



quality
of life

Following the trail of a Snail

Warmia Mazury Powiśle

www.cittaslowpolska.pl



„Warmia and Masuria region of a United Europe”

The publication financed by the European Regional Development Fund for the Regional Operational Programme 2007-2013 of Warmia and Masuria and the budget of the government of Warmia and Masuria



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Trail of a Snail



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REGIONAL PROGRAMME
NACIOWY REGIONALNY PROGRAM OPRACOWANIA

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THE TRAIL OF A SNAIL WHY CITTASLOW

The idea of a chain of towns, colloquially called fast food outlets, appeared for the purpose of saving "our" time. As a reaction to the rather unhealthy diet the aptly named "Slow Food" movement was initiated in the year 1986. In 1996, during a meeting of the Slow Food organizations with the mayors of 4 Italian cities, the decision was taken to create an international network of Slow Food. The movement is aimed at promoting the production of food products to grow locally and more closely to 168 towns from 25 countries over the world.

The international network of Cittaslow Cities is a non-profit organization, whose aim is to promote and popularize the culture of good food by the creation of strategies related to environmental and infrastructural policy, territorial maintenance and development, the upgrading of local production and providing support to the culture of hospitality. The mission of the organization is to improve the standard of living of the inhabitants. The International Association is based in the Italian town called Tortona.

The Cittaslow cities are famous for their rich history, geographically attractive location and more often than not, high quality cuisine. They are focused on the development of their cultural heritage. These towns are not regional capitals, but rather places with powerful local communities. The Cittaslow network comprises towns with population of less than 50,000 inhabitants in order to obtain "Slow City" status, it is necessary to comply with the qualification requirements which focus around seven key areas:

The "Manifesto of SLOW Towns for the new humanity and living" states that Cittaslow towns are those where:

- an environmental policy aimed at the maintenance and development of the characteristics of the territory is implemented,
- an infrastructural policy, aimed at increasing the value of the territory and not at annexing it is implemented,
- the use of technologies aimed at raising the quality of the natural environment and urban fabric is promoted,
- the production and use of food products obtained as a result of natural, environmentally friendly techniques are supported, with the exclusion of genetically modified products
- local manufacturers which have their roots in culture and traditions are supported, as they contribute to preservation of the methods of production and promotion of the opportunities and friendly places, in order to maintain direct contact between the consumer and the producer, the culture of hospitality, understood as the feeling of truly close connections with the community and its uniqueness, is supported,
- the awareness of living in one of the Slow towns is promoted among its inhabitants through the introduction of the "Education of good taste" programme, with particular consideration given to the youth and schools.

The idea of the establishment of Cittaslow towns in Poland was born in the year 2003 during a visit of the representatives of the Warmian Masurian Province to Italy. The local government of the Province took the decision on commencement of actions aimed at the establishment of a network as soon as July 6th, 2004. Having consulted with the relevant procedures, on April 1st, 2007, the Co-ordination Committee of International Cittaslow Network took the decision to approve the Polish National Cittaslow Network which consisted of the following cities: Białystok, Bydgoszcz, Białski and Lidzbark Warmiński (and the Provincial Local Government as a supporting member). Nowadays, the Polish Network includes 10 cities - 9 from the Warmian-Masurian region and one from the Wielkopolska region (Międzybóże Gólczyński) and is still developing.

WARMIAN AND MASURIAN REGION

The Warmian and Masurian region covers an area of 4000 km². The average population density is 59 people per km² - almost half the national average. Over 20% of the area is covered by forests and 6% by water. The name Warmia has centuries-old tradition and originates from the Prussian word "Warmā" which means "warm" or "hot" in relation to the colour of soil, or the name Masuria dates back from the first half of the 19th century. When the Masurian land was annexed by Prussia after the third partition, the former Polish inhabitants of Great Prussia were called Masurians. The region of Warmia and Masuria is full of charm, magic and curiosity. The hills, meadows and fields, dotted with hundreds of ponds and the forests with numerous lakes, rivers, streams and channels which, through various receding connections, create an interesting water network, all contribute to the beauty of the region. Among these post-glacial hills and forest complexes, there are charming towns which offer peace and quiet.

