



KRYNICA-ZDRÓJ



PEARL OF
POLISH
SPAS





Useful Phone Numbers:

Area code to Poland +48

- 18 471 6105 Tourist Organisation in Krynica
- 18 472 5577 Tourist Information in Krynica, ul. Zdrojowa 4
- 18 472 5500 Town Hall in Krynica-Zdrój, ul. Kraszewskiego 7
- 18 471 2060 CINEMA, ul. Piłsudskiego 19
- 18 471 5327 Police Office, ul. Polna 4
- 18 472 5537 Municipal Guard, ul. Kraszewskiego 7, emergency: 603 925 971
- 18 471 2333 Fire Department, ul Piłsudskiego 56
- 18 471 2377 Ambulance, ul. Kraszewskiego 118
- 18 471 2807 J. Dietl Memorial Hospital, ul. Kraszewskiego 142
- 18 471 6111 Healthcare Centre "Zdrowie", ul. Kraszewskiego 83
- 18 471 5059 Road Service PYKA, ul. Krótka 19, 602 692 629
- 18 471 2006 Radio-Taxi Krynica

Coach Trips (Budapest, Bardejov, thermal sources, Lviv, S decki Region, Slovakian Caves), walking tours, regional bonfires:

- Tourist Office Jaworzyna 18 471 5654
- PTTK Krynica 18 471 5576

Sunday Masses in Krynica-Zdrój

Ko ciół Zdrojowy	6:00	7:30	9:00	10:30	11:45	15:00	19:00	tel: 18 471 5005
wi ty Antoni		7:30	9:00	10:30	12:00		18:00	tel: 18 471 2282
Czarny Potok		7:30	9:30	11:00	12:30		19:00	tel: 18 471 2979
Stara Droga	8:30	(cerkiew Słotwiny)			11:00	17:00		tel: 18 471 3427
Tylicz		7:00	9:00	11:15		18:30		tel: 18 471 1310
Muszyna	6:00	8:00	9:15	10:30	11:45	16:30	19:00	tel: 18 471 4008
Orthodox Church		10:00			sobota 17:00			tel: 18 471 5836
Uniate Catholic Church			10:30					tel: 18 471 5482





Tourists should start their stays from visiting the local tourist information located on the end of deptak (the promenade), opposite to the post office. There, they will receive free thematic guide packages (for active ones, for families and for seniors) with agendas of cultural events and maps of the spa and its vicinities. All information included in these publications will make it easier to plan your time in this beautiful town. Before going to Krynica, it is worth visiting the website of Krynica Tourist Organisation www.krynica.org.pl, which will help you find an accommodation or to get acquainted with all local attractions and events.

What do you associate Krynica-Zdrój with?

The Jan Kiepura Festival, paintings by Nikifor, the Economic Forum, mineral waters, tourist trails... Yes, but this is not all: it is also the longest (and lit) family ski run, six ski stations (flow capacity of over 28 thousand skiers per hour), the Running Festival (including a 100 km ultramarathon through the mountains), the Spa Orchestra that has been playing continuously for 140 years, four mineral water pump rooms, the Nikifor museum, the Toy Museum, the Ropes Challenge Course, Sankostrada (the Tubular Sledge Slide), Paradise Slides, Mini Golf, go-karts, and many others...





When tourists enter the area of Krynica and Muszyna they will surely admire beautiful wooden churches and chapels spread over the old villages of the “Muszyna Key”. These temples represent the material legacy of the former inhabitants of this region –the Lemkos, an ethnic group formed through Vlach settlement with strong Ruthenian influences. The temples were built on a three-chamber plan, in a log construction, and were covered with tent roofs topped with bulbous cupolas. Inside, the most prominent element was the iconostasis, dividing the nave from the choir, covered with icons.

Uniate Church in Krynica (1848-1879) the biggest brick uniate church on the Lemko area; place of Nikifor's baptism

Orthodox Church (1983-1996) beautiful iconostasis from the turn of the 19th and the 20th century, sculpture representing the crucifixion of Christ, painting depicting the judgement of Christ (ul. Cmentarna)

Słotwiny (1888) baroque ciborium from the 18th century, classicistic candlestick from the 19th century

Powronik (1604) The oldest uniate church of the Polish Carpathians. Polychromy from 1607 and incomplete iconostasis from the 18th century. Since 2013 inscribed on the UNESCO World Heritage List.





