

A land of independent cities, culturally diverse spaces and people respecting their historical identity. Kujawsko-Pomorskie steers clear of any clear-cut definitions, surprises and intrigues. You cannot get bored with it, discovering constantly new images. Its landscape features meandering rivers, forest wilderness, sandy forest tracks, mild valleys, salt deposits, prehistoric settlements, austere Gothic walls, and towers with hidden mysteries. There are colourful towns creating their present existence on a grand scale, aware of their assets, outlining bravely their future. With their acquired skills of thriftiness, following the principles of technology and crafts, they do not forget about their heritage, written centuries ago in the stars.

Discover all charming sites of our region, building your own constellation of travel! It can be mysterious like Pałuki, full of adventures like the Tuchola Coniferous Forets, fascinating like the Lower Vistula River Valley, undiscovered like Bydgoszcz, in the slow style like the Brodnica Like District, with uhlan's fantasy like Grudziądz, emanating with good energy like our health resorts, mild like Kociewie, and reaching for the stars like Toruń.

We do hope that when you visit our region you will feel good energy, which comes from our natural resources, but also from the inspiring power of the distant planets and stars, which we constantly monitor, like no one else! Combine selected sites into your own itineraries, travel through undiscovered trails and explore Kujawsko-Pomorskie Constellations of Good Places.



Culture

Bydgoszcz

Pałuki

Grudziadz

Chełmno

Toruń

Organic connection with water



Ry Ry





Bydgoszcz

The Brda River and the Bydgoszcz Canal running through the city create its unique atmosphere. Bydgoszcz listens to its history, particularly the past dating back 150 years. It was a period of prosperity, with growing industry, trade and crafts. The rhythm of the city was outlined by the rapid flow of the river and numerous locks of the Bydgoszcz Canal, which like a water highway connected the city with the east and west of Europe.

The Mill Island (Wyspa Młyńska), which is an enclave of greenery in the heart of the city, is one of the most charming local sites. 19th-century buildings, known as the Bydgoszcz Venice, stand on the Młynówka River surrounding the island. Walking across the island, you are invited to visit its museums and galleries housed in 19th-century mills and granaries. Location on the international waterway E-70 (Berlin-Kaliningrad) offers to the city connection with the national system of inland navigation through the junction connecting the Vistula with the Odra River. Water enthusiasts are invited to a modern marina blended in the surrounding of the historic Rother's Mills. Nearby bridges and footpaths lead to the charming places of downtown Bydgoszcz, featuring impressive Art Nouveau buildings. The city looks beautiful from the water. You can find it out by taking a cruise by a river passenger boat or walking the Trail of Water, Industry and Crafts TeH₂O. It is an industrial, thematic trail combining history of fifteen sites blended in the space of the city. The Opera Nova, standing proudly on the Brda River, is a flagship art stage of our region and nation. Other prominent stages of the city include the Pomeranian Philharmonic and The Polski Theatre.

Gothic, Copernicus, traditional gingerbread

Toruń



Gothic streets of the city trigger our imagination and give us a unique opportunity to time-travel. Knowledge of the fact that the great astronomer who "stopped the Sun and moved the Earth" was born and raised in Toruń, inspires respect and encourages to take a deeper look at the history of this Hanseatic city. The spice delicacy developed here centuries ago and legends related to it make that everyone wants to return here, wander through local sites and discover the mysteries of Toruń.

The Town Hall, monumental churches, charming tenements, and granaries – Gothic can be sensed everywhere. Therefore, it's not surprising that the medieval city of Toruń was designated as World Heritage Site by UNESCO. The fortified walls with gates and towers as well as castle ruins remind about the founders of the city, i.e. the Teutonic Knights. The brave ones volunteer to undergo the "test of righteousness" at the Leaning Tower. If they are able to keep their balance with their back against the wall of the building, they publically demonstrate their honesty and fidelity. In the Live Gingerbread Museum, listed as one of the seven new wonders of Poland in the 2012 plebiscite of the National Geographic Traveler, and the Toruń Gingerbread Museum one can not only try the spice delicacies, but also participate in their baking and decorating. It's worth checking if the city of Copernicus is closer to the stars by visiting the family house of the astronomer and exploring space in the Toruń Planetarium. The city can also impress military heritage enthusiasts; the Toruń Fortress is one of the biggest fortification systems in Poland.