Gate to the region NOWE MIASTO LUBAWSKIE

A peaceful, but unusually interesting town, famous among numerous lakes, forests and natural parks, has a broad range of tourist attractions. The rich history, the hospitality of the inhabitants, the traditional cuisine and the unique atmosphere, make it a small town with a vast offer of active recreation. It is definitely worth a visit.

Noteworthy

- Church of St. Thomas the Apostle, Sanctuary of the Virgin Mary of the Village of Łąki - a Gothic temple from the 14th century famous for its a unique complex of baroque and gothic wall paintings,
- The remnants of gothic fortifications including the gate tower of Brodnica and the gate tower of Lubawa,
- The Former Evangelical Church - which dates back to 1912, situated in the very heart of the market square in place of the Medieval wall which built burnt down in the year 1800 - presently it functions as a cafe,
- The Ruins of the Monastery of the Holy Reformers in Łąki Białoborskie, formerly called "Prussian Czeszadzko",
- The Museum of the Land of Lubawa (in Brodnica town), where the model of a special boat for rescuing survivors from shipwrecked submarines, patented in 1912 in an interesting exhibit.

Tourist information

- Wildlife Education Trail in the "Valley of the Drwęca River" - the trail is about 4 km long and leads from Nowe Miasto, along the river, to the village of Mżanowo,
- Water Protection - every year on September 6th, during the Church Fair of the Virgin Mary of the village of Łąki, the only existing procession of the holy figure in Poland takes place on a boat along the river (this refers to a medieval legend about a miraculous resuscitation) from the St. Thomas Collegiate Church to the nearby village of Łąki Białoborskie,
- Drwęca river - the largest natural reserve countrywide, characterised by ecological conditions which are unique on a European scale. An interesting canyoning.

Surroundings

- Kurtyki - ruins of a Chapter Castle from the 14th century, built by the Chełm Chapter,
- Ląbno - the local museum with collectors related to dairy farming, agriculture and blacksmithing.

Cultural heritage

- Zajazd nad Drwęcą - The facility offers regional, old-Polish cuisine based on the recipes of our mothers and grandmothers.
- Wiskow Drzewiarz Manufacture of Cooked Meats - this is a family company, whose beginnings date back to the year 1946. The recipes used for the production of cooked meat remember the pre-war era and European style.

Tourist information

- ul. Dąbki 23 (the building of the old Evangelical Church), phone 58-674 23 24
- www.annonwmiasto.pl

NATURE

Within the borders of the province, there are about 1,800 water reservoirs with an area of over 1% of the province's area protected in various ways.

landscapes parks, monuments and 68 Natura 2000 areas, including 16 protected areas and 42 special habitat protection areas and 250 lakes and rivers. Here you can see storks and swans, wolves and lynxes and European bison and deer. One can admire the landscape reserve of the Krutynia river and the mountainous landscape of the Teresin reserve, the slender pines from Tądnów and the slushy marshes.

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Ethnographic melting pot

A city at the Sanderia river with its history going back to the year 1216, also the capital city of the land of Lubawa. This land, in the regional ethnographic configuration, borders upon the Płock Masovia region in the South, the Masuria region in the East, a sub-region called Old Prussia in the North and with the Dobrzyń, Michałow and Chełm Lands in the West and North-West. Therefore, it is a very specific ethnographic melting pot. Nowadays, it is also characterised by a dynamic wood-furniture industry.

Noteworthy

- St. Anne's Church (parish church) - erected around the year 1330. A sculpture of the patron of the Land of Lubawa is kept here - that is, the Lipa Mother of God, which is transported to the Sanctuary in Lipy once a year at the beginning of July during the church fair,
- St. John the Baptist and St. Nicholas Church with a Bernardine monastery - built at the beginning of the 17th century,
- St. Barbara's Church - built around the year 1770 - a wooden church of log construction and rooster piglet are very popular.

