19. KOWARY ADIT

www.sztolniekowary

The history of Kowary Adits begins from the Walons. They were the first to come here during the medieval times. Thanks to their knowledge and tools, they found many mineral deposits, which they would extract. The underground tourist route "Kowary Adit", leads to a world of legends, mysteries and actual history. The 1200 m sightseeing underground route leads through chambers and caves. The underground is humid and the temperature is about 8°C.

20. INFLATABLE BOAT TRIPS down the Bardo gorge

www.ski-raf



Inflatable boat trip down the Bardo gorge goes through the five meanders of the Nysa Klodzka river. It leads you through an ancient valley, among colorful meadows painted with the most beautiful colors of the nature of Sudetes, and high rocks surrounded by a forest full of the music of nature, which has been covering the slopes of Bardzkie mountains for centuries. Except for breathtaking views, the trip participants will also be able to capture fascinating inhabitants of this beautiful area: herons, grebes, deer, boars and... moulfons! If you are craving for adventures in interesting places, which unumerous attractions in Lower Silesia and beautiful Polish mountains, Bardo gorge — Sudeted wonder — is our ontion for you. Come and join us in this unique adventure.

21. PAPER MUSEUM in Duszniki Zdroj

www.muzpa



The most significant in Poland, Paper Museum in Duszniki Zdrój, is located in the 17th century paper-mill, a unique monument of technology. It lies on the banks the river Bystryca Dusznicka, on the south outskirts of the town, near the intenational road leading to the border with the Czech Republic. Visitors can learn the techniques of early paperworks and also take part in workshops in order to mal their own paper.

22. GOLD MINE in Złoty Stok

www.kopalniazlota



Zloty Stok is a Silesian town lying at the bottom of the Zloty (Gold) Mountains, near the Czech border. The first evidence of gold mining in Zloty Stok dates back one century ago. At the beginning of the 16th century the town was called Reichenstein (Richstone) by the German. It began to flourish thanks to gold mining and smelting. Nowadays, visitors can visit the undergrounds of the closed mine and a very unique in Europe underground waterfall.

23. BOLESŁAWIEC POTTERY

www.polish-pottery.com.p



Bolesławiec Pottery is one of the oldest and most recognized regional products in Lower Silesia. Its popularity comes from an exceptional material found in the area near Bolesławiec, a unique production method, and a great number of colorful patterns. Contemporary factories offer not only the products that are ready to buy, but also invite you to join the visiting tour and workshops allowing to learn about the history of this pottery. In Bolesławiec, also known as the city of pottery, you can discover numerous sides of this art.

24. EUROPEAN CASTLES

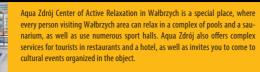
www.szlakzamkowipalacow.



Lower Silesia can boast of the greatest number of castles and palaces in Poland. The variety originating from the rich history of the region and complicated stories of the in habitants is one of the most significant value of these landmarks. Today, most of them are just picturesque, romantic ruins, but many also offer a chance to relax with a full range o attractions. They serve as hotels, restaurants, SPA centers; there are also knights and ghos legends waiting for you in these objects which can serve as a good starting point for any form of fourist activity in the area.

25. AQUA ZDRÓJ WATER PARK in Wałbrzych

www.aqua-zdro



26. THE UNDERGROUND CITY OF OSOWKA

ww.osowka



The underground city of Osowka is the largest and longest accessible building complex in the Owl (Sowie) Mountains. In some opinions the city was meant to be a secret headquarter for Adolf Hitler. Others state it was supposed to be an underground armory factory, to produce secret weapons. Osowka was the final, and most fully developed Hitler's facility in Lower Silesia. An intriguing part of this tunnel excavation is the T-shaped cross section.

27. AUTOMOTIVE MUSEUM in Sleza

www.muzeum.topacz



Nowadays, motorcycles and automobiles accompany us every day. In the past, they were a luxury not available to everyone. The exhibition at the museum brings us back to the beginnings of the Polish automotive world of industry. The pioneer constructions of early 1930s and a unique luxurious collection of Rolls & Royce vehicles in Poland. Additionally, visitors may look at vehicles from the period of PRL (People's Republic of Poland) — the popular Junaks, Fumki, mopeds and bicycles.

28 OPEN-AIR MUSEUM OF STEAM-ENGINES in Jaworzyna Slaska



Jaworzyna Slaska is the oldest railway junction in Poland. The best preserved steam locomotive roundhouse where very rare steam engines and other unique rail and motor equipment is held. A museum was established there which provides renovations and repairs, also offers an exhibition of historic rolling stock from 1890s until 1970s.

