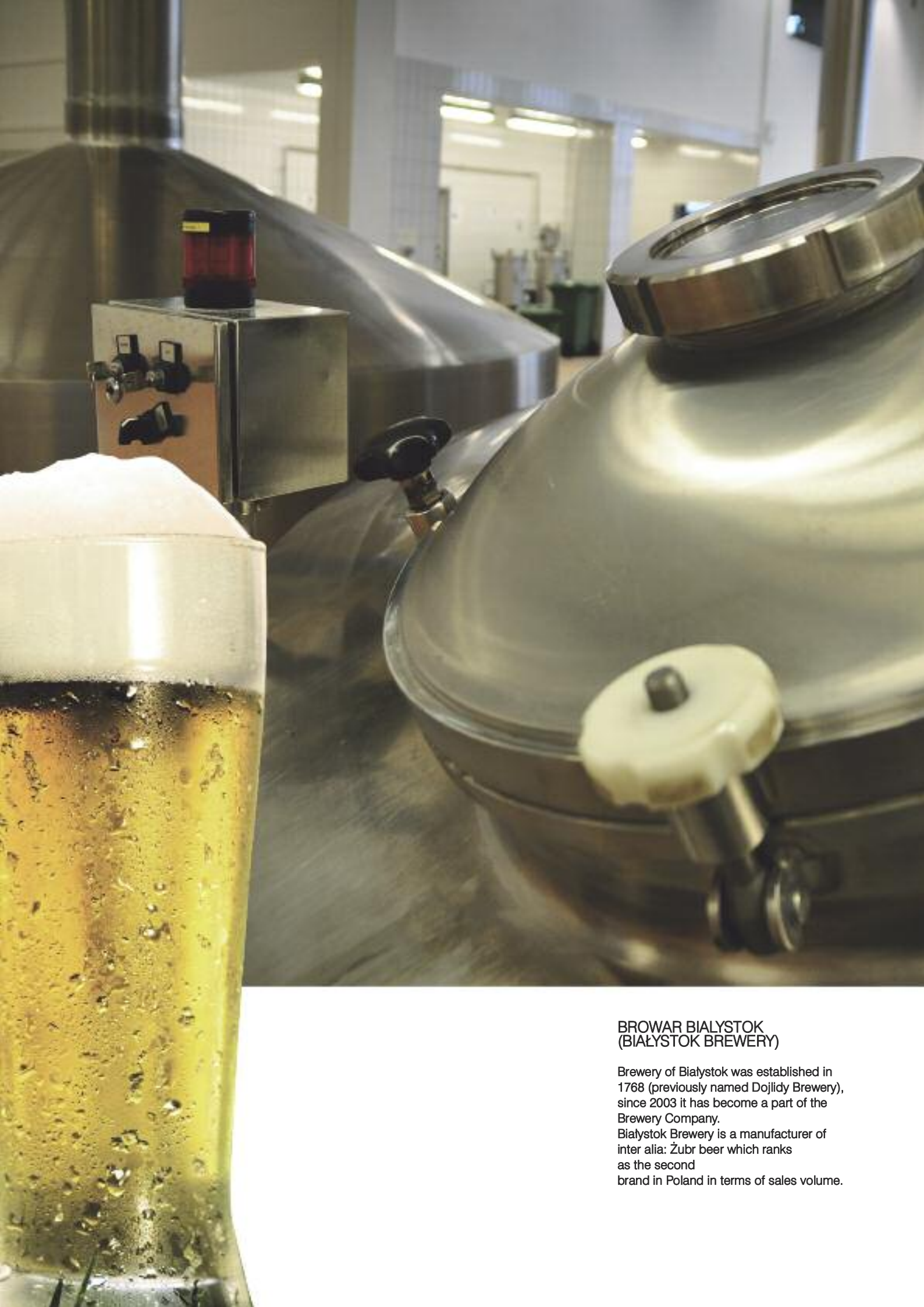
The company is a pillar of Szynaka Furniture Group, which comprises of six manufacturing plants and a modern logistics centre. All the factories have innovative machine parks, adapted to rigorous EU requirements. The company employs 2.5 thou. employees and its annual turnover amounts to 300 mln PLN. The furniture manufactured by the group can be found in eight showrooms and in nearly 400 partner stores.





IMPRESS DECOR POLAND

A manufacturer of decorative papers for the furniture industry and interior furnishings industry started operating in Elk in 1998. Impress found here the appropriate conditions for expansion and for successful development of cooperation with Suwałki Special Economic Zone. Nearby there was also an important Impress customer – Grajewski Pfeiderer. Currently, the machine park includes 5 printing lines and one laboratory line. The personnel numbers over 110 employees.



BROWAR BIAŁYSTOK (BIAŁYSTOK BREWERY)

Brewery of Białystok was established in 1768 (previously named Dojlidy Brewery), since 2003 it has become a part of the Brewery Company.

Białystok Brewery is a manufacturer of inter alia: Żubr beer which ranks as the second brand in Poland in terms of sales volume.



After the completion of production line expansion in 2007 the production capacity of Białystok Brewery reached over 2.2 m hectolitres of beer annually.





BROWAR ELBLĄG (ELBLĄG BREWERY)

The tradition of brewing beer in Elbląg dates back to the 14th century. Major investments in Elbląg brewery were conducted from 1993 to 1996, when a three-stage process of brewery modernization was implemented, which resulted in the production capacity that currently amounts to 2 m hectolitres of beer annually. In 1998 Elbląg Brewery became a part of Żywiec Group. Still in the same year, 50% of the company's shares were purchased by a western concern of Heineken International Baheer BV.

Specjal Brand, a leading product of Elbląg Brewery, is the best-known regional beer in Poland.





BROWAR ŁOMŻA (ŁOMŻA BREWERY)

The first such plant in Poland, built in the post-war period, the production was launched in 1968. Its products are known not only in North-Eastern Poland. Currently the following beer brands are available: Łomża Wyborowa Łomża Export (from 1997 it is present in foreign markets), Łomża Mocne Łomża Niepasteryzowane. In May 2007 the brewery of Łomża became a part of an international Royal Unibrew concern.





BROWAR LEŻAJSK (LEŻAJSK BREWERY)

Brewery in Leżajsk was opened in 1977. At the end of the 1990's the brewery became a part of Żywiec Group, and Heineken International Baheer B.V. concern became one of its owners. In 2005, the brewery's production capacity amounted to 2.1 m hectolitres of beer. Regional brands are produced in Leżajsk, namely: Leżajsk Full, Leżajsk Mocne, Podkarpackie and all-Poland brands: Tatra Pils and Tatra Mocne.





Polmos Białystok possesses one of the most modern plants of alcohol rectification in the entire world. The only platinum filtration line in Poland is found here.

POLMOS BIAŁYSTOK

The phenomenon of Żubrówka is not only down to the magic of bison grass, recipes, tradition of production and the highest quality. One of the most important factors that built its popularity is experience and knowledge of the people who masterfully preserve its unique character and magic. Polmos can boast over an 80-year old tradition of alcohol making. It is a manufacturer of a wide range of high quality vodkas, brandies, liqueurs, tinctures and low-alcoholic spirits.





BRITISH AMERICAN TOBACCO POLAND

Plants in Augustów were privatized in 1995. BAT factory in Augustów manufactures cigarettes not only for Polish market, but also for other companies from the group located in over 50 countries. BAT's share in the sales of cigarettes in the Polish market is the second largest. The company currently employs 770 workers.



An important pillar of the company's strategy is corporate responsibility. BAT Poland cares about the relations with the local community by engaging in initiatives organized to combat unemployment (Academy of Augustów) or those organized for environmental protection (Cleaning the Canal Action).



MLEKOVITA

The largest dairy capital group in Poland, a leader in the industry, having a 100% Polish capital. The group comprises dairy products processing and distribution plants: the parent company in Wysokie as well as plants in Bielsko Podlaskie, Morąg, Zakopane, Lubawa, Działdowo, Pilica and Baranowo and distribution warehouses in Chrzanów, Kluczbork, Kowalewo Pomorskie, Piaseczno, Wyszki, Łódź, Białystok, Brzesko Goręczyn and Wolsztyn. The company's consistent development policy determined that it produces a wide range of brand products – over 300.





ZIELONA BUDKA

TA plant in Mielec is one of the most modern factories in Poland. Since 2006 this ice cream producer has been a member of a large company of R & R Ice Cream.

Thanks to the merger Zielona Budka was able to enlarge its production capacity and expand export opportunities (German, Austrian, Italian market). The plant has the production capacity of 35 m litres of ice cream per annum and it employs 300 workers.

Mielec plant produces such ice cream brands as: Zielona Budka, Schatztruhe, Landliebe and private brands.





AIR VALLEY

An association of companies located in Podkarpackie Voivodeship. This region is characterized by a large concentration of aviation companies, research centres and well-developed educational and training facilities. The heart of the Aviation Valley lies in Rzeszów. Its main objective is to transform South-Eastern Poland into one of the leading aviation regions in Europe.

Some other objectives include: creating favourable conditions for the development of aviation industry enterprises in the region, development of research, skills and qualifications in the field of aviation, cooperation and development of aviation industry and universities, promotion of Polish aviation industry.





POLISH AIR PLANTS – PZL MIELEC

A subsidiary of Sikorsky Aircraft Corporation - the largest manufacturer of aircraft in Poland. PZL Mielec produces cabins of Black Hawk helicopters, S-70 helicopters and products of its own design: M28 – a passenger and cargo aircraft, M28B Bryza – a patrol and marine rescue aircraft, M18 Dromader – an agricultural airplane and fire aircraft. Currently the company employs 1.8 thou. people.



AERO designed and built a comprehensive production line consisting of 15 assembly instruments as well as a complete set of forms ensuring full interchangeability of parts.

AERO

A company founded in 1994, its objective is designing, certifying and implementing an inexpensive and economic training and tourism aircraft. Four versions of the aircraft have been created until this day: AT-1, AT-2, AT-3, and AT-4 (conceptual phase.) The company focuses not only on aero aviation enthusiasts, but also experienced professionals from the aviation sector.



RES – WATER POWER PLANTS

Polish water energy resources are small. Hydropower plants are often built in hilly areas where there is a lot of rainfall and where using the terrain is easy. One of the most famous facilities is a complex of power plants located in Podkarpackie Voivodeship: Solina-Myczkowce (a complex of 2 hydropower plants built on artificial water reservoirs on the San River). After the renovation completed in 2003, generating capacity has increased from 136 MW to 200 MW.

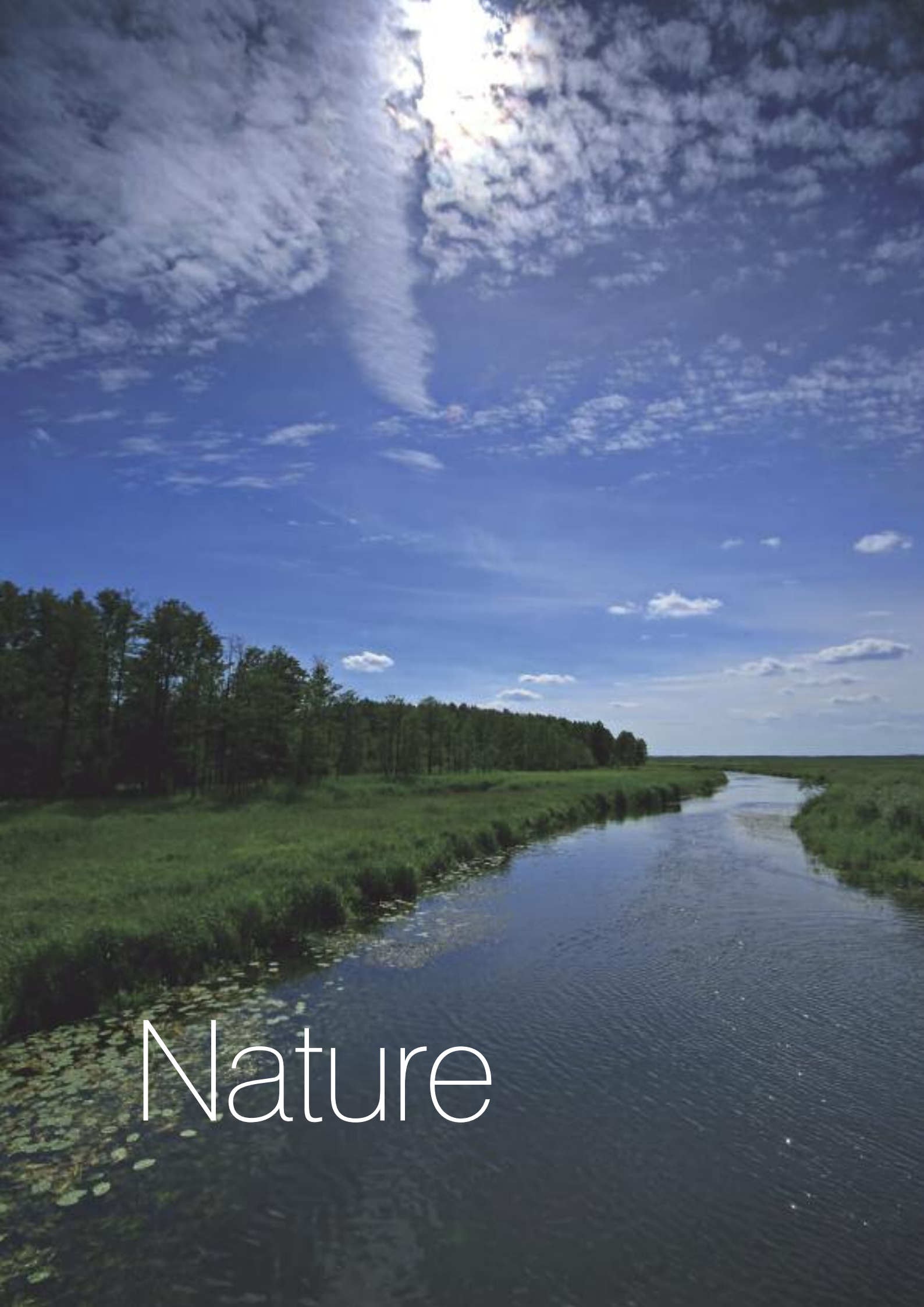




RES – WINDPOWER PLANTS

According to the estimates of the Meteorology Centre, Podlaskie Voivodeship (in the vicinity of Suwałki) offers highly favourable conditions for the installation and operation of devices processing wind energy. In the area of Podkarpacie and Warmińsko-Mazurskie Voivodeship weather conditions are said to be favourable. There are nine wind farms operating in this area, two more are under construction – in Goldap and in Taciew.





Nature

N

ature of Eastern Poland's voivodeships is the most valuable asset and it is also the most recognizable asset of the Macroregion, both in Poland and abroad. Veritable gems of nature can be found in the national parks located in Eastern Poland – the Bieszczady Mountains, the Magury Mountains, the Świętokrzyskie Mountains, Roztocze, Polesie, the Narew River, the

Białowieża Forest, the Biebrza, Wigry. The latter four constitute a substantial part of Poland's Green Lungs. Environmental protection has been extended over Eastern Poland territories within the framework of Natura 2000 programme.

Many unique species of plants and endangered animals occur here, all of them surrounded by the exceptional landscape. Only in the territory of Eastern Poland one can find extensive complexes of forests, channels, deep lakes, peatbogs, marshy forests, and primeval rivers, with numerous meanders and wet meadows, mountain pastures. The results of a ranking conducted among Internet users on the most beautiful places in Poland are further confirmation of the uniqueness of nature in Eastern Poland.