In the 4th Fort visitors can take a look at life in barracks and experience thrilling moments during a torch-lit tour of the underground tunnels. Science aficionados and those who enjoy independent experiments are invited to the Innovation Centre – the Mill of Knowledge. Toruń is a city of great events. Bella Skyway Festival is a real explosion of light. The Old Town of Toruń changes its image, moving spectators into a supernatural dimension. Stopping by in Toruń, even for a brief moment, you have to go for a walk on the boulevard alongside the river. Toruń that looks into the Vistula, every time and season, is an unforgettable view.







POLISH TOURIST ORGANISATION

Mill Island
CAMERIMAGE International Film Festival of the Art of Cinematography





POLISH TOURIST ORGANISATION Live Gingerbread Museum Władysław Dziewulski Planetarium 4th Fort – Yorck – Żółkiewski Bella Skyway Festival



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Love at first sight





Chełmno

This charming city, sitting on nine hills, has an attractive panoramic view, outlined by steeples of Gothic churches.

Among historic sites built from red brick, you will sense a unique atmosphere of this old city with deep-rooted history, situated on the European Route of Red Gothic.

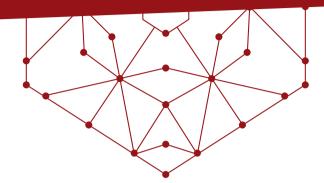
The history of this city is inseparably tied with the Order of the Teutonic Knights, which gave Chełmno its charter rights, known as the "Chełmno Privilege," naming it the "capital town." Until the 18th century, this document had served as a pattern to charter over 200 cities, including Warsaw, Toruń, Gdańsk, and Wadowice. In the 13th century, a system of fortified buildings was erected in the historical Chełmno Land. These days, their structures are reminded by the Park of Miniature Teutonic Castles. Chełmno is proud of its Europe's longest preserved fortified walls, medieval chessboard street plan and an architectural gem decorating the Market Square, which is the Town Hall built in the Gothic and Renaissance styles. The Fara – one of the six preserved Gothic churches, is a place that attracts those who are in love. The relics of St. Valentine, stored in it, should be the reason for another rebirth of the city – this time, Chełmno as a city of lovers ®. Every year, on February 14, the city festively celebrates "Chełmno Valentine's Day." In the summer, local historic sites create unique scenery of art workshops, outdoor events and colorful regional markets. In 2015. Chełmno was listed as one of the seven new wonders of Poland in the plebiscite of the National Geographic Traveler.

City means people

Grudziądz

Although the historic cities of Grudziadz are not less important or beautiful than in other towns on the Vistula River, here you will find proofs that the atmosphere of this place is created first of all by its residents. #gru is a trademark of all Grudzigdz residents, "created to integrate residents and fill them with pride, encourage to work." It is sensed on a tram, in a cafe, in the market square, but first of all, it is reflected in unconventional actions and daily awareness that everyone can be an ambassador of his own city.

The panoramic view of Grudziądz is created by some of Europe's biggest historic granaries standing tall over the Vistula riverbank. In 2011, in the plebiscite of the National Geographic Traveler, the granaries were recognized as one of the seven new wonders of Polanda The restored Klimek Tower, which was once part of the local Teutonic castle, towers over the city. You are encouraged to climb the tower, which top offers a breathtaking view of the meandering Vistula River. Walking across the city you will discover parts of 14th-century fortified walls with the Water Gate, a monumental Gothic basilica. and three Baroque monasteries of the Benedictine nuns, the Jesuits and the Reformati. Connoisseurs of fortifications will get impressed with the Grudziądz citadel built in the 18th century, which is one of the most stately structures of military craft in Europe. A sentimental monument of an uhlan and girl refers to the cavalry traditions of the city. Grudziądz is also at the itinerary of the European Route of Brick Gothic. The city also has an offer to water enthusiasts, featuring the revitalized Schulz Port that invites to the Grudziądz Marina with interesting architecture.









ORGANISATION

Chełmno – the city of lovers®

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Culture

Taking a train deep into history



Pałuki

Stepping into a car of a narrow-gauge train, you will time travel ... Departure station: Żnin. Destination... who knows?