Polany (1820) complete iconostasis from the 19th century inside, Piorunka (1798) beautiful painting of a Lemko shepherd – a rare example of a secular scene on the iconostasis, Wojkowa (1790) almost complete baroque iconostasis, Jastrz bik (beginning of the 19th century) polychromy from 1806, icon “Christ, Good Shepherd” (1775), Berest (1842). Tylicz (1744), Muszynka (1689), Mochnaczka (1846), Czysta (1894), Leluchów (1861), Dubne (1863), Szczawnik (1841), Złockie (1872).

Among all people who made the region of Nowy S cz famous, the most outstanding person was undoubtedly a primitivist painter, Nikifor (1895-1968), Lemko from Krynica. His real name was probably Epifaniusz Drowniak, but the painter himself signed his works with the words “NIKIFOR - THE PAINTER, NIKIFOR - THE ARTIST” and under this name he went down in the history of Polish and world art. He suffered from hereditary speech impediment which limited his contact with other people since his childhood. Painting became a better means of communication for him. He laid out his “portable atelier” in places most frequently visited by tourists and bathers, putting the paintings up for sale as “souvenirs from Krynica”.





Krynica-Zdrój was established in 1547 by Danko from Miastko and it was originally known as “Krzenycze”. In the later period, the development of the town was connected with the discovery of the medicinal properties of the local mineral springs in the 17th century. The nucleus of the spa was the so-called “Little House” built in 1794 which in 1804 started holding first bathhouses. In 1807 Krynica-Zdrój was officially called a bath spa. The great era of Krynica-Zdrój as a spa was started in 1858 by the activity of Józef Dietl, a Jagiellonian University professor considered the forefather of Polish balneology. In that period, such spa facilities as the Old Mineral Baths, the Old Muddy Baths, the Spa House, the wooden Main Pump Room with the promenade, and various pensions were built. The development of the spa was influenced by building a railway leading to Muszyna in 1876. It was extended in 1911, thanks to which it reached Krynica.

After the First World War, the spa belonged to Poland. Some of the facilities were renovated and many new ones were built. The Second World War and the period of German occupation ceased the development of the spa. The next expansion of the health resort took place after the war. Krynica-Zdrój became the biggest Polish spa.





The area of Krynica-Zdrój is located in the eastern part of the geographical region called Beskid Sudecki, in the valley of a stream called the Krynicyanka. The “Pearl of all Health-Resorts” is surrounded by forested mountains: Parkowa, Krzyżowa, and Jasiennik. The culmination of the eastern part of Beskid Sudecki is Jaworzyna Krynicka (1114 m above the sea level), the highest point of Krynica-Zdrój municipality. Such mountain tops as Wierch nad Kamieniem (1084 m), Runek (1080 m), and Pusta Wielka (1061 m) are of similar height.

The eastern part of Beskid Sudecki also encompasses hills of independent character, like Przysłop (944 m), Jaworzynka (899 m), Huzary (865 m), Szalone (832 m), and the mountain group of Żimne and Dubne between the Poprad and its tributaries: Muszynka and Smereczek, with the highest mountain top Kraczonik (934 m) over Leluchów.

Krynica-Zdrój is a community of rural and urban character. It occupies the area of 14 518 hectares (whereas the town Krynica-Zdrój covers c. 4000 hectares). It comprises the following villages: Berest, Czarna, Mochnaczka Niżna, Mochnaczka Wyżna, Muszynka, Piorunka, Polany, and Tylicz.





The greatest treasure of Krynica-Zdrój are its curative, acidulous waters delivered by six natural sources and by 19 boreholes. Now, these waters are available in three different pump rooms:

1. Main Pump Room (waters: *Slotwinka, Jan, Tadeusz, Zdrój Główny (Main Source), and Zuber*) located in the centre of Krynica's promenade, built in 1971, and thoroughly modernised in 2013-14.
2. Mieczyslaw Pump Room (water: *Mieczyslaw*) on the promenade, in the Old Spa House
3. Jan Pump Room (waters: *Jan, Józef*), under the lower station of the funicular railway leading to the top of Parkowa Mountain.

What is more, you can try free water from “Zródelko Miłości” (“Spring of Love”, on the top of Parkowa Mountain), from the intake station “Ciurkacz” (ul. Pułaskiego), and from the source localised above the train station.

In the spa, out of 13 000 accommodation places, 2 000 are connected with spa treatment (in 2 spa hospitals and 11 sanatoriums). There, women's diseases, diabetes, rheumatologic illnesses, as well as diseases affecting the upper respiratory tract, urinary tract, kidneys, nervous, digestive, and haematogenic systems.