"The Seven Wonders of Polish nature" include three features located in the Macroregion: the Raj Cave, the Białowieża Forest and the Szumy on the Tanwia River located in Roztocze.





The areas of North-Eastern Poland are well-known for numerous lakes, appreciated by amateurs of water sports, fishing and holidaymakers.

A full-page photograph of a lake at sunset. The sky transitions from a deep blue at the top to a bright orange near the horizon. The sun is a glowing orb on the horizon, with its reflection clearly visible on the calm water. In the foreground, tall green reeds and grasses grow along the shoreline, some with small white dandelion-like flowers. Three birds are captured in flight against the blue sky: two on the left and one in the center. The text 'POJEZIERZE MAZURSKIE (MASURIAN LAKE DISTRICT)' is printed in white in the upper right corner.

POJEZIERZE MAZURSKIE (MASURIAN LAKE DISTRICT)

The areas which offer highly attractive natural features. Numerous bird nest here: the great crested grebe, coot, heron, mute swan, black stork, black kite, golden eagle and white-tailed eagle. Above the water one can also see a bird considered to be the symbol of this area - the cormorant.

An area of high tourism and recreational values.
The Masuria Lake District comprises the Olsztyn Lake District,
the Mrągowo Lake District, the Masurian Plain, the Great Masuria
Lakes, Węgorapa Land, the Elk Lake District, the Szeski Hummock.

RAJGRÓD

It owes its unusual lay of terrain, covered
with woods, a belt of lake districts,
to the last phase of the Baltic Sea glaciations.
Retreating continental ice sheet formed
moraine hills and hollows basin,
creating the form of today's lakes.







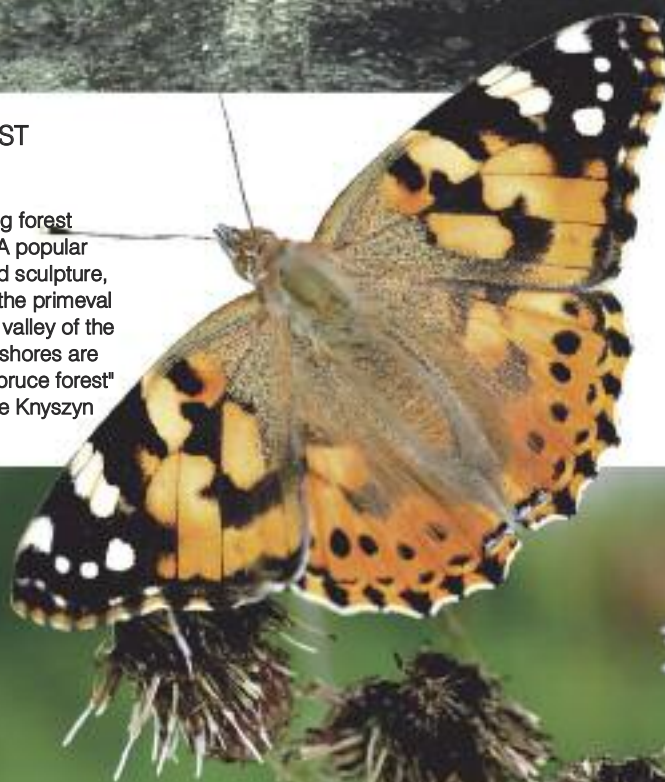
ROSPUDA

One of the most famous tourist attractions of Augustów areas – the Rospuda river. It flows through 9 lakes lying in the territory of Suwałki and the Primeval Forest of Augustów. Protected as the area of Natura 2000, it is a place of unique fauna and flora, highly attractive to kayakers thanks to a varied nature of the river.



THE KNYSZYN PRIMEVAL FOREST – JAŁÓWKA RESERVE

A terrain classified as the most interesting forest reserve of the Knyszyn Primeval Forest. A popular didactic path, presenting a wealth of land sculpture, runs through the Jałówka. While visiting the primeval forest, it is well worth seeing a peat land valley of the Jałówka stream with its water-heads. Its shores are overgrown with the so-called "dry-land spruce forest" - the most interesting phenomenon of the Knyszyn Primeval Forest according to naturalists.



The Knyszyńska Forest covers an area of 105 thou. ha, it is located between great forests that used to form a single forest complex.



THE KNYSZYN PRIMEVAL FOREST
– KRZEMIANKA RESERVE





VALLEY OF NAREW

A paradise for anglers and bird watchers, the so-called Narew Valley. The river creates numerous flood waters, marshes, bays and ponds. The authorities of the Narew National Park recommend that the best way to explore all the appeals of the river labyrinth is a "trip" by traditional wooden boat called "push boat".

BIEBRZA NATIONAL PARK

An annual event organized in the natural scenery of the Biebrza Valley is the Polish Championships in Mowing Natural Meadows For Nature, the so-called "Biebrza haying".





Peatlands in the Biebrza Valley have been covered under the international Ramsar Convention protecting the swamp areas of international significance as the habitat of wetland birds. For many years bird watchers have been flocking from all over the world to see tooting battalions at the Biebrza and its areas in the spring.

Poland's largest national park, covering an area of over 59 thou. ha. It features the largest and best preserved complex of peatbogs in Europe.







BIEBRZA

The largest right-bank tributary of the Narew. The name of the river comes from beavers living on it. The riverbed is very irregular, featuring numerous oxbow lakes and meanders. In the spring the land turns into a big flooding.



The Biebrza Marshes are the biggest mainstay of the elk in Poland.





THE BIAŁOWIEŻA PRIMEVAL FOREST

Fragments of natural deciduous forest, typical for mid-century Europe are preserved in the Białowieża Primeval Forest. Its Polish area occupies 62.5 thou. acres (the remaining part of the 87 thou. ha lies in Belarus).

Tourists can also visit protected area formed within the Białowieska Forest, where nature manages itself and it rules unaffected by man.



A photograph of two storks standing in a field at sunset. The sky is a deep orange-red, and the sun is low on the horizon, creating a bright glow. The storks are silhouetted against the bright sky. The foreground is dark, and the background shows a line of trees and a body of water reflecting the sunset.

PODLASIE STORK TRAIL

In the area of Podlasie one of the largest concentrations of storks in Europe is found. Podlaski Stork Trail passes through three national parks: Biebrza, Narwia, Białowieża. The highlight of the trail is a village called Pentowo (next to Tykocin), where more than 200 families of storks live and where one can find the black stork - unique Europe wide.

THE RED FOREST

A moraine embankment is located in the region of the Łomża interfleuve, between the Narwia and the Bug valleys, occupying an area of 10 thou. ha. It is overgrown with fresh forest and to a lesser degree also by dry forest. This complex is administered by Łomża forest inspectorate.





THE MONASTIC FOREST

A nature reserve situated in Podkarpackie Voivodeship (Leżajsk Commune). One can see here how the Sandomierz Primeval Forest looked like centuries ago - mixed forest with elements of a natural complex. The forest stand of the reserve is made up of pine, beech, fir old growth forest. There are many trees growing to monumental size, some of them are over 200 years old.





BRODUSZURKI

A peat reserve covering the area of 25.91 ha in Bachórc (Dubiecko commune) is distinguished by a gathering of swamp forest with high humidity, anaerobiosis, and acidic reaction. Such conditions are conducive to the development of round-sundew - carnivorous species of protected plant.





BIESZCZADY

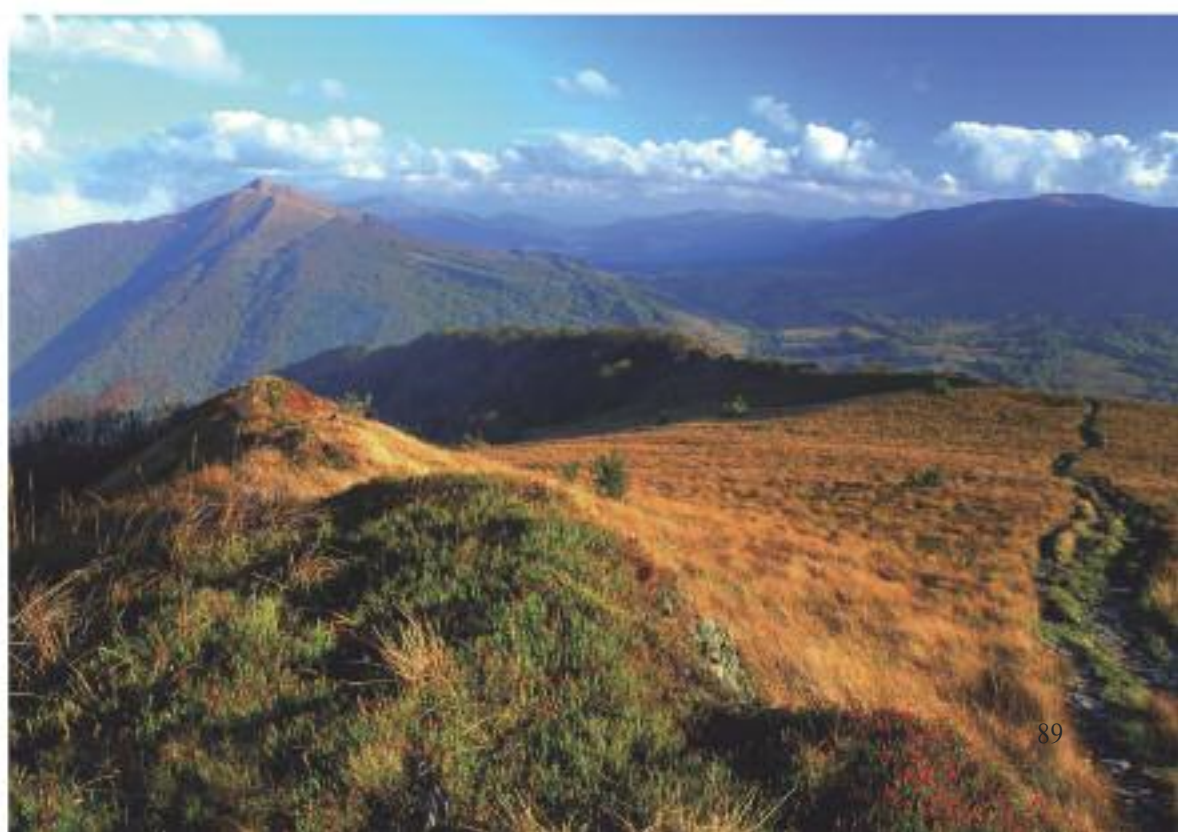
80% of the Bieszczady mountains area is occupied by beech forests, with a mixture of the fir and sycamore.

High-lying peatbogs (e.g. in Wotosate) and expansive meadows on the mountain ridges – pastures are a local curiosity.

The Bieszczady Mountains have sharp and steep slopes, while rock outcrops and rock debris are easy to find on the pastures.

Bieszczady National Park is the westernmost area of the Eastern Carpathians. The height of the Bieszczady Mountain ridges increase towards the east, reaching up to 1346m in the Tarnica massif.

Other mountain tops worth climbing include: Kińczyk Bukowski (1251 m), Rozsypaniec (1272 m), Halicz (1333 m), Kopa Bukowska (1312 m), Krzemień (1335 m), Bukowe Berdo (1313 m), Szeroki Wierch (1315 m), Połonina Caryńska (1297 m), Połonina Wetlińska (1253 m), Smerek (1222 m), Wielka Rawka (1307 m), Krzemieniec (1221 m).



ROZSYPANIEC

A summit in the Western Bieszczady Mountains, whose name refers to the formation of the elevation (there are many "scattered" rocks on its slopes). Views of Tarnica and numerous mountain ranges of Ukrainian Eastern and Western Bieszczady stretch from the top of "Rozsypaniec".





SINE WIRY

Bieszczady Natural Landscape Reserve occupies an area of 450 ha. The most striking part of the reserve is the Wetlina Gorge, which passes through numerous rock steps at the foot of Poloma. The reserve contains a great wealth of flora, the East-Carpathian aconite, *Cephalanthera Longifolia* and *Cephalanthera Damasonium* deserve special attention, all of which have been listed in the Polish Red Book of Plants.

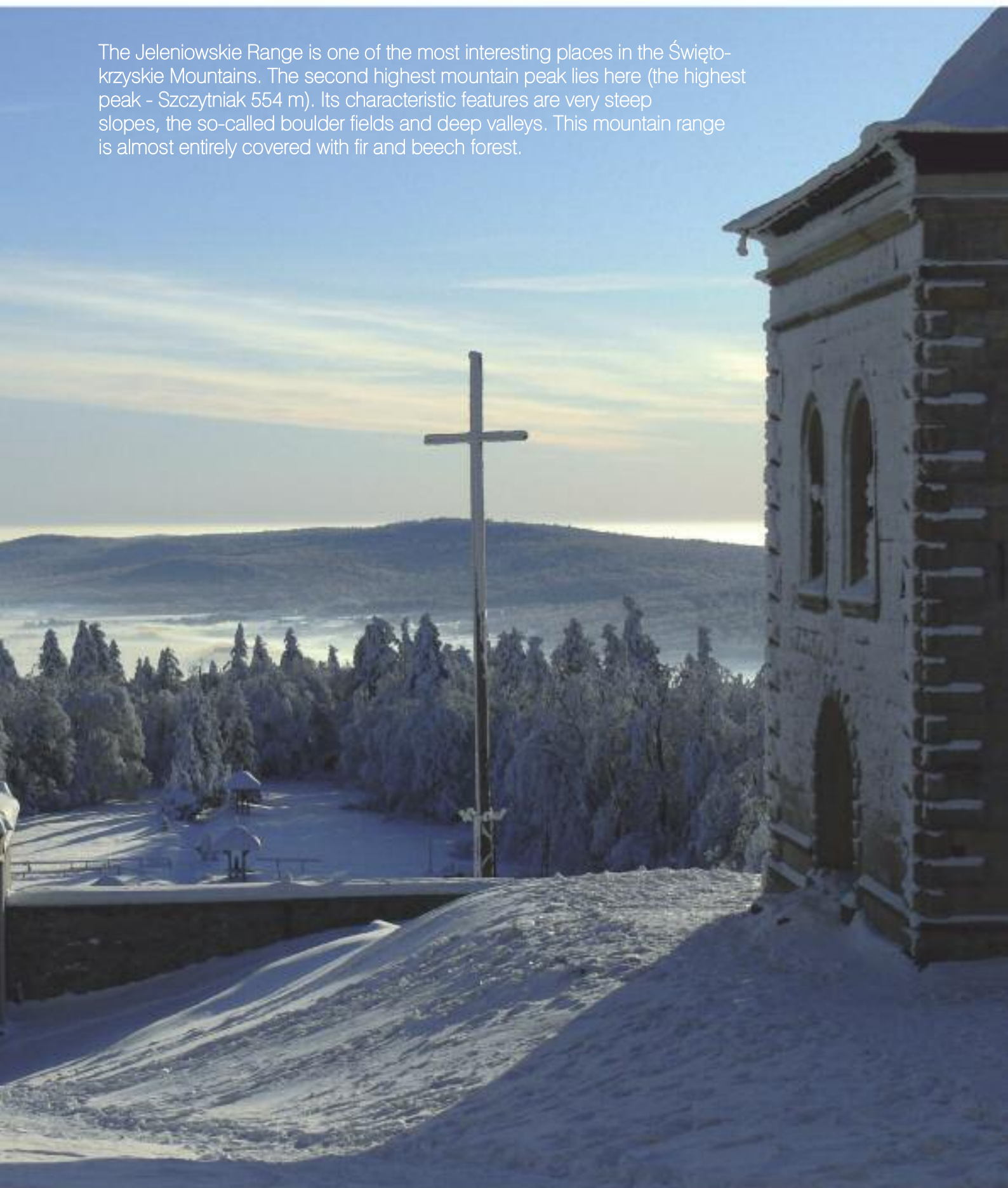


THE ŚWIĘTOKRZYSKIE MOUNTAINS

Lying in the central part of Świętokrzyskie Voivodeship, the Świętokrzyskie Mountains, next to the Sudeten Mountains, are the oldest ones in Poland. The highest peak is Łysica, lying in the mountain range of Łysogóry, which together with the Małowski Range and Jeleniowski Range, it creates the so-called main mountain range (the core of the Świętokrzyskie Mountains). In the photo: a view of the Jeleniowski ranges from the Holy Cross.