You can learn about traditions and the interesting history of Pałuki and Żnin in the Museum of the Pałuki Land located in the Gothic tower and building of the municipal office. There are not too many people aware of the fact that Polish periodicals, including women's magazines led by "Moja Przyjaciółka" were originated in this place. In nearby Wenecja, it is easy to feel like a child and joyfully discover the world of choo-choo trains. The Museum of Narrow-Gauge Railway, situated in front of a medieval castle, is Europe's biggest ethnographic museum of steam locomotives for 600 mm gauge. This exceptional collection is worth visiting during the Wenecja Night of Steam Locomotives. Owing to the locomotives belching out with steam, illuminated exhibits and period music, everyone is overwhelmed by the magic of this place and feels like a passenger of the "little" railway station from the early 20th century. Another must-see place during the travel around Pałuki is the Archeological Museum in Biskupin – the most well-known archeological reserve in Central Europe. It features, among others, a reconstructed Neolithic settlement dating back 6,000 years, a Lusatian settlement dating back 2,700 years, and an early-Piast village. Organised in September, the Archeological Fest shows the everyday life of the early Biskupin residents. Further, the railway leads to Gasawa, where in the wooden church of St. Nicholas delightful are the unique Baroque wall paintings. The last stop on the railway route does not end our Pałuki adventure. Other exceptional places await us, e.g. Lubostroń Palace, modelled on the famous Italian Villa Rotonda, one of the best preserved mansion complexes in Poland.

Szlak Piastowski

Reaching the roots and looking for answers to the most important questions are part of each person's life. What did the Polish state look like in the first centuries of its existence? The Piast period surely still conceals many mysteries, but the Piast Trail leading us through the regions of Wielkopolska, Kuyavia and Pałuki is like an open book of history. It reveals historical sites and places that saw our history.

The birth of Poland

Kruszwica welcomes guests with its Gothic Mouse Tower on Castle Hill. This is a relic of a castle of Casimir the Great dating back to the mid-14th century. It is 32 m high, and from its top one can see the town and the legendary Lake Gopło. In Kruszwica, there is also the oldest preserved church in Kuyavia – the Romanesque Collegiate Church of Saints Peter and Paul – from the turn of the 12th century. Mogilno, scenically surrounded by the lake waters, features the Church of St John the Apostle and a Benedictine monastery established in the 11th century. In the church crypts one can feel the Christian spirit of the past. The monasterial walls guard the oldest well in Poland. In the Baslica of the Holy Trinity in Strzelno, we can find a real treasure – Romanesque columns with personification of virtues and vices. By the basilica, there is St Procopius' Rotund – the largest Romanesque building on the plan of a circle. The stone Romanesque Church of Our Lady is the oldest historical site in Inowrocław. On the church



walls one can see bas-reliefs of devils, animals and people, symbolising the fundamental truths of the Christian faith (according to legend, they were to protect the faithful against the evil powers). One of the oldest Gothic cathedral churches in Poland can be admired in Włocławek. Inside the Cathedral of the Assumption, there is the precious marble tomb of bishop Piotr of Bnin, made in the workshop of Veit Stoss. Brześć Kujawski, the old seat of Kuyavian dukes from the Piast line, is the hometown of Ladislaus the Short. Casimir III the Great was born in Kowal. During the Piast reign, Żnin was the favourite seat of heads of the Polish Church, frequently having as guests kings – Casimir the Great and Ladislaus Jagiello. Here, bishops used to be ordained and decisions important to the country were made. The course of the Piast Trail via Biskupin justifies the reconstruction of an early-Piast village in the archeological reserve.





POLISH TOURIST ORGANISATION

Archeological Fest in Biskupin Wenecja Night with Steam Locomotives Archeological Museum in Biskupin





POLISH TOURIST ORGANISATION

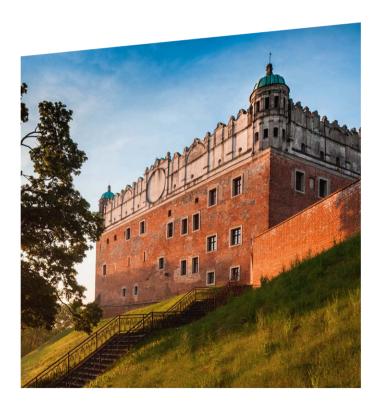
Piast Trail

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Teutonic heritage

Chopin's Mazurka

The historical Chełmno Land has preserved many valuable traces of the Order of the German Hospital of Saint Mary in Jerusalem that reigned here centuries ago. A trip along the trail of Teutonic castles is a recollection of the glory of these places, the history of knighthood and old customs.



