



CITY OF KRAKOW RECREATION

TOURISM

KRAKOW The Great
www.krakow.travel



„And after the sightseeing tour is over ... it is time to relax and take care of one's health and beauty.“

Everyone knows Helena Rubinstein and her great products. Yet, no one remembers that the career of this cosmetics enchantress started up in Krakow. When leaving, she took with her a few jars with cream manufactured here, which later opened her way to the most famous beauty salons. Let us than follow this beauty cult pioneer, and surrender ourselves to the hands of beauty salons' masters in Krakow.

As a supplement to our beauty care, we should also practice healthy, active forms of recreation. Krakow, is situated in the meeting point of three geographical areas. Therefore, it possesses not only respectful monuments. It offers much more - you can be convinced of it by trying out some of the attractions that we present.

Here are some of them: get to the top of one of the Mounds, go for a walk to the Wolski Forest - a huge forest with a zoological garden and numerous walking routes. Get on a bike, see the Twardowski's Rocks, and try to go on a horse ride.

Hobbyists may also find thematic routes, for example, there is a walking - biking route "The Old Krakow Fortress Route" for the amateurs to old fortifications.

For those, who wish to regenerate their vital strengths, Krakow offers a stay in the Swoszowice Resort. It is the only resort in Poland, situated in the area of a big city agglomeration.

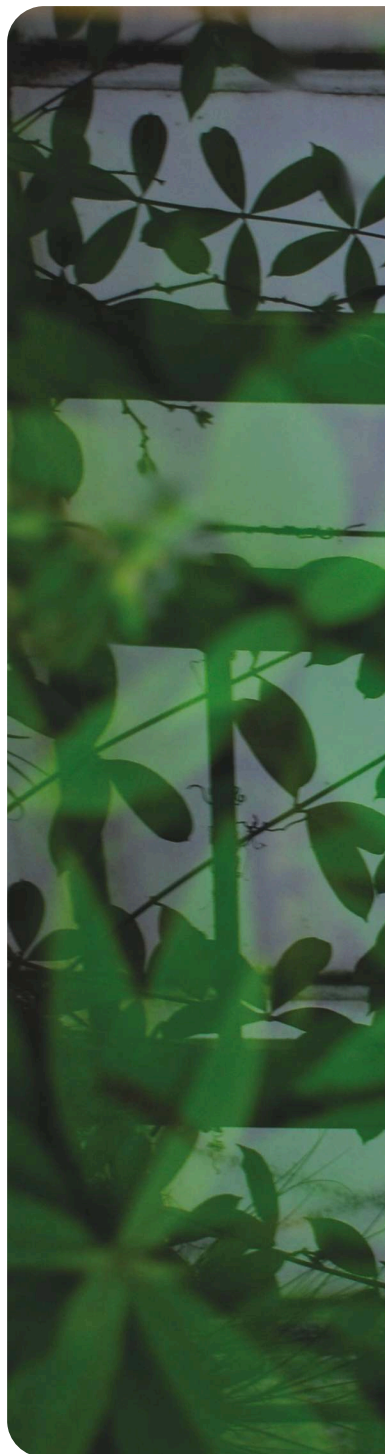
Man invented a clock, in order to organize his life in a rush. Everything that we offer here in this guide is to give you an opportunity to take some rest after your well-organized, everyday life.

Take a break, relax, take some rest, look at yourself, just like that, with no hurry.

I heartily welcome you take advantage of Krakow's recreational possibilities and hope that the time you spend in active relaxation is pleasant and joyous.



Jacek Majchrowski
The Mayor of the City of Krakow







Health Resort



Health Resort Kraków Swoszowice Sp. z o.o.

70 Kąpielowa Street

phone: +48 12 254 78 00 / fax +48 12 650 47 45

www.uzdrowisko.krakow.pl    

History: Swoszowice Health Resort has existed since 1811. Feliks Radwański, The Jagiellonian University professor, built a bathhouse fully utilizing the value of the underground curing waters. In 1859, the spring and the areas surrounding it, were purchased as an initiative of dr Józef Dietl. This contributed to the fact that the rank of the resort, and its popularity continually rose.

Mineral waters: unique in Europe, significant for their specific curing properties.

Main treatment: sulphur bath, "borowina" mud treatment.

Additional treatment: kinesiotherapy, hydrotherapy, electro- and lightactive therapy, and therapeutic massages.

Therapy applicable for: rheumatic and posttraumatic movement organs diseases, skin diseases (e.g. psoriasis), nervous system and digestive system diseases.

How to get there? By bus, to the "Borek Fałęcki" tramway loop or with private buses - to "Zdrojowa" bus stop.




