



TARNÓW AND REGION



Tarnowskie Centrum Informacji
www.tarnow.travel



Małopolski
System
Informacji
Turystycznej

Tarnów region



Tarnów Tourist Information

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Diocesan Museum

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33-100 Tarnów, Poland
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e-mail: muz-diec@wsd.tarnow.pl
www.muzeum.diecezja.tarnow.pl

Tarnów Regional Museum

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Ethnographic Museum

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e-mail: etnografia@muzeum.tarnow.pl
www.muzeum.tarnow.pl



Distances to international airports:

Kraków – Balice – 90 km (56 miles)
Rzeszów – Jasionka – 90 km (56 miles)

Distances to major cities:

 Kraków – 80 km (50 miles)
Warsaw – 298 km (180 miles)
Rzeszów – 80 km (50 miles)
Sandomierz – 100 km (62 miles)
Zakopane – 160 km (100 miles)

Tarnów – the city since 1330

Did you know, that...

■ Tarnów is known as “Polish Hot – Spot”?

The long-term mean annual temperature equals 8.8°C and is the highest in Poland. Growing season lasts for 210 up to 230 days.

■ Tarnów is Polish Capital of Comedy?

For over ten years the Solski Theater in Tarnów has launched the TALIA Comedy Festival. Every October best Polish theater troupes compete for top honors and the statue of Talia. Rising popularity and esteem of the Festival attracts troupes from abroad. Performances take place in the Solski Theater as well as on the Town Square, streets and squares of Tarnów.

■ Carpathian Mountains start right by the Tarnów borders?

The northernmost hill of the Carpathian Mountains is St Martin Hill, located within city's borders.

■ Sepulchral monuments resting in Tarnów's Cathedral are one of the greatest works of art in Europe?

Over a dozen meters high Gothic-Renaissance tombstones of Tarnowski family and a Baroque one devoted to Ostrogski family are among the most precious Tarnów's monuments.

■ Tarnów is second, after Krakow, largest complex of ancient monuments in Southern Poland?

There are dozens of historical structures spread around the city. The oldest were erected in Gothic and Renaissance periods.

Urban layout of the Old Town remained unchanged since 1330, the year Tarnów was established: centrally located Town Hall surround tenement houses.

■ Tarnów was the home for people of varying ethnicities?

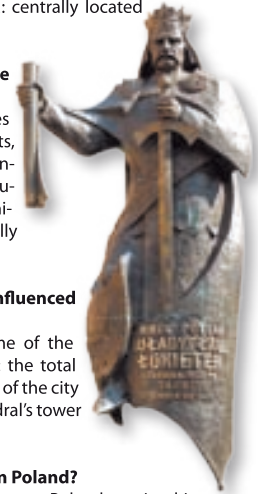
In the past people of varying ethnicities like Jews, Germans, Ukrainians, Scots, Gypsies and Austrians lived here for centuries. Each nationality has left an enduring mark on Tarnów through their unique culture and history that has gracefully intertwined with that of Poland.

■ Tarnów seems to be strongly influenced by numbers?

Especially number 72. It refers to some of the most symbolic city structures, such as: the total area of Town Square is 72 ares; total area of the city of Tarnów equals 72 km²; and the Cathedral's tower is 72 meters high.

■ Tarnów was the first liberated city in Poland?

After 123 years of geopolitical non-existence Poland regained its independence in 1918, and Tarnów was the first free city, liberated at 7.30 a.m. on October 31st.



Trail of Tarnów Renaissance

“Pearl of the Renaissance” that is how Tarnów’s Old Town is spoken about by art connoisseurs. In the epoch of Renaissance Tarnów was one of the most beautiful towns in Poland. Its extraordinary beauty and atmosphere were created by structures such as: majestic parish church, magnificent town hall and the townsmen houses with polychrome finished front walls.

At the beginning of the 16th century Tarnów had ca. 1.200 inhabitants. The city was surrounded with fortified walls and had water supply and sewage systems in place. The inhabitants made their money on trade and craft.



The then owner of Tarnów was renown nobleman, politician and traveler, royal hetman Jan Tarnowski. His family residence was the castle located some 1.5 mile south of the town, on the top of Saint Martin’s Hill.



In the 1620’s the city was surrounded with new fortified walls, which were partially renovated in 1960’s and can be seen today. Nowadays while walking the streets of Tarnów one can admire the beauty of the Renaissance houses within the Old Town, unique tombstones inside the Cathedral and remains of the once magnificent castle on St. Martin’s Hill.

Trail of General Bem – The Hero of Two Nations

General Jozef Bem, national hero of Poland and Hungary was born in Tarnów on March 14, 1794, in a house located right outside the town walls, at a suburbs called ‘Burek’. Record of his birth and Christening survived in birth registry of the Cathedral parish in Tarnów.

House at 8 General Jozef Bem’s Square (former Square of the Holy Spirit) is considered his birthplace. On December 15, 1910 Tadeusz Tertel, Mayor of Tarnów, and the Town Council agreed to commemorate the 60th anniversary of Bem’s death by ‘placing a commemorative plaque on the facade of Jozef Bem’s birth house’.