KRYNICZANKA comes from the source “Zdrój Główny” pumping out from the depths (next to the Main Pumping Room in Krynica-Zdrój) discovered in 1793. This is the place where the first water bottling plant on the area of Poland was created (in the year 1808). The water contains necessary for people's organisms amount of magnesium thanks to which it alleviates states of restlessness and hyperexcitability. It has got anti-inflammatory and anti-allergic properties, strengthens bones. **JAN** is natural healing water –very diuretic, ideal in healing kidney stones. It is also used in treating other kidney and urinary ducts illnesses as well as in curing atherosclerosis and diabetes (in combination with Zuber) because it considerably lowers the level of cholesterol and sugar

ZUBER is unique healing water in the scale of Europe. It is also highly mineralized. Zuber is used in healing gastric and duodenal ulcers. Drinking it is good for the liver and the bilious ducts. The water prevents hyperacidity and lowers the level of sugar and cholesterol in the blood.

SŁOTWINKA is mineral water effective in healing chronic catarrhal inflammations of digestive system, illnesses caused by magnesium deficiency, and neurological problems. It is anti-allergic and helps to remove heavy metals from the organism

MIECZYŚLAW is water recommended in healing catarrhal inflammations of stomach, gastric and duodenal ulcers. Drinking it is good for those who underwent stomach resection.





Jaworzyna Krynicka Cable Car – the longest and the most modern cable car in Poland. The lower station is located in the valley of Czarny Potok. Six person trolleys cover the distance of 2 kilometres in 7 minutes, taking the passengers to the top of Jaworzyna Krynicka (1114 m above the sea level). In one hour, the cable car can carry over 1600 people to the top. From there, one can admire the breathtaking landscapes of Beskid and, if the weather is fine, also the view of the Slovak Tatras. Many paths and tourist trails are good for strolling and wandering, whereas cycle lanes are perfect for mountain bike rides.

Open every day, 9:00 a.m. - 5:00 p.m.

www.jaworzynakrynicka.pl phone: 18 471 3868

Góra Parkowa – funicular railway leads to the top of the mountain (741 m above the sea level). Walking alleys lead to the top by the Swan Pond and by the sculpture of Virgin Mary. On the top: **Paradise Slides** – a complex of tubular slides, **Pontoon Slides**. Open every day, phone: 18 471 2262

Mini Golf Park -18 holes of various difficulty levels, playground for children, barbecue gazebo. You do not need to hurry in this game, because it is not time, but strike number that counts. Open every day.

Hotel Wysoka, phone: 18 471 5892, 504 281 888





Sankostrada (Tubular sledge slide) –invites persons of any age to get a bit crazy on a luge track open every season of the year. The route is one kilometre long and lit. Open 10:00 a.m. -06:00 p.m.; summer holidays -10:00 a.m. - 08:00 p.m. www.sankostrada.eu tel: 18 471 5810

Ropes Challenge Course –system of platforms hung on trees and connected with various types of barriers. 6 routes of various difficulty levels and heights. Available for guest who are at least 3 years old. Novelty: Bubble Route; Extreme Route, pendulum jumps, professional climbing wall, springboard.

www.parklinowykrynica.pl phone: 660 313 091

Paintball is the most exciting team game in the world! You can enjoy it in the woody paintball arena of the Endorphin Factory. The ambience of this place, as well as many barriers, will make each game really attractive and full of emotions! We also organize pontoon rafting events.

www.fabrykaendorfiny.pl tel: 660 313 091

Pontoon and kayak rafting on the nearby river Poprad. Moderate difficulty level, not requiring any special skills from participants. Available: April-October, for persons of any age.

CzystaFrajda.pl tel: 509 99 88 12

www.fabrykaendorfiny.pl tel: 660 313 091





Toy Museum BAJKA ("Fairy Tale") – collection of valuable historical toys coming from various periods of European toy making (over 3000 exhibits). Cultural heritage of the whole humankind –for children and adults (house mini-theatres, dolls, tin toys, military toys). Open every day, phone:693 634 114 muzeum-zabawek.pl

Nikifor Museum – collection of paintings created by Nikifor, souvenirs after this primitivist painter, publications and photos featuring him. Closed on Monday ph:18 471 5303

Ice Stadium – facility opened during all seasons of the year, roofed, full-size ice rink (30x60 m) with tribunes with capacity of 2.635 sitting places. The place where KTH hockey matches, rinks, and sports events are organized. On the premises –equipment rental place. Phone: 18 472 3824 Tennis courts are located next to this facility.

