



It's certainly not a myth that the Świętokrzyski Region provides thrilling experiences. Flights on broomstick are only a matter of time; meanwhile, the region offers many different ways of active rest.

Let's begin with hiking tours. There is more than 1,500 kilometers of hiking trails on the territory of the Świętokrzyskie voivodship. Country touring traditions are successfully maintained by numerous hikes organized by real experts.

Enthusiasts of biking tours are invited to enjoy over 2,000 kilometers of biking trails running through the most picturesque parts of the region that also include the Trail of Defensive Architecture and the Trail of Spiritual Energy Sites. Mount Telegraph that challenges the top world-class mountain bikers awaits daring cyclists.

Those who travel by car should try the Świętokrzyski Literary Trail and the Trail of Timber Architecture. Real gems of architecture and culture can be admired by travelers who choose to follow these trails.

If you want to appreciate a panoramic view of the region, get in touch with the Pińczów or Masłów Aeroclubs that offer ultralight-trikes for hire.

The forms of active rest described above are not the only options that our region can offer. There is also horse riding, skiing, exploration of caves, and rock climbing. After working hours one can enjoy bowling, billiards, or tennis.

Hospitable farms in the Świętokrzyski Region offer a great number of possibilities for fans of active rest. The region boasts of clean environment, its crystal-clear waters invite anglers, and large forested expanses await mushroom pickers, nature lovers, and photo safari buffs. Fans of paintball and quad riders are also welcomed.

Come and experience thrilling adventures that offers our picturesque countryside.

Welcome to the Świętokrzyski Region!





Hiking tourism

There is no better way to learn about nature than staying in close touch with it. This is also the way of restoring our vitality, relaxing and *reloading batteries*. Hiking tourism provides us with all those experiences and even more. Following a tourist trail and visiting historical monuments gives us a feeling of satisfaction and evokes respect; sometimes it becomes an adventure and a good opportunity for integration, especially for school youth. The Świętokrzyski Region offers 1,500 kilometers of hiking trails, available for junior and senior hikers, and all those who love excitement of adventure and exploration.

Very interesting is the Edmund Massalski trail (Gołoszyce – Kuźniaki, red markings, 105 km) that runs through the very heart of the Góry Świętokrzyskie (Holy Cross Mountains). It leads hikers to Mt Święty Krzyż. In the area one can visit the Natural History Museum, mysterious *gołoborza* (boulder fields), and the sanctuary with relics of the Holy Cross. Farther on, the trail brings tourists to Mt Łysica, the highest peak in the Świętokrzyskie Mountains, and Święta Katarzyna with its Bernardine convent.

Equally interesting is the popular with youth Sylwester Kowalczewski trail (20 km) that runs from Chęciny, a small town at the foot of a hill topped by a ruined castle (13th c.), Jaskinia Raj (Paradise Cave) to Mt Karczówka. There stands the Pallottine monastery and from where unfolds a panoramic view over the city of Kielce.

Other mountain trails with color markings include blue trails (Chęciny – Łagów, Wał

IN THE REGION
OF THRILLING EXPERIENCES



Małacentowski – St Nicolas chapel, Jedlnica – Tarczyce). green trails (Starachowice – Łączna, Łągów – Nowa Słupia), yellow trails (Wierna Rzeka – Chęciny, Barcza – Bukowa Góra), and black trails (Nowa Słupia – Szczytniak, Kielce – Pierścienica, Piekoszów – Zgórskie Góry, Oblęgorek – Barania Góra).

A scenic region known as Ponidzie is located in the Nida River valley, in the southern part of the voivodship. It is often called a Świętokrzyski steppe and adds to the diversity of the regional landscape.

This area is criss-crossed by some of the lowland trails. “The Trail of Sacral Timber Architecture along the Maskalis Stream” features St Leonard’s Church in Busko-Zdrój and St Stanislas’ Church in Chotelek. The blue trail leads from Pińczów known as Sarmatian Athens, Poland’s major Reformation center, to Wiślica that witnessed the activities of Europe’s patrons, SS Cyril and Methodius. There are also green (Grochowiska – Wiślica) and yellow (Szydłów – Wieleńki) trails, not to mention the red one which joins such attractive localities as Ujazd, Klimontów, Koprzywnica and Sandomierz.

Hiking trips along the Świętokrzyski Region’s trails are organized by the local branches of PTTK (Polish Tourists Association) and ZHP (Polish Scouts’ Association) and include the Spring Juvenile Trip (May, PTTK in Kielce), ‘Nad Kamienną’ National Trip (May, PTTK in Skarżysko Kmienna), Świętokrzyski Scouts’ Trip (June, ZHP in Kielce), National Hiking Marathon (June, PTTK in Końskie), National Autumnal Trip around the Old Polish Industrial Center (October, PTTK in Starachowice), and many others.



*IN THE REGION
OF THRILLING EXPERIENCES*



Regional Tourism Organization of the Świętokrzyskie Voivodship
 ul. ks. Piotra Ściegiennego 2/32, 25-033 Kielce
 tel. +48 41 36 18 057
www.swietokrzyskie.travel

Świętokrzyski PTTK Branch
Tourist Information
 ul. H. Sienkiewicza 29, 25-007 Kielce
 tel. +48 41 34 47 743
www.pttkkielce.pl

PTTK Branch in Końskie
 ul. Zamkowa 7, 26-200 Końskie
 tel. +48 41 37 23 170
www.pttk-konskie.dmkhosting.net

PTTK Branch in Starachowice
 ul. Tadeusza Krywki 1, 27-200 Starachowice
 tel. +48 41 27 46 268
www.starachowice.pttk.pl

PTTK Branch in Skarżysko-Kamienna
 ul. Słowackiego 25, 26-110 Skarżysko-Kamienna
 tel. +48 41 25 31 542

ZHP Troop Headquarters in Kielce
 ul. Sienkiewicza 25, 25-007 Kielce
 tel. +48 41 34 45 488, +48 41 34 46 555
www.kielecka.zhp.pl



*IN THE REGION
 OF THRILLING EXPERIENCES*



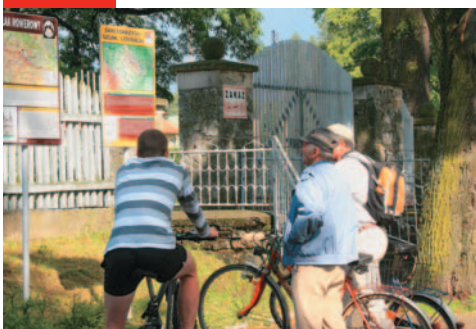
Cycling tours

The Świętokrzyski Region offers 2,000 kilometers of marked paths and trails to enthusiasts of recreational biking. The trails lead through the most attractive natural and cultural parts of the voivodship.