The trail connects all the places around the city that commemorate General Bem and document centuries-old cooperation between the two nations – Polish and Hungarian. Town Hall collects Bem memorabilia. Those include pieces documenting Bem’s life and army activities in Poland during the November Uprising; his immigration in France, life in Hungary during the ‘Springtime



of nations’ in 1848 where he commanded the Transylvanian Army and his immigration in Turkey, where Bem died on December 10th 1850 in Aleppo (present Syria). The ashes of General Joseph Bem were brought back to Poland, to his hometown Tarnów in 1929 and rested in an imposing mausoleum located in Strzelecki Park.

Worth seeing is also the monument of General Bem on Walowa Street – popular among the Hungarian tourists. One of the stops is located by Seklers’ Gate at Petofi Square. It is a gift of the Hungarians to the citizens of Tarnów and was presented as the second such a gate in Poland, after the Stary Sacz one. It is worth mentioning that the collections of Tarnów Regional Museum include pieces of Panorama Siedmiogrodzka, or Transylvanian Panorama, the painting that was ordered by Hungarians to honor General Bem. It was painted under the direction of Jan Styka, Polish artist. The original canvas was 120 meters long and 15 meters high. The museum managed to collect fourteen pieces including the largest one (3.85m x 3.28m) illustrating the rear of the Hungarian Army commanded by General Bem at the battle of Sibiu on 11th March, 1849.

Trail of the Jews of Tarnów

Some 25,000 Jews lived in Tarnów in 1939. That was almost half of the population of the city. It was the fourth largest Jewish community in former Galicia (after Lwów, Kraków and Stanisławów) and the largest one in percentages among biggest cities. That results in a great number of Jewish monuments. The eastern part of the prewar Tarnów was mainly inhabited by the Jewish citizens. Two streets leading east from the Market Square: Żydowska (Jewish) and Weklsarska (Draft or Note) frame the old Jewish quarter of the city. The houses there are the most typical examples of Jewish building with narrow fronts and small backyards.



On 11-19 June 1942 the Old Town witnessed a mass slaughter of nearly 3,000 Jews carried out by the Nazis at Tarnów Market Square. On Goldammera Street buildings that once hosted important Jewish institutions such as prayer house, credit society, hotel, etc. still impress with their specific style. On a facade of one of the buildings inscriptions in Polish and Yiddish still advertise restaurant menu. One of the greatest Jewish monuments is the Cemetery which was set up in 16th century. This is one of the oldest, biggest and best preserved necropolises in southern Poland. It covers an area of 3.27 hectares with about 4,000 graves. On the trail there are other must-see locations: Jewish Baths – Mykwah; Szancer's Mill (the first in Galicia); Bimah – the remains of the oldest Synagogue in Tarnów, built after 1661, and burnt down by the Nazis.



Trail of Jan Szczepanik – 'Polish Edison'



Jan Szczepanik, the pioneer of color photography, television broadcasting, color films, precursor of modern textile industry and inventor of bullet-proof jacket is another famous citizen of Tarnów. Born on 13th June, 1872, near Przemyśl, spent most of his adult life in Tarnów. His workshops were located in

inventor spent several years of successful work on color photography and diapositives. At the Tarnów Regional Museum's "Apoteoza" collection the greatest tapestry woven with Szczepanik's method can be admired. It was made to celebrate the 50th anniversary of Emperor Franz Josef I reign. Jan Szczepanik was buried in Dzikowski family vault at the Old Cemetery in Tarnów. The only monument to Jan Szczepanik stands at Szczepanika Square next to the school named after the great inventor. The school hosts a memorial room devoted to Jan Szczepanik.

Berlin and Dresden and his inventions were known worldwide. He was a friend to Mark Twain who wrote two tales dedicated to Jan Szczepanik. The great inventor died on 8th November, 1926, and was buried in Tarnów.

Wandering along the Polish Edison's Trail one can stop at 11 Szopena Street, Szczepanik's family house and at 11 Sowińskiego Street where the



Ethnography and folk

Tarnów region surprises with unique places that create specific atmosphere of eastern part of Malopolska Region. Each nationality and culture that had lived in Tarnów area throughout the centuries succeeded in leaving its own unique mark on the city evident in both structures and traditions. The charm of those places makes people come back over and over again. Fascinating world of local traditions and reviving folk art are no longer the domain of older people but attract younger who search for their identity, their roots. Unification of culture as a result of globalization changed young generation's perception of folklore. Wearing ethnic outfit is no longer passe. Joined in a celebration of local traditions young people redefine their identity acknowledging the wisdom of their ancestors.



The Tarnów Ethnographic Museum, located in a former suburban inn, which is now in the very center of the city, displays the only permanent exhibition of Gypsy history and culture in Europe. A large collection of clothes, tools and other utilities can be seen there. However the most impressive exhibits are five original horse carriages parked in the backyard.