Sense of Sport – bicycle and Nordic walking rental place, licensed skiing school, skiing equipment rental place, horse riding, 4x4 cars. phone: 606 408 224

Jaskinia Solna - 45 minutes sessions in clear, ionized air. They are good in healing lung and bronchi illnesses..
Sanatorium Continental tel:18 473 8224, 604 938 704





Zuzunia –inflated slides, water balls; in winter, snow scooters for children; under the lower station of the funicular rail and next to the old cinema (only in summer).
Phone: 721 699 697

Environmental-Hunting Museum „Łuczakówka” –open from Tuesday to Saturday, 09:00 a.m. -04:00 p.m.,
ul. Halna 37 phone: 18 4475124

Mountain Tourism Museum - exposition about the history of tourism in Beskid S decki. It is located near the PTTK mountain refuge on the top of Jaworzyna Krynicka.

Shooting Box LZD – fully automatized facility that enables to carry out the full hunting decathlon. ul. Pułaskiego, ROMA, phone: 18 471 2068

Sports and Recreation Park in Czarny Potok. Complex of playing fields. Bike riding complex, skatepark, playgrounds, walking alleys.

Centre of Children's Play “Little Robinson”, open from Monday to Saturday, 09:00 a.m. -07:00 p.m.; Sundays: 10:00 a.m. -05.00p.m. ul. Kraszewskiego 1, phone: 18 262 20 13

Internet Access Tourist Information, ul. Zdrojowa 4/2,
Public Library ul. Nowotarskiego 1,
Cinema ul. Piłsudskiego 19





Jaworzyna Krynicka – each year considered the best ski station in Poland. Snow covers it for about 150 days a year. 12 kilometres of snowgroomed, lit ski runs having the flow capacity of 14000 people/1h. The longest lit piste in Poland; cable car, 2 chair lifts, 8 ski lifts, 2 training lifts, equipment rental places, ski school, constant care by GOPR mountain rescue service, many gastronomic points, 1000 parking lots.

Two other ski stations are located in Slotwiny. They are lit, snowgroomed, and constantly monitored by GOPR mountain rescue service.

Krynica Azoty - 10 ski runs of various difficulty levels, chair lift, complex of T-bar lifts + Baby Lift and Snow Park. Cross-country ski loop. ul. Slotwi ska 51

Krynica Slotwiny – chair lift of 950 metres, T-bar lifts, ski lifts for children, flow capacity of 3000 people/1h

Krynica Henryk – the smallest ski station, but located in the centre of the spa. T-bar lifts –very good for beginners.

Tylicz SKI chair lift, T-bar lifts, 5 kilometres of groomed ski runs. Ski station good for the whole family.

Master SKI - Tylicz, 3 lifts, free parking lot, tavern.





Four tracks are prepared for **cross-country skiing** lovers:

1. Piste joining Parkowa Mountain with Tylicz (of 13 km). The 2 kilometre segment between "Roma" and Parkowa Mountain is lit. The piste goes through woods and is demanding. On the top of Parkowa Mountain, there is a skiing equipment rental place and a cross-country skiing school. Phone: 606 408 224

2. U Le ników – pistes localized near ul. Czarny Potok, 500 metres before the cable car station. Green Piste -550 m, for kids; Yellow Piste -2200 m, for beginners; Blue Piste -3500 m, for advanced skiers. Near the piste –a big parking lot and a sports equipment rental place.

3. Soccer Stadium –piste around the greensward in the very centre of the town (under the tubular sledge slides). Equipment rental place –in the nearby Hotel Krynica. Phone: 606 408 224

4. Azoty – pistes located on a prominence joining the Azoty skiing centre with the valley of Czarny Potok at the altitude of 750 m above the sea level. Blue Loop -1200 m, easy for beginners; Red Loop -3600 m, rather demanding. Phone: 725 580 011

5. Tylicz - Osada Domków w Lesie (Houses in the Wood) –pistes of 2.5 and 4 km for intermediate skiers and for beginners. On the spot: equipment rental place: equipment maintenance place, cross-country skiing school, catering, and a parking lot. Phone: 512 121 500





GASTRONOMY

Krynica-Zdrój offers a really wide range of delicacies: from regional dishes to traditional Polish cuisine.