The Jeleniowskie Range is one of the most interesting places in the Świętokrzyskie Mountains. The second highest mountain peak lies here (the highest peak - Szczytniak 554 m). Its characteristic features are very steep slopes, the so-called boulder fields and deep valleys. This mountain range is almost entirely covered with fir and beech forest.







ŚWIĘTOKRZYSKI NATIONAL PARK

The Park was established over 60 years ago and it occupies 7.6 thou. ha, of which 1.7 thou. ha is under strict protection. Over 30 km of hiking trails are available in its area, where one can admire the Fir Forest unique to all of Europe. It contains a working, natural ecosystem, as well as a diversity of rocks, various forms of terrain. Świętokrzyski National Park is visited by about 400 thou. of tourists per year.



BOULDER FIELDS ON THE SLOPES OF ŁYSA GÓRA

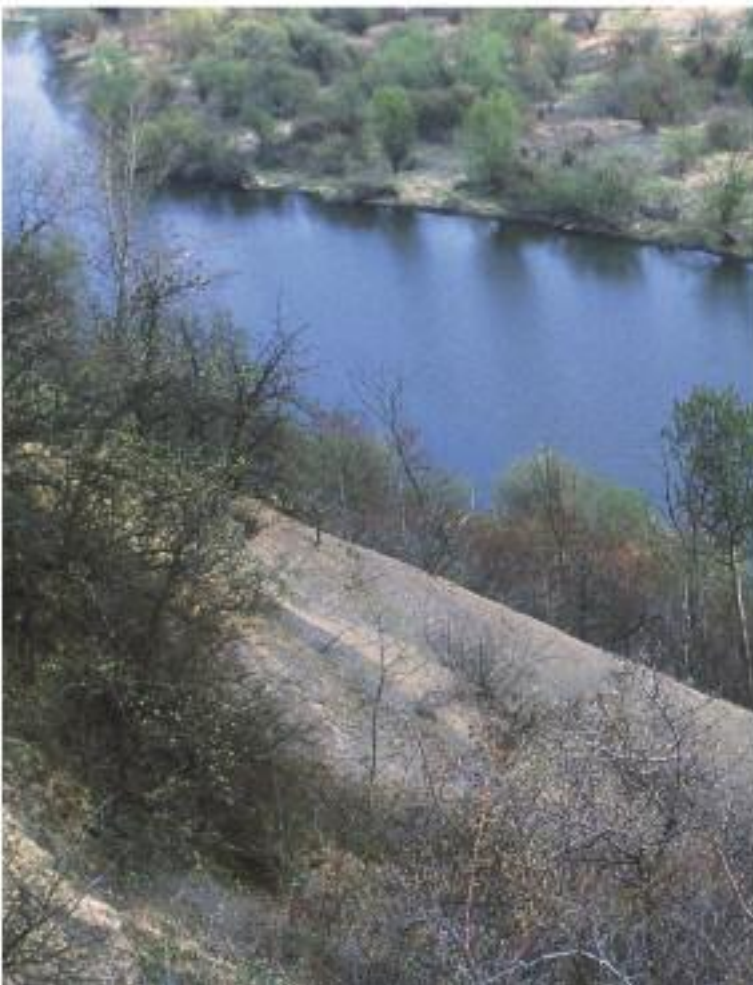
Boulder fields are non-afforested ("bare") rock debris on mountain slopes. The main reason for the formation of such covers is free freezing and defrosting of water in rock cracks, which causes rock disintegration.





THE SANDOMIERSKA UPLAND

Queen Jadwiga's Ravine is considered to be one of the biggest natural attractions of Sandomierz. It is an extensive loess ravine that emerged as a result of water erosion. For centuries water has carved a 500-meter long gorge with steep, high walls running up to 10 m and overgrown with luxuriant vegetation. Next to the ravine, there are two monuments of nature: the sessile oak measuring 440 cm in circumference and the European ash - 270 cm.



THE PEPER MOUNTAINS

Also called "the Pieprzówki" - situated approx. 2.5 km to the north-east of Sandomierz. The oldest mountains of Poland owe their name to the slopes filled with grey and black as well as dark-grey argillaceous slates. A geological nature reserve lies in the Pepper Mountains, where exposures of Cambrian slates, patches of alfa grass steppe, stands of scrub cherry and wild roses' species are protected.



Multiculturalism



Eastern Poland territory has for many centuries been a place where the Western culture (Byzantine) and Eastern culture (Latin) met, clashed and coexisted. The coexistence of cultures is reflected in the architecture, customs and religious structure of the Macroregion.

The Catholics and the members of the Orthodox Church constitute the largest group. Until the present day many signs of the presence of Jews, their cemeteries and synagogues have survived, constituting a place of pilgrimage for the Jews from around the world. Every year several thousand Hasids from Europe, Israel, the United States and Canada regularly visit the tomb of Tzaddik Elimelech, which is located in Leżajsk. Worshippers lay *kwiteles* at the grave of the Tzaddik, which are requests for health and prosperity. The ceremonies are accompanied by traditional dances and psalm singing. In the area of Podlaskie Voivodeship there are also two villages inhabited by the Muslims - the Polish Tartars. Mosques in Kruszyniany and Bohoniki are a must-see of the Small Tartar Trail, presenting the culture of the Polish Tartars in relation to other cultures of Podlasie.



THE CATHOLICS

The lands of the voivodeships designating the eastern border of Poland are characterized by a great diversity of ethnicity and religions. The Catholics and the members of the Orthodox Church make up the largest group. In many places of this region we can find symbols of the coexistence of both these religions.



ŚWIĘTA LIPKA

The most famous North-Eastern Poland sanctuary. It is situated about 70 km to the north-east of Olsztyn. The origins of St. Mary's Sanctuary date back to the 14th century. It is a historical building of a great value, a representative of the late Baroque in Poland.

The architectural complex, consisting of the church, a cloister and a monastery, survived until the present day in an unchanged condition. The village of Święta Lipka is also famous for extraordinary organ concerts.





THE ORTHODOX CHURCH BELIEVERS

Polish Autocephalous Orthodox Church is the second largest religion in Poland. It is estimated that Poland is inhabited by approx. 500 thou. Orthodox Church believers. The largest cluster of about 300 thou. believers is found in Białystok region. Orthodox Radio – Orthodoxy operates in Białystok. Białystok Television and Radio regularly broadcast programs which are targeted at the Orthodox community. Furthermore, "The Orthodox Review" - a monthly magazine - is delivered regularly to the believers. Events related to cultural heritage of the Orthodoxy are organized in Podlaskie, Lubelskie, Podkarpackie Voivodeships. The most popular of these are Hajnówka Days of Orthodox Music.



In the area of Podlasie 3 out of 5 Polish Orthodox universities operate: the Chair of Orthodox Theology at the University of Białystok, Iconographic School in Bielsko, Psalmists and Orthodox Conductors School in Hajnówka. The institution in Bielsko Podlaskie is the only school of icon painting in Poland. Icons are also created in monasteries (Orthodox monasteries).

In the Orthodox Church the Liturgy and other services are often celebrated in Church Slavonic language. In some temples sermons and readings from the Scripture are delivered in Polish. In Podlasie, where a group of followers is differentiated in terms of nationality, the following languages are used: Russian, Belarusian, and Ukrainian.





JEWS

Before 1939 Poland was inhabited by a large Jewish community, constituting approx. 10.5% of the entire population. The largest share of the Jewish population by districts occurred in urban areas - nowadays lying in Eastern Poland Voivodeships - Białystok (43% of the population) and Lublin (34.7%). In Lublin there used to be the greatest Talmudic School in the world called Chachmei Yeshiva. Until this day, there are numerous temples and Jewish cemeteries in the Eastern Poland Voivodeships.



TYKOCIN

The synagogue was built in the first half of the 17th century in place of an older, wooden synagogue. In the 17th and 18th centuries it functioned as a well-known Jewish intellectual centre. Since 1977 (having undergone major renovation) it is the seat of the Museum of Jewish Culture in Tykocin. Among its biggest attractions one finds a very rich exhibition of Judaicas. Tykocin synagogue is now the second largest facility of its kind in Poland.



ŁAŃCUT

One of the most precious monuments of Jewish sacral architecture in Poland. Since the early 1970's the synagogue has served as a museum of Judaism (Museum - Castle in Łańcut). The walls of the main hall are decorated with arcades filled with painted Hebrew prayer texts.

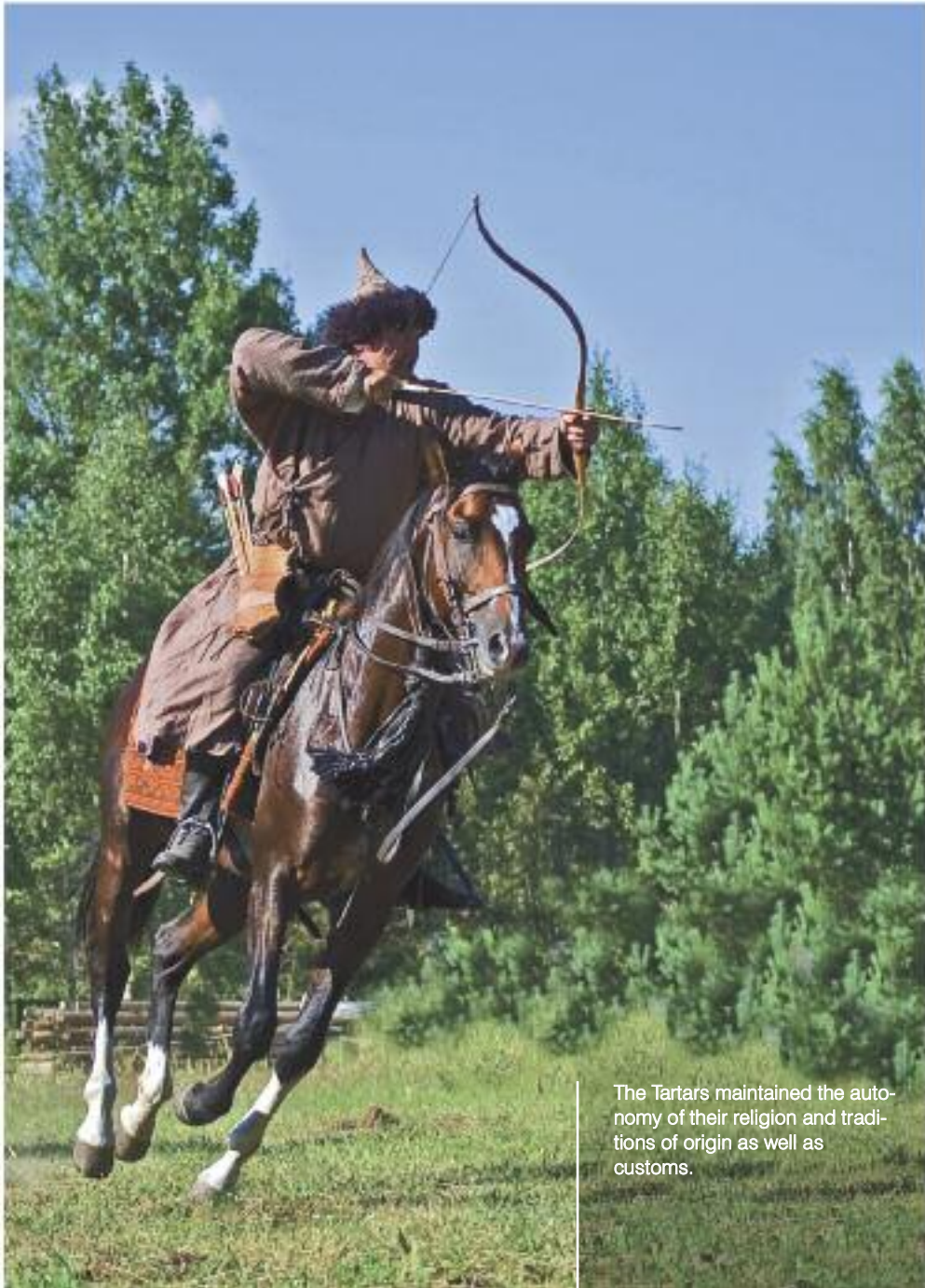


Mosque in Kruszyniany, a must-see of the Small Tatar Trail, presenting the culture of Polish Tatars in relation to other cultures of Podlasie.



THE MUSLIMS

The Tatars arrived in Poland (Polish-Lithuanian Commonwealth at the time) owing to Prince Vytautas. They enjoyed freedom similar to that of the gentry, in return of which they served in the army. After World War II, most of the strongholds were off the line demarcated by the Bug River. After the war the Polish borders included two Tatar villages: Kruszyniany and Bohoniki (nowadays Podlaskie Voivodeship). About 3 thou. Tatars live in Poland, inter alia in Białystok, Gdańsk, Warsaw and Gorzów Wielkopolski.



The Tartars maintained the autonomy of their religion and traditions of origin as well as customs.

Tourism



Preservation of the unique character of the Macroregion, and simultaneous dynamic development of tourist facilities resulted in Eastern Poland priding itself on tourist interest growing year by year. Warmia and Masuria as well as the Soliński Lagoon attract fishing and water sports enthusiasts. The Masuria Lakeland is particularly attractive in this respect. One finds over 2,500 lakes larger than

1 ha in this area. In addition, thanks to the abundance of water reservoirs and rivers, together with a network of canals, the entire Macroregion provides favourable conditions for kayaking. Main kayak trails are trails running along such rivers as: the Krutynia, the Narew, the Bug, the Rospuda, the Czarna Hańcza, the Augustów Canal, the Wieprz, the San, the Nida, the Pilica. Eastern Poland is characterized by a large number of natural attractions (national parks and landscape parks, nature reserves, natural monuments), which makes it a perfect destination for hiking and cycling tourism. The Bieszczady Mountains and the Świętokrzyskie Mountains are particularly popular in this respect. In the region of Kielce six hiking trails, measuring 300 km in total, have been mapped out. While the network of hiking trails of Bieszczady National Park, which comprises the highest parts of the mountains, is more than 130 km long and it provides an excellent opportunities to enjoy closeness to nature while hiking and horse riding. The network of horse riding trails allows for multi-day horseback expeditions. Lublin Region can boast an even longer trail. Stretching across 280 km, Polesie horse riding trail passes through Polesie Lubelskie and Wołyńskie, covering protected areas of Polesie National Park. A variety of landforms, thick snow cover and a large amount of rainfall during the winter months create good conditions in Eastern Poland for winter sports: cross country skiing, downhill skiing, dog-sled riding.

In Eastern Poland there are over 40 ski lifts, of which 24 are found in the Bieszczady. After the winter and summer season Eastern Poland offers many places worth seeing: Teutonic strongholds, royal and aristocratic residences, royal castles, which once used to protect the eastern reaches of the country. Along the border with Lithuania, Belarus and Ukraine there is a unique line of border reinforcements and defence fortifications - the so-called: Molotov's line. The most important points are its strongholds in Osowiec, Brest, Przemyśl. Owing to the multiculturalism of the Macroregion there are also important places of worship for the Catholics, the Orthodox, the Jews and the Muslims.