The red trail – “Through Forests around the Włoszczowa Commune” – features many resting spots with umbrella roofs and bonfire sites. It begins near the Konieczno forester’s house where an educational path (Poznajmy Las), forest nursery, and a room of sylvicultural education were set up. Information boards describing regional fauna and flora were posted on the initiative of local foresters. Another red trail – “Across the Świętokrzyskie Mountains” – leads through the ranges of Masłów, Klonów and a part of the Łysogóry range. In addition to attractive landscape, visitors can admire castle ruins in Bodzentyn, Museum of Ancient Metallurgy in Nowa Słupia, and a Romanesque collegiate church in Opatów. The “Round Starachowice” trail will take you to the Museum of Natural History and Technology in Starachowice, the famous Cistercian abbey in Wąchock, and the Wykus forest reserve in the Sieradowicki Landscape Park. Fans of nature and sacral architecture will enjoy the “Do Podzamcza Piekoszowskiego” trail leading to the monastic complex in Karczówka, Marian sanctuary in Piekoszów, palatial ruins in Podzamcze Piekoszowskie as well as to the reserve of various karstic formations known as the Cholesiowa Jama. The trail “Touring Historical Monuments of Technology in the Kamienna River Valley” is a part of the Old Polish Industrial Center. It leads from Skarżysko



*IN THE REGION
OF THRILLING EXPERIENCES*



Kamienna via Starachowice to Ostrowiec Świętokrzyski, and includes such sites as the White Eagle Museum in the Rejów quarter of Skarżysko Kamienna, sanctuary in Kałków-Godów, and a china museum in Ćmielów.

The cycling “Trail of Defensive Architecture” takes us to many regional fortifications, castles and palaces. We start from the Sobków stronghold and continue through numerous historical monuments in the Pińczów area to arrive to Młodzawy Małe and Ogród na Rozstajach in the Ponidzie region, an ideal spot for a pause amidst floral arrangements and exotic birds. The palace in Chrobrze and the legendary town of Wiślica are our next destinations. A rest in the peaceful spa of Busko-Zdrój will be a real reward for the strains of this long but attractive trip.

The pilgrimage cycling trail – “Spiritual Energy Sites” – leads to the major places of religious cult such as Święty Krzyż, Pustelnia Złotego Lasu in Rytwiany, Wiślica, Piotrkowice, and Kałków-Godów. It includes churches in Sandomierz and sanctuaries after the Kielce region.

Thematic trails running through the Ponidzie region constitute an interesting offer for fans of active rest. The history of the region is presented through references to sacral and lay buildings as well as to different wayside shrines and figures. There are not only royal, timber and masonry trails, but also trails for herbalists and admirers of wayside shrines and figures. It’s in Pińczów that the trail of Spiritual Energy Sites joins the local section known as the “Madonnas of the Ponidzie Region”, which leads through multiple Marian cult locations.

Setting up a Berlin – Lviv transvoivodship cycling trail is an important international ven-

*IN THE REGION
OF THRILLING EXPERIENCES*



ture. It was joined by Świętokrzyskie, Lubuskie, Wielkopolskie, Łódzkie and Podkarpackie voivodships. The Świętokrzyskie voivodship section runs through the poviats of Końskie, Skarżysko Kamienna, Starachowice, Ostrowiec Świętokrzyski and Sandomierz.

Regional Tourism Organization of the Świętokrzyskie Voivodship
ul. ks. Piotra Ściegiennego 2/32, 25-033 Kielce
tel. +48 41 36 18 057
www.swietokrzyskie.travel

Not only biking along trails, but also different cycling events make part of cycling tourism. One of the best known annual racing events is organized in Sielpia in September and is known as the Marathon eXtreme. The Świętokrzyskie Association of Mountain Biking (MTB) in Kielce as well as the MTB Cross promote cycling through the organization of marathons, racing competitions, sports sections, and by means of spreading knowledge about road traffic safety.

PTTK Branch in Końskie
ul. Zamkowa 7, 26-200 Końskie
tel. +48 41 37 23 170
www.pttk-konskie.dmkhosting.net

Świętokrzyskie Association of Mountain Biking (MTB) Kielce
ul. Zagórska 121, Kielce
tel. +48 600 853 859
www.mtb.kielce.pl

Świętokrzyskie Association of Mountain Biking (MTB CROSS)
ul. H. Sienkiewicza 53/55, 25-002 Kielce
tel. +48 41 34 45 929, +48 41 34 45 468
www.mtbcross.eu



IN THE REGION
OF THRILLING EXPERIENCES



Car & Motorcycle tours

Those who travel by car can choose the Świętokrzyski Literary Trail or the Trail of Timber Architecture. They are sign-posted by direction boards located by main-roads and by description boards on sites.

The Świętokrzyski Literary Trail will take you through the most spectacular parts of the region described by Polish writers who placed plots or background of their literary works in the captivating landscape of the Świętokrzyski and Ponidzie Regions. Some of them were born here or lived and worked in the region. In addition to their posthumous works, their legacy often includes manor houses that contain valuable libraries, souvenirs brought from exotic journeys and family mementos.