Lipnica Murowana, small village with unchanged medieval urban layout, is well known in whole Poland. Each year hundreds of participants compete in the traditional Easter Palm Contest. Winning palms reach up to 35 meters into the sky.



Zalipie, is the one and only "Painted Village" in Poland. Today there are over 30 farms where either houses or farm buildings or both, are ornamented with multicolor floral murals. In the Felicja Curyłowa's Farm, which is a branch of Tarnów Regional Museum, one can see beautifully painted interiors and everyday equipment. Each year the "Painted Cottage" contest is held here, when painters compete for the prizes for the most beautifully painted house.



Agrotourism. Whether it is summer or winter brake both - individuals and families can enjoy the legendary Polish hospitality. There are nearly 200 farms in the Tarnów region offering accommodation, organic food and recreation activities of unique values. Mushroom picking, fishing, horseriding in the summer, skiing, horsesledge rides in the winter and sightseeing all year round. There is plenty to choose from and all that at very competitive prices. Some farmers allow tourists to participate in an everyday activities, such as: feeding the animals, weeding or harvesting.



Castles and fortifications

In the eastern part of Malopolska Region there are many fascinating places, both for those seeking picturesque landscapes and those more interested in historical and architectural landmarks.

Development of castles in Poland was sparked off by the appearance of noble families and the urgency of protecting borders of the newly established Kingdom of Poland. The area of Tarnów, located along some major trade routes also needed the protection of armed men and powerful fortresses. A result, brick castles and fortifications began to spring up around the area in 13th century. The greatest period of development was during the first half of the 14th century when many noblemen were building strongholds and towns. Today most of those once impressive structures are ruins but some survived becoming significant tourist attractions.



The 14th century castle in Nowy Wiśnicz is the biggest surviving Baroque defensive structure in Poland. It is composed of four two storey wings, grouped around internal courtyard. Castle has a rich architectural and painted decor (marble and stone arches, fireplace settings, wall polychrome and stucco decorations). The feature that allows the Castle its unparalleled allure are the four towers at each of the corner of the residence. Each tower has its unique shape, rendering the appearance of a completely different structure from every angle. Castle's current shape is the result of an architectural design by Stanislaw Lubomirski, who had the Castle rebuilt in the years from 1615 to 1621 and surrounded it with stone fortification. Since then, the Castle has been rebuilt and has received a stone fortification that now surrounds it.



The Debno Castle is a Late Gothic style knight's residence dated sometime between 1470-80, that is the best preserved of its kind in Poland. Unlike similar structures this castle is not surrounded by high walls because it was made in the Late Gothic period when there was a shift from an emphasis on protection to prestige demonstrated by structural elevation and comfort. The Castle consists of four two storey buildings that enclose a cobblestone quadrangle and a well. Wooden galleries in the courtyard allow convenient and picturesque passage between castle wings. The brick exterior of the Castle is enhanced with towers, bay windows, and door and window portals are embellished with floral, geometrical, and heraldic motifs. Exhibitions inside present visit Throne Room, the chapel, the treasury and an old fashioned kitchen.



The Dunajec Valley in past centuries cradled an important trade route connecting Poland, Hungary and Balkan countries. Consequently in the 13th and 14th centuries several castles were built there. The remaining outlines and ruins of those once impressive structures are being preserved by local communities. People find ancient ruins an important part of their identity and therefore stress local governments to take actions to preserve the remains. Some businessmen invest their own money to restore the structures. Tropszyn Castle in Wytryszcza was actually rebuilt by private investor. Today it is considered to be one of the most beautiful examples of the 14th century stone castle in Poland. Other interesting remains include:

- Czchów castle, built in the 13/14th century. Nowadays only rebuild tower and ruins remain.
- On St. Martin's Hill in Tarnów there are ruins of the Tarnowski family castle from the beginnings of the 14th century.
- In Melsztyn there are ruins of Leliwitow Melsztynskich castle from the first half of the 14th century.



Sacral wooden architecture

Fine wooden architecture is abundant in the Malopolska region. We would like to invite you on a tour of the uniquely beautiful wooden structures within the city of Tarnów and the surrounding towns and villages. Cottages, mansions, and churches were all constructed with wood; the oldest and in largest number come from the 15th century. Dozens of these wooden structures, located between the three rivers framing Tarnów region: Raba, Wisla and Wisloka have endured most of their elements and still maintain their original structure today. Sacral architecture constitute the greatest number among all wooden monuments in Tarnów region. Most of them are churches erected in Gothic style as aisle-less structures with a triangular, enclosed presbytery and a tower. The buildings were often surrounded with arcades used by pilgrims as a shelter.



Lipnica Murowana owns the church of St. Leonard, constructed in the late 15th century. Its interior is decorated with valuable paintings from the 16th and 17th centuries. This church is also one of the most fascinating and best preserved in Poland, designated a World Heritage Site by UNESCO.



St. Mary Sanctuary in Tarnów is a Gothic wooden church that was consecrated in 1440. Above the altar there is a painting of Our Lady of the Scapular that was repainted in approximately 16th century. The church is sanctuary of the Mother of God of the Scapular.