29. THE CHURCHES OF PEACE in Jawor & Świdnica

www.luteranie.wroc.p



The 30-year war (1618–1648) in Silesia ended with total failure to the Protestants who constituted the overwhelming majority of the population. All churches were taken back from them, but under virtue of the Westphalia treaty three churches were allowed to be built: in Głogow, Jawor and Świdnica. Unfortunately for the Protestants, the only building material they were allowed to use was wood, clay and straw. Additionally, they had to finish building the churches in only a year. Despite such restrictions, the churches in Jawor and Swidnica stand until today.

30. SILESIAN SPA

www.dolnyclack.info



Lower Silesia is a place for the tired and eager to renew their strengths. Colorful sceneries, a mild climate and water treatments attract tourists from all over Poland, Europe and the world. The assets of water treatments from Kudowa Zdroj, Polanica Zdroj, Duszniki Zdroj, Ladek Zdroj and Cieplice Zdroj are known for ages.

Recommended in Lower Silesia

RESTAURANTS

 Villa Polanica – Polanica Zdrój
 www.villapolanica.pl

 Jelenia Struga – Kowary
 www.jeleniastruga.pl

 Aleksandrów Palace – Samotwór near Wrocław
 www.palacalexandrow.com.pl

Łomnica Palace – Łomnica near Jelenia Góra www.palac-lomnica.pl

Staniszów Palace – Staniszów near Jelenia Góra www.palacstaniszow.pl

Topacz Castle – Ślęza near Wrocław www.hoteltopacz.pl

Czocha Castle – Stankowice near Leśna www.zamekczocha.com

Międzylesie Castle – Międzylesie www.zamekmiedzylesie.pl

Kliczków Castle – Kliczków near Bolesławiec www.kliczkow.com.pl

Pakoszów Palace – Pakoszów near Jelenia Góra www.palac-pakoszow.pl

Sulisław Palace – Sulisław near Brzeg www.palacsulislaw.pl

Red Baron Restaurant – Świdnica www.redbaronhotel.pl

Kruszyna Inn – Kruszyn near Bolesławiec www.kruszyna.com.pl

Stara Stajnia Restaurant – Jelenia Góra www.gostar.pl

Fenix Restaurant – Jelenia Góra www.hotel-fenix.pl

Chata Trapera Western City (Trapper's Chalet) – Karpacz www.western.com.pl

Czarna Góra Inn – Stronie Śląskie www.hotelmorawa.pl/karczma-czarna-gora

Uroczysko 7 Stawów Luxury Hotel

– Gola Dzierżoniowska

www.uroczysko7stawow.pl

CAR RENTALS

JOKA Kamiński www.joka.com.pl

TRAVEL

Jagatour www.jagatour.pl





TOP 30 Lower Silesia



Centennial Hall, Raclawice Panorama 1 WROCLAW - City Hall, Cathedral Island



The capital of Lower Silesia lies among the Odra River and is located at the center of the Silesian Lowlands. The city centre's old market square is undoubtedly Wrocław's pearl – one of the largest in Europe, with a City Hall known as one of the most impressive gothic and secular buildings in Europe. Among the most valuable buildings are also the paroque part of the University of Wroclaw, known as Leopoldine's Auditorium together with the Ossolineum building, sacred structures on the Cathedral Island and Sand Island (XIII—XVI century), the Centennial Hall and Cognitive Centre. Also worth seeing is the Raclawice Panorama or the newest attractions such as the stadium or the Humanitarium

2. SNIEZKA



and dominates among the Jelenia Gora Valley, extends 200 meters above the Sniezka plain, Visibility under favorable conditions is more than 200 km.

3. VANG CHURCH in Karpacz



A 12th-century wooden church, which was relocated from Norway in 1842. The structure of the church was created without using nails, wooden carpentry of stone, bell tower was built, which protects the churches wooden construction

BORY DOLNOŚLĄSKIE (Lower Silesian Wilderness)



the biggest dense forest complexes, unique for its natural, cultural and historical value. This area includes numerous tourist trails for walking, cycling, and horse riding. It is also possible to have an inflatable boat trip down the Bóbr river. Lower Silesian Wilderness is also famous for its forest wonders, such as delicious mushrooms.