On the scenic hill of Golub-Dobrzyń, at the turn of the 14th century, the Teutonic Knights constructed a magnificent castle. Its present shape the building owes to princess Anna Vasa, who transformed the Gothic stronghold into a Renaissance mansion. From the castle courtyard, the characteristic huge steps lead to the rooms. They had been used by knights, who in full gear would ride into the castle. The local legend warns that the one who takes the steps and looks back he or she will neigh in the least appropriate moment within a year. Grand International Knight's Tournaments are a tradition of the castle in Golub. This is an exceptional time and occasion to watch duels breathlessly in the company of knights and beautiful ladies coming from all over Europe. They say that one can see the ghost of Anna Vasa amidst onlookers. Ruins of a castle with a preserved 54-m-high tower is the Teutonic heritage of Brodnica. The castle basements are full of exhibits presenting the history of this place. In Świecie, ruins of the only Teutonic water castle were in the 14th century surrounded by the waters of the Vistula and Wda Rivers. Its grandest part with the characteristic keep, out of the perpendicular by 106 cm, has been preserved to this day. This is the highest leaning tower in Poland open to visitors. In Radzyń Chełmiński, there are magnificent walls of one of the most important castles in the Teutonic state. After the lost battle of Grunwald (Tannenberg), part of the Teutonic tresure, including personal silverware of Grand Master Ulrich von Jungingen, had been kept there. Worth seeing are the mysterious signs carved on the wall. This is a memento of the episodes of the TV series "Pan Samochodzik i templariusze" (Mr Automobile and the Knights Templar) filmed here. Going along the traces of the Teutonic Knights, we will also get to Castle of Bierzgłowo from the 13th century, presently occupied by the Diocesan Culture Centre.

It was here, in the estate of the Dziewanowski family in Szafarnia, that young Frederick Chopin used to spend his summer holidays. Delighted by this place, he composed his first mazurka. He also wrote amusingly his "Szafarnia Daily", including his summer adventures. The future composer would familiarise himself with the vicinity, delight with folklore, observe rural customs, ceremonies, and listen attentively to folk music. In Obrowo he participated in harvest festivals, presented his talent at the Knight's Room in Kikół, and in Obory he played the monasterial pipe organ. As many as 21 towns located in Dobrzyń Land, Chełmno Land and Kuyavia have been combined into the Kuyavian-Pomeranian Frederick Chopin Trail. They are connected not only with Frederick's arrivals during his childhood, but also with his mother and his first love. Nowadays, the Chopin Centre in Szafarnia still resounds with his music. Numerous concerts held here attract music lovers from all over the world.

Camino Polaco

Camino de Santiago, i.e. the Way of St James, is one of the oldest pilgrimage routes in Europe. It leads to the grave of St James located in Santiago de Compostela, Spain. However, one can go along ways of St James throughout Europe. The Polish Way (Camino Polaco) has been linking places visited by pilgrims going to Compostela since the Middle Ages. This is an almost 250-km trail featuring historical sites, ecclesiastic memorabilia and beautiful landscapes. Its part in Kujawsko-Pomorskie runs through, among others, Brodnica, Szafarnia, Golub-Dobrzyń, Ciechocin, Toruń, and Kruszwica.



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Meandering rivers

With and against the stream

Tuchola Coniferous
Forests

Brodnica Lake
District

Włocławski Reservoir

Tuchola Coniferous Forests



One of the largest forest complexes in Poland is a synonym of leisure. The one we dream about – far away from big city hustle and bustle as well as boredom! One of the region's leading tourist hallmarks has got irrefutable proof. In the year 2013, the Tuchola Coniferous Forersts received the prestigious commendation in the international competition of the Best European Destinations of Excellence (EDEN).

Scenic kayaking trails on the Brda, Wda and other rivers provide a thrill of emotions and coolness on hot days. They will not dissapoint even enthusiasts of extreme experiences. The Tuchola Coniferous Forests can be traversed by kayak, on foot and by bike. There are also lots of places for horse-back riding amateurs. One can also play minigolf in Cekcyn and sail on Koronowskie Reservoir. This Protected Landscape Area, full of bewitching coves and islands, owes its shape to the features of the Brda River valley. By the shore of the reservoir, there are many marinas and holiday resorts. Bikers are delighted by the new route leading via Europe's highest bridge of narrow-gauge railway that used to connect Koronowo and Tuchola.