Tarnów - Zawada has the church of St. Martin that was built in the 15th century and then reconstructed a few times during the Late Gothic period, evident in the structure's design. Some of its most precious artifacts are the 16th century crucifix and bas-relief, and 17th and 19th centuries furnishings.



Skrzyszow - church of St. Stanislaw was erected in 1517 and has earned the title of the biggest wooden church in Malopolska, with two chapels and a tower, surrounded by arcades. Its most prized relics are Late Gothic altar piece and the sculpture of St. Barbara, dated back to 1500.



Jastrzebia contains the parish church of St. Bartolemo the Apostle, built in the early 16th century. Inside the church one can view the late Baroque style altars, paintings, sculptures, a stone baptismal font and a Gothic bell dated between the 15th and 16th centuries.

Sacral sites and artifacts are among the most significant of all of Tarnów region's attractions. Numerous missionaries come from the Tarnów Seminary, which is known as the greatest Christian Seminary in Europe. Also, the oldest Christian Diocesan Museum in Poland is located in Tarnów. Places of worship, such as sanctuaries and those connected with life and deaths of saints and blessed persons magnify the magic of Tarnów region. The greatest of region's sanctuaries – Our Lady Sanctuary Tuchow together with the Mission Museum in Tuchow attract several hundred thousand pilgrims each year. Pope John Paul II has acknowledged the importance of Tarnów Diocese during his visit to Tarnów on June 10th, 1987, saying 'The Eight Beatitudes have lived here for centuries'.



In the backstreet, behind the Cathedral the Mikolajowski House is located. It is one of the most beautiful and oldest, built in 1524, tenement houses in Tarnów. Located in this house is the Diocesan Museum, the oldest religious museum in Poland. The most important part of the Museum's collection is the exhibition of guild art containing Gothic sculpture and paintings from the Malopolska region. Second part of the exhibit is composed of religious cloths from the middle ages till the 19th century. Third part of the exhibit is the collection of paintings on glass. One of the curiosities is the original altar from a UNESCO listed Saint Leonard's church in Lipnica Murowana. In 1988 the Museum celebrated its 100th year of operation with a Jubilee, at which time its collection was enriched with new pieces of art from the beginning of the 20th century.



Zabawa – Sanctuary of Blessed Karolina Kozkowna, who was beatified by Pope John Paul II in Tarnów on June 10th, 1987. The process of canonization is currently undergoing. Blessed Karolina was murdered by Russian soldier when she was sixteen. In her place of birth there are several places commemorating Karolina: home that currently houses Karolina's museum, parish church where she was baptized and where her ashes were emplaced, and a place where she was murdered. Tens of thousand of pilgrims visit Sanctuary of Blessed Karolina Kozkowna each year.

Jamna – Our Lady of Hope Sanctuary established by Dominican Jan Gora. Home of the icon of Our Lady of Hope (consecrated on June 3rd, 1988, by Pope John Paul II) is church consecrated by Jozef Glemp, Primate of Poland, on May 9th, 2001. Next to the church the Dominicans Pastoral Centre for Youth is located. Each year on August 15th traditional Jamna Feast takes place where Catholics can receive a plenary indulgence. And the day before special ceremony called The Joyful Burial of Our Lady is held. "I have raided Jamna" – said Pope John Paul II at his evening meeting with Dominicans in the Holy Trinity Basilica in Krakow. Helicopter with the Pope on board flew over Jamna on its way from Stary Sącz to Wadowice in 1999.



Cathedral, the most representative monument in Tarnów, was built in the 14th century in a Gothic style. Today's neo-Gothic outline is result of a renovation and partial reconstruction in the years 1889 – 1900. The temple is famous for monumental Renaissance tombstones of members of the Tarnowski family and those of the Ostrogski family. Those are some of the best examples of works by such masters as Bartłomiej Berecci, Jan Maria Padovano and Jan Pfister. Sculpture of Barbara Tęczynska from the Tarnowski family is considered the most beautiful representation of a woman in Polish Renaissance art. In 2006 the Cathedral became the Sanctuary of Blessed Virgin Mary.

WW I Military Cemeteries

One of the many curiosities of Tarnow and Gorlice Districts are preserved military cemeteries from World War I. Within the boundaries of the two districts there are over 200 cemeteries.

Such an abundance of necropolises reminds of bloody battles which took place in western Galicia (including those in the close surroundings of Tarnów and Gorlice) in 1914 and 1915 between Russian and Austro-Hungarian armies. Located on the sites of battles, often grown over, are an important and characteristic reminders of history of the Poles, Austrians, Russians, Bosnians, Czechs and Italians buried there. The governing bodies of Tarnów District consider Military Cemeteries an important factor in creating positive bilateral relationship with Austria. Together with Austrian Black Cross they invest heavily to renovate, often forgotten, necropolises.