5. OLD MINE



Old Mine Science and Art Centre in Wałbrzych is a unique in Europe complex of

Krzeszów, Henryków, 6 CISTERCIAN ROUTE - Lubiaż

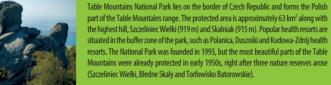


River Saala and were settled in Lubiaz near the Odra River in 1163. Over time, new Cistercian abbeys were built in Lower Silesia and further out. The Lower Silesian abbeys rose in Henrykow (1222–1228), Kamieniec near Zabkowice (1246–1247) of economic and cultural development

7. WESTERN CITY near Karpacz

"Western City – The City of Real Cowboys" in Sciegny near Karpacz is one of the most attractive places to tourists in the Jelenia Gora region. Western City was established in 1998 on the 4th of July, on the anniversary of the signing of the American declaration of independence. The owner and city's sheriff – Jerzy Pokój – officially opened the town to the world with a qunfire. The town is approximately 65 acres large. Wide cattle and horse pastures cover most of the land.

8. TABLE MOUNTAINS NATIONAL PARK



part of the Table Mountains range. The protected area is approximately 63 km² along with the highest hill. Szczeliniec Wielki (919 m) and Skalniak (915 m). Popular health resorts are situated in the buffer zone of the park, such as Polanica, Duszniki and Kudowa-Zdrói health resorts. The National Park was founded in 1993, but the most beautiful parts of the Table Mountains were already protected in early 1950s, right after three nature reserves arose (Szczeliniec Wielki, Bledne Skaly and Torfowisko Batorowskie).

9. KARKONOSZE NATIONAL PARK

www.kpnmab.pl



Unique qualities of the Karkonosze Mountains, contributed to the creation of the first nature reserves in early 1930s. The most famous stones, usually visited by tourists are Pilgrim, Sunflower, Three Pigs and Horse Heads, Also the Small and Great Pond and Sniezne Kotly formed by glacier activity, enrich the Karkonosze Mountain's incredible scenery.

10. JULIA GLASSWORKS in Piechowice



Everybody who comes to Karkonosze mountains can have a close look at the process of production, manual glassblowing and glass decorating in Julia Glassworks. Come and learn about the history and art of crystal production. We also offer workshops for kids in a mini glassworks factory, and glass engraving and painting workshops for teenagers and adults.

Come and visit the last preserved crystal glass factory in Polish Karkonosze. It is only here, in Julia Glassworks, where you can feel the heat of a blast furnace and see how glass works of art are created at individual stands.

11. BEAR CAVE in Kletno



Bear Cave is situated near Kletno in Śnieżnik Massif. It's lenght is about 2230 m. Bear Cave is the most beautiful, interesting and lagest Polish cave available to tourists. The air temparature inside the cave is about 6°C. The cave's corridors are spread horizontally into three levels connected by so called chimneys. Specially constructed walking paths and lighting were made to facilitate walking, and to protect the beauty and extraordinary natural values of the site — incredible limestone formations.

12. GERHART HAUPTMANN'S HOUSE



Gerhart Hauptmann's House Municipal Museum is located in the villa of a 1912 Noble Prize winner — Gerhart Hauptmann, in Jelenia Góra. For almost 50 years this house served as a residence of the writer, and a center of cultural life. Currently working museum located in the house promotes Hauptmann, his works, and also a multicultural character of Lower Silesian cultural heritage. Except for the museum activity, it is also a place of research on Silesian literature and history, and a venue of international workshops, academic conferences, concerts, as well as opera and theater performances, and meetings with authors.

13. WEAVER'S HOUSES in Chełmsko Śląskie

The Weaver's Houses in Chelmsko from the 18th century, also known as the 12 interesting and valuable monuments known to this region. Only 11 "apostles" have survived to present day, due to fire. The 12th house, standing separately — Judas, has burned. The houses were built in 1707 for Czech weavers as residential and work buildings. Exits from the workshop led to a nearby river, as the cloth while weaving had to be soaked in water.

14. FORTRESS in Srebrna Góra



The fortress in Silver Mountain is the tallest mountain structure this type in Europe. In the second half of the 18th century, fortresses guarding the Silver Pass (Srebrnej Przeleczy) were built at the initiative of the Prussian king, Frederick II. At the central point of the fortress is the Bastion along with battlements and batteries at the ridge of the Sowie Mountains. The fortification is fully self-sufficient and can withstand a siege from around 9—12 months, without external re-supply.