Dwóch wi tych (ul. Bulwary Dietla 13) – in the boarding house “Małopolanka” –the best boarding house restaurant in Poland in 2012. Furnished in the “1920's style” . Wide range of wines from all the world. In the pub –live music: from blues to pop. Wine and food degustation is organized in the restaurant.

Domek w Dolinie (ul. Czarny Potok 30A) – dainties of Old Polish cuisine and barbecue meals.

Cichy K ciek (ul. S decka 2) – evaluated as the best tavern in Poland 100 Best Restaurants 2011 and 2012 poll.

Karczma Regionalna „Go ciniec” (ul. Czarny Potok 26A) regional and Old Polish meals.

Karczma łemkowska „Kłyniec” (ul. widzi skiego 20) traditional Lemko cuisine, original interior.

Gospoda pod Gwarkiem (ul. widzi skiego 18) delicacies of Hungarian cuisine and highlander food.

W gierska Korona (ul. Bulwary Dietla 18) – pizza restaurant with rich tradition, decoration reminding guests about the history of winter sports. Live music.





U Babci Maliny – on the top of Parkowa Mountain, traditional Polish cuisine.

Paradise (ul. Pułaskiego 49) – offers Old Polish and international cuisine..

Gawra (ul. Park Sportowy 1) – beanery near the ice rink.

Bon Appetit (ul. Pułaskiego 4/1) – traditional and Italian cuisine, pizza restaurant.

Adria (ul. Zielona 13) – pub functioning since 1996. It offers good food and drinks as well as unique ambiance.

When being in Krynica, you should also try: natural sheep cheese from Roman Kluska, oscypek cheese, bunc cheese, orange-agaric mushrooms (marketplace located behind the restaurant “Hawana”), ice-creams from “nie ynka”.

Krynica means also unforgettable **dance clubs**:

- Restauracja „Hawana a'la Kmita” (ul. Piłsudskiego 23)
- Restauracja Artystyczna (ul. Pułaskiego 29),
- Jack's Place w Hotelu Prezydent (ul. Nowotarskiego 3),
- Sanatorium Continental (ul. Nitribitta 4),
- Piwnica pod Galeri (ul. Pułaskiego 19),
- Piekiełko (ul. Pułaskiego 35),
- Zacisze (ul. Pułaskiego 36), Wisła (ul. Bulwary Dietla 1)





TYLICZ is a small town located only 6 kilometres from Krynica-Zdrój and 3 kilometres from the Polish-Slovak frontier.

Places worth visiting:

1. Parochial Church Dedicated to Saint Peter and Paul
It was built in 1612 on the foundation of an older temple from 1363. The building is wooden, covered with boards, and of a single-nave plan. One of the most important object is the baptistery whose origin is attributed to Veit Stoss school. Other worth mentioning elements are: choir loft (17th century), painting presenting Mary Magdalene (15th century), rococo cross, and four wooden figures of saints.
2. Uniate Catholic Church Dedicated to Saint Kosma and Damian. Inside, one can see a precious iconostasis (18th century) as well as ornamental and figural polychromy from 1938. The altar in the choir was created in the first half of the 18th century, inside –an 18th century painting presenting Our Lady with the Child.
3. Mofeta Tylicz -is the memory of Carpathian volcanic activity and represents an unusual natural peculiarity. It shows how mineral waters are formed. In the communist times, research over the possibility of creating condensed food for Soviet cosmonauts was conducted here.





4. Tylicz History Museum -Polish and Lemko regional garments, the Hall of the Confederacy of Bar, the sacral corner, artisans' tools, paintings and photographs about the history of Tylicz. Open: Tuesdays, Thursdays, Fridays, 01:00 p.m.-04.00 p.m.

Go-Kart Race Track –exciting go-kart rallies (Rimo Evo4 200sq. cm). In offers: small go-karts for children who are at least 5 years old. Track surface: 1800sq.m. Tylicz, ul. Sportowa, phone: 500 725 750

Farma LAMA - horse rides, ponies, farmstead (geese, goats, ducks, sheep), snow scooters in winter. Tylicz, ul. Konfederatów Barskich 11, phone: 18 473 1374

Domki w Lesie - –swimming pool 20x10 m, beach volleyball, bike rental place, playground for children, barbecue bar, campsite, camper site, off-road car track. In winter, cross-country ski run. Tylicz, Al. Wolno ci 1, phone: 512 121 500

In the area of Tylicz, 35 sources of acidic mineral waters and of waters containing carbon dioxide were catalogued. These waters vary greatly in respect of their mineralization and hydrochemical types.