The Charming Small Towns

Unique charm and serenity of province links the small towns of Pogórze region, i.e. Ciężkowice, Czchów, Lipnica Murowana, Nowy Wiśnicz, Tuchów, Wojnicz and Zakliczyn. Most of these towns, set up in the middle of 14th century, have well preserved medieval structure plan with small town squares surrounded by one-storey houses with wooden arcades, beautiful old churches and museums which present the local history and culture. Most of the agglomerations lost their city rights in the 1920's and 1930's and gained the status of villages for many decades. However, at present only Lipnica does not have the status of town.



Treasures of Ciężkowice and its neighborhood are the only survived mansion of I. J. Paderewski, world-renown composer and the Prime Minister of Poland, and one of a kind natural reserve called the Stone City.



Church of the Birth of the Blessed Virgin Mary in Czchów is one of the oldest masonry churches of the region. It houses an octagonal stone baptismal font of 1506.



Lipnica Murowana is famous for the wooden church of St. Leonard's – UNESCO World Heritage Site, and annual Easter Palms Contest (the tallest palm was nearly 35 m high).

Annual Great Church Fair at Tuchów Monastery, held in July, gathers over 100 000 worshippers each year. The Monastery is attractive also to the children with the collections of Mission Museum comprising pieces from Africa, both Americas and Oceania. Especially interesting is a mechanical Nativity Scene, one of the biggest in Poland.

Wojnicz, the oldest settlement of the region, preserved fragments of original defensive earth banks, called 'the castellan's banks', and the 15th c. wooden church.

Bean dishes are the specialty of Zakliczyn. Classic meals and new recipes are served at annual 'Bean Fest', held in September. Another curiosity of the town are old wooden houses built with a unique technique, called "nine-post". Roofs of the building supported on the nine post framed the structure and allowed unrestricted and easy changes to the walls' layout.



Bochnia Salt Mine - new dimension of touring

Visiting the oldest Polish salt mine gives you an amazing experience of traveling through the most breathtaking and the most interesting mine pits at the IV August level (depth of 176 m) and the VI Sienkiewicz level (depth of 223 m). Both routes feature chambers with characteristic shaping and geological layout, austere chapels adorned with beautiful sculptures and paintings, as well as original mining tools and devices used by miners ages ago.

Tourists can also enjoy world's only Underground Multimedia Exposition taking visitors on a journey in time. Polish kings, Genoa miners, even the spirit of a Cisterian monk, whose order took part

in the opening of the Bochnia mine all help the tour guide tell the story of the mine.

The tour ends in the Ważyn Chamber at the IV Sienkiewicz level located 250 m underground. The chamber houses a sports field, a 140 m slide, an underground restaurant – the Ważynek, a souvenir shop and a mini playground for the children.

As an option, the program also features an unusual boating trip.



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www.kopalniasoli.pl

Plowmen Settlement - discover the middle ages

All those fascinated with the Middle Ages can extend their journey in time and visit the Archeological Park located near the salt mine. The Park is a reconstruction of a 13th-century village resembling the former Bochnia settlement from the period of its origins. Wooden cabins, rural farmsteads and craftsmen presenting early crafts will make your visit at the Plowmen Settlement interesting and original, combining a history lesson with open-air activity in a non-schematic way.

One of the ways to discover the Middle Ages is working manually in an original craftsman's workshop – it is an interesting way to discover and learn the history of a given craft. Taking the object produced using traditional techniques home will allow you to maintain and restore memories of these unusual workshops.



ARCHEOLOGICAL PARK
ul. Campi 15, 32-700 Bochnia
Phone: + 48 14 615 36 36
www.OsadaOraczy.pl

Hot culture

Tarnów is an important place on a Polish "Cultural Map". Events, such as: International Chamber Music Festival; Rediscovered Music Festival; "Bravo Maestro" Chamber Music Festival and "Musical Meetings at Paderewski's Mansion" are well known to all classical music lovers.

Tarnowska Nagroda Filmowa (Tarnów Movie Award) – second most prestigious festival of Polish cinema, after the Gdynia one, and Vitae Valor (Value of Life) are two most widely recognized film festivals organized in Tarnów.

And the most important theatrical event in Tarnów is the "TALIA International Comedy Festival", held each year in October.



The event has expanded and moved from theater only performance to the streets and pubs all around Tarnów, entertaining hundreds of spectators and by-passers.

Other mustsee events attracting tourists are: "Tarnów City Days – Festival of Cultures", celebrated every two years Tarnów City's heritage. Invited partner cities introduce their culture and customs to thousands of spectators. "Zde(a)rzenia" – interdisciplinary arts festival.



"Galicianer Stetl – Tarnów Jews Memorial Days", organized every year to commemorate the death of over 10 000 Jews murdered by Nazis in the nearby woods of Buczyzna.

Family tours in and around Tarnów



The city is becoming more and more popular among active families of various age and interests. Modern establishments add new quality and enrich tourist offer of the extremely valuable historic site, that Tarnów remains. Therefore any member of a family – from junior to senior – should find an attraction best meeting their interest. Unforgettable are walks around the Old Town, beautiful panorama of Tarnów from the Town Hall's tower and an opportunity to watch working mechanism of the oldest tower clock in Poland.