The Tuchola Coniferous Forests feature a network of over 600 km of hiking and bicycle trails, thanks to which we will find unusual places. In the years 1845-1849, Poland's largest aquaduct – a water intersection of the Grand Brda River Canal and the Czerska Struga River – was constructed in Fojutowo. A walk amidst a few hundred year old yews in the "Leon Wyczółkowski Old-Polish Yews" Reserve in Wierzchlas, the largest cluster of this tree species in Europe, is almost a mystical experience ...

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kujawsko-pomorskie

Land of one hundred lakes







Brodnica Lake District

Amidst forests, lakes and scenic rivers we will find real treasures of the Brodnica Lake District. The Drwęca River - here and there tranquil, as well as meandering, swift and wild – is an excellent place for kayakists. Anglers will get here precious catch – the river's clean water with its swift current is home to fish occurring in mountain streams. The area of the Brodnicki and Górznieńsko-Lidzbarski Landscape Parks are a part of the Green Lungs of Poland – the purest and exceptionally rich natural part of Poland. The swampy Drweca River Valley is a refuge of waterfowl, belonging to the European Network of Nature Protection Areas "Nature 2000". In the Brodnica Lake District one can relax in peace and in harmony with nature. On many lakes there is a ban on internal-combustion engines. Attentive nature observers can get to see a white-tailed eagle flying by ...

Coordinates for adventure

Kujawsko-Pomorskie invites treasure hunters to do geocaching. This is an international game consisting in looking for special caches with the use of a GPS receiver. They are hidden in many interesting places (even in tree tops!) and they present different levels of difficulty. The capital of Polish geocaching is one of the smallest towns in Poland – Górzno, visited by cache enthusiasts from all over Europe.

Fill the sails!



Włocławek

Włocławski Reservoir

Shaped by human imagination and hands, this huge body of water is the result of partitioning the riverbed of the Vistula. It is well worth familiarising with the power of Włocławek dam and admiring from its top the panorama of the gueen of Polish rivers. Here, we will surely feel respect for the water element. 58 km long, Włocławski Reservoir is located between Kujawsko-Pomorskie and Mazowieckie Voivodeships. It looks like a natural finger lake. This is a real paradise for sailing enthusiasts. Sails fluttering in the wind and reflecting in the water are a permanent element of the local scenery. In the modern marina one can moore a boat, rent a motorboat, a kayak, and even a "dragon boat". Each year, the city is the venue of the International Hot Air Balloon Competition of Włocławek.

If you prefer land attractions - Włocławek will impress you with an extended network of bicycle paths leading far beyond the city limits. The nearness of the Gostynińsko-Włocławski Landscape Park is a promise of numerous natural attractions. From the steep slopes around the reservoir one can see excellent views. From the marina one can go on a leisurely riverboat voyage to feel the atmosphere of the cult film "Rejs" (Cruise), and to do different types of fitness exercises, just like the film characters did.





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The pleasures of beautiful nature



Eight nature's gates, behind which nature awaits





Varieties of Kujawsko-Pomorskie

While listening to the stories of the Lower Vistula River Valley, it is worthwhile visiting the mysterious cave Bajka (Fairytale) in Gądecz and dwarf birches in the Linie reserve, and in Leosia near Świecie nad Wisłą – pitting oneself against St Adalbert's stone – Pomerania's largest erratic boulder.

Our region offers different forms of active leisure. Bird watching requires not only exceptional patience but also traversing vast areas in the search of birds. The Noteć River Valley is an excellent place for bird watching enthusiasts. The best time to come here is spring or autumn, when the sky changes into a real bird highway – an ecological corridor for migratory birds – thousands of geese and cranes. "On the edge of the Noteć River Valley" is a special ecological trail in Minikowo. Terrain steps on a steep slope of the gorge and benches in a beautiful beauty spot have been prepared to provide access to nature's peculiarities. Kujawsko-Pomorskie is linked with seven other Polish regions by the Vistulan Bicycle Route. In our voivodeship it runs via Grudziądz, Świecie, Chełmno, Bydgoszcz, Toruń, and Włocławek. In many places it runs near and along the river. It leads through landscape parks, reserves and riparian forests.