Muszyna - it is a spa located 10 kilometres from Krynica-Zdrój and 5 kilometres from the Polish-Slovak frontier, in the valleys of the Poprad River and of the streams Muszynka and Szczawnik. The town is situated in the Poprad Landscape Park and in the linden park “Obro yska”.

Places worth visiting:

- Ruins of the castle (14th century) which belonged to the prefects of the Muszyna State
- Baroque defensive church dedicated to Saint Joseph (17th century) with gothic sculptures
- Shrines of Saint John of Nepomuk and of Saint Florian (turn of the 18th and 19th century) on the Market
- Manor complex on castle boroughs (18th/19th century) -court of prefects
- Regional museum of the “Muszyna State” –Tourist Information
- “Zapopradzie” –amphitheatre, recreation complex with swimming pools, alleyways, pump room
- Sensory gardens, outdoor gyms
- MOFETA in Złockie. Prof. widzi ski Memorial Monument of Inanimate Nature





Swimming Pools

Hotel Prezydent**** 19x12 m; depth: 1.00-1.70 m; dry sauna; vapour sauna; infrared sauna; water cascades; jacuzzi. Open every day, 09:00 a.m. -02:00 p.m. and 03:00 p.m -09:00 p.m. Price: 30PLN/1.5h; season ticket: 200PLN ; ul. Nowotarskiego 3; phone: 18 473 6500

Czarny Potok**** 16x13 m; wading pool for kids, jacuzzi, saline bathtub, dry bathtub, steam room, relax zone. Price: 30PLN/2h; season ticket: 200PLN. Open every day: 07:00 a.m.-11:00 p.m., ul. Czarny Potok 65; phone: 530 30 04

Fitness Centre – rehabilitation pool; 12x8 m; depth: 1.10-1.30 m, saunas (dry, vapour, infrared); jacuzzi; resting room; open from Monday to Saturday; 04:00 p.m -8:45 p.m.; Sundays: 02:00 p.m.-08:45 p.m.; price: 25PLN; Continental; ul. Nitribitta 4; phone: 18 473 8127

Damis -22x8m; depth:1.20-1.80m; price: 10PLN/5PLN/45 min; open every day 03:00 p.m. -08:00 p.m.; ul. Pułaskiego 71; phone: 18 471 2838

Sportowiec -10x5m; depth: 1.40 m; price: 10/5PLN/1h; open every day 03:00p.m. -08:00p.m.; ul. D browskiego 21; phone: 18 472 5400


Hotel Klimek**** - 15x6m; cascades; hydromassage; jacuzzi; wading pools; slide of 76m; price: 30PLN/h; season ticket: 200PLN. Muszyna, Złockie 107; phone: 18 477 8222







Tourist trails


GOPR tel: 601 100 300


 Krynica-Zdrój (Deptak - ul. Halna - Czarny Potok) Jaworzyna (1114 m.) - Runek (1080 m.) - Łabowska Hala (1061 m.) - Bukowina (983 m.) - Rytro. Time: 9h

 Around Krynicy-Zdroju : Deptak - Góra Parkowa (741 m.) - Huzary (865 m.) - Kopciowa - Jaworzynka (899 m.) - Góra Krzy owa (813 m.) - Deptak. Time: 5h

 Deptak - ul. Zielona - Przeł cz Krzy owa - Czarny Potok - Jaworzyna Krynicka - Złockie - Muszyna. Time: 6h

 Deptak - ul. Pułaskiego - Huzary - Mochnaczka - Lackowa (997 m.) - Wysowa-Zdrój. Time: 7h

 Deptak - ul. Ko ciuszki - Przeł cz Krzy owa (760) - Przysłop (944 m.) - Runek - Bacówka nad Wierchoml - Pusta Wielka (1060 m.) - egiestów. Time: 7,5h

 Deptak - Góra Parkowa (741 m.) - Szalone (829 m.) - Bradowiec (770 m.) - Powro nik. Time: 3h




 Deptak - ul. Pułaskiego (Kopiec Pułaskiego) -Huzary (864 m.) - Tylicz. Time:2h














Walking Tours from Krynica-Zdrój





1. Deptak – ul. Ko ciuszki  Góra Krzy owa 
Przeł cz Krzy owa  Krynica (monument of Jan Kieपुरa). Time: 2,5h

2. Deptak - Góra Parkowa  Huzary  Jakubik 
Kopciowa - restaurant Cichy K cik - ul. Stara Droga – Park Słotwi ski - Deptak. Time:4,5h