The Świętokrzyski Literary Trail can be divided into three separate routes leading through the Ponidzie, Sandomierz and Ostrowiec Świętokrzyski, and Kielce regions. They are all dotted with cultural gems: Mikołaj Rej's manor in Nagłowice with the great poet's remembrance room; the regional museum in Pińczów with mementos left by Adolf Dygasiński, earnest lover of the Ponidzie region; Jan Długosz House in Sandomierz sheltering collections of the Diocesan Museum; Henryk Sienkiewicz's manor in Oblęgorek, once the writer's summer residence, now functioning as the Henryk Sienkiewicz Museum; or the Museum of Stefan Żeromski's School Days.

The Świętokrzyski Trail of Timber Architecture is an extension of the national trail that features the major treasures of Poland's timber architecture and runs through the voivodships of Podkarpace, Małopolska and Silesia. Both

*IN THE REGION
OF THRILLING EXPERIENCES*



sacral and lay wooden constructions in the Świętokrzyski Region are very well preserved, including such buildings as St Stephen's church (18th c.) with its wooden belfry and rococo interior in Mnichów; a cottage (19th c.) in Kakonin; a Czernikiewiczze family farm in Bodzentyn, or manors, churches, blacksmith's workshops, and country houses with typical facilities gathered in the skansen of Kielce village in Tokarnia.

The Świętokrzyski Literary Trail and the Trail of Timber Architecture provide a rich tourist offer for all those who enjoy country touring and cultural entertainment.

Regional Tourism Organization of the Świętokrzyskie Voivodship
ul. ks. Piotra Ściegiennego 2/32, 25-033 Kielce
tel. +48 41 36 18 057
www.swietokrzyskie.travel

Those who like feeling adrenaline mounting up are welcome to try the racing track of Miedziana Góra, which is a constituent of the moto-raj (motor-paradise) sports and tourist center. Guest can be accommodated in a motel or a campsite. The rich rest, recreation, sports and training program includes periodical sports and proficiency events, driving contests and car racing, go-cart rides, and training in driving skills and road breakdown assistance.

Fans of go-carting can use a racing track (800 m); car drivers have a small loop (1,140 m) at their disposal as well as a repair workshop for four vehicles.

Moto-raj racing track in Miedziana Góra
ul. Wykień 95, Ćmińsk, 26-085 Miedziana Góra
tel. +48 41 30 31 660, +48 41 30 34 949



IN THE REGION
OF THRILLING EXPERIENCES



Horse riding

In the Świętokrzyski Region there are professional equestrian centers that offer riding lessons, cross-country rides and hippotherapy.

The palatial complex in Kurozwęki and the Sobków stronghold offer tourist programs that include britzka rides and sleighing cavalcades with torches in wintertime. Many agrotourist farms in the region try to enrich their tourist through plan direct contact with horses, horse riding lessons and cross-country rides offering. Enthusiasts of equestrian sports and nature lovers will certainly enjoy holidays in the centers described hereunder.

Stud farm in Kurozwęki

Kurozwęki has always been popular with visitors due to its farm of pedigree horses known as purebred Arabians. They not only breed and sell Arabian purebreds but also offer horse riding lessons at all levels, pension for horses, stud farm tours, britzka rides and winter sleighing cavalcades. Kurozwęki are well worth a visit for many reasons, especially for its splendid palace-and-park complex, labyrinth in cornfield and bison enclosure.

Stud Farm in Kurozwęki

ul. Kościelna 12 , Kurozwęki, 28-200 Staszów

tel. +48 15 86 67 279, +48 15 86 67 271, +48 15 86 67 272

www.stadninakoni.com

Horse Land – equestrian center in Bałtów

The center is located on the Kamienna River waterfront and near the Bałtowski Jurassic Park. There are two maneges with sandy ground and a competition ring for those who wish to learn jumping over obstacles. Riding lesson are available and experienced riders can enjoy excursions in the picturesque countryside. Sleighing caval-

IN THE REGION
OF THRILLING EXPERIENCES



acades with torches are organized in wintertime. There are special enclosures nearby where *huculy* – a breed kept by the mountaineers inhabiting Eastern Carpathians – live in natural conditions.

Horse Land Equestrian Center
27-423 Baltów 170 a
tel. +48 500 029 904, www.baltow.info

The equestrian Country Club was established in Pińczów in 1970 and offers horse riding lessons, country rides along the Nida River, britzka rides and sleighing cavalcades in wintertime. They also organize excursions to the Michałów Stud Farm where pedigreed Arabians have been bred for over 50 years.

Equestrian Country Club
ul. Topolowa, 28-400 Pińczów
tel. +48 41 35 724 47, +48 606 101 443

Park Stadion in Kielce

It is a rest and recreation center located amidst pine forests. Visitors can tour an exhibition of exotic plants and animals (egzotarium) and a mini ZOO, visit an equestrian center, have a meal at **Four Horses** country-inn, or use an outdoor picnic site with an umbrella roof as well as a playground for kids. The equestrian center has a professionally equipped outdoor manege, paddocks, and an indoor manege.

Park Stadion
ul. Kusocińskiego 61 a, Kielce
tel. +48 514 908 336, +48 41 36 14 081, www.parkstadion.pl

Harlejówka agrotourist farm

The hosts ensure a nice, family ambiance, tasty and healthy food provided by ecological farms, and many tourist attractions such as guided country tours on horseback, manege practice for beginners, trips in rack wagons, sleighing cavalcades in wintertime, mini-ZOO tours,



IN THE REGION
OF THRILLING EXPERIENCES



friendly relations with Podhale region shepherd dogs and assistance in the organization of tours around the Staszów countryside.

Świętokrzyskie Rehabilitation Center in Czarniecka Góra The beneficial properties of the local climate have been known for a long time and in the early 20th century Czarniecka Góra acquired a spa status.

The Świętokrzyskie Rehabilitation Center specializes in treatment of locomotory conditions resulting from injuries and neurological, orthopedic and rheumatic problems; it also deals with scoliosis and similar defects as well as with respiratory system dysfunctions.

Hippotherapy is conducted by well-qualified therapists. Due to air-conditioned facilities the center is in operation the whole year round.