Surroundings

- Glazyno - an Evangelical-Methodist Church and a brick building of the now obsolete railway from Samborowo to Turza Wielka,
- Lale Franckuski - the name is forever tied to the drowning of French soldiers by local peasants in the year 1813,
- Dylewska Góra - the highest mountain on the European Lowland, located East of the Vistula river - 312 m above sea level,
- Isztambul - a wooden St. Alivus church from the year 1761

GRUNWALD

A battlefield in the year 1410, during which the unit of Polish Lithuanian forces defeated the armies of the Teutonic Order. Every year, on July 15th, a reconstruction of the battle is staged to commemorate the greatest battle of the Middle Ages. About 5000 knights and servants reside in two opposing battle camps, about 1,500 infantry and militia knights participate in the battle. The whole event is watched by 40,000 - 100,000 spectators. This is a monument and a museum located in the central part of the field.

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OLSZTYNEK

A Masurian town in the Warmian district of Olsztyn, known not only to children for the Kubus Puchatek, which was manufactured there, it was established by knights of the Teutonic Order. The town of Olsztynek had conquered St. Peter (cross) has been associated with the town since the 14th century. However, it was only in the year 2011 that the Holy See approved of the smallest town in the world. This is a town which has witnessed a history, starting with the Battle of Grunwald and ending with World War II.

Noteworthy

- The heritage park - established in 1913 in Krzywków. Before the outbreak of World War II, 8 buildings were moved to Olsztynek. At present, the museum comprises over 50 facilities from such regions as Warmia, Masuria, Powiśle, Barczą, Sambia and Lithuanian Minor. During the summer season, there are many open-air events organized here, including the Peasant Fair and the Herb Holiday,
- Town Hall - built in the years 1915-1923,
- Castle - from the 14th century, completely reconstructed in the 19th century, presently restored - it functions as the seat of the school concert,
- Show room,
- "Mironowia Housar" - a museum devoted to the defender of the Polish language and culture in the Masuria Region
- The medieval arrangement of the old town with its remnants of stone curtain walls, which are unique - once an element of the mausoleum, at present it stands in form of the town hall, Glass works

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NICOLASA COPERNICUS

The greatest astronomer of all times who "stopped the sun and moved the earth" was a canon of the Warmia Chapter for 46 years, and throughout his life, he was in "Revolutionary Bus", initiated the development of modern science and changed the perception of man's place in the universe.

Noteworthy

- Lidzbark Warmiński, Frombark and Olsztyn. He was born in 1473 in Toruń, died in 1543 and was buried in the Frombark Cathedral.

Historic capital city of the Warmia region LIDZBARK WARMIŃSKI

A diverse area ideally fitted to protecting winter sports - including cross-country skiing - breaking the stereotype that the Warmia and Masuria region is a flat area. The city is located on the path of Gothic castles which place of Copernicus all year round.

Noteworthy

- Castle of Warmia Bishops including the balcony - this place has been visited by such prominent persons as Nicolaus Copernicus, Ewa Słowa Bartolomeo Piccolomini (the subsequent pope, Pius II), Johannes Danterius, Janusz Stanisław, Stanisław, Martin Corner, Adam Stanisław Barczowski and many others. The castle houses the Warmia Museum,
- Saint Peter and Paul Church - built in 1315,
- High gate and defensive walls,
- Evangelical Church - a praiseworthy monument of wooden Protestant architecture in the Warmian region. Built between 1819-1823 (presently, the building functions as an Orthodox church),
- Krakicki Orzężony - a garden pavilion which combines the Baroque and Classic styles, erected between 1711-1724.

Surroundings

- Baranów - a praiseworthy war camp was located in Lidzbark Warmiński in the years 1914-1918. The prisoners of war, who died, were buried near the city, which contributed to the creation of a cemetery for Russians, Romanians, British, French, Italian, Serbian, Belgian and Germans.

The largest events

- March - Kazuki - Wilniaki, a concert devoted to Shevchenko,
- June - the re-erected monument of Heliborus from the year 1807. Festival of Farmer's and a Traditional Cheese Fair - "Time for Cheese",
- July - The Hunting Festival,
- August - The Days of Lidzbark Warmiński, Lidzbark Evenings of Humour and Satire, Regional Final of the "Taste of Warmia and Powiśle" Competition,

Recreational sites

- Krzywkowa Mountain: downhill skiing, cross-country skiing and cross-country cycling,
- Municipal beach: beach swimming,
- Łęka - during the winter period,
- Municipal park - an area of the protected landscape of the Symyara River,

Surroundings

- Stoczek Kaszubski - The Mother of God - the Queen of Peace Sanctuary, the place where Cardinal Stefan Wyszyński was detained,
- Ignali - the site where a Napoleonic Battle between the Russians was fought,
- Klepkowo - near Łąka Wyszwicka,

Cultural heritage

- Warmianka Restaurant - situated at the castle, home-made meals.