WIŚLICA

In a village located in Ponidzie (12 km to the south from Busko-Zdrój) there is a Basilica of Nativity of Holy Virgin Mary, dating back to 1350, founded by Casimir the Great. The church is one of the first two-nave churches in Poland. The interior is decorated with Gothic vaults: cross-ribbed and arched, supported by three pillars in the middle of the basilica. The chancel features visible parts of Byzantine-Ruthenian polychromy of 1397-1400. The high altar with a figure of the Virgin Mary was placed (the so-called Łokietek Madonna) about 1300. On the west façade of the basilica there is a belfry. The building was erected between the 1460-1470 with the support of the foundation of Jan Długosz.





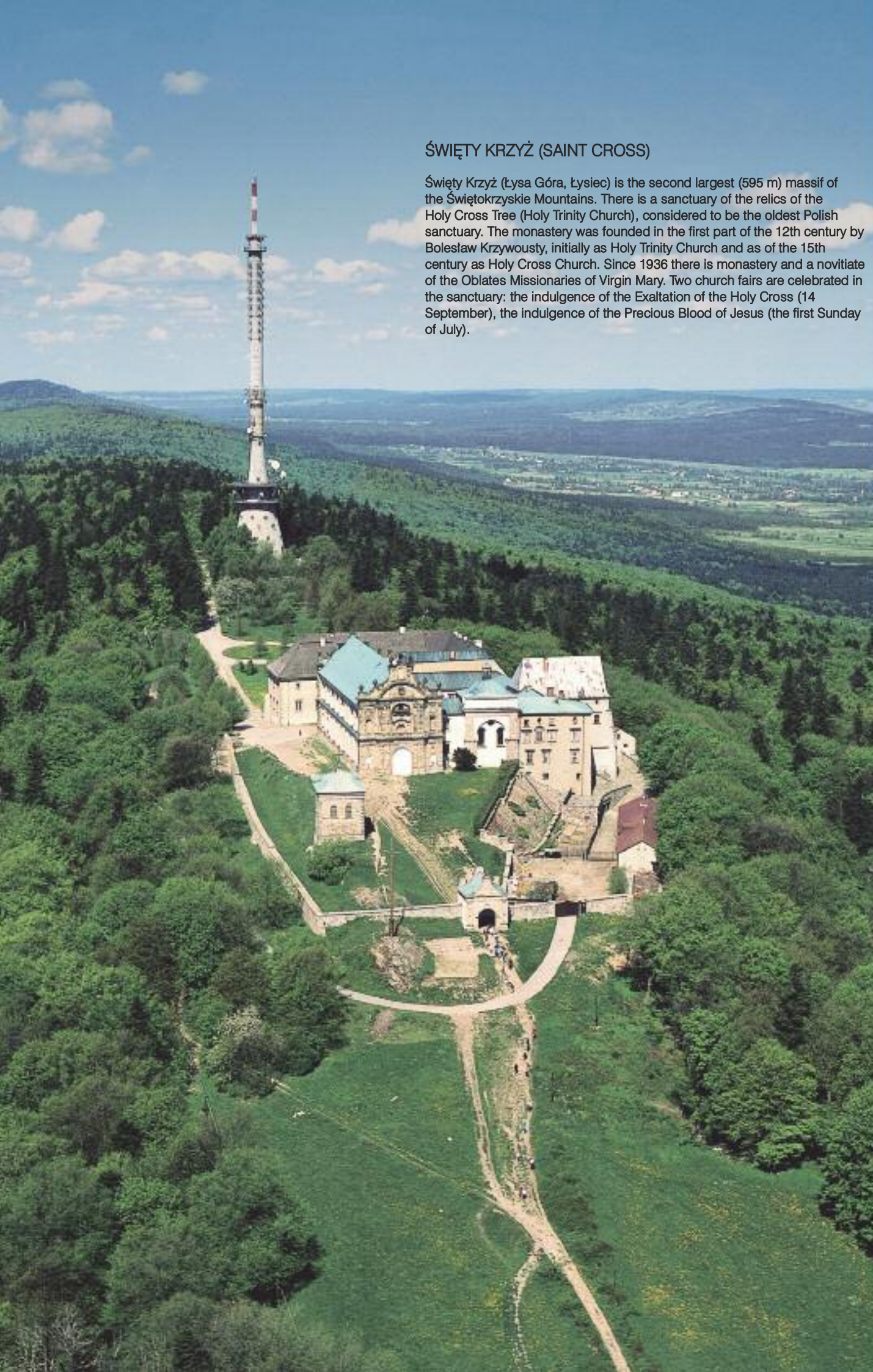


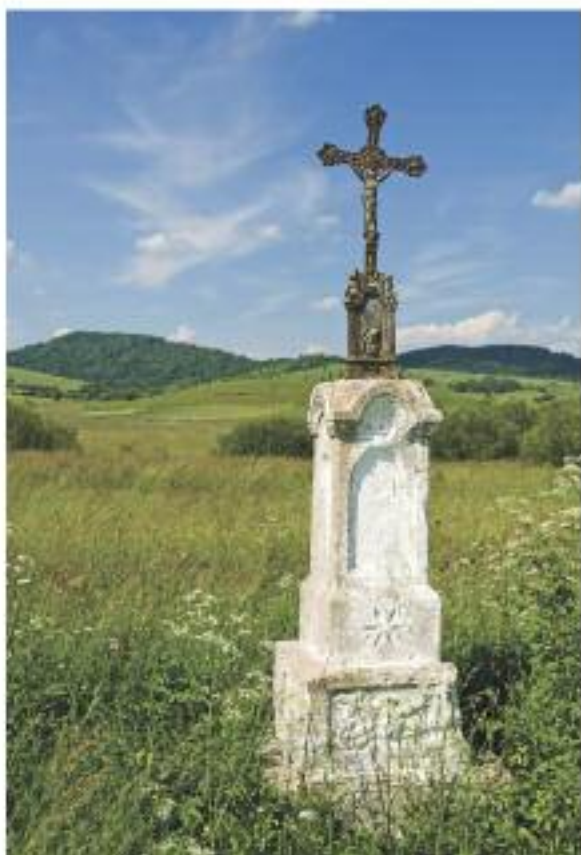
WIGRY

Post-Camaldolese monastery is the most frequently visited architectural monument of Wigry National Park. Catacombs and hermitages are open to tourists, while a view of Wigry Lake stretches from the monastery terraces. At the foot of the monastery there is a quay from which a ship runs several times a day in the summer season.

ŚWIĘTY KRZYŻ (SAINT CROSS)

Święty Krzyż (Łysa Góra, Łysiec) is the second largest (595 m) massif of the Świętokrzyskie Mountains. There is a sanctuary of the relics of the Holy Cross Tree (Holy Trinity Church), considered to be the oldest Polish sanctuary. The monastery was founded in the first part of the 12th century by Bolesław Krzywousty, initially as Holy Trinity Church and as of the 15th century as Holy Cross Church. Since 1936 there is monastery and a novitiate of the Oblates Missionaries of Virgin Mary. Two church fairs are celebrated in the sanctuary: the indulgence of the Exaltation of the Holy Cross (14 September), the indulgence of the Precious Blood of Jesus (the first Sunday of July).





HACZÓW

Church of the Assumption of the Blessed Virgin Mary in Haczów is the largest Gothic wooden church in Europe. One of the main buildings of the wooden architecture trail of Podkarpackie Voivodeship. In 2003 it was listed as the UNESCO's World Cultural Heritage. The following facts were used to support the application: the oldest, largest and best preserved wooden Gothic church of log construction in Europe, in practically unchanged condition, with rich painting and sculpture interior; distinct accumulations of architectural and decorative forms from the 15th to the 19th century.



BYSTRE

Graeco-Catholic Church of Saint Michael Archangel in Bystre.

A wooden church, based on a foundation of crushed stone, tripartite log construction erected at the beginning of the 20th century in place of a sacred building from 1607. The building is classified as the so-called Ukrainian national style, which refers to the church of Hucul. The main features of the church of this type include: an outlay on the plan of a Greek cross, and one or three main domes.



ULUCZ

Orthodox Church of the Ascension of the Lord in Ulucz on the San River. According to the records, it was built in the 1510-1517. Originally the church belonged to the Basilian monastery. The church has undergone several renovations, during one of which a tent roof over the nave was converted into an octagonal Baroque dome, which typically used to be featured only in wealthy urban churches. The last major renovation took place in the 1960's, during which many elements were replaced by new ones, not necessarily faithfully reproducing the original state.





Grabarka Mountain is also called Cross Mountain. About 10 thou. sacrificial crosses are situated on the hill. They were carried here or transported by worshippers. Pilgrims put them next to the sanctuary throughout the whole year, but most of the crosses appear on the eve of the Transfiguration.

GRABARKA

The Holy Mountain of Grabarka (Church of Transfiguration) is the most important Orthodox sanctuary in Poland. The tradition of pilgrimage to the holy mountain dates back to 1710. Main celebrations are held here on the Feast of Transfiguration of the Lord (August 19), also called the Feast of the Spas Izbawnik (The Saviour). It is one of the 12 most important feasts of the Orthodox liturgical calendar. The church is surrounded by a forest of wooden sacrificial crosses which have been brought here on account of important intentions by patients, the afflicted and those seeking hope and strength. Grabarka is home to the only Polish Orthodox women's monastery of Saint Martha and Mary. Grabarka is located in Podlaskie Voivodeship, about 10 kilometres to the east from Siemiatycze.



BIAŁYSTOK – SAINT NICOLAS ORTHODOX CHURCH

The main temple of Orthodox believers in Białystok. It is located on the square of the former cemetery with its altar part facing the east. Orthodox Cathedral of St. Nicolas was built in a neoclassical style and ancient architectural elements were preserved. Neoclassical style of architecture refers to the late Byzantine and cross-dome building style. Such a building style was particularly widespread in the lands, which were under the influence of Byzantium.





BIALYSTOK – ORTHODOX CHURCH OF DIVINE WISDOM / HOGIA SOPHIA

Geographical conditions and above all historical conditions made Białystok an ideal place where people of different cultures, religions and nationalities have lived for a long time. For centuries Białystok was a frontier centre, which shaped the character of the city and its atmosphere.







KOTERKA

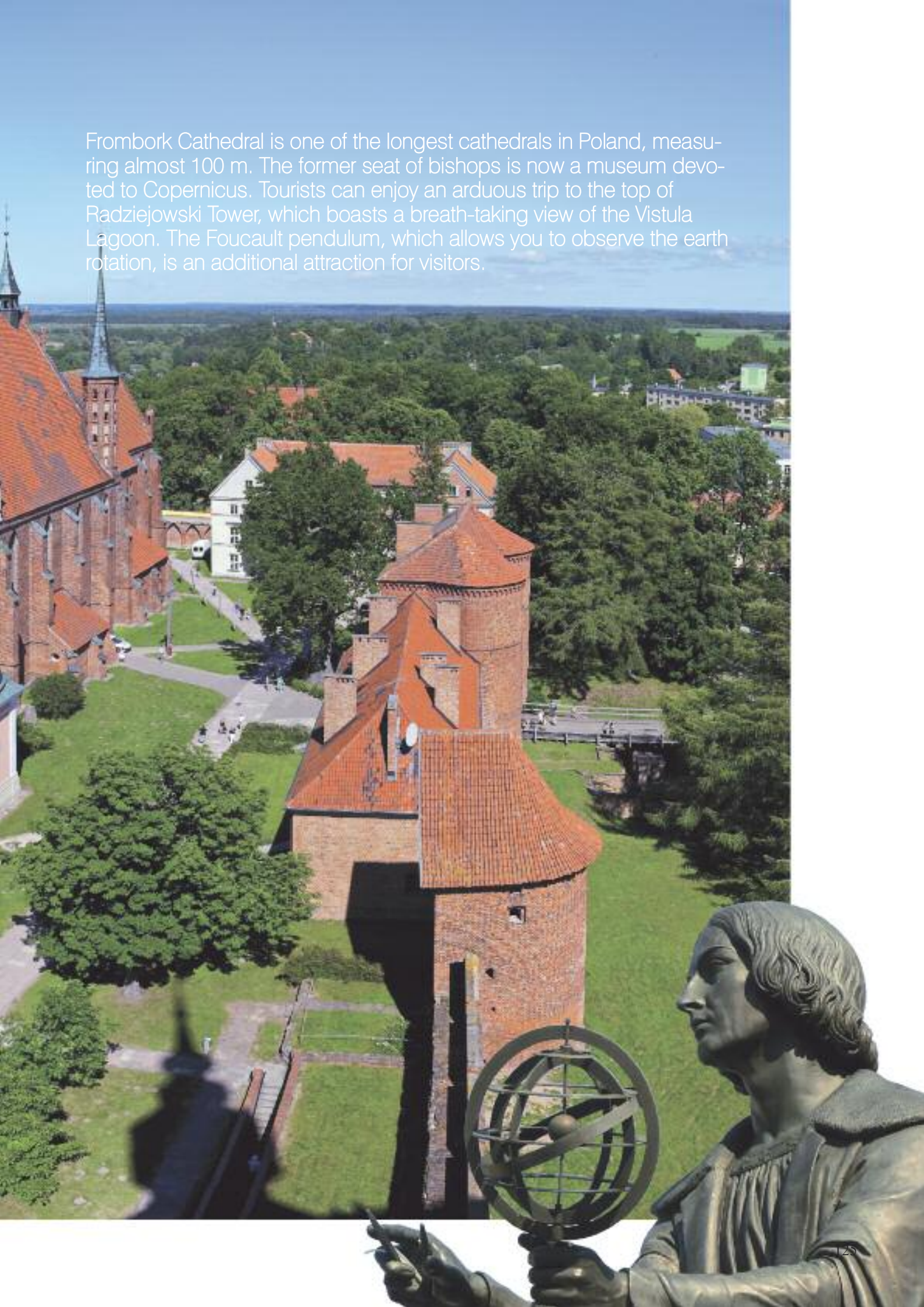
In the Koterka range, away from villages and cities (to the south-east of Tokary village, Mielnik commune next to the Polish-Belarusian border), there is a wooden Orthodox church of the Icon of the Mother of God, Joy of All the Afflicted. It was built in 1912 on the spot where 60 years before the Mother of God appeared to the inhabitant of nearby Tokary village. The church is surrounded by a circle of dozens of wooden sacrificial crosses, brought by pilgrims. Most of the believers arrive to Koterka on the third Day of St. Trinity and on the feast of the Icon of the Mother of God, the Joy of All the Afflicted (November 6). The ceremony is also attended by Belarusians (for the duration of service the state border remains open).