Landscape parks in Kujawsko-Pomorskie

- Brodnicki Landscape Park
- Gostynińsko-Włocławski Landscape Park
- Górznieńsko-Lidzbarski Landscape Park
- Krajeński Landscape Park
- Nadgoplański Park of the Millennium
- Tucholski Landscape Park
- Wdecki Landscape Park
- Group of Chełmiński and Nadwiślański Landscape Parks

www.parki.kujawsko-pomorskie.pl



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Peaceful village, merry village

Noteć River Valley Lower Vistula River Valley

Kłóbka

In accordance with tradition

Kłóbka

Old cottages, barns, smithy, potter's workshop, rotating windmill, inn, depot, school... A 19th-century village reconstructed at the Kuyavian-Dobrzyń Ethnographic Park in Kłóbka is reminiscent of a scene from a folk artist's painting. Making butter in churns, groats in mortars, oil pressing, flailing, and washing in washtubs cause that the painting becomes alive. The heritage park is worth visiting during meetings within the series "Old village life". Workshops teem with craftsmen's work, and women do household works. In the park on the Lubieńka Creek, there is the manor of the Orpiszewski family from the mid-19th century. Its interiors fully present the atmosphere of a landowner's mansion.



Open spaces reaching embankments of the Vistula River, wayside alleys of fruit trees, orchards and gardens adjoining to houses. The Lover Vistula River Valley is the region's exceptionally bewitching part – enchanting with its landscapes, tradition and historical sites in villages.



The natural scenery of the Vistula Valley – one of the few wild rivers of Europe, is protected within the Group of Chełmiński and Nadwiślański Landscape Parks. In the fertile and hospitable lands of the Lower Vistula River Valley there are plenty of people, who know the value of their heritage – shaped by Prussians, Polish people, Germans, people coming from Switzerland, and Hauländer settlers, who had no equals in land cultivation, animal breeding and orcharding. Within cultivation of the old tradition, an orchard with old varieties of fruit trees has been opened in Chrystkowo. In the local Mennonite wooden hut from the year 1770, the last Mennonite presents the history of this place. In Gruczno, around the old mill surrounded with hills, where regional sheep – "heather" sheep – are grazed everyday, the Taste Festival is held in August, which attracts gourmets from all over Poland. In September, Strzelce Dolne is worth visiting owing to its Plum Holiday to taste traditional plum confection and to take a closer look at the process of frying it – in huge boilers with wooden mixers, over fire fed by deciduous timber. In Topolno, taste connoisseurs are awaited by the family vineyard Winnica przy Talerzyku, where wines are made of grapes ripening on the hills on the Vistula River.

Brown treasure, dream catchers and ritual canibalism

Thematic villages

The Mining Village in Piła-Młyn was established right after the ground under the feet of the local people started to collapse. The oldest residents remembered the old mine, and young people believed that though there was no brown coal any more – mined here at the turn of the 20th century – they found a real treasure by chance. The unique history of this place is told by the Old Treasurer, leading to the reconstructed entrances to old wells. In the village one can participate in a feast full of undergrowth endowments, and even in the "Foreman's Wedding". In Wymysłowo in the Tuchola Coniferous Forests we will be surprised by the Museum of North American Indians, presenting memorabilia of Sat Okh (Long Feather). The son of a Polish woman and an Indian chief from the Shawnee tribe visited this place eagerly.

A wigwam, costumes, Indian accessories, and tribal music are the colourful setting for the interesting history of the Indian culture and the life of Sat Okh, who was a guest of the museum many times.

Cultural cannibalism in a small village on the Vistula River? Though it sounds unbelievably, Gzin has got irrefutable scientific proof of its remote Lusatian past. Over 60 holes with relics of victims of cannibalism were found within this settlement. Nowadays, the shameful rituals have been replaced with graceful traditions and customs, such as Midsummer Night, and plucking down – consisting in preparation of eiderdowns, i.e. important elements of brides' dowries.



Museum of time and space

Noteć River Valley

The characteristic Noteć River landscape, people's work rooted in tradition, and culinary heritage – everything that creates the unique atmosphere of this place – are a part of the network called "Ecomuseum of the Noteć River Valley". On the ecomuseum trail, we will familiarise ourselves with how people had built their bonds with their "little homeland", reach the roots of Krajna and Pałuki Regions, and experience the local delicacies gathered in the "Pałuki Cupboards".