Tourist information

- teaching - ul. Krasińskiego 1, phone 89 519 90 52
- Seasonal (from 1.07 to 31.08), ul. Wypokój Bramy, phone 89 767 41 48
- www.lidzbarkwarmiński.pl

RELIGIONS

In the year 1998, the Warmia region was established in the area which was partly inhabited by the Prussian tribe - the Warmians. The inhabitants of the Masuria region were mostly pagans.

Noteworthy

- Church of the Holy Spirit - the Warmia region was mostly pagan. After the reformation movement had reached the region of Warmia and Masuria, it became a crucial factor for the identification of the population living on the territory of Prussia. The central idea of continuing the faith of the two was changed in 1847 when several dozen people of Ukrainian origin - Greek Catholics - were resettled.

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Forgotten town in the Warmia region BISZTYNEK

The present Bisztynek is a town which, in some respects, fits the Cittaslow idea perfectly. There is peace and quiet here. It is so small, that one could easily miss it while being in a hurry, and this would be a pity because, as yet, small is beautiful and this is the smallest of the Warmian towns.

Noteworthy

- The Holiest Blood of Christ Sanctuary - one of the largest churches in the Warmia region, which is quite surprising when the area of the town itself is taken into account,
- The Lidzbark Gate - from the turn of the 15th and the 16th century, with the remains of the Masuria region were mostly pagan.

Surroundings

- Monument of Henryk Sienkiewicz - initially unveiled on September 1st 1929 as a monument to the victims of World War I including the names of 169 inhabitants of Bisztynek who died in it. The present version of the monument comes from the year 1965,
- Teatralne Houses - dating back to the 19th and 20th century,
- Graniary - a dating back to the 18th century,
- Boulder (28 metres in circumference, 3 metres long and 3.2 metres high, the largest one in the Warmia-Masuria province. The old legend has it that the appearance of the boulder is the doing of evil forces. Most probably, the devil himself brought it from Africa, hence the name "Devil's Stone")

Surroundings

- The Masuria Hills Memorial - ul. Prochy 28 - an exceptionally large Gothic Saxon, Joseph Engling
- Chapel and church - there are 1600s a notable number of them here and they are definitely worth visiting
- "Polski Szary" - "Samolot" - a nature reserve - a shallow, vast reservoir with numerous clusters of great natural qualities, a feeding ground and nesting site for various species of birds.

Weekend attractions

- Winter - Bisztynek is famous for its WALRUS club - members of the club submerge their bodies in frozen ponds every winter.
- Find 2
- www.bisztynek24.pl

GOTHIC

An architectural style characteristic for the region of Warmia and Masuria. It is visible mainly in the architecture of the Gothic castles and chapels. The castles were divided into the bishops' castles and chapter castles, which are popular in the Masuria region. In the Warmian region, the most famous are the Warmian and the Warmian to the Chełm Chapter. There are also Teutonic castles located mainly in the Masuria region. In more recent years they have suffered a lot of fires. As in museums, hotels and cultural centres. The Gothic churches are the domain of the Holy Warmia. The Masurians are and the ones of Protestant origin are simple in construction and come from later periods.

The beauty of the Warmia region REZEL

A walk along the old streets of the town is a real pleasure, in particular, when we diversely our activities and spend some time relaxing at a cafe or a bar located in the charming town of Rezele. Having renovated our bodies, it is worth paying a visit to the castle's contemporary art gallery, Franciszek Wielewoski - a well-known painter and graphic artist created his works here in Rezele, the atmosphere for artists has been very friendly for centuries.