3. Deptak – ul. Ko ciuszki  Góra Krzy owa 
next: bike route to the left to  Holica  ul. Halna
–Environmental Museum „Łuczakówka” – ul. Cmentarna
orthodox church, cemetery – grave of Nikifor. Time:3h

4. Deptak - ul. Pułaskiego - ul. Zieleniewskiego – Jakubik 
 Huzary  Góra Parkowa - Deptak. Time: 3,5h

5. Monument of Kieपुरa  Przeł cz Krzy owa 
Bukowinki  Jaworzynka  Kopciowa - Cichy K cik -
ul. Stara Droga – Park Słotwi ski - Deptak. Time: 4,5h

6. Monument of Kieपुरa  Słotwiny - to the uniate
church, next: left to  Przeł cz Krzy owa 
Góra Krzy owa  Deptak. Time: 4h





Bike Routes

Riding a bike, you can admire Beskid S decki moving through asphalt roads and, if you are using a mountain bike, tourist trails.







Chosen asphalt roads: **downhill** **uphill**

1. Deptak - **Krynica Dolna** - Powro nik 8km (turn left) - Tylicz 14km (turn left) - **Roma** - **ul. Pułaskiego** - **Deptak** 21km 1,5h
2. Deptak - **Powro nik** - Muszyna 11km (turn right behind the castle) - Złockie 12,5km (turn right) - **Mofeta** 16km - **Jastrz bik** 20 km (turn left behind the bridge) - Deptak 28km 2h
3. Deptak - Pułaskiego - ul. Zieleniewskiego 1km (turn left) - **Jakubik** 3km - **Mochnaczka** 4,5km (turn left) - **Krzy ówka** 10km (turn left) - **Deptak** 15km 1,5h
4. Deptak - Pułaskiego - ul. Zieleniewskiego 1km (turn left) - **Jakubik** 3km - **Mochnaczka** 4,5km (turn right) - Tylicz 9,5km (keep to the right side, after 600m: turn left) - Powro nik 18km (turn right behind the railroad crossing) Deptak 26km 2h
5. **Picturesque Poprad Valley** (slight downhill slope) Deptak - Muszyna Rynek 10km - egiestów 22km - Wierchomla 31km - Piwniczna 38km - Rytro 45km - Sary S cz 55km 4h (possibility of getting back by train)





Chosen Bike Routes Leading Through Tourist Trails

1. Deptak - Czarny Potok Gondola 6km (asphalt turns into a forest path) **Jaworzyna** 10 km  **Runek** 13,5 km 
Bacówka nad Wierchoml 15,5 km - **Szczawnik** 21km - Krynica (through Muszyna 35km - Jastrz bik 37km) 3h
2. Deptak - ul. Halna (turn right)  **Krzy owa** 4km 
Przeł cz Krzy owa - **Jaworzynka** 9km - Jakubik 15km (on the right: access to asphalt road) - **ul. Pułaskiego** 17km (turn left) - **above the Pułaski Mound** 18km (on the right - plated road) **Parkowa** 19km - **Deptak** 20km 2h
3. Deptak - Krynica Dolna 5km (turn left to Szczawiczne) - entrance to the wood 6km - **end of the wood** 8km (turn right) **crossing with**  9km (turn left) - Góra Parkowa 11km - **Deptak** 12km 1h
4. Deptak - Stara Droga - **Kopciowa** 4km  Jakubik - **Huzary** - **Kopiec** - Góra Parkowa - **Deptak** 13km 1,5h
5. Deptak - Stara Droga - **Kopciowa** 4km  **Jaworzynka** -Przeł cz Krzy owa - Krzy owa - **Deptak** 12km 1,5h
6. Deptak - Słotwiny (turn left behind the uniate church) - **crossing with**  4,5km (turn right) Bukowinki - **Runek** 7km  Łabowska Hala 14,5km - **Rytró** 27km 3,5h
- 6a. Deptak - Łabowska Hala  **Łabowiec** - **Łabowa** 23,5km - (national road) Krynica-Zdrój 41km 4,5h





Villa Lubicz specialises in family stays. It is located only one kilometre from the promenade and it has four apartments equipped with full kitchenettes, balconies with deckchairs, cable television, and Wi-Fi. For kids, we offer beds, high chairs, and toddler bathtubs. On the area of the estate, there is a wooden playground with seesaws, a slide, a foretop, a springboard, and a sandpit. In sunny, summer days, children gather outside to play boardgames and to create artworks. It is also worth mentioning the roofed barbecue spot and the parking lot for guests.