Natural Treatment Centre in the Mateczny Park

Day Spa Relax Care in the Mateczny Park

8 Rydlówka Street

phone: +48 12 263 23 90

www.dayspa.com.pl   

History: In 1899, the architect Antoni Mateczny built his family mansion, called "Modrzewiówka", where mineral water, with curing properties, was found. Using that spring, Sulphate and Brine Bath Centre was opened.

Mateczny today: is a private Day Spa Relax Care Resort, operating in the district of Mateczny Park.

Main treatments: rehabilitation, hydrotherapy, sulphur and mud baths.

Therapy applicable for: rheumatic diseases, movement organs' diseases, circulatory system diseases, skin diseases. The Resort also offers a wide range of cosmetic and beauty treatments.

How to get there? By bus or by tramway - to "Rondo Matecznego" bus or tram stop.

By car, to Matecznego roundabout, in Wadowicka St. direction. After approximately 200 meters, take the first turn right, into Rydlówka St.

Created for those who seek an ideal place for the natural rejuvenation of mind and body.

Farmona Business & Spa ***,
10c Jugowicka Street
phone: +48 12 252 70 20 / fax +48 12 252 70 01
www.spakrakow.pl 

For beauty: finnish sauna, beauty rituals from Bali and Java, traditional balines body care treatment, traditional Asian massages, European massages, face and body original care treatment.

Hotel Sympozjum*****,
47 Kobierzyńska Street
phone: +48 12 261 86 00 / fax +48 12 261 87 99
www.krysztalowespa.pl  


For beauty: massages, face and body original care treatment, saunas, steam sauna, relaxing swimming pool.



Beauty Salons

Krakow offers over 300 places, where your beauty can be taken care of - from small to very impressive salons - beauty centers. The latest achievements in cosmetics are being used in the treatment offered there. Below, we present a list of internet webpage addresses, where you can find beauty salons' current addresses.




www.krakow.naszemiasto.pl 
www.katalog.pogodzinach.pl 
www.salony.asp.edu.pl 
www.yellowpages.pl 
www.teadreson.pl 
www.dmoz.org 

www.pkt.pl 
www.spa.e-masaz.pl 
www.krakinfo.pl 
www.katalog.wp.pl 
www.katalog.onet.pl 




Salt Caves



Although Krakow is situated about 700 km far from the sea, you can feel the sea breeze and inhale iodine here as well.

"Aroma Spa" Resort, 48 Hamernia Street
phone: +48 12 638 25 65, +48 501 247 155
www.aromaspa.pl 

"Galos" Salt and Iodine Cave, 91 Wielicka Street
phone: +48 12 265 38 30, www.grota-krakow.pl 

"Halit" Salt Cave, 4 Szuwarowa Street
phone: +48 12 357 49 67, www.grotahalit.pl   

Sport and recreation centres with a swimming pool



Both a guest, and a Krakow citizen can choose one of the following recreation centers if they only wish to take some rest and take care of their health and beauty.
All under one roof:

Aqua Park, 126 Dobrego Pasterza Street
phone: +48 12 616 31 90 / fax +48 12 616 31 44, www.parkwodny.pl     

Aqua Park in Krakow is one of the greatest objects of this kind in Europe.

Attractions: swimming pools, slides, saline jacuzzi, rapid river labyrinth, hydromassages, climbing walls, saunas, Fitness and Body building Studio, Dance Studio, Yoga and Oriental Forms Studio, Beauty Studio.

How to get there? By bus going along ul. Dobrego Pasterza - to "Park Wodny" bus stop or "Bora-Komorowskiego" bus stop.

"Cascada" Sport and Recreation Centre, 1 Szuwarowa Street
phone: +48 12 262 76 45, www.cascada.com.pl  

Attractions: swimming pool, indoor tennis court, squash, gym hall, volleyball and basketball hall, table tennis, solarium, body building, sauna & jacuzzi complex, relaxing and therapeutic massage.

How to get there? By bus, from "Łagiewniki" tram loop - to "Torfowa" bus stop.

"Com-Com Zone" Centre of Development, 6 Ptaszyckiego Street
phone: +48 12 682 11 11, www.comcomzone.pl 

Attractions: swimming pool, gym, sports halls

How to get to us? Tram No. 15 from the city centre - stop "KS HUTNIK". The COM COM ZONE CENTRE is located approx. 100 m from the stop by the stadium.

"Energica" Aqua and Fitness Centre - "Herbewo" Office Complex, 64 Słowackiego Alley
phone: +48 12 633 63 43, www.energica.pl 🇵🇱

Attractions: swimming pool, body building, fitness, beauty salon - cosmetic and relaxing treatments, massage, solarium.

How to get there? By bus or tramway - to "Nowy Kleparz" bus or tramway stop.