Noteworthy

- Medieval market square with a well,
- Castle of Warmia Bishops - 14th century. In the year 1811, Barbara Zdrunk, charged with practicing black magic was burnt at the stake here and this was "The last witch event in Europe" though not the last witch hunt,
- St. Peter and Paul Parish Church - dating back to the middle of the 14th century,
- Presbytery - situated near the church - at present in rather poor condition,
- Gothic bridges over the Słyna River,
- Municipal park with an amphitheatre built in the 1930's,
- Transformation of Jesus Orthodox Church from the 18th century (until the change of its location in 1963 it functioned as the parish of the Holy Cross Church),
- Graniary with a spandrel beam construction from the 18th century,
- Post-World War II Cottage - which is active between the years 1632 - 1772,
- Classic Town Hall from 1815.

Castles and Galleries

For years, this has been a place of international exhibitions, meetings, plein-air, conferences etc. It is the place where, among others, Franciszek Starobinski, Adam Młyn, Teresa Pogorzelska, Kajażka Bieleszki and many other famous created their works.

Surroundings

- The gallery and studio Adam Młyn.

Rezele pilgrimage route - (6 km), popular with pilgrims as early as the 15th century. Between 1733 and 1735, Baroque shrines were built on both sides of the route which is also lined with lindens growing along the avenue.

Swięta Łąka - Sanctuary of the Visitation of the Blessed Virgin Mary, the Queen of the Christian Unity - a Baroque Basilica.

Belzorko - a castle turned into a church in the 19th century, it used to be used as a Protestant Church but at present it is a Catholic Church.

Culinary heritage

- Cat's paw - specialty - whole-roasted pig-pork in onions, dumplings stuffed with mutton, Russian biscuits,
- Trozak Balony - within the market square - a family company. Traditional handmade dough is baked in an old pie was ceramic oven,
- "Młynogony" - a mill near Rezele which has produced flour for over 600 years. Only wheat and not coming from the region of Warmia and Masuria are used for production.

Tourist information

- Rezele 24, phone 89 755 00 79
- www.grezele.pl

FORTIFICATIONS

The largest fortress from the 19th century in the region is the Boyen Fortress in Głociszewo. During World War I, in the territory of East Prussia, a network of fortifications extended to about 500 bunkers during the inter-war period in the Głociszewo Field Forts. The location of Hitler's headquarters in Głociszewo in 1940 contributed to the appearance of other facilities in the vicinity (Wądrowe airport, the headquarters of the German land army in Masuria, the seat of Hitler's chancellor in Radziszewo, Himmler's headquarters in Pruszczko I and the Luftwaffe Command Headquarters in Golsk).

The Land of Adventure Hunters

The only health resort in the Warmia and Masuria region. It comes with the densest air in Poland, boundless forests, picturesque lakes and hills and landscaped buildings as well as the delicacies of the local cuisine. It is a perfect place to practice active tourism all year round and to relax from the town to the countryside by spending some time in the untamed nature, feeling the history and meeting unusual people.

Noteworthy

- Health resort district - at lake Galdog - which boasts graduation tower, a pump room, a promenade with wooden buildings as well as a delicacies of the local cuisine. This is a mud-climate health resort that provides treatment for rheumatic, orthopaedic and injury, respiratory tract, cardiological, neurological and women's diseases,
- Town market square - with a solar clock, walking avenues, open amphitheatre and colourfully lit fountains,
- Piętra Góra (272 m above sea level) - skiing routes, luge track, chalet, and a rotating cafe at the top,
- Kunickie Forest - excellent routes for cross-country skiing during the winter-time. This is the place where one of the oldest skiing events in Poland takes place - the winter races; during World War II - it was the Luftwaffe headquarters with the code name: Robinson,
- Water tower - a monument with scenic views and a cafe at the top,
- Museum of the Galdog Land - located inside a historic former barack building with exhibitions bearing witness to local history and tradition.

Surroundings

- Romanka Forest with Wilhelm's Stone and Borecka Forest with its European bison husbandry, Beckowenwald (Biosphere reserve) - wild animal husbandry farm,
- Masurian Pyramid in the village of Rapa - a tomb from the end of the 18th century, built on the Egyptian pyramid, housing the mummified corpses of the Prussian Fanehrd family,
- Bridges in Starczyce - an element of an impressive railway line between Głociszewo and Zylszewo,
- Triples in Kółki - the point of contact of three borders: Poland - Lithuania - Russia.