Colorful and mysterious (some even say – magical) life of the Gypsy wanderers – an exhibition of the Ethnographic Museum will definitely satisfy each visitor. Especially worth seeing is the collection of original Gypsy caravans exposed in the backyard. An extraordinary panorama of the whole of Tarnów and part of the Carpathian Foothills awaits struggle of climbing on the St. Martin's Hill – the northernmost hill of the Carpathian Mountains with preserved remnants of a once-magnificent castle of the Tarnowski family. Not less interesting is the offer for the active families.



Recently opened two ropes courses, water parks, playgrounds and playfields, bowling alley, go-cart tracks and indoor climbing walls. Active tourism can be practiced all year round – in the winter time few ice-rinks operate in Tarnów and several ski slopes are located in the immediate neighborhood of the city.

Parents with their young children shall enjoy wanders around Tarnów. They will definitely like a monument of an elephant that was painted by kids, charming square with a monument to King Władysław Łokietek, unique water fountain modeled on the Solar System or Strzelecki Park with the biggest of the city's playgrounds and a pond – home of wild ducks and swans – which surrounds General Joseph Bem's Mausoleum.

Outside Tarnów there are numerous places ideal for family trips including Museum of Road Building in Szczucin – considered one of the most spectacular Polish museums of technology, Dolls Museums in Pilzno and Lipiny, "Dolinie" Ranch, Stone City and mysterious castles – just to mention a few.



According to one of the Polish monthly magazines, Tarnów is the healthiest town for men in Poland. The assessment was made based on the sport & leisure facilities.

Tarnów has a lot to offer for children (Simba and Promienny Zamek indoor playgrounds) as well as for the thrill-seekers who can compete in go-carts and quads racings or fight a paint-ball battle.

In winter season Tarnów offers ice-skating rink, indoor swimming pools, skiing equipment rental.

All year round you can use sports halls and clubs, including an indoor tennis court and one of the biggest artificial climbing walls in Poland (21 m wide and 14 m high).

Not less challenging are two adventure parks recently opened, both located in the immediate vicinity of St. Martin's Hill.

There also is a sport airfield and a speedway-track on which, for the first time in the history, the "Jaskółka Unia Tarnów" team won the Team Championship of Poland in 2004, 2005 and 2012. The stadium and the cinder-track can accommodate up to 20,000 spectators. The stadium is also equipped with artificial lighting, which enables holding various events at any time of day or night.

Our region offers many hiking trails that differ in respect of features, length and advancement level. Tarnów Plateau is perfect for all the horse riding activities. Its sand roads and average altitude differences over large areas of land allow easy horseback rides, not forcing horses, therefore avoiding the risk of injury. Numerous water reservoirs and lakes e.g. Rożnów and Czchów make water attractions easily available.

25 cycling trails cover Tarnów region with total length of over 630 km. Those are both mountain (16 trails, 5 of those start in Tarnów) and lowland trails (9 trails, 5 of those start in Tarnów). Safe cycling trails system in Tarnów has total length of 50 km.



Park Wodny w Tarnowie

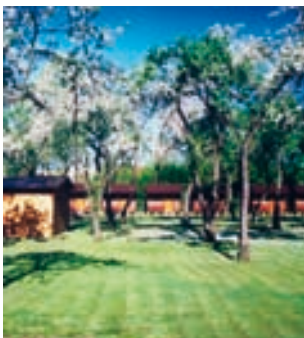
ul. Piłsudskiego 30, 33-100 Tarnów, PL
phone: +48 14 621 43 93, fax: +48 14 622 07 10
e-mail: tosir@tosir.com.pl
www.tosir.com.pl

Water Park in Tarnów has been designed for water activities fans of different ages. It is also available for people with disabilities.

It features a competition pool and a recreational pool.

One may find numerous attractions there such as slides, geysers, water massage, artificial river and a bubble bay.

There is also a Spa there with Finnish, steam and aroma saunas. In addition one can enjoy a restaurant, bowling and a billiard room.



"Pod Jabloniami" Campsite No. 202 *** and "Kantoria" Hotel ***

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phone: +48 14 621 51 24, +48 502 562 005
e-mail: recepja@camping.tarnow.pl, recepja@kantoria.pl
www.camping.tarnow.pl, www.kantoria.pl

Camping facilities: kitchen, laundry, fireplace lounge

Number of bungalows/beds at campsite: 18/70

Three stars hotel and restaurant "Kantoria" with two conference rooms located on site

Number of rooms/beds in hotel: 12/30

Disabled friendly

Credit cards: accepted

Parking: cars and coach, guarded

Pets permitted

Local amenities: The campsite and the hotel are located c.a. 1 km from the Tarnów Old Town, close to the City Park with general Joseph Bem's Mausoleum and sport facilities: indoor swimming pool, tennis court, football stadium. Campsite recommended by PFFC, each year earns honorable mention in "Mister Camping" competition.