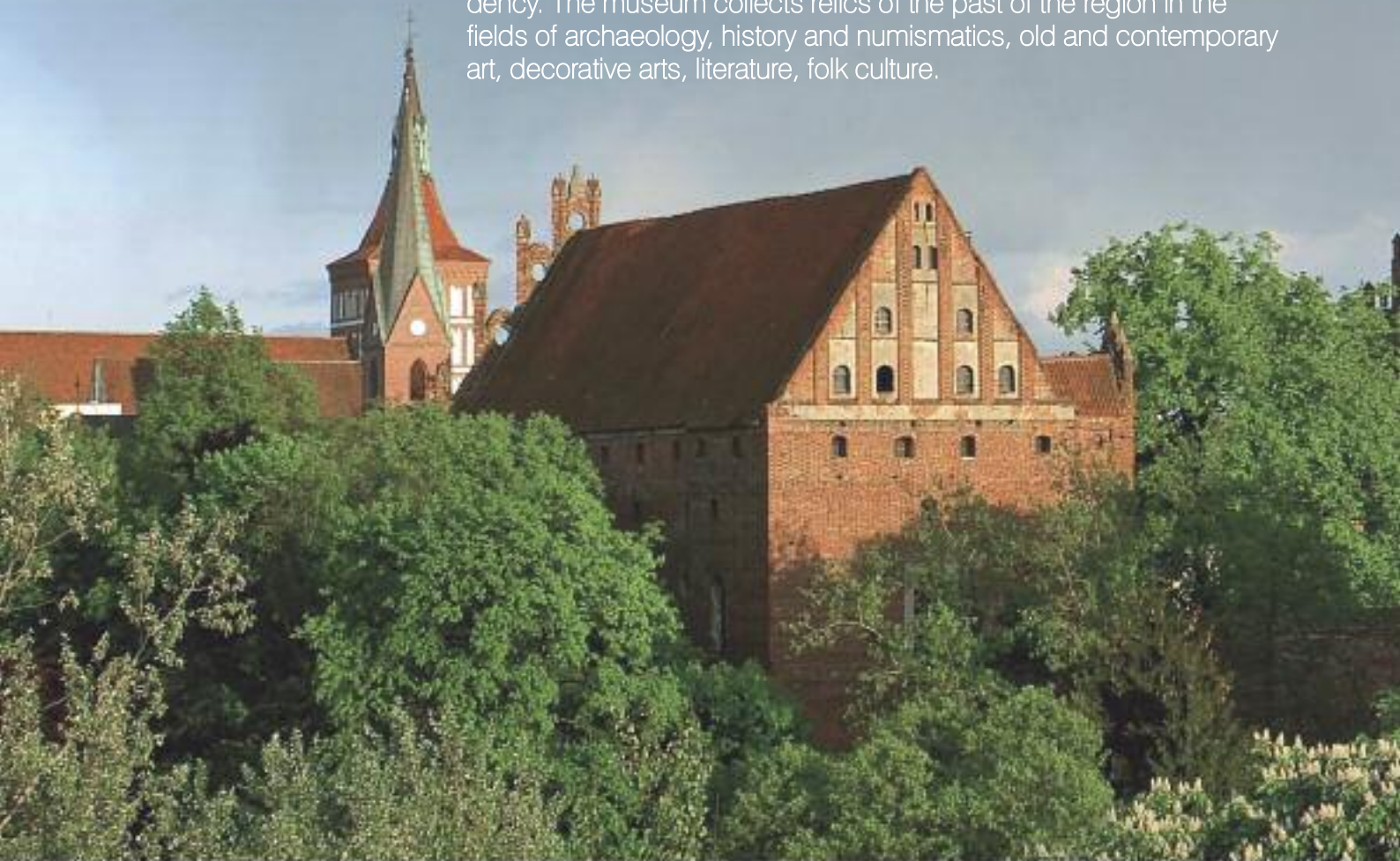
FROMBORK

Copernicus wrote about this place: "the farthest end of the earth", and that was where he created his life's work. He had Frombork in mind - the place boasting one of the most picturesque complex of fortifications in Poland. In the heart of it there is a cathedral surrounded by a pentagonal, circumferential wall was built in the 14th century. Work on the fortifications (addition of towers) lasted until the end of the first half of the 15th century.

Frombork Cathedral is one of the longest cathedrals in Poland, measuring almost 100 m. The former seat of bishops is now a museum devoted to Copernicus. Tourists can enjoy an arduous trip to the top of Radziejowski Tower, which boasts a breath-taking view of the Vistula Lagoon. The Foucault pendulum, which allows you to observe the earth rotation, is an additional attraction for visitors.



Since 1945 the Gothic castle, built for the administrator of the goods of Warmia's chapter, houses the Museum of Warmia and Masuria in Olsztyn. At the beginning of the 16th century, this function was held by Nicolas Copernicus. Experimental astronomical table - located on the gallery's wall - is a memento preserved after his residency. The museum collects relics of the past of the region in the fields of archaeology, history and numismatics, old and contemporary art, decorative arts, literature, folk culture.



OLSZTYN

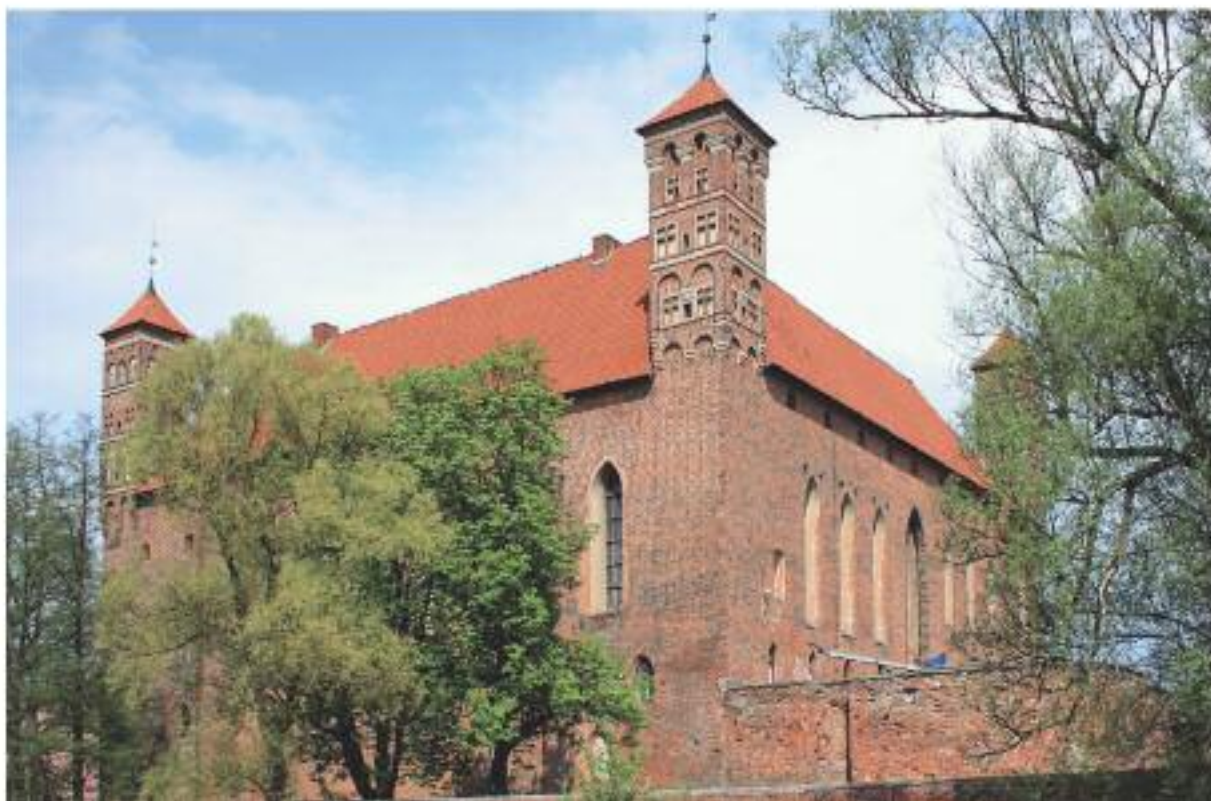
Fortifications, built for the Warmia chapter. Construction conducted in several stages ended 200 years later. The castle was built on a square plan which included two parallel wings: residential and economic ones linked by curtain walls. The fort was a part of the system of Olsztyn fortifications. The castle houses the Museum of Warmia and Masuria. Its greatest asset includes representative interiors with original ceilings, while permanent exhibitions devoted to Copernicus constitute the most valued part of the collection.



LIDZBARK WARMIŃSKI

Residence of Bishops, built like monastery castles, typical for the Teutonic Order.

A four-wing building was protected by a high main tower and three smaller ones. In addition, access to the castle was hindered by southern and eastern fortified castle grounds and the waters of the Łyna and Symsaryna Rivers. Although the castle is still far away from its former glory it is worth seeing because of cloisters with preserved wall paintings and decorated vaults of the chambers.





The interiors of the Teutonic fortress, rebuilt after World War II, were made available to the public. A library, gallery, hotel and restaurant are now located here. Every year in July the Knights' Tournament for the Mace of Grand Master Winrych von Kniprode takes place.

NIDZICA

Due to its geographic location it was called "the gateway to Warmia and Masuria. A Teutonic complex built at the turn of the 14th and 15th century is formed by four wings, connected by a wooden porch, supported on pillars, a castle courtyard with a gate building and two residential towers.



RESZEL

Owned by the bishops of Warmia, erected in the second half of the 14th century. Its primary function was to defend the eastern reaches of Warmia and Masuria against the invasion of the Lithuanians. The castle was built on the foundation of a square plan. For centuries, the bishops ruling Reszel expanded their base. The building was a part of the system of urban fortifications, and from the north and west it was surrounded by a double defensive wall. After a complete renovation in 2001, it houses a hotel, restaurant and gallery of modern art.





BARANÓW SANDOMIERSKI

The bastion castle referred to as: the gem of the Polish Renaissance, one of the best preserved magnate residences. The first stronghold of the Baranowski family, erected in the 15th century.

An Italian designer - Santi Gucci - was responsible for its architecture, while Battista Falcowi was in charge of the interior decoration.

The mansion is surrounded by a park with garden terraces and fountains.

In the residence of the Baranowski Family there is Museum of Interior. Some of the rooms are designated as hotel and conference centre facilities.





PALACE OF BRANICKI FAMILY IN BIAŁYSTOK

The best preserved magnate residence of the Saxon era - Branicki Palace – built on the walls of a Gothic-Renaissance castle of the Wiesiołowski Family. On request of Stephen Nicholas Branicki (the father of the Great Crown Hetman Jan Klemens Branicki), Tylman of Gameren rebuilt it into a Baroque residence. The seventeenth-century palace consisted of a residential building and adjacent gardens, game parks and a complex of buildings. On account of the architectural assumptions referring to the French model, it was called the Polish Versailles. Tourists can visit the garden, the hall and staircases, the remaining part of the building houses the seat of the authorities of the Medical University in Białystok.

Chęciny secured in a form of sustainable ruins are open for visitors. A crew of knights is very active here, organizing combat shows and staging tournaments during the tourist season.



CHĘCINY

Ruins of the royal castle built in the Gothic style. Chęciński palace was built on a narrow ridge of a hill. Such location made any enemy storms and attacks extremely difficult. The building was so safe that King Casmir the Great decided to locate the royal treasury just here. Court assizes and annual conventions of of Małopolska and Wielkopolska knights were also held at Chęciny, while its walls served as a prison for dignitaries and people of noble birth. The attractions found within Kielce fortifications were recognized many years ago by George Hoffman, and it was the ruins of Chęciński medieval fortress that starred as Kamieniec Podolski besieged by the Turkish army in "Pan Wołodyjowski" movie.



JANOWIEC

From the powerful bastion castle, built in the first half of the 16th century, only monumental ruins still remain. The architecture of the building plan was based on an elongated, irregular polygon tailored to the shape of the terrain. On the one side there was a high Vistula escarpment, while on the other a deep gorge. Today Janowieckie walls belong to the Museum of Vistula, which carries out renovation works. The following sections are available to the public: the courtyard, cloisters and a terrace overlooking the Małopolska Gorge of the Vistula. Every year in July a knights' tournament of the Black Lady's Ring takes place here, referring to the history of Helena Lubomirski, unhappily in love with one of her father's subjects. Next to the castle there is a heritage park, which consists of a wooden manor house and outbuildings.



KAZIMIERZ DOLNY

Building raised on the loess hill was designated to guarding merchant waterway trail, which was linking Krakow to Gdansk. At the moment there are only picturesque ruins of the royal castle from the 14th century, most probably founded by Casmir the Great. It is worth taking the trouble of an trip to the hill towering over Kazimierz Dolny and admiring the panorama of the city, rivers and surrounding areas.





The head office of the National Museum in Kielce is a palace which once belonged to the Bishops of Krakow, the owners of vast estates of the Świętokrzyscy. Jakub Zadzik founded the residence of bishops.



KIELCE

The design of Kielce palace is ascribed to Thomas Poncino of Lugano (circa 1570-1659), the author of numerous works of sacred and secular architecture. Architectural assumptions (symmetrical, tripartite plan, loggias, towers and representative interior layout) refer to the residence of the 1720's and 1730's, including the royal Ujazdowski Castle and the Kazimierz Palace in Warsaw.



KOZŁÓWKA

Zamoyski Museum in Kozłówka is the only residence-museum in Lublin region. It is located in an eighteenth-century palace and park complex that used to belong to the Bieliński and Zamoyski families. Palace interiors constitute the biggest attraction of the museum. They preserved the character, architectural layout, decor and authentic furnishings from the time of Constantine Zamoyski: neo-Baroque and neo-Regency plafonds, stoves with Miśnia tiles, marble fireplaces, oak floors, furniture, sculpture, porcelain, collections of paintings and gilded bronzes and silvers.

While staying in Kozłówka, it is well worth paying a visit to the Gallery of Socrealism Art, with the largest collections in Poland of sculptures, paintings and prints from that period.





KRASICZYN

An impressive mansion built by the Krasiński family in the sixteenth century is one of the most important monuments of the Renaissance military and residential architecture in Poland. The castle complex, built on a square plan, is crowned with towers in each corner (God Tower, Pope Tower, Royal Tower and Nobility Tower), each of them in a different style reflecting the nature of different authority.

The road to the castle courtyard runs across a stone bridge over an extended moat, an expanded gate complex with a Clock Tower. An ornate portal dating to the 17th century has been preserved until this day.



Historic interiors of Krasicki residence are open to the public. Also natural landscape park surrounding the castle is open for visitors. It contains valuable specimens of trees and shrubs. The facility organizes artistic and commercial events. Its walls contain: a hotel, a restaurant and a conference centre.





Since 1957, the castle has been home to a multi-branch museum. Here one can enjoy: paintings (both foreign and Polish), decorative arts, weapons, coins and collections of folk art of Lublin Region. The castle interiors also serve commercial purposes. Lectures, concerts, meetings with authors, and occasional celebrations are organized here.

LUBLIN

From the 12th century Lublin hill was a good location for Castellan burg city. Frequent invasions of the Tatars, Ruthenians, and Lithuanians led Casmir the Great to erect a brick, Gothic castle at this place. The royal residence protecting the eastern reaches of the country has been repeatedly rebuilt and expanded. The biggest changes in the castle were carried out on Władysław Jagiełło's orders (polychromes in the Byzantine-Ruthenian style) and under the influence of Sigismund the Old (the Renaissance character of the residence). During his reign a representative gate building was built. The gate is presented in the picture.



The cylindrical tower (Stolp) was built in mid 12th century. Its lower floors, built of crushed stone and brick, are 3.5 m thick.





ŁAŃCUT

In a beautiful landscape park in Łańcut, one is enchanted by the beauty of the residence built in a palazzo in fortezza style (a palace surrounded by fortifications). It was built in the first half of the 17th century on the groundwork of the residence of the so-called Devil of Łańcut - Stanisław Stadnicki.

The Lubomirski family undertook the reconstruction and their "work" was continued by the Potocki family, who made great efforts to turn this facility into a representative aristocratic residence. The owners of Łańcut residence intended to reflect their high social status (until the outbreak of World War II it was considered to be the finest residence of the Polish aristocracy).

The castle was surrounded by modern fortifications, which resisted the power of the Swedish army and those led by Duke George II Rakocz. Foundations of the castle included a four-wings building, with towers at the corners, placed inside a bastion fortification, built on a five-pointed star plan. The entire complex was surrounded by a dry but wide moat.