Thematic villages in Kujawsko-Pomorskie

- Borowiacy People's Village
- Bread Village
- Bird's Village
- Floral Village
- Apple Tree Village
- Honey Village
- Mushroom Village

- Mining Village
- Rocket Village
- Railway Village
- Rituals Village
- Maciej's Soul Village
- Nut Village
- Fruit Village



In the regional pantry

For centuries, fertile Kuyavia and hospitable Pomerania had served as the pantry of Poland. Nowadays, the "Culinary Heritage of Kuyavia and Pomerania" gets out of our tradition long forgotten recipes, the best components and the thing that's most valuable – the huge enthusiasm of the people who make them. The regional resources include products made of traditional cereals – emmer wheat, einkorn wheat and spelt, natural fruit and vegetable juices, traditional mustard, excellent cold pressed oils, and dulce de leche. Our region is also famous for Kołuda white geese breeding. Almost 20 restaurants on the Kuyavian-Pomeranian Culinary Goose Trail cultivates the Old Polish custom of preparing goose, which used to prevail on Polish tables in the past.



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Pedestrian precinct in Ciechocinek

We go to the springs

Grudziądz brine Ciechocinek Inowrocław

Ciechocinek

Brine running down blackthorn twigs vaporizes intensely under the influence of wind and sunrays, forming this way a microclimate rich in iodine around the salt graduation towers. This is a natural therapeutic inhalatorium. The Ciechocinek Saltworks has been making table salt, silt and therapeutic lye for over 180 years. This is a health resort, where it used to be right for elegant gentlemen and charming ladies to show up from time to time. Diffenent personalities and stars would stroll in this pedestrian precinct, e.g. Jerzy Waldorff with his dachshund – Puzon. The town requited the fondness of this extraordinary personage to the unique atmosphere of Ciechocinek. In front of the adorable wooden Art Nouveau Summer Theatre, which was renovated among others thanks to the contribution of this famous publicist and social activist, appeared the monument of Waldorff

with his inseparable doggie on a leash. Ciechocinek delights with its eclectic buildings and omnipresent greenery of parks and squares, covered with plant carpets. Three wooden salt graduation towers, combined in the form of a horseshoe, are Europe's unique and largest. They are 15.8 m high and their total length is 1741.5 m. Brine is drawn from the famous "Mushroom" fountain. Worth visiting is the Saltworks Museum – its exposition takes us to the beginnings of the Ciechocinek health resort. The Zakopane-style Concert Bowl located in the Park Zdrojowy is a venue of festivals and other events held throughout the year. While walking around the health resort no one can miss taking a photo with "Hansel and Grethel" at the background. This famous fountain in Ciechocinek is one of the town's hallmarks.



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kujawsko-pomorskie

We go to the springs

Young spirit in an old city

Inowrocław

The "City on salt" owes its name to the rich underground salt deposits and salt making traditions, dating back to the Middle Ages. The local health resort was established in 1875, and the city's current health resort part is the 85-ha Park Solankowy (Brine Park). In the 2014 National Geographic Traveler plebiscite, the Inowrocław salt graduation tower became one of the 7 new wonders of Poland! It is distinguished by exceptional shape of two combined huge polygons. Illuminated at night, sparkling with a spectrum of colours – they delight health resort visitors.

At the local drinking house one can support his or her organism with the mineral water "Inowrocławianka" and therapeutic water "Jadwiga", and at the palm house admire the beauty of exotic plants. If we get lucky – we will see the "Queen of the Night" – this unique cactus flower blossoms only a dozen or so hours a year! The garden of aromas and colours is an excellent place for a walk amidst multicolour roses, peonies, lilies and herbs smelling nicely. For a moment of relaxation one can go to the Inowrocław thermal spring and enjoy the abundant offer of SPA treatments.



Pyramid of health

Grudziądz brine

Near Grudziądz, in tiny Marusza, people looking for gas and crude oil had found deposits of thermal waters. Nowadays, one of Europe's best therapeutic waters, extracted from the depth of more than 1,600 m, are used at the balneological facilities of Geotermia Grudziądz. The water temperature reaches 40° C. An excellent place for relaxation and health improvement is the unique pyramid with a salt graduation tower for inhalation with natural salt aerosol, rich in, among others, iodine and bromine.