Świętokrzyskie Rehabilitation Center in Czarniecka Góra
Czarniecka Góra 43, 26-220 Stąporków
tel. +48 41 37 41 163 / 62, www.rehabilitacjascr.pl

Rancho Center of Hippotherapy in Wolica

The center is located three kilometers south from Busko-Zdrój and near the road leading to Wiślica. The services of the center are particularly recommended for disabled children. Direct contact with animals and rides on horseback proved to have a beneficial impact on kids' condition. In addition to that, the center offers riding lessons for beginners and more experienced riders, cross-country trips on horseback as well as special events for organized groups with short rides and bonfire in the program. Trainings are conducted by well-qualified and experienced instructors.

Rancho Center of Hippotherapy
Renata Marzec, Wolica 23, 28-100 Busko-Zdrój
tel. +48 41 37 87 467, +48 509 224 553

*IN THE REGION
OF THRILLING EXPERIENCES*



Water Tourism

There are many ways of spending leisure time on or near water. In the present chapter you will find the presentation of the most popular and best-equipped swimming pools, water reservoirs and rivers of the Świętokrzyski Region as well as an offer of diving schools and kayaking trips organizers.

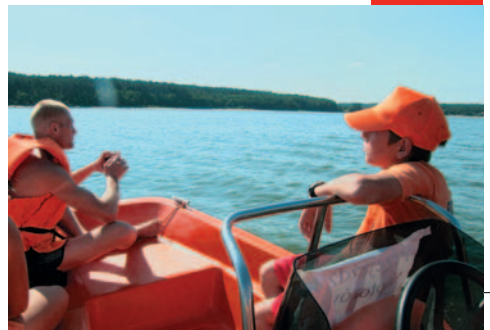
The Chańcza artificial lake (470 hectares) was created on the Czarna Staszowska river. It's a real paradise for sun-bathers, surfers, kayakers and fan of other water sports. Swimmers are protected by life-guards on duty. There are summer huts, rooms for rent on agrotourist farms and bivouac fields for those visitors who need accommodations.

Communal Office of Raków
ul. Ogrodowa 1, 26-035 Raków
tel. +48 41 35 35 018, www.rakow.pl

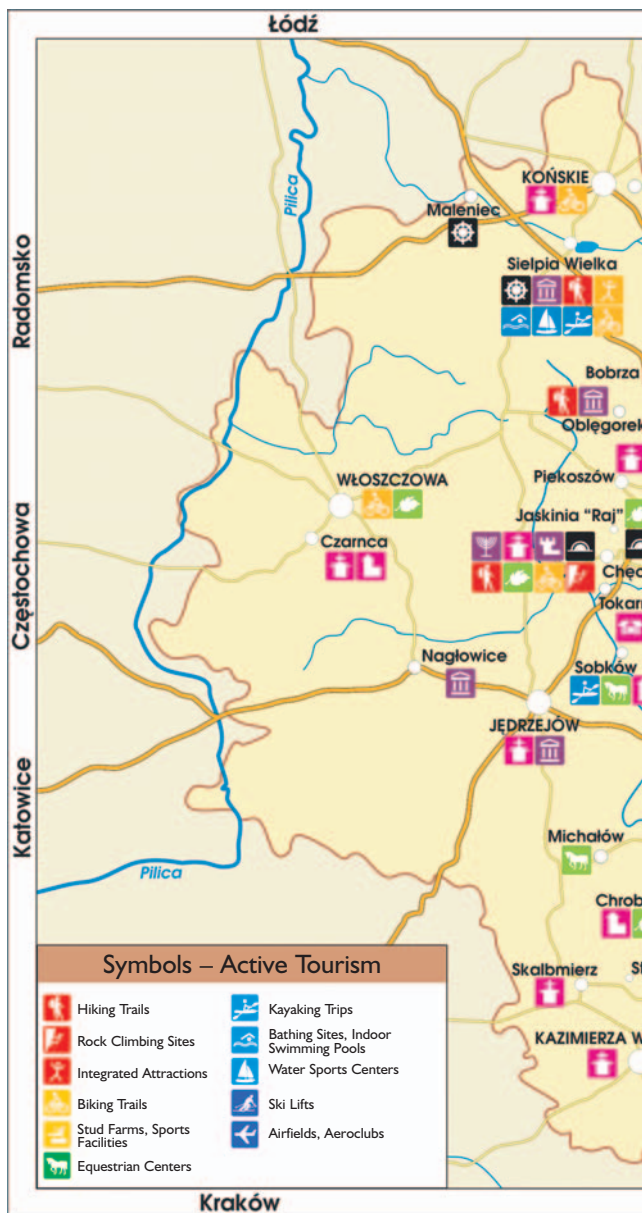
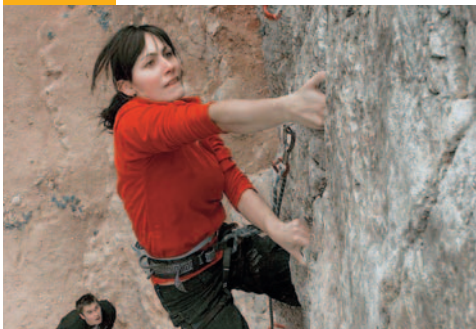
Sielpia is a summer holiday spot located near the artificial lake created on the Czarna Konecka river. There are a few dozen holiday centers situated in the pine forest surrounding the lake. They offer accommodation in summer huts or on bivouac fields as well as such water sports gear for rent as kayaks, water bikes, and rowing or sailing boats. Sielpia is also known for such recreational events as *Rajd Bab*, Konecki Pedestrian Marathon and eXtreme Marathon. Worth a visit is the Museum of Ancient Metallurgy.