In the castle there is a museum,
whose biggest attraction
is an impressive collection of
European silverware.



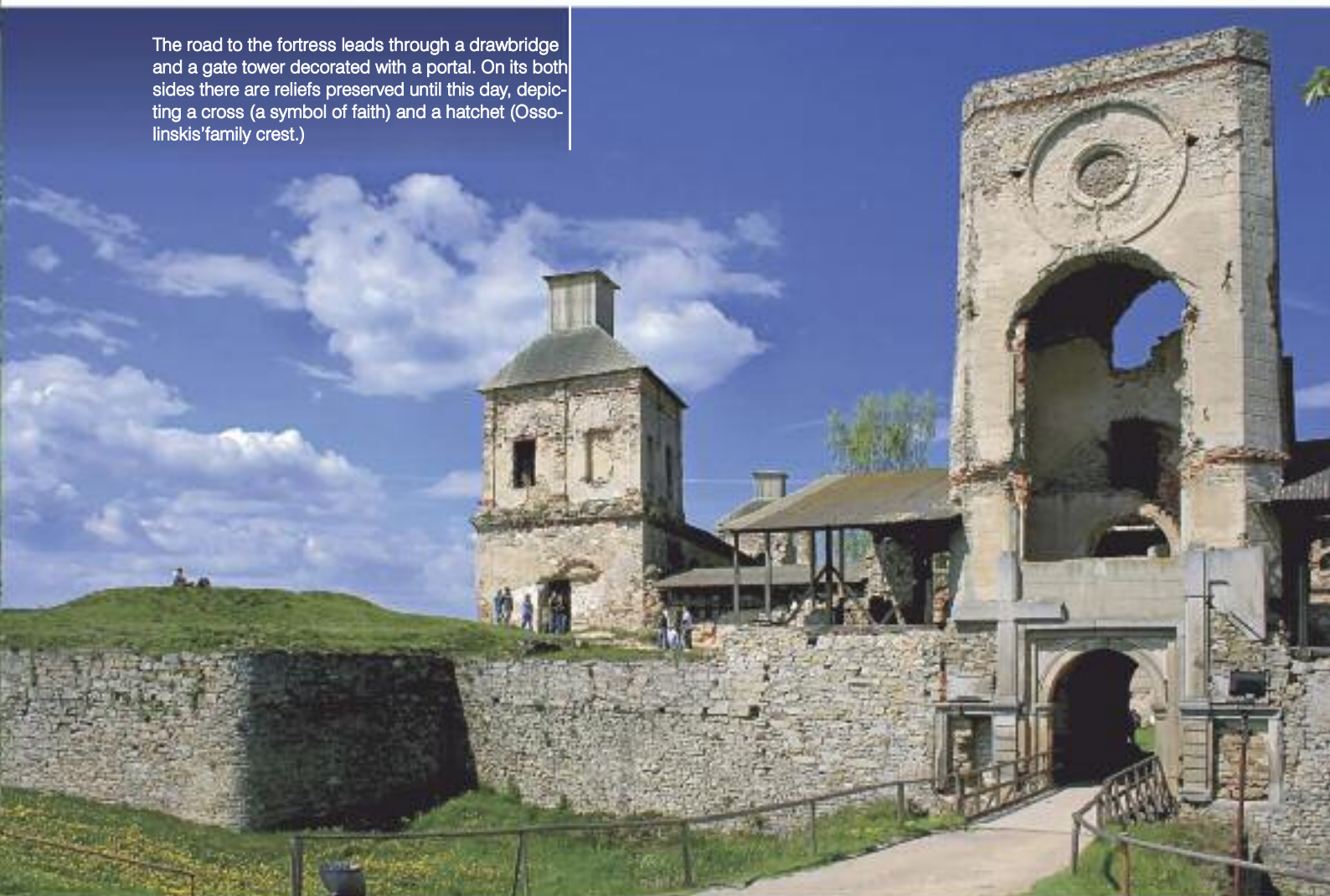
SANDOMIERZ

A place of royal residence, built in the 14th century, commissioned by Casimir the Great. The original foundation of the Gothic castle was incorporated in a system of fortifications. The castle underwent several reconstructions, inter alia by: Sigismund the Old, Sigismund Augustus, King John III Sobieski.



The ruins of Krzyżtopór Castle are worth a visit during the International Tournament of the Knights for the Sabre of Christopher Baldwin Ossoliński, a tournament drawing on the seventeenth-century life. During the event the following are staged: a storming of the castle, a parade of the troops of King John Casimir and the driving and combat fight shows.

The road to the fortress leads through a drawbridge and a gate tower decorated with a portal. On its both sides there are reliefs preserved until this day, depicting a cross (a symbol of faith) and a hatchet (Osso-linskis' family crest.)



UJAZD – KRZYŻTOPÓR CASTLE

In the days of its glory one of the largest and more magnificent palaces of the Republic of Poland. It was erected in the first half of the 15th century by a governor of Sandomierz as a fortress & mansion or the so-called palazzo in fortezza. Its residential part was built into a five-bastion fortress, surrounded by additional earthworks and a moat.

When visiting the ruins, it is worth remembering that the architecture was inspired by the scheme of a modern calendar: the number of windows was the same as 366 days of the year (in non-leap years one of them was always walled up), 52 rooms symbolized the weeks, number of halls referred to the 12 months, the number of entrances was the same as days of a week, and seasons corresponded to the four towers.





AUGUSTÓW

Water skiing enthusiasts will find perfect conditions for practicing their favourite sport in picturesquely located Augustów.





KAYAK TOURISM

An extended network of river connections in Eastern Poland creates ideal conditions for kayaking. The unique nature and diversity of rivers constitutes an additional attraction. In the picture one can see a kayaking trip along the Narew River.

SOLINA

The Bieszczady Mountains rising over the Solina Lagoon will fulfil the expectations of all those tourists who cannot decide whether they prefer to spend time on the water, or in the mountains.





The biggest lake in Poland – Śniardwy (113.8 km²) lies in Masuria (Mikołajki area).

MIKOŁAJKI

Boat charter, a marina and extensive catering and hotel facilities are just a few of the advantages that Polish capital of sailing has to offer. Tourists eager for the full sailors' experience can also enjoy tunes intoned by the veritable sea dogs and take part in the Sailors' Song Festival.





FISHING

Every year the Masuria Lake District attracts many fishing enthusiasts. The lakes of north-eastern Poland abound in roaches, perches, pikes and breams.



KANAŁ AUGUSTOWSKI

The Augustowski Canal (a navigable historical monument) has the length of more than 100 km (of which 82 km in Poland). It features 18 locks. It passes through the Netta River, the Czarna Hańcza River and Augustów lakes, linking the Vistula tributaries with the Baltic in a roundabout way. Since 2008 the canal was a joint Polish and Belarusian candidate for inclusion in the UNESCO World Heritage List (the application was withdrawn in 2010 in order to have it improved).



KANAŁ OSTRÓDZKO-ELBLĄSKI

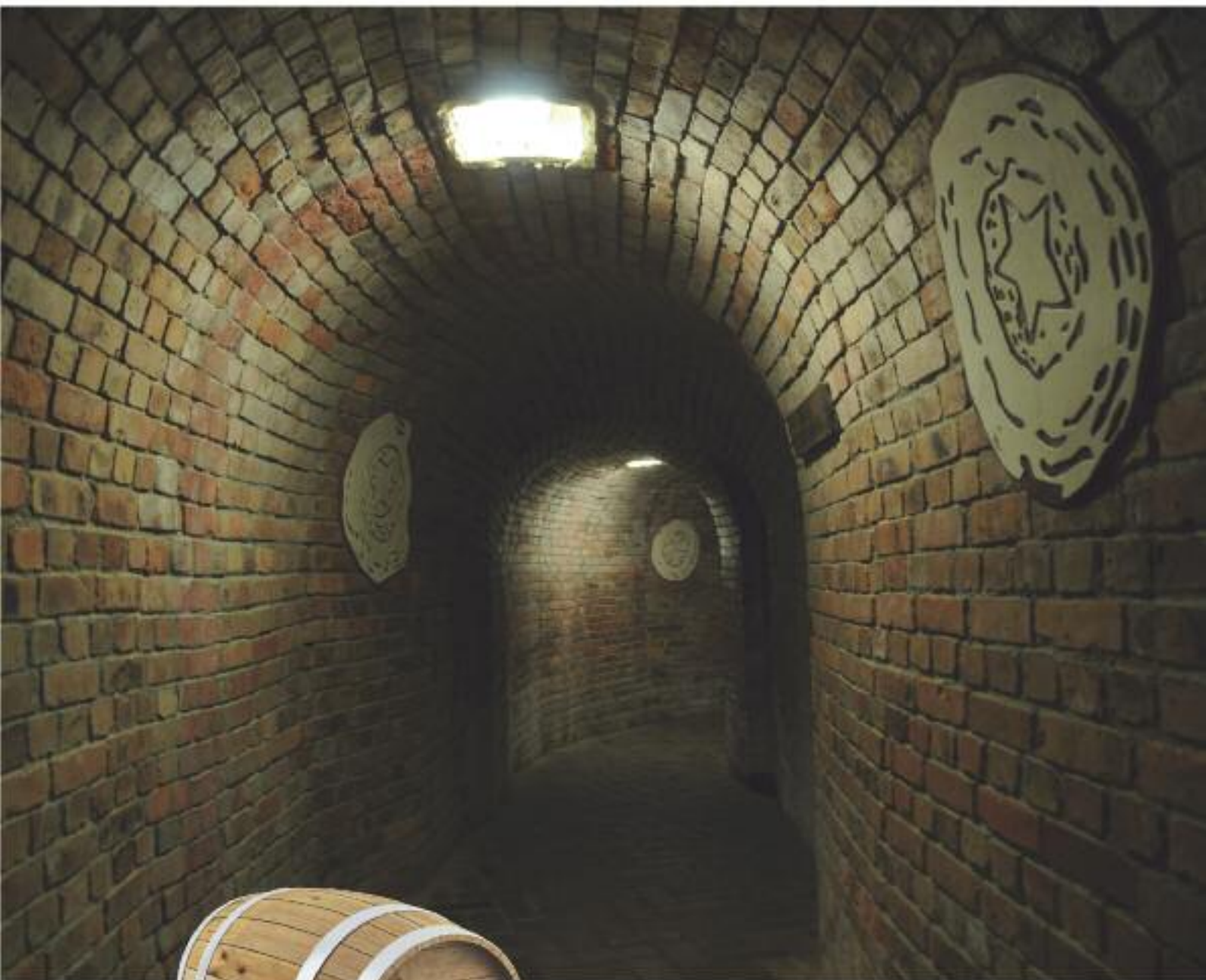
The Elbląg Canal runs through two geographic regions – the Vistula Delta and the Iława Lake District. It begins with the river Elbląg and leads through an ornithological nature reserve – Druzno Lake. Originally it served as a means for transportation of raw materials, but with the development of modern forms of transport, its role has been reduced considerably. Since then it has served as a tourist attraction.

The area of the Ostróda-Elbląg Canal, the areas directly adjacent to it and its closest surroundings constitute an area of protected landscape. The canal measuring 82 km is classified as a wonder of the world due to the fact that since 1860 hydro-technical devices have been operating on it. The difference in elevation on the canal at a distance of 9.6 kilometres changes by over 100 meters, which a vessel overcomes with the assistance of five water-powered ramps.



ROYAL OAKS TRAIL

The path leads among dozens of oaks, whose age ranges from 150 to 500 years in a strict reserve of Białowieża National Park. Old oaks have been given names of Polish and Lithuanian rulers. Royal Oaks Trail can be reached from the side of Białowieża by a road from Buda (distance of 6 km). Right next to this road there is a fenced parking.

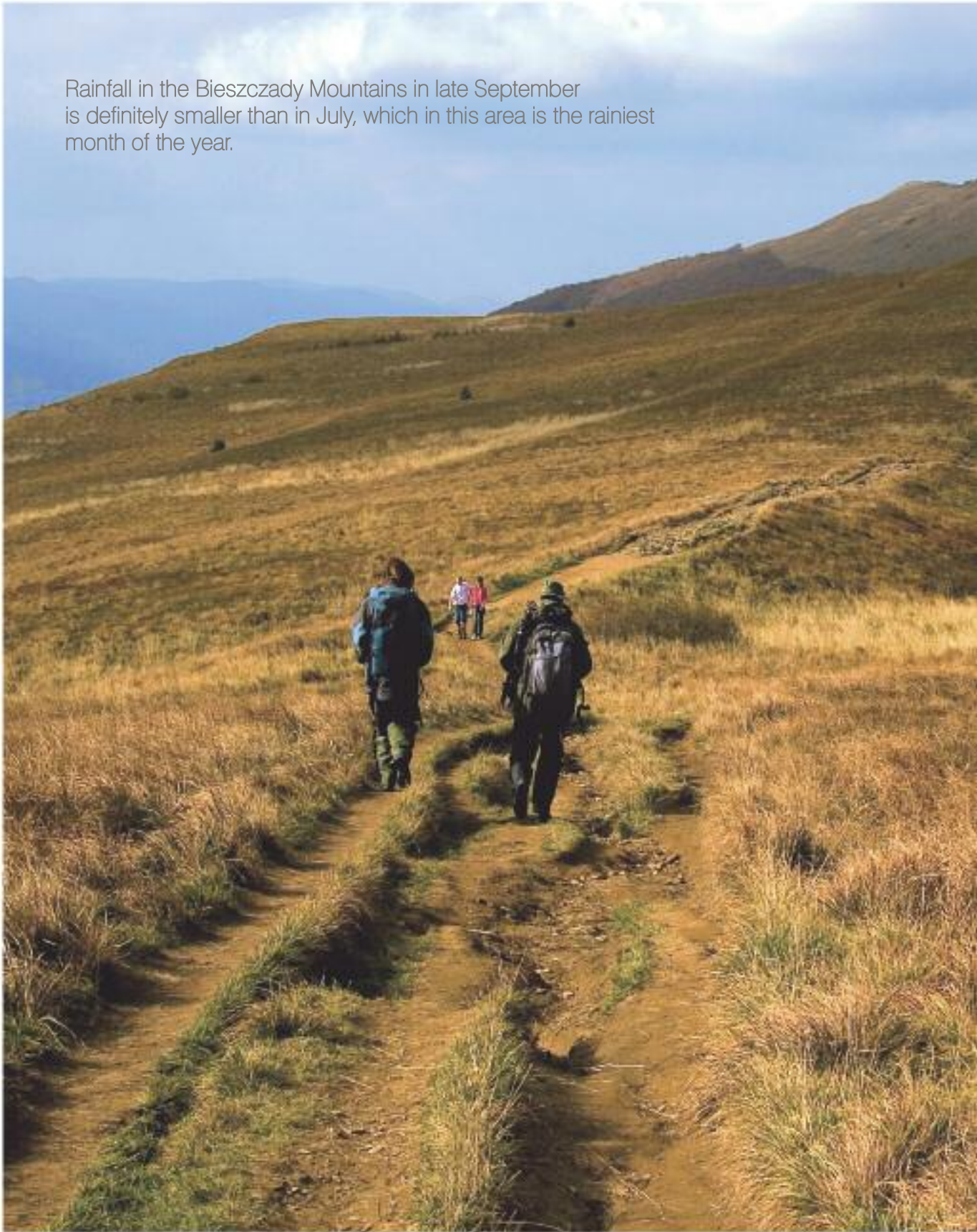


UNDERGROUND TOURIST'S TRAIL OF SANDOMIERZ

Many a legend is assigned to Sandomierz dungeons (rumour has it that Halina Krempianka was killed here, saving the town from the Tartars). The trail which is open to the public measures 470 m and reaches various depths of up to 12 m below the market level. Duration of the tour - 45 min. The route was created during the conduct of mining works aimed at securing the Old City by linking old basements and underground merchant warehouses.