Cafes and restaurants

Taste of Tarnów – blackthorn tea and nalewka

What is blackthorn (tarnina)?

Blackthorn (tarnina) is a thorny shrub. It has white flowers and small, bluish-black, plum like fruits. When harvested in autumn, need to be frozen before processing. Fruits are sour, yet are very rich in sugar. Both fruits and flowers are used as ingredients of many healing mixtures.

According to Jan Długosz, author of the Polish chronicles, Tarnów was given its name after tarnina shrubs, which had grown on the nearby St. Martin's Hill. Spycymir, founder of the city, erected his castle on a hill covered with tarnina. Castle's cellars were filled with wines and nalewkas (alcoholic beverages) made with tarnina fruits.

Today tarnina tea and nalewka are some of the unique souvenirs from Tarnów. And tarnina shrubs are still growing on St Martin's hill and in one of the squares in the city center.

"Tarninówka" tea is especially good for people who get cold easily, tired and hard working. It regulates metabolism and stomach, eliminates toxins. Tourists and citizens of Tarnów can try the "taste of Tarnów" or "Tarnowski Smak" at numerous restaurants and cafes. Tourist information office offers "Tarninówka" tea.

Since spring 2008 "Tarninówka" nalewka (alcoholic beverage) is sold across Tarnów in several stores and restaurants. Moreover, it is available in duty-free stores at few of international airports in Poland.

"Tarninówka" was awarded honorable mention in "Turystyczna Pamiątka z Regionu" competition. It was organized in 2007 by Polish Tourist Organization and Małopolska Tourist Organization. The distinction was awarded for local delicacy made with unique recipe.

Summer gardens and cafés around the Old Town

There are tens of cafes, pubs and restaurants in the Old Town that create city's unique atmosphere. In the summertime Tarnów's Town square turns into one huge café garden covered with umbrellas. At this time of year falling in love with or in Tarnów is extremely easy. Surrounded with beauty of the Renaissance old town, filled with the sounds of life music and entertained by street artists' performances one realizes the real meaning of the specific Tarnów atmosphere.

Nightclubs and disco – clubs await for those who can't or don't feel like sleeping. There are several places both in the city center and the suburbs opened until the last guest leaves. And in the morning a cup of local herbal "Tarninówka" tea helps to recover from the all-night toil and prepare for another close encounter with undefined charm of the city.

Tatrzańska Café and Restaurant

ul. Krakowska 1, 33-100 Tarnów, PL
phone/fax: +48 14 622 46 36
e-mail: kawiarnia@kudelski.pl
www.kudelski.pl

Cuisine: traditional Polish and European

Offer: breakfasts, lunches, dinners, catering, banquets special events

Disabled friendly, air-conditioned, wireless Internet.

Credit cards: accepted

Seats: 100

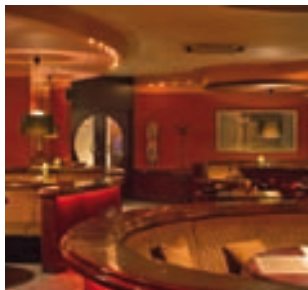
Opening hours: 9.00 a.m. - 10.00 p.m.

Through a year café and restaurant host many celebrities representing culture, politics and business. Located in the city center.

Twice winner of the "Wielkie Odkrywanie Małopolski" plebiscite, in 2007 and 2011.



Accommodation & Restaurants



Pasaż Restaurant

pl. Kazimierza Wlk. 2 (Pasaż Tertila), 33-100 Tarnów, PL
 phone: +48 14 6278 278
 e-mail: pasaz@tlen.pl
 www.pasaz.tarnow.pl
Find us on Facebook: Restauracja „Pasaż”



Cuisine: traditional Polish and European
Offer: breakfasts, lunches, business lunches, catering, banquets and special events
Chef's special: fish and meat dishes

Air-conditioned, two storey restaurant, disabled friendly

Credit cards: accepted

Seats: 220 including 140 in conference room

Opening hours: daily 12 a.m. - 11 p.m.

Restaurant is located in the heart of the Old Town

In 2005 "Pasaż" was honoured the title of "Mecenas Kultury Tarnowa" (The Donor of Tarnów Culture)
 Pasaż was ranked the best restaurant in "Discovering Małopolska 2005" competition.



U Jana Hotel and Restaurant

Rynek 14, 33-100 Tarnów, PL
 phone: +48 14 626 05 64
 e-mail: recepcja@hotelujana.pl
 www.hotelujana.pl



Hotel amenities: historical old building located at the Town Square composing restaurant, bar, summer garden, two conference rooms, spacious apartments overlooking the Old Town.

Number of rooms/beds: 12/40

Rooms: single, double and three person suites

Rooms amenities: bathroom, radio, TV, wireless Internet

Credit cards: accepted

Parking: available

Pets permitted

Open 24/7. We organize special events, weddings, first com-munions, symposiums, trainings, new year's eves, banquets. There are two conference rooms and conference equipment in place.