Sports and Recreation Center in Sielpia
ul. Spacerowa 1, Sielpia, 26-200 Końskie
tel. +48 41 37 20 222, +48 41 37 20 502, www.sielpia.pl

Tourist Information, PTTK branch in Końskie
ul. Zamkowa 7, 26-200 Końskie
tel. +48 41 37 23 170, www.pttkkonskie.pl

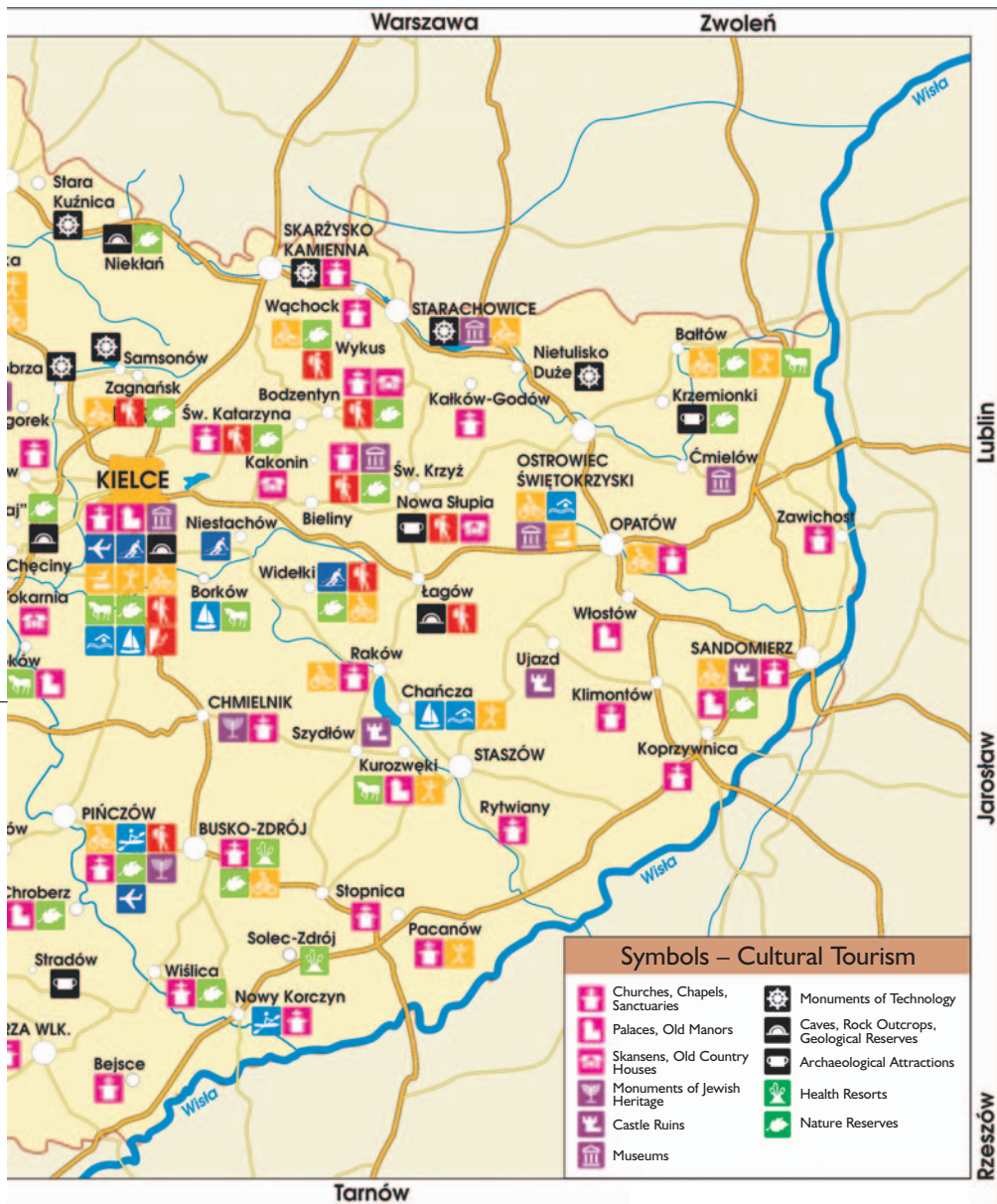


IN THE REGION
OF THRILLING EXPERIENCES



*IN THE REGION
OF THRILLING EXPERIENCES*





*IN THE REGION
OF THRILLING EXPERIENCES*



The artificial lake on the Kamionka river is not far from Suchedniów. The local rest and recreation center offers accommodation in summer huts and on camping site. Other facilities include a café, sauna, volleyball and basketball grounds, tennis courts, playground for kids, and rental of kayaks, water bikes, and rowing and sailing boats.

Sports and Recreation Center

ul. Ogrodowa 11, 26-130 Suchedniów

tel. +48 41 25 43 351, www.osir-suchedniow.republika.pl



There are some indoor swimming pools in the region that are to be recommended. The swimming pool center Rawszczyzna in Ostrowiec Świętokrzyski has two swimming pools: one for recreational use and another one that meets Olympic requirements. There is also a sauna, fitness center and possibilities of practicing aerobic and aqua-aerobic. More advanced medical treatment is provided by staff specializing in hydrotherapy, kinezithery, physiotherapy, kriotherapy, and light or phototherapy.

MOSiR- Rawszczyzna Indoor Swimming Pool

ul. Mickiewicza 32, 27-400 Ostrowiec Świętokrzyski

tel. +48 41 25 40 000, www.mosir.ostrowiec.pl



Perła is the name of a nice indoor swimming pool complex in Nowiny near Kielce. The two-basin swimming pool is also used for underwater massages. There is also a sliding pipe, sauna and solarium. Other tourist attractions in the area include the Paradise Cave and ruins of the Chęciny castle.

Indoor Swimming Pool

ul. Kubusia Puchatka, 26-052 Sitkówka- Nowiny

tel. +48 41 34 59 650, +48 41 34 65 260, www.perla.maximum.pl

*IN THE REGION
OF THRILLING EXPERIENCES*



The Koral swimming pool in Morawica is a modern facility with two basins, geysers, needle-baths, sliding pipe, sauna and a room for aromatherapy.

Koral Indoor Swimming Pool

ul. Szkolna 6, Morawica, tel. +48 41 311 47 96

Very attractive are kayaking trips included in the regional tourist offer. They are organized on such rivers as the Wierna, known from the famous novel by Stefan Żeromski, the Nida with its valley included in the Nature 2000 Program, and on a few others. The "Kajakiem.pl" Tourist Bureau from Jędrzejów specializes in the organization of such events. They can also arrange regular and integration weekends and one-week trips in the region and other parts of Poland.