15. KLODZKO FORTRESS



Klodzko is one of the oldest cities in Lower Silesia and the capital of Klodzko Lands. It is a place that intertwines crossroads of three different cultures: Czech, German and Polish. Anyone, who manages to visit this city can personally touch thousand year old history, while walking around the city which lies directly on the old amber route. The Klodzko Fortress, overlooking the city, is one of the main attractions of Klodzko. The view from the top of its bastions is breathtaking. While on top you can admire the Klodzko Valley, Table Mountains and the Sniezka Massif.

16. MARKET SQUARE in Jelenia Góra



Jelenia Gora is located in the center of the mountainous valley. The city attracts not only thanks to its picturesque location but also thanks to its 900 year history. Particular attraction are the baroque and rococo houses surrounding the market square. The old market square in Jelenia Gora together with medieval remains are considered as one of the most beautiful in Lower Silesia. Also worth seeing is a health resort in Cieplice (Teplice).

17. STAWY MILICKIE



Milicz Ponds is the biggest European complex of fish ponds and the biggest birds natural reserve in Poland, with over 260 species of birds, 1100 kilometers of tourist trails and over 800 years of freshwater fish breeding tradition.

It is one of the most picturesque regions of Lower Silesia, where, among the ponds and forests, you can relax taking a walk, riding a bike, a horse, or Nordic-walking Other attractions include Photo Safari trips, fisheries, Fishing Tradition Museum, and exceptional regional products. Since July 2015 the guests will be able to stay at the 4-star hotel, and visit the inn serving fish meals in Ruda Sułowska.

18. DAM on Bobr



The water dam in Pilchowice is the second highest and oldest dam in Poland. Furthermore, it is the largest stone arch dam in the country. Its length is 270 m. Pilchowice dam was built from stones combined with concrete. Nowadays, this building method is no longer used, but in the early 20th century all dams were built this way. Water in the dams tank is used to give power to the electric turbine that is located in a house like building at the bottom of the dam.

ACCOMMODATION

Castles and Palaces

Czocha Castle	www.zamekczocha.com
Kliczków Castle	www.kliczkow.com.pl
Aleksandrów Palace	www.palacalexandrow.com.pl
Łomnica Palace	www.palac-lomnica.pl
Staniszów Palace	www.palacstaniszow.pl
Topacz Castle	www.hoteltopacz.pl
Międzylesie Castle	www.zamekmiedzylesie.pl
Pakoszów Palace	www.palac-pakoszow.pl
Sulisław Palace	www.palacsulislaw.pl
Uroczysko 7 Stawów Luxury Hotel	www.uroczysko7stawow.pl

Hotels

Dr Irena Eris Hotel Spa ***** – Polanica Zdrój	www.drirenaerisspa.pl/polanica-zdroj
Jelenia Struga Medical Spa Hotel **** – Kowary	www.jeleniastruga.pl
Bornit Hotel **** – Szklarska Poręba	www.interferie.pl
Red Baron Hotel **** – Świdnica	www.redbaronhotel.pl
Hotel Aqua Zdrój *** – Wałbrzych	www.aqua-zdroj.pl
Fenix Hotel *** – Jelenia Góra	www.hotel-fenix.pl
Morawa Hotel ** – Stronie Śląskie	www.hotelmorawa.pl
Malachit Hotel ** – Świeradów Zdrój	www.interferie.pl
Prince Manor Farm ** – Kliczków	www.kliczkow.com.pl

Guesthouses

VILLA POLANICA **** Guesthouse — Polanica Zdrój	www.villapolanica.pl
Palomino Guesthouse ** – Karnacz	www.palomino.com.pl

Health Resorts

Uzdrowisko Lądek – Długopole Zdrój S.A. (health resort)	www.uzdrowisko-ladek.pl
Uzdrowisko Kudowa Zdrój (health resort)	www.zuk-sa.pl
Uzdrowisko Polanica Zdrój (health resort)	www.zuk-sa.pl
Uzdrowisko Duszniki Zdrój (health resort)	www.zuk-sa.pl
Uzdrowisko Cieplice Zdrój (health resort)	www.uzdrowisko-cieplice.pl
Uzdrowisko Świeradów – Czerniawa Zdrói (health resort)	www.uzdrowisko-swieradow.pl

Other types of accommodation

Gold mine in Złoty Stok	www.kopalniazlota.pl
Kruszyna Inn – Bolesławiec	www.kruszyna.com.pl
Gostar Center — Jelenia Góra	www.gostar.pl
Center of Unconventional Tourism – Srebrna Góra	www.srebrna.com
SANDRA SPA Medical and Recreational Complex – Karpacz	www.sandra.karpacz.pl

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