Events

- Capella - a potato delcacy with meat stuffing, whose holiday is celebrated during the Borderland Festival "Kartaczewo" on the first Sunday of August,

Culinary heritage

- The Masuria Hills Honey (entered into the List of Traditional Products by the Minister of Agriculture),
- Zajazd "Pod Piękną Górą" (Pod Piękną Górą Inn)
- Canteen of the Primary School No. 3 - Galdog,
- Galdog Association of Travelers,
- Agriarium Farm - "Try Swięte" (Three Spruces) - Galiciec,
- Agricultural farm - Rudziwiczki - Żytko,
- "Młyn" Mill Bar - Barze Maszowskie.

Tourist information

- Plac Zwycięstwa 16, phone 87 615 20 90
- www.uzdrowiskogaldog.pl

GREAT MASURIAN LAKES

Situated between Wigorzewo and Pisz, they stretch to an area of about 1,700 km². The largest of them include: Świątynia (the largest lake in Poland - 109.7 km²), Marny (the largest freshwater reservoir in Poland - 102.4 km²) and Niepokoń (26 km²). An important element of the water network of the Masuria Region are the channels and floodgates, their construction caused the sailing routes to cover a distance of over 220 kilometers. The white fleet consists of the long-term towns located within the area of the Great Masurian Lakes, thus facilitating water tourism for those who do not practice sailing.

In the Land of the Great Lakes RYK

A small Masurian town, charmingly located on the isthmus of two lakes: the closed lake Oków located within the silence zone and Lake Ryńskie which is connected with the Great Masurian Lakes. This location gives you the possibility of starting and finishing a few days staying through the whole land of the Great Lakes.

Noteworthy

- Teutonic Castle from 14th century - In the years 1393 - 1525 it was the headquarters of the Commandery, where one of the first commanders was Friedrich von Walleborne, the so-called great knight of the Order of the Holy Cross Church,
- Quarters of the municipal office and other institutions. Since 2006 it has functioned as a Congressional-Recreational Centre "Castle Ryńskie",
- Durch windmill from the second half of the 19th century - built in 1873 and reconstructed in the years 1975-1982,
- Water tower from the 19th century - presently stands on hill, within the precincts of the old Evangelical center,
- Evangelical chapel dating back to 1836
- Nakomedy - a ceramic manufacturer established at the outset of the 18th century. Nowadays, just like them - replicas of many models of portraits and vases, wall plates, wall tiles and many other ceramic works of art have been hand-made here,
- Sądry - a private ethnographic museum, the "Masurian Hut" - showing equipment used by the Masurians in everyday life and for housekeeping,
- Masurian Museum in Oczarcza - with collections concerning the everyday life of the Masurians in the 19th century as well as the first half of the 20th century.

Cultural heritage

- Głociszewo Ryński Młyn Hotel - meat and fish dishes based on regional recipes,
- Restauracja "Castle Ryńskie Hotel" - a 4-star but traditional restaurant, belonging to the cultural heritage network

Tourist network

- ul. Tysiąc Siewieków 1, phone 87 421 80 61
- www.mistryn.pl
- www.rk-pk.pl

CUISINE

The Warmian-Masurian region is the first Polish region to join the European Cultural Heritage Network. Its aim is to promote food articles manufactured on the basis of traditional recipes and local products, as well as to help the inhabitants and tourists in finding the relevant regional food. The culinary heritage is a product or service with which the inhabitants of the region identify themselves, manufactured or provided in a non-industrial, environmentally friendly manner, from resources available in our region. The culinary heritage network has already been joined by 140 members. There are catering companies, breeding establishments, food product manufacturing companies, farmers, resource manufacturers, agro-tourists and hotels among them.

Dziękujemy Kulinarne

Warmia Mazury Powiat

Landscape full of possibilities BISKUPIEK

Located in the very centre of the region, in the diversified landscape of the Warmia and Masuria region. The surroundings, rich in historic border, numerous lakes and forests, meadows, fields, forests and meadows, offer numerous recreation and practicing all kinds of sports. It is definitely beloved among modern and prospective tourists. Year to year, owing to numerous investments, its image is being changed, tradition is combined with modernity.