"Kajakiem.pl" Tourist Bureau

*Anita Górecka, ul. Rakowska 29, 28-300 Jędrzejów
tel. +48 600 288 375, www.kajakiem.pl*

Two schools of diving are operated in the Świętokrzyskie voivodship. The Manta Diving School in Kielce offers diving for tourists and training in CMSA and PADI systems. The courses are organized in Nowiny, the mine in Gacki and in the indoor swimming pool at ul. Toporowskiego 96 in Kielce. The ABYSS Diving Świętokrzyskie Center offers SDI and TDI courses, recreational diving, technical diving, under ice diving and shipwreck exploration diving.

Manta School of Diving

*ul. Toporowskiego 96 (indoor swimming pool), Kielce
tel. +48 607 043 078, +48 604 847 402, www.manta.oz.pl*

Abyss Diving Sdi Facility – Świętokrzyskie Diving Center

*ul. Okrzei 59, 25-526 Kielce
tel. +48 41 36 29 462, +48 604 581 798, www.scn-abyss.pl*



IN THE REGION
OF THRILLING EXPERIENCES



Winter Sports

In wintertime the slopes of the region offer excellent conditions for enthusiasts of active rest, including skiing. There are ski-lifts in such localities as Kielce, Tumlin, Krajne-Zagórze, Niestachów, Widelki, Machocice, Bodzentyn, and Bałtów. As the slopes are of different difficulty and length, they are adequate for beginners and experienced skiers as well as for fans of snowboarding. Mosts of the slopes are equipped with snow cannons and electric lighting. There are also catering facilities, sports gear rental centers and ski-schools. Those who opt for longer stays will find comfortable accommodations, ranging from youth hostels and rooms on agrotourist farms to regular hotels of quite good standard.

Kielce – Mt Telegraf (406 m)

Skiers can enjoy the slope (40 m wide, 500 m long) equipped with a double T-bar, very steep in places and representing a difference of levels of 100 meters. Nearby is a small ski-lift for children and beginners (180 m long, difference of levels 30 m). The slope has snow-making and lighting facilities and is well-prepared by snow-grooming machines. Ski-service and ski rental center is located near the lower station that also has a restaurant and a large car park.

Kielce – Mt Pierścienica (367 m)

Here the slope (500 m long, 22-50 m wide, difference of levels 59 m) is also equipped with a double T-bar, electric lighting, snow-making facilities and maintained in good shape by snowcats. A bar, ski-service, ski-

*IN THE REGION
OF THRILLING EXPERIENCES*



rental center as well as a large parking lot are near the lower station. Services of ski instructors are available.

Mt Telegraf and Mt Pierścienica in Kielce
ul. Narciarska 6, 25-214 Kielce
www.rekreacja.kielce.pl
tel. +48 41 36 87 426

Tumlin – Mt Łajscowa (409 m)

The slope (500 m long, 42 m wide, difference of levels 79 m) is equipped with two platterlifts, electric lighting, and snow cannons. Other services include a ski-school, catering, and a parking lot.

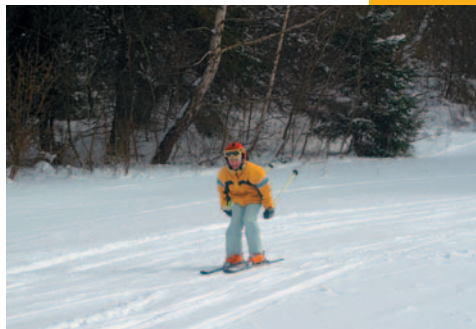
Mt Łajscowa in Kielce
Tumlin-Podgród 4 B, 26-085 Miedziana Góra
tel. +48 41 30 34 982
www.tumlin-ski.prv.pl

Krajno-Zagórze – the Sabat skiing slope (740 m long, 100 m wide, difference of levels 95 m) is served by with two rope-tows and is equipped with lighting, snow-making and snow-grooming facilities and machines. Other facilities and services include catering, ski-service, skiing gear rental, ski instructors and a car park.

Sabat skiing slope
Krajno-Zagórze
tel. +48 41 31 27 711
www.sabatkrajno.pl

Niestachów Skiing Center – Mt Otroc (372 m)

The slopes of Mt Otroc are lit and maintained with snow-making and trail grooming machines. A bar, parking lot and a ski rental center are located near the lower station. Skiers can enjoy four slopes of different difficulty: 445 m long, difference of levels 59 m; 365 m long, difference of levels 52 m; 120 m long, differ-



*IN THE REGION
 OF THRILLING EXPERIENCES*



ence of levels 13 m; 60 m long, difference of levels 6 m.

Niestachów Skiing Center – Mt Otrocz

Niestachów

tel. +48 41 30 21 048, +48 664 978 173

www.niestachow.pl

Widelki – Mt Małzna (408 m)

The slope (650 m long, 54 m wide, difference of levels 104 m) is lit and maintained with snow-making and grooming machines. A bar and a car park are located near the lower station.

Mt Małzna

tel. +48 668 147 040

www.stacjawidelki.pl



Mąchocice – Mt Radostowa (452 m)

Very attractive are natural moguls. The slope (800 m long, difference of levels 110 m) is lit and equipped with a platter-lift. There is also a bar and a parking lot.

Mt Radostowa

tel. +48 669 459 633

www.radostowa.ikielce.pl



Bałtów – Bałtów Switzerland

There are two freestyle pistes (340 m and 570 m long, 50 m and 70 m wide, difference of levels 65 m) in this scenic area. The slope is lit and equipped with snow-making cannons. Ski-service and skiing gear rental center as well as a bar and a parking place are located near the ski-lifts.

Bałtów Switzerland

tel. +48 41 26 41 420

www.szwajcariabaltowska.pl

*IN THE REGION
OF THRILLING EXPERIENCES*



Active Rest in Hospitable Farms

There are many agrotourist farms in the Świętokrzyski Region, but the Agroklub and Agro-Turbo farms are really very well suited for intensive forms of active rest.