Rainfall in the Bieszczady Mountains in late September is definitely smaller than in July, which in this area is the rainiest month of the year.





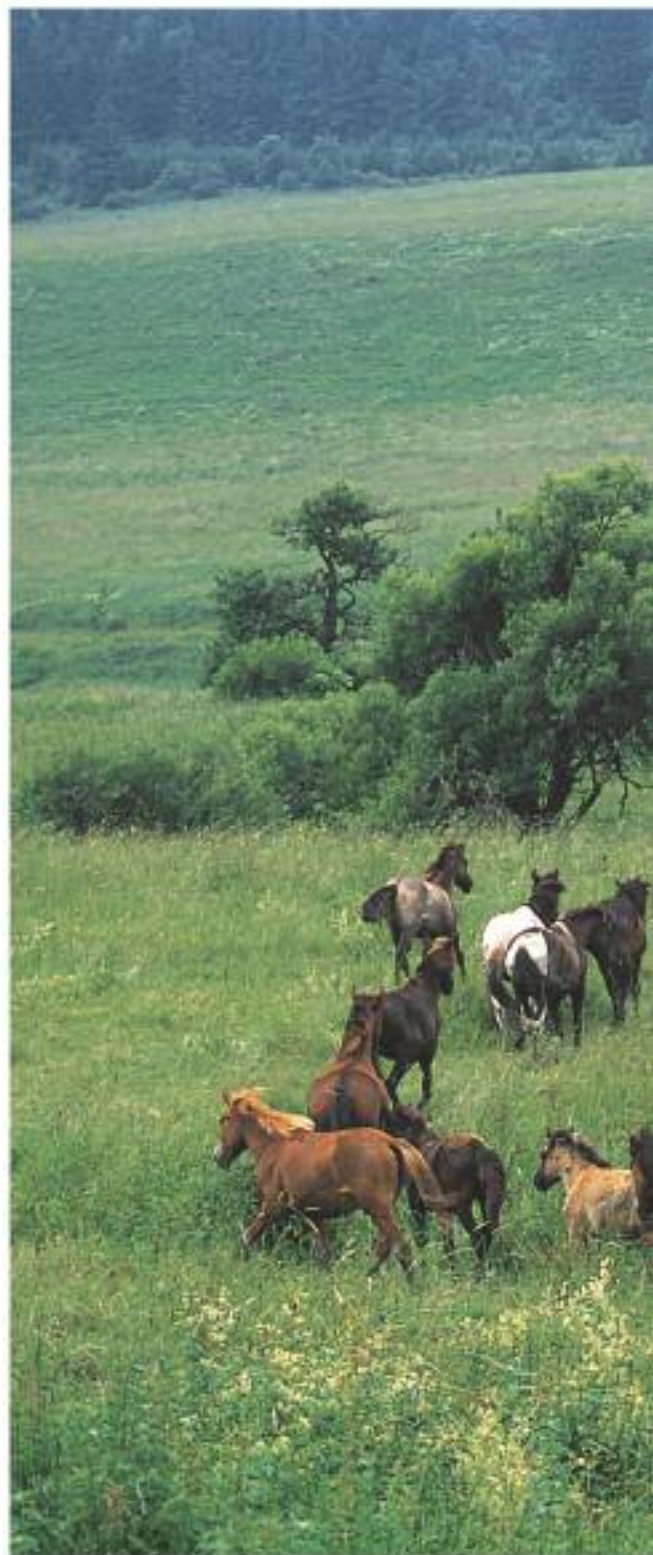
HIKING TOURISM – BIESZCZADY

It is worth visiting the land of demons and chads after holiday season. Small number of tourists and a multi-coloured carpet of pastures surrounded by early autumn forest are a good incentive to hiking.



HORSE RIDING TOURISM

Conservative Huculski horse breeding in Wołosate, instead of running a typical animal husbandry, has 20 horses for horse riding tourism. Suitable paddocks and an indoor riding area provide an opportunity to learn horse riding and a chance to organize the tours and horse racing for more experience horse riders.





Bieszczady National Park Stud in Wołosate provides services of riding courses, horseback riding as well as carriage rides and sleigh rides in winter.





INTERNATIONAL MOUNTAIN BALLOON COMPETITION IN KROSNO

Since 2000 every year during a long weekend in May one of the largest and most popular events of Podkarpacie Region takes place in Krosno. This kind of sport is attracting more and more crowds of supporters, an international cast of competitions in Krosno is a confirmation of that. It attracts participants from: Lithuania, Latvia, Hungary, Slovakia. Balloon competitions are organized in several towns located in Eastern Poland, among others in Nałęczów, Elk, Białystok.



BEZMIECHOWA

Gliding centre in Bezmiechowa, a village situated in Podkarpackie Voivodeship, was established in the interwar period. This location was chosen due to its natural conditions, among other things: favourable thermal currents. Every year the National Gliding Competition is held - the oldest form of a sporting competition in aviation. Tadeusz Góra's Academic Gliding Centre of Rzeszów University of Technology operates in Bezmiechowa.





MICROLIGHT AVIATION IN ŁOMŻA

For more than nine years, at the end of autumn season, sky over Łomża is opened to paragliding pilots, motorgliding pilots and ultralight aircraft. At that time the Microlight Aviation Championships of Podlaskie Voivodeship are held. During the last edition of the event one could observe inter alia the following World Champions: Alek Dernbach (motorgliders) and Tomasz Kudaszewicz (paragliders) as well as pilots from Poland and Lithuania.







WINTER SPORTS

Areas of Świętokrzyskie and Pdkarpackie Voivodeships seem to be perfectly suited to meet the needs of winter sports fans. There are plenty of ski lifts, accommodation, catering facilities and equipment rentals. All those who wish to experience the life of an Alaskan trapper are welcome to come to Bieszczady in the winter.





KING CASMIR

A hotel located in Kazimierz Dolny occupies two buildings. The first one built on the basis of old barn contains the main lobby, a reception area, a bowling alley, a bar and 12 luxury suites. In the second one we find a patio covered with a glass roof, restaurants, conference rooms, a spa with a swimming pool and 100 rooms. The hotel is full of contrasts - as historical and modern elements co-exist in it.



THE DYLEWSKIE HILLS

Building new objects in the style of the region is a fairly universal trend. The Dylewskie Hills are exactly like that - Hotel & Spa, operating under Dr Irena Eris' brand. The building has two wings. The left wing serves as a hotel - all the rooms are located here. However the right wing is a service part. The reception, restaurants, a bar and cosmetic part are located in here. The SPA space, which consists of swimming pools, saunas and treatment rooms, was located in the basement, level -1.





ŻUBRÓWKA

Relaxation, tranquillity and rest are the main reasons why people come to the Żubrówka SPA Hotel in Białowieża. The facility situated in the centre of the Białowieża Forest features a newly built spa centre and a swimming pool complex is an ideal place to relax and get away from it all. There are also 112 rooms (including 6 suites) and four modern conference rooms. The decor of the hotel refers to the chambers of the Imperial Palace, which from 1894-1944 was the biggest architectural attraction of Białowieża.





LIPOWY MOST

Ideally located in the heart of the Knyszyński Forest, famous for its wild animals, fresh air and friendly people. Linden Bridge also boasts one of the most beautiful golf courses in Poland and a good regional and hunters' cuisine. At the beginning of the visit the owners offer a wild boar pate with cranberry.





WARMIA INN

A wooden pantry with warm colours, old millstones for grain grinding - such details create the atmosphere of the interiors. In Eastern Poland Voivodeships the number of restaurants which refer to the traditions of the region is constantly on the rise. Warmia Region Tavern in Giętrzewald could be an example of such a restaurant. The restaurant is more than 300 m², offering a view of an impressive courtyard - the place of outdoor events, surrounded by regional workshops.



SIELAWA

The main intention that the owners of a restaurant in Mikołajki had in mind was to create a place where even the most fastidious guests will appreciate the taste of fresh fish. The restaurant is located next to the most popular pedestrian zone in the city, right next to the bridge for pedestrians.

The menu is dominated by fish in any form and shape. Starting with appetizers, through soups, ending with the main dishes.

The most popular dish among others is: pikeperch fried in a bunch of vegetables served with potatoes and dill.



Experience it with us

The tumultuous history of Eastern Poland, mixing of nations, cultures and religions are the reasons why this region has such unique cultural values. One of its manifestations are many projects that aim to show the diversity of religions and nations of this region. In the area of Podlaskie, Lubelskie and Podkarpackie Voivodeship, events such as folk festivals, concerts, exhibitions are held and they bring communities of various rites and nationalities together (the Poles, Lithuanians, Ukrainians, Belarusians, Russians, Jews and Romans). The best-known events include: the Festival of Three Cultures (Włodawa), Podlasie Octave of Cultures (Białystok). Eastern Poland boasts a rich tradition of theatre festivals (the International Review of Puppet Schools, Olsztyn Theatre Meetings, Demopeople - International Theatre Festival), films festivals (TWO SHORES Film and Art Festival, Summer Film Festival, Filmvisage) and cabaret meetings (Masuria Cabaret Night). One of the most famous dance schools in Poland operates in Białystok. It has produced a dance show that can be seen in 10 cities across the country.



HISTORICAL RE-ENACTMENTS – GRUNWALD

Every year the fields of Grunwald are visited by 80 thou. visitors. Most of them come here during a July heat wave to celebrate the anniversary of the battle of the Polish and Lithuanian Army with the Order of Teutonic Knights.

The most interesting event, attracting viewers every year, is a re-enactment of the great battle. Hundreds of knights from many countries take part in it.



HISTORICAL RE-ENACTMENTS – TYKOCIN

Since 2006 an international "army" arrived at the meadows of the Narew River in Tykocin to once again triumph over the forces of the Swedish and Radziwiłł, to commemorate the battle of 27 January 1657. The battle was accompanied by a roar of cannons and volleys of musketry, and everybody could see what a rapier, spade and sabre look like.





HISTORICAL RE-ENACTMENTS – PIĄTNICA NEXT TO ŁOMŻA

A re-enactment of the fight in defence of Łomża in 1920 in the Polish-Soviet war.



HISTORICAL RE-ENACTMENTS – WIZNA

On the 70th anniversary of the battle of Wizna, in which 720 crew of the Polish defence resisted German attacks for 3 days in an unequal battle, a ceremony commemorating the event was held. Owing to the huge imbalance of forces, the duration of the defence and the exceptional resistance put up by the defenders, the battle of Wizna is often called the Polish Thermopylae. To celebrate the anniversary, the battle of Wizna was re-enacted (defence of command bunker on top of Strękowa Mountain).



THE FEAST OF A GOOD SOLDIER - JOSEPH SZWEJK

Every year from 14 to 16 July Przemyśl
Association of Friends of Szwejk
established to be the Feast of the Good
Soldier Joseph Szwejk in Przemyśl.
On this occasion, a festival is held,
accompanied by additional attractions.





INTERNATIONAL REVIEW OF PUPPET SCHOOLS

Every year the festival brings together numerous representatives of puppet schools from around the world. The theme of this year's edition of the event is: puppet-not-puppet. The review is organized by the Department of Puppetry Art of Zawalerowicz Theatre Academy in Białystok, which is also a Polish capital of puppetry art.

DEMOLUDY INTERNATIONAL THEATRE FESTIVAL

The mission of the festival is to create space for multicultural dialogue of the countries of Eastern Europe. The past heritage constitutes a symbolic starting point for determining their identity. After the political transformations the theatres from the former Soviet bloc countries began to live separately, without further contact. Dempeople Festival allows to discover and recognize the culture of neighbouring nations and to determine similarities and dissimilarities.



TWO SHORES

Philosophy of riot - this motto was adopted in 2012 for the Sixth Film and Art Festival of 'Two Shores' in Kazimierz Dolny and Janowiec on the Vistula River. Films from Cannes, Venice, Berlin, Rotterdam, San Sebastian and Sundance are presented at the festival. Many of them are premieres; some can be seen only at "Two Shores Festival". Projection venues create a unique atmosphere of the festival. During the festival, Kazimierz Dolny turns into one great movie-theatre. One can watch films in air-conditioned tents, and in the evenings the Small Market in Kazimierz and the Castle in Janowiec turn into open-air cinemas.





SUMMER MOVIE FESTIVAL

Stylish Movie Culture Centre from Zamość organizes the festival. The event is cyclical. One of the highlights of the festival is an independent cinema competition. Some festival screenings take place outdoors at the Great Market of the Old City in Zamość. Other films are shown in the new building of Stylish Film Cultural Centre Film. The cinema building was opened with the support of the EU funds.





METROPOLISH

350 costumes, best Polish dancers from Białystok Dance Studio of Fair Play, a choreographer and director Jarosław Staniek, multimedia scenography. This huge show was prepared with a panache and it was presented in 10 Polish cities. Its plot is a bitter, metaphorical tale of destroyed dreams and loss of illusions. The show was conceived by Jarosław Stańko, who in this way realized his dreams of working with the best dancers of the younger generation and to combine the energy radiating from music and dance enthusiasts performing on one stage.



LUBLIN REGION GRAFFITI FESTIVAL

The festival aims at introducing art activities to urban space that permanently improves the aesthetics of the public and private edifices. The European Foundation for Urban Culture (initiator and organizer of the festival) supports and co-creates the largest online gallery of graffiti and street art in Poland - www.grafwizje.pl



The concept of the festival is to exchange experiences between artists, show the richness of culture of Podlasie, Poland and Eastern Europe countries and to learn tolerance and respect for cultural, religious and moral difference of different nations.