Noteworthy

- St. John the Baptist Church - whose beginnings go back to the establishment of the town; there is a scenic point in the church tower,
- Blessed Karolina Kózkówna Church - the Sanctuary of the Mother of God of Fatima - a place of pilgrimage for the whole region,
- The Spacious valley of the old town - Medieval, Gothic - there are eight streets leading to the market square and the street market square, the main street, east and west,
- Buildings: The Starosty building from the year 1908 (at present Municipal Offices), Theillery building from the year 1865 (at present a restaurant), a former glass factory from 1887 (at present a Catholic school and a brewery from the year 1985) closes,

Surroundings

- Biosos - a Neo-Gothic church (1911) with a cross-bell vault and stained glass windows, as well as a mill from the 19th century,
- Dąbki - a ribbon lake with an area of 1,000 ha and a municipal beach,
- Węgrzyno - a nature landscape complex, high moorland hills covered with forest,
- Węgrzyno - Thematic Village "Warmianka Kiszczuliska" (Warmian) Fair, a heritage park of farming machines. Each year, Paschal Mysteries are organized here,
- Reszpa - a Neo-Romanesque fish church built of field stone from the beginning of the 20th century,
- Parzeja Wielka - a town where the original spandrel beam has been preserved,
- Backwater "Laki Dymieniec" - a complex of boggy meadows overgrown with reed, which turned into a Catholic school and a brewery from the year 1985 closes,
- an area of 250 ha.

Culinary heritage

- Głociszewo nad Dębem - Wilmy nad Biskupiek - house-keeper's specialty: beetroot sautée with spars, fish, nettle, green, pork neck stuffing with mushrooms and plums, various kinds of pierogi, fish - and particularly perch-pike in vegetables. Home-made bread and cakes baked in a brick oven.

Tourist information

- Plac Wolności 51, phone 89 715 47 42
- ul. Cieszkowa - Municipal Office, Niegolepskiego 2, phone 89 715 01 26
- www.biskupiek.pl

NOTEWORTHY

www.mazury.pl
www.produktorynarmia.mazury.pl
www.warmia.mazury.pl
www.annonwmiasto.mazury.pl
www.staki.mazury.pl
www.mazuryzyciek.pl
www.zabytkiokno.pl
www.cittaslow.pl

WARMIA MAZURY
Festina lena!!!
cittaslow



LEGEND
scale 1:365 000

	RYN	Cittaslow cities
	Trail Cittaslow	
	OLSZTYN	City - seat of the Marshal's Office
	BISZ	City - registered office of the district office
	ORZYŹ	City - registered office of the commune office
	ŚWIETAJNO	Village - registered office of the commune office
		The state border
		Province boundaries
		District boundaries
		Commune boundaries
		Historical border of Warmia
		National road
		Express road
		Regional road
		Railway, station
		Border crossing points
		Tourist information
		Museum
		Monument
		Castle
		Sanctuary
		Fortification
		Winter sports
		Border of landscape park
		Nature preserves
		Forests; bodies of water

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<p>5</p> <p>NOWE MIASTO LUBAWSKIE</p> <p>Gate to the region</p> <p>About 11 000 inhabitants Town privileges - dating back to 1325</p>	<p>LUBAWA</p> <p>Ethnographic melting pot</p> <p>About 10 000 inhabitants Town privileges - dating back to 1311</p>	<p>OLSZTYNEK</p> <p>One visit is not enough</p> <p>About 8 000 inhabitants Town privileges - dating back to 1359</p>	<p>LIDZBARK WARMIŃSKI</p> <p>Historic capital city of the Warmia region</p> <p>About 17 000 inhabitants Town privileges - dating back to 1308</p>	<p>BISZTYNEK</p> <p>Forgotten town of the Warmia region</p> <p>About 2 500 inhabitants Town privileges - dating back to 1385</p>	<p>BISKUPIEC</p> <p>Landscape full of possibilities</p> <p>About 10 500 inhabitants Town privileges - dating back to 1395</p>	<p>RESZEL</p> <p>The beauty of the Warmia region</p> <p>About 5 000 inhabitants Town privileges - dating back to 1337</p>	<p>RYN</p> <p>In the Land of the Great Lakes</p> <p>About 3 000 inhabitants Town privileges - dating back to 1723</p>	<p>GOLDAP</p> <p>The Land of Adventure Hunters</p> <p>About 13 500 inhabitants Town privileges - dating back to 1570</p>
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