For example, the Agroklub offers tours on four-wheel motorcycles around the Suchedniów-Oblęgorek Landscape Park, paintball games, and air-gun shooting. There is also a fitness center and a sauna. The hosts organize banquets and bonfires, trainings and conferences as well as integration meetings and incentive events. "If you seek adventure, come to our place" is their motto.

Agroklub Hospitable Farm

Zbigniew Cisak, Kontrewners 3, 26-080 Mniów

tel. +48 41 37 38 400, +48 41 37 38 410, +48 601 744 915

www.czerokolowce.pl

Go-carts and quads are put at the disposal of all guests of the Agro-Turbo hospitable farm. They have prepared two tracks for enthusiasts of extreme sports (difference of levels 8 m): one for children aged over 8 and another one for adults.

Other attractions include a mini-golf, air-gun and bow shooting, javelin throwing, and specially organized workshops for those who wish to learn artistic joinery.

Agro-Turbo Hospitable Farm

Marzena i Grzegorz Fryziel, Antoniów Mały 47, 27-423 Bałtów

tel. +48 41 26 00 964, +48 509 145 739

www.agroturbo.pl, gfryziel@poczta.onet.pl



IN THE REGION
OF THRILLING EXPERIENCES



Speleology – Exploration of Caves

So far more than 130 caves have been discovered in the Świętokrzyski Region. Speleologists and enthusiasts of cave exploration are welcome to our caves, wells and tunnels.

In the locality of Jaworznia, ten kilometers west of Kielce, is the largest cave of the whole region known as Cholesiowa Jama or Jaskinia Jaworznicka (3,670 m long). It ranks ninth on the list of Poland's longest caves and is available only for scientific exploration. The major tourist attraction of the region is the Paradise Cave (Jaskinia Raj, 180 m long) near Chęciny. Some finds from the cave which are on display show that it was once used by animals (mammoth, cave bear, woolly rhinoceros) and primitive humans.

The Świętokrzyski Speleological Club associates very knowledgeable and experienced speleologists and mountain climbers. The club members organize courses and trainings in cave exploration as well as prepare people for safe and independent exploration of caves and for mountain climbing in summer and winter conditions. Activities of the Świętokrzyski Speleological Club include participation in contests and national trainings organized by other clubs, organization of courses for cave rescuers, charting of caves, participation in speleological symposiums, and taking part in expeditions exploring caves in Poland and in Europe.

Świętokrzyski Speleoklub in Kielce

Osiedle Na Stoku 40A/22, 25-437 Kielce

tel. +48 604 123 932, www.ssk.kielce.pl

Jaskinia "Raj" (Paradise Cave)

ul. Dobrzaczka, 26-060 Chęciny

tel. +48 41 34 65 518, www.jaskiniaraj.pl

IN THE REGION
OF THRILLING EXPERIENCES



Air Sports

There are two air centers in the Świętokrzyski Region: the Kielce Aeroclub in Masłów and an aeroclub in Pińczów. The airport in Masłów was built in 1937. At present its runway made of asphaltic concrete is 900 m long and 30 m wide. There is also a grassy airstrip measuring 900 m x 200 m.

Membership of the aeroclub is available for pilots of airplanes, gliders, ultralight trikes, and parachutists. It organizes courses in three sections that form future pilots of airplanes, gliders and parachutists. The section of ultralight planes and trikes operates on the basis of privately owned crafts and organizes courses within the framework of private initiative.

The aeroclub organizes contests for parachutists and gliders and participates in national and international competitions. For many years the parachute section has been organizing the Regional Contest for Parachute Jumpers for the Cup of Kielce Mayor.

Kielce Aeroklub – Masłów Airport

26-001 Masłów

tel. +48 41 31 10 893, +48 41 31 10 706, www.aeroklub.kielce.pl

Air flying traditions of Pińczów date back to 1937 and are connected with the operation of the Polichno-Pińczów School of Gliding. At present, the Regional Aeroclub in Pińczów energetically operates and offers activities in aeromodelling section. It also organizes contests of flying models, balloon fiestas and parachute jumps.

Regional Aeroklub in Pińczów

ul. Piłsudskiego 2A, 28-400 Pińczów

tel. +48 668 409 128, www.arp.pinczow.com



IN THE REGION
OF THRILLING EXPERIENCES



Bowling and Billiards

Bowling is a popular social game which offers relaxation to friends and families and invites for friendly competition. Fans of billiards are also willingly hosted by most of the regional pubs and hotels.

For those who enjoy this type of passing leisure time, the Kielce Billiards Center organizes a series of billiard tournaments for amateurs and professional players: Billiard Sports Amateur Challenge 2008 in Kielce, Media Expert Cup 2008 and Grand Prix of the Świętokrzyskie Mountains in Pool Billiards.

La Mar Hotel

ul. Sikorskiego 2, 25-414 Kielce

tel. +48 41 33 02 333, www.hotellamar.pl

Dyspensa

Rynek 8, Kielce,

tel. +48 41 34 44 737 ext. 24, +48 695 550 148, www.dyspensa.com.pl

Świętokrzyskie Billiard Association

ul. Zagnańska 84a, 25-528 Kielce

tel. +48 41 36 23 903, www.bilard.kielce.pl

Klub Focus

ul. Warszawska 151, 25-547 Kielce

tel. +48 885 265 365, www.bilard.kielce.pl

Karakal

ul. Bodzentyńska 32, Kielce

tel. +48 41 34 35 206, www.bilard.kielce.pl

CKM Pub

ul. Bodzentyńska 2, Kielce

tel. +48 41 34 47 959, www.bilard.kielce.pl

Asystent Student Club

Al. Tysiąclecia Państwa Polskiego 19, 25-314 Kielce

tel. +48 41 34 44 514, www.bilard.kielce.pl

Bilard Club Extreme

ul. Klonowa 55, Kielce

tel. +48 41 33 10 439, www.bilard.kielce.pl

Hokus Pokus? Club and Restaurant

Osiedle Ogrody 27, Ostrowiec Świętokrzyski,

tel. 41 24 74 444, www.h-p.com.pl

IN THE REGION
OF THRILLING EXPERIENCES



Tennis

Twenty rest and recreation centers in the Świętokrzyskie voivodship have tennis courts. In the health resort of Busko-Zdrój tennis courts are located in the spa park and on the premises of some sanatoriums, for example, Włóknarz and Nida-Zdrój, which makes them even more attractive for guests who come to seek health restoration and good looks.