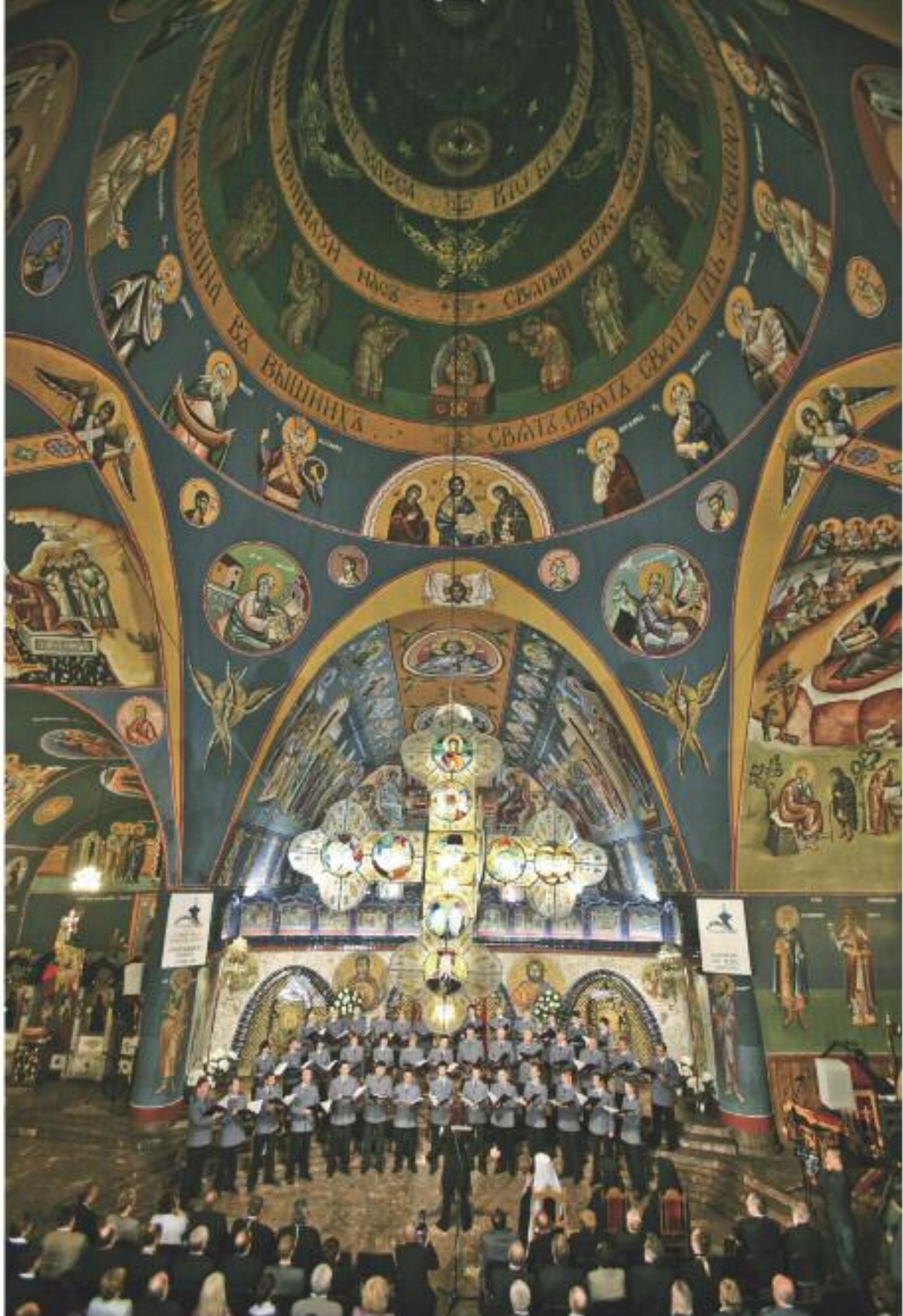
PODLASIE REGION OCTAVE OF CULTURES

Podlasie Octave of Cultures, which is organized by the Regional Centre of Culture Animation in Bialystok, is a festival featuring the culture and artistic achievements of the teams from Poland and the countries associated with the residents of Podlaskie Voivodeship: Belarusians, Lithuanians, Romani, Russians, Tatars, Ukrainians and Jews.

During the festival artistic achievements of the teams pursuing various kinds of art are presented. The performers include bands practicing traditional music, folk, jazz and even classical music. There are also groups, presenting programs which are specific to the song and dance bands as well as for musical performances.







HAJNOWSKIE ORTHODOX CHURCH MUSIC DAYS

International Festival of Hajnowskie Orthodox Church Music Days, organized by the association of "Orthodox Music Lovers", Hajnowski Culture Centre and the Social Organization Committee, is the largest regular event of this kind in Poland and Europe. Its origins date back to 1982. Since then every year at the Council of Holy Trinity in Hajnówka for 7 days, liturgical singing echoes can be heard in the performance of the best choirs from all around the world representing the Orthodox Church, Roman Catholic and Protestant.



THE LEMKOS' KERMESS

On the initiative of the Carpathian Society a two-day Olchowiec Kermess, or Orthodox Church's Kermess of the Lemkos has been held since 1991. The main event during the Kermess is Saturday's evening worship service during which worshippers pray at the church of St. Nicolas. It gathers the Lemkos people not only from the surrounding area, but also from distant corners of the world. Kermess is accompanied by, inter alia: mini-fairs of handicraft products.



AUTUMN WITH BLUES

It is the oldest and as of recently, the only blues festival in Poland. Its first edition took place in 1978. The originator of the event was a leader of Kasa Chorych group - Ryszard "Skiba" Skibiński, while its organizer was the Municipal Culture Centre in Białystok (now the Cultural Centre of Białystok). Every year the festival presents stars of Polish and international blues scene, local bands and budding musicians. The formula of the event is constantly expanded. Just four years ago, the organizers decided not to remain enclosed in the walls of the centre and they organized gospel music concerts at Białystok Church of St. Adalbert.





BASOWISZCZA

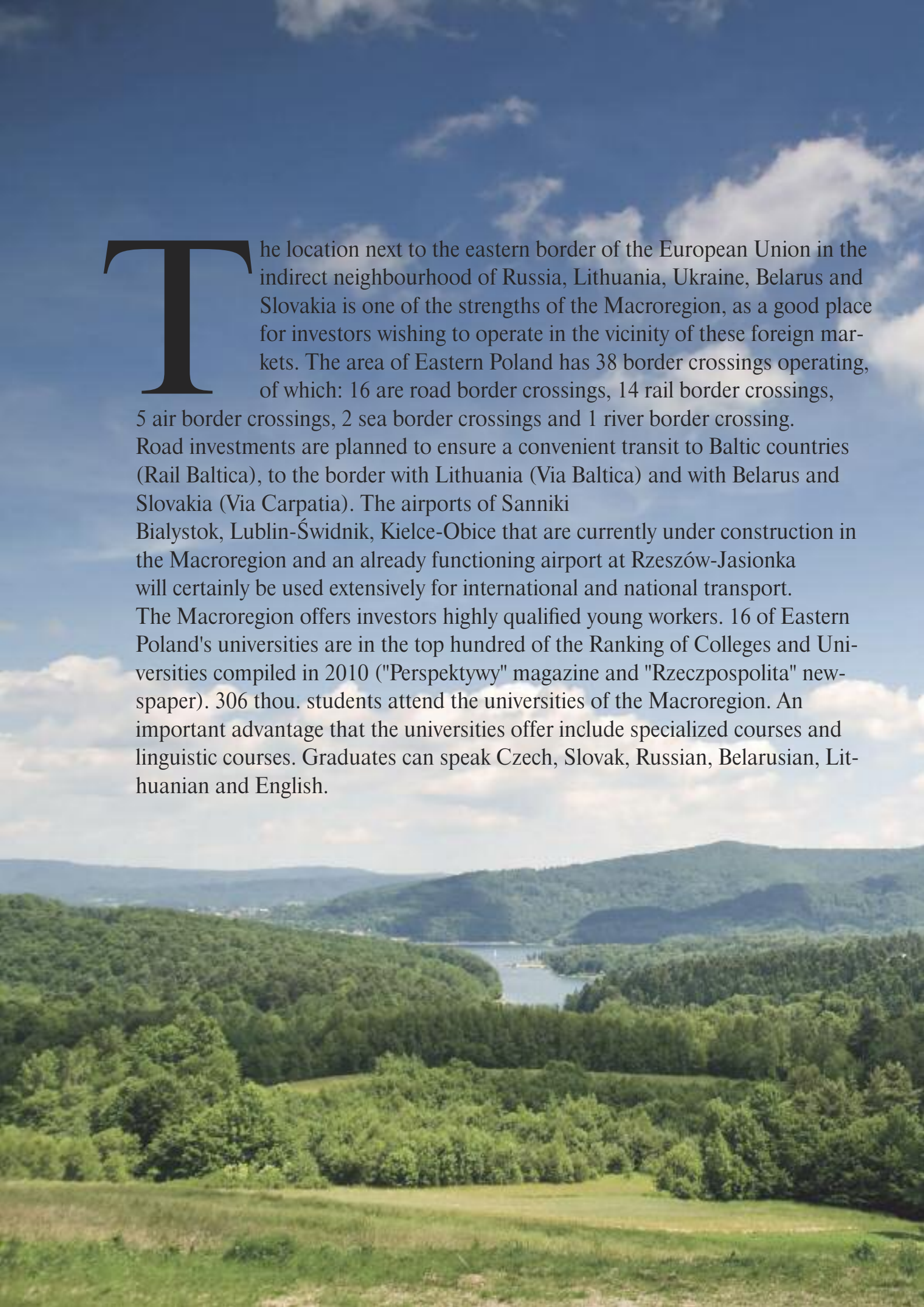
Basowiszcza is the name of a Belarusian Youth Music Festival, which takes place in Boryk forest clearing, situated near the town of Grodek. The festival is organized by "BAS" - Belarusian Association of Students, from which also the name of the event derives. Each year the festival takes place in the second half of July and lasts for three days. Basowiszcza is still one of few non-commercial festivals. Moreover, it is worth mentioning that it fulfils a very important role in the promotion of young Belarusian music, which due to its anti-system message, is ferociously eradicated in Belarus.



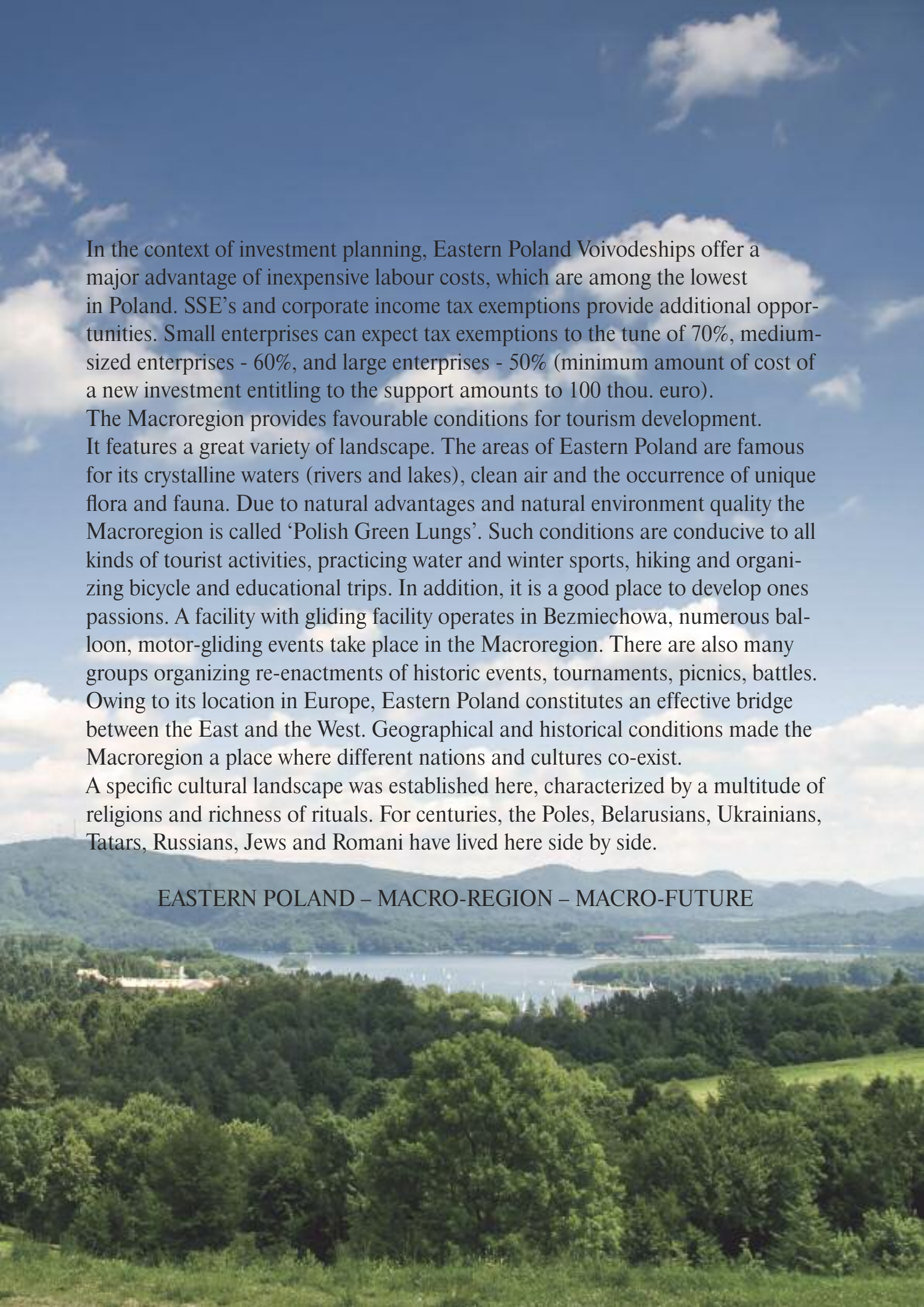
CHILDREN'S CULTURE FESTIVAL IN PACANÓW

The festival, organized by the European Centre of Fables of Matolek the Billy-Goat in Pacanów, is one of the largest nationwide events created by children and for children. The first edition of the project took place in 2003. Since then, each year in June, Pacanów hosts children's theatre, dance, music groups from the entire Poland.





The location next to the eastern border of the European Union in the indirect neighbourhood of Russia, Lithuania, Ukraine, Belarus and Slovakia is one of the strengths of the Macroregion, as a good place for investors wishing to operate in the vicinity of these foreign markets. The area of Eastern Poland has 38 border crossings operating, of which: 16 are road border crossings, 14 rail border crossings, 5 air border crossings, 2 sea border crossings and 1 river border crossing. Road investments are planned to ensure a convenient transit to Baltic countries (Rail Baltica), to the border with Lithuania (Via Baltica) and with Belarus and Slovakia (Via Carpatia). The airports of Sanniki Bialystok, Lublin-Świdnik, Kielce-Obice that are currently under construction in the Macroregion and an already functioning airport at Rzeszów-Jasionka will certainly be used extensively for international and national transport. The Macroregion offers investors highly qualified young workers. 16 of Eastern Poland's universities are in the top hundred of the Ranking of Colleges and Universities compiled in 2010 ("Perspektywy" magazine and "Rzeczpospolita" newspaper). 306 thou. students attend the universities of the Macroregion. An important advantage that the universities offer include specialized courses and linguistic courses. Graduates can speak Czech, Slovak, Russian, Belarusian, Lithuanian and English.



In the context of investment planning, Eastern Poland Voivodeships offer a major advantage of inexpensive labour costs, which are among the lowest in Poland. SSE's and corporate income tax exemptions provide additional opportunities. Small enterprises can expect tax exemptions to the tune of 70%, medium-sized enterprises - 60%, and large enterprises - 50% (minimum amount of cost of a new investment entitling to the support amounts to 100 thou. euro).

The Macroregion provides favourable conditions for tourism development.

It features a great variety of landscape. The areas of Eastern Poland are famous for its crystalline waters (rivers and lakes), clean air and the occurrence of unique flora and fauna. Due to natural advantages and natural environment quality the Macroregion is called 'Polish Green Lungs'. Such conditions are conducive to all kinds of tourist activities, practicing water and winter sports, hiking and organizing bicycle and educational trips. In addition, it is a good place to develop ones passions. A facility with gliding facility operates in Bezmiechowa, numerous balloon, motor-gliding events take place in the Macroregion. There are also many groups organizing re-enactments of historic events, tournaments, picnics, battles. Owing to its location in Europe, Eastern Poland constitutes an effective bridge between the East and the West. Geographical and historical conditions made the Macroregion a place where different nations and cultures co-exist.

A specific cultural landscape was established here, characterized by a multitude of religions and richness of rituals. For centuries, the Poles, Belarusians, Ukrainians, Tatars, Russians, Jews and Romani have lived here side by side.

EASTERN POLAND – MACRO-REGION – MACRO-FUTURE

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Publisher:

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ISBN 83-60049-85-8
Free issue



**DEVELOPMENT
OF EASTERN POLAND**
NATIONAL COHESION STRATEGY



EUROPEAN UNION
EUROPEAN REGIONAL
DEVELOPMENT FUND



Project co-financed from the European Regional Development Fund within the
Operational Program Development of Eastern Poland 2007-2013