In winter, we invite you to ski in the mountains. In the facility, you can use a laundry and a dryer.

Love couples can stay in an apartment with a fireplace.

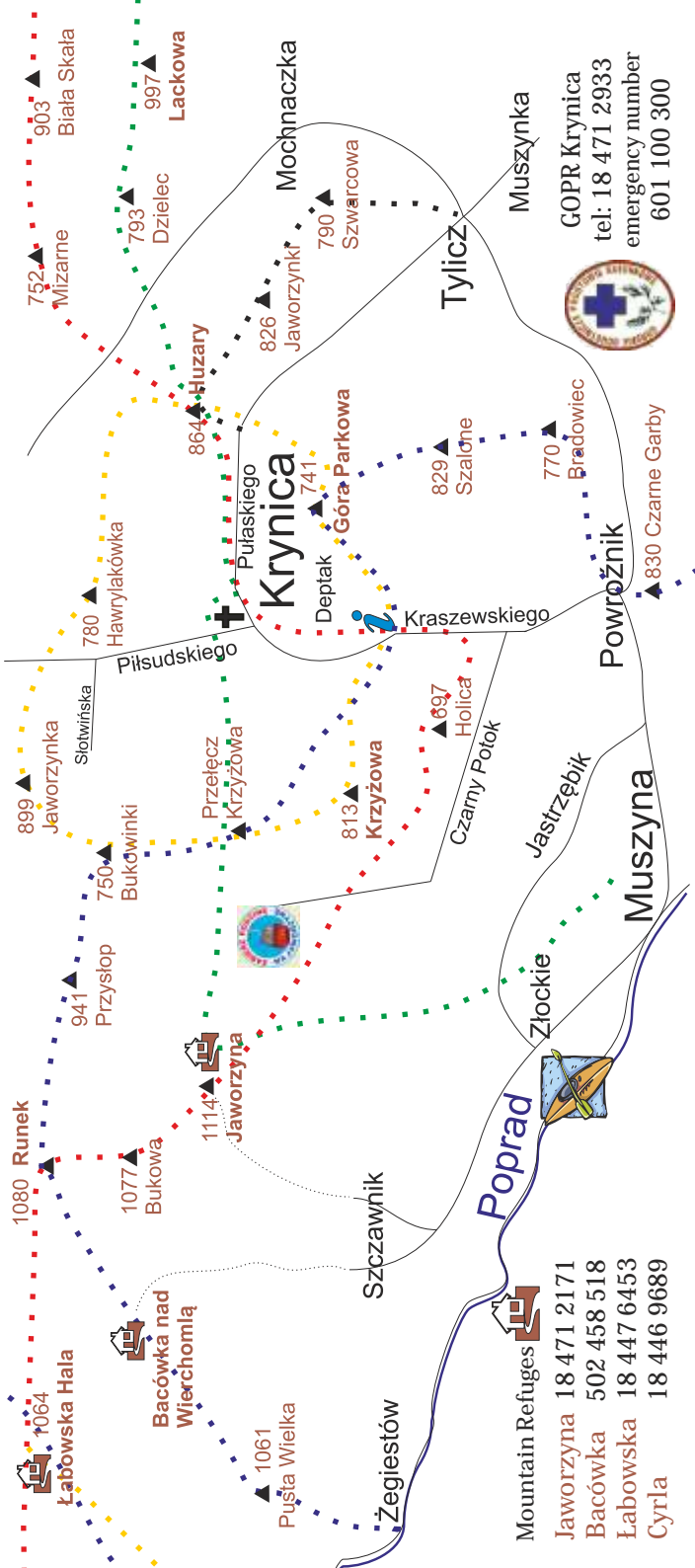
WILLA *Lubicz*

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W KRYNICY-ZDROJU

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www.krynicalubicz.pl
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GOPR Krynica
 tel: 18 471 2933
 emergency number
 601 100 300

Mountain Refuges

Jaworzyna	18 471 2171
Bacówka	502 458 518
Łabowska	18 447 6453
Cyrla	18 446 9689

830 Czarne Garby