Pod Dębem *** Hotel

ul. H. Marusarz 9B, 33-100 Tarnów, PL
 phone: +48 14 626 00 88, fax: +48 14 626 95 93, mobile: +48 667 071 802
 e-mail: recepcja@hpd.pl
 www.hpd.pl



Hotel amenities: modern, air-conditioned and comfortable rooms, restaurant, two conference rooms

Disabled friendly.

Number of rooms/beds: 24/50

Rooms: single, double, apartments

Room amenities: bathroom, refrigerator, TV, Internet, phone, radio

Credit cards: accepted

Parking: available

Pets permitted

Located on the outskirts of the city, quiet, green area, near the main Kraków – Rzeszów road.



Cristal Park **** Hotel

ul. Sportowa 2A, 33-200 Dąbrowa Tarnowska, PL
 phone: +48 14 65 70 100, mobile: +48 661 279 666
 e-mail: hotel.dt@cristalpark.pl
 www.cristalpark.pl



Hotel amenities: restaurant, three conference rooms, children playground, swimming pool, fitness, football field, volleyball court, tennis court.

Disabled friendly

Number of rooms/beds: 58/90

Rooms: single, double, apartments

Room amenities: bathroom, refrigerator, radio, satellite TV, Internet, phone, air-condition

Credit cards: accepted

Parking: available

Pets permitted

Located short distance from a restored synagogue, wooden church and sport objects such as indoor swimming pool, fitness, sports hall, sport fields, outdoor swimming pool.



One of the unforgettable souvenirs from Tarnów, besides the above mentioned tea and nalewka, is egg shell with carved crest of the city, by Dorota Pacanowska. It was awarded honorable mention in Polish Tourist Organization competition for the best local souvenir in 2008. Other souvenirs include Glassware, bread and "Pretzel from Tarnów".

Accommodation & Restaurants



Bristol ** Hotel**

ul. Krakowska 9, 33-100 Tarnów, PL
phone: +48 14 631 22 79, mobile: + 48 880 477 477
e-mail: bristol.tn@poczta.fm
www.hotelbristol.com.pl



Hotel amenities: 2 restaurant rooms, conference room, beauty salon, solarium, exercise room, jacuzzi, billiard

Number of rooms/beds: 15/40

Rooms: air-conditioned, single, double and suites

Rooms amenities: hydro massage bath tube, refrigerator, radio, satellite TV, Internet, phone

Credit cards: accepted

Parking: guarded

Pets permitted

Hotel is located in the city center on one of the main streets. In 2006 "Bristol" hotel was honoured the title of "Mecenas Kultury Tarnowa" ("The Donor of Tarnów Culture").



Cristal Park * Hotel**

ul. Traugutta 5, 33-101 Tarnów-Mościce, PL
phone: +48 14 633 12 25, +48 14 630 06 50, phone/fax: +48 14 633 12 27
e-mail: hotel@crystalpark.pl
www.cristalpark.pl



Hotel amenities: restaurant, 8 conference rooms, sauna, salt chamber, billiards, beauty salon

Disabled friendly

Number of rooms/beds: 95/188

Rooms: single, double and air-conditioned suites

Rooms amenities: bathroom, refrigerator, radio, satellite TV, Internet, phone

Credits cards: accepted

Parking: guarded, garages

Pets permitted

Local amenities: cinema and sport facilities: swimming pool, tennis court, sports hall, sport stadium. Dwór Modrzewiowy, recently open establishment, allows organization of conferences and meetings for up to 300 persons.



Tarnovia * Hotel**

ul. Kościuszki 10, 33-100 Tarnów, PL
phone: +48 14 630 03 50, +48 14 621 26 71, phone/fax: +48 14 621 27 44
e-mail: recepcja@hotel.tarnovia.pl
www.hotel.tarnovia.pl



Hotel amenities: restaurant, conference rooms, Business Corner, hairdresser

Disabled friendly

Number of rooms/beds: 129/218

Rooms: single, double and suites

Rooms amenities: bathroom, radio, satellite TV, Internet, phone, air conditioning

Credit cards: accepted

Parking: guarded, garages

Pets permitted

Hotel is located near the Old Town, close to coach and railway stations.



Dunajec ** Hotel

ul. Krakowska 85, 33-113 Tarnów – Zgłobice, PL
phone: +48 14 674 11 11, phone/fax: +48 14 674 11 13
e-mail: hotel@hoteldunajec.pl
www.hoteldunajec.pl



Hotel amenities: complex of two buildings connected with glass passage, restaurants, 3 conference rooms for up to 160 participants, free DSL Internet

Disabled friendly

Number of rooms/beds: 36/74

Rooms: single, double, triple, four and suites

Rooms amenities: bathroom, radio, satellite TV, Internet, phone

Credit cards: accepted

Parking: monitored, free

Pets permitted

Tennis court on site. Hotel is located by the Dunajec river on E-40 international route Kraków – Tarnów, 10 km away from Tarnów Old Town.



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www.tarnow.travel

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