Tennis courts are also available in the following localities: Końskie (Stadium), Nagłowice (Elementary School), Ożarów (ul. Leśna), Pińczów (MOSiR Sports and Recreation Center), Sandomierz (KS Wisła, MOSiR Sports and Recreation Center), Skarżysko-Kamienna (Smecz Tennis Society), Suchedniów (OSiR Sports and Recreation Center), Śladków Mały, and Ostrowiec.

The Roko Tennis Center was set up in Ślechowice, a district of Kielce. This modern facility has four indoor tennis courts, two indoor badminton courts and six clay tennis courts with electric lighting. Other facilities and services include a bar with summer garden, playground for kids, shop with tennis gear, sauna, Turkish bath, bio-sauna, and a parking lot. The Roko Tennis Center runs tennis schools for children and youth and organizes tennis tournaments.

Roko Tennis Center
ul. Jurańska 1, Kielce,
tel. +48 41 34 64 730, +48 601 925 097
www.tenis.kielce.pl



IN THE REGION
OF THRILLING EXPERIENCES



Angling

The environmental condition of the Świętokrzyskie Region is very good due to relatively low pollution of its air, rivers and other water bodies as well as to the existence of large forest expanses and grasslands inhabited by many animal species. The region's unspoilt nature and such rivers as the Vistula, Pilica, Kamienna, Nida and Czarna as well as natural ponds, artificial water reservoirs and lakes create a real paradise for anglers. The Chańcza artificial lake (470 hectares) in the Raków commune set up on the Czarna Staszowska river abounds in carp, pike-perch, perch, bream, grass carp and other species. This lake is known to be a popular rest and recreation center which organizes surfing and sailing races and offers water sports gear (boats, kayaks, water bikes) for rent. Its beaches and bivouac grounds attract many vacationers in summer season.

PZW (Polish Angling Association), Kielce District, Anglers' Club in Włoszczowa, Marian Mazur

ul. Partyzantów 186 a, 29-100 Włoszczowa, tel. +48 663 770 433

PZW Anglers' Club in Busko-Zdrój

os. Kościuski 6, 28-100 Busko-Zdrój, tel. +48 510 150 515

Angling – Czesław Stępień

ul. 1 Maja 10, 28-131 Solec-Zdrój, tel. +48 41 37 76 039 ext. 30

Water storage reservoir near the artificial lake next to ul. Leśna

PZW Anglers' Club – Zbigniew Gruchala

ul. Tysiąclecia, 28-160 Wiślica, tel. +48 41 37 92 206

Anglers' Club Section – Paweł Bochenek

ul. Siemieńskiego 6, 26-035 Raków, tel. +48 608 652 301

“SUM” Anglers' Club

Strawczyn, 26-067 Promnik, tel. +48 41 30 38 514

PZW Anglers' Club – Waldemar Pietrzak

ul. 1 Maja 63, 26-110 Skarżysko-Kamienna, tel. +48 41 25 13 534

PZW Anglers' Club, Bronisław Siek

al. Niepodległości 133/32, 26-110 Skarżysko-Kamienna

PZW Anglers' Club

ul. Spokojna 2, 26-130 Suchedniów

Anglers' Club nr 25 – Lucjan Kosowicz

28-230 Polanie, tel. +48 608 650 105

IN THE REGION
OF THRILLING EXPERIENCES



Rock Climbing

The best conditions for rock climbing in the Świętokrzyski Region are found in the area of Kadzielnia, Góra Zelejowa, Stokówka, Ciosowa, Wykień, and Tumlin. Climbing routes range from 6 to 15 meters in length and do not exceed the difficulty rate of VI.4. It is however of utmost importance to check if you are not on the nature protected territory and if the object itself is not a monument of inanimate nature.

Experienced members of the Świętokrzyski Alpine Club of Kielce provide information about possibilities of practicing rock climbing in the region and about safety facilities on climbing routes. The club organizes national competitions in winter rock climbing, rock climbing courses, demonstrations of mountain rescue techniques, collection of wastes within the framework of the International Earth Day, rope games for children, and cooperates with the "I've Got a Dream Foundation". It's certainly worth an effort to consult expert climbers of the club in order to minimize hazards of rock climbing exploits.

Bouldering or climbing man-made walls without any rope safety protection is also very popular. There are some man-made walls available, but in the Świętokrzyski Region bouldering can be practiced on natural ascents as well. Convenient conditions for that style of climbing are offered by Brody Ilżeckie near Starachowice, Skała Nihilistów near Ćmielów or Kamień Michniowski, which constitutes a forest nature reserve on the territory of the Sieradowicki Landscape Park and therefore should be treated with an appropriate care and respect.



*IN THE REGION
OF THRILLING EXPERIENCES*



Świętokrzyski Alpine Club
os. Barwinek 5/49, 25-150 Kielce
tel. +48 502 982 288, www.ska.org.pl

Elementary School No 22 – bouldering route
ul. Gagarina 3, 25-031 Kielce, tel. +48 41 36 15 565

“Dom Harcerza”- man-made rock climbing wall
ul. Pańska 1a, 25-820 Białogon k. Kielc
tel. +48 41 34 52 737, www.dhkielce.zhp.pl

Climbing and Trekking Club – man-made rock climbing wall
ul. Kościuszki 38, Skarżysko-Kamienna
near the “Civitas Christiana” Center
www.scianka.tk

Cultural Education Center for Children and Youth
ul. Armii Krajowej 1, 27-600 Sandomierz



IN THE REGION
OF THRILLING EXPERIENCES