Wieniec-Zdrój

A cosy health resort located in scenic forests is a place for people, who prefer recovering or taking care of their health condition in a cosy secluded spot. Fresh air saturated with phytoncides – ethereal substances secreted by pine forests and junipers – has a soothing influence on our organisms. Wieniec-Zdrój owes its foundation to therapeutic water springs and abundant deposts of therapeutic peat.



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Let's meet at the centre of Poland

Conferences, congresses, business sector meetings, important cultural events, and international sports events. Kujawsko-Pomorskie is not only the centre of Poland – it is also a centre of organised hospitality. Luxury hotels – modern and stylish – from Toruń Gothic to Bydgoszcz Art Nouveau, professional catering companies, scores of restaurants and clubs, diversity of regional and exquisite world cuisine dishes. An abundant offer of accompanying events, forming the attractions of the entire region – historical cities and towns, interest-



ing culture, beautiful nature and atmospheric health resorts – that's our invitation.

Huge business centres unquestionably have their advantages and impressive flourish. However, conference organisers look for original places, of adequate size but not oppressive. Places, where na event radiates throughout the city and attracts the residents' attention. Where a friendly urban space forms an excellent scenery for the event program.

The Ignacy Jan Paderewski Airport in Bydgoszcz provides international connections thanks to, among other lines, Lufthansa linking the region with the biggest German airport in Frankfurt am Mein.

Bydgoszcz Convention Bureau

The city on the Brda River excellently makes use of its potential and convenient location at an intersection of important roads, railways and waterways, and the Bydgoszcz Airport provides comfortable connections for businesspeople and development of international contacts. The Opera Nova Congress Centre is located right by the Mill Island, in the very heart of Bydgoszcz, and is the city's distinct architectural hallmark. The spacious and state-of-the-art edifice facilitates organisation of meetings for up to 1,500 people. Popular are events organised at postindustrial facilities, e.g. the atmospheric rooms of the Waterworks Museum. One can also rent rooms of the Polski Theatre, the Pomeranian Philharmonic, and the Art Nouveau interiors of the MCK Municipal Culture Centre. A new facility on the map of Bydgoszcz is the CTW Trade and Exposition Centre located in the immediate neighbourhood of the city's recreational areas of the Forest Culture and Leisure Park in Myślęcinek. The meeting organisation offer of Bydgoszcz includes also sports and entertainment halls and high standard business hotels with conference facilities.

Toruń Convention Bureau

Crowds of tourists visiting Toruń declare that they will return here eagerly. Aware of its beauty and value, the city offers many reasons for return visits. By combining business contacts and participation in conferences with abundant forms of entertainment and activity, the city understands the needs of domestic and foreign professional event organisers. Toruń is full of atmospheric hotels with comfortable small rooms as well as rooms for up to 500 people. To people looking for peculiar meeting places the city offers rooms in the 19th-century Toruń Fortress. New opportunities are provided by the impressive CKK Jordanki Culture and Congress Centre, designed by world-famous architect Fernando Menis, which has a hall for 1,000 people. The city has excellent transport connections with Warsaw, Łódź, Poznań, Gdańsk, and Bydgoszcz. It is an alternative to large conference centres in Poland. A meeting in a Gothic city with the UNESCO List entered Old Town ... makes a big difference!







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Nicolaus Copernicus

Cosmic expanse, eternal mystery of the universe, mythical heroes of constellations arisen from outstanding imagination. The sky has fascinated invariably and intrigued people for generations. It gains respect and delights. To many people, it is the source of romantic raptures, to few – the abundance of knowledge, measurable, unflinching, changing the course of events.

Our Copernican heritage is not only museum memorabilia of the great astronomer and places connected with him (Toruń, Chełmno, Grudziądz). This is first of all the live fascination for astronomy. Kujawsko-Pomorskie features a network of 14 astronomical observatories – astrobases. Scattered throughout the voivodeship, they provide young residents of the region with the possibility of exploring the cosmos arcana and broadening their horisons. In Piwnice near Toruń, there are ones of the biggest telescopes in Poland and a 32-m radio telescope. The planetarium in Toruń impresses with its modern facilities. In the near future, Europe's biggest radio telescope will come into being in the Tuchola Coniferous Forests.

Kujawsko-Pomorskie is called an Astroregion, but its diversified, multicolour picture is not written in the stars only. Familiarise yourself with our forests, rivers, lakes, the rich history of cities and towns, and the idyllic countryside. You are invited to create your own story about constellations of good places.