J&J Centre Skotniki, 40 Winnicka Street, 30-394 Skotniki
phone: +48 12 260 93 65 / fax +48 12 260 93 69, www.jjsportcenter.pl 🇵🇱 ♿

Attractions: swimming pool, tennis, body building, fitness, beauty salon, jacuzzi, sauna, solarium.

How to get there? By bus, towards Skotniki or Kostrza - to "Skotniki Szkoła" or "Kostrze Szkoła" bus stops.

"Kolna" Sport and Recreation Centre, 2 Kolna Street
phone: +48 12 259 35 40 / fax +48 12 259 35 90, www.kkk.krakow.pl 🇵🇱 🇬🇧 ♿

Sports and Recreation Complex, "Kolna" gives great opportunities for active recreation and sports.

Attractions: swimming pools, sauna, sports hall, fitness hall, body building, hydro - massage tubes, physical- and hydro- therapy.

How to get there? By bus from Rondo Grunwaldzkie - to "Wały Wiślane II" or "Tor Kajakowy" bus stops.

"Kurdwanów Nowy" Sport and Recreation Centre, 34a Wysłouchów Street
phone: +48 12 659 53 57, www.basen.kurdwanow.pl 🇵🇱

Attractions: swimming pool, jacuzzi, sauna, salt grotto.

How to get to us? Buses nos. 174, 179 and 184 from the city centre to "Os. Kurdwanów" stop.

Swimming pool

Swimming is good for everyone, regardless of age or physical condition. It improves general fitness and stamina of the body, and has a great effect on beauty.

Swimming pools indoor - open to all:






Academy of Physical Education, 1 Rogozińskiego Street
phone: +48 12 683 11 25, www.awf.krakow.pl 🇵🇱
(sports swimming pool)

Aqua Park, 126 Dobrego Pasterza Street
phone: +48 12 616 31 90 / fax +48 12 616 31 44
www.parkwodny.pl 🇵🇱 🇬🇧 🇩🇪 🇫🇷 ♿
(recreation swimming pool)



- "Bronowianka" Sports Club**, 124a Zarzecze Street
phone: +48 12 626 25 58, www.bronowianka.pl   (sports swimming pool)
- "Cascada" Sport and Recreation Centre**, 1 Szuwarowa Street
phone: +48 12 262 76 45, +48 12 262 76 46 / fax +48 12 262 76 47
www.cascada.com.pl  (recreation swimming pool)
- "Com-Com Zone" Centre of Development**, 6 Ptaszyckiego Street
phone: +48 12 682 11 11, www.comcomzone.pl  (recreation swimming pool)
- "Energica" Aqua and Fitness Centre - The Office Complex "Herbewo"**, 64 Słowackiego Alley
phone: +48 12 633 63 43, www.energica.pl  (recreation swimming pool)
- J&J Centre Skotniki**, 40 Winnicka Street, Skotniki
phone: +48 12 260 93 65 / fax +48 12 260 93 69, www.jjsportcenter.pl  (sports and recreation swimming pool)
- "Kolna" Sport and Recreation Centre**, 2 Kolna Street
phone: +48 12 259 35 40 / fax +48 12 259 35 90, www.kkk.krakow.pl    (sports and recreation swimming pool)
- "Korona" Sport Club**, 9-15 Kalwaryjska Street, phone: +48 12 656 13 68, +48 12 656 02 50
www.korona.krakow.pl  (sports and recreation swimming pool)
- Le Premier City SPA & Wellness**, 6 Wadowicka Street, phone: +48 12 263 63 48
fax +48 12 423 60 30, www.lepremier.pl   (recreation swimming pool)
- Novotel Kraków Bronowice Hotel ******, 11 Armii Krajowej Street,
phone: +48 12 622 64 00, www.orbis.pl    (recreation swimming pool)
- Orient Hotel ******, 25a Sołtysowska Street, phone: +48 12 646 91 00
www.hotelorient.pl     (recreation swimming pool)
- Pedagogical University**, 4 Ingardena Street, phone: +48 12 634 26 25
www.wsp.krakow.pl    (sports swimming pool)
- Schools' Swimming Pool**, 29b Kolorowe H.E.
phone: +48 12 644 59 39, www.mbpnh.republika.pl  (sports swimming pool)
- Schools' Swimming Pool**, 23 Fr. Nullo Street
phone: +48 12 411 51 59, www.basenfrnullo.ceti.pl  (sports swimming pool)
- Symposium Hotel *******, 47 Kobierzyńska Street,
phone: +48 12 261 86 00 / fax +48 12 261 87 99
www.symposium.com.pl      (recreation swimming pool)
- "Tomex" Sport Club**, 4 Ptaszyckiego Street
phone: +48 12 644 28 95, www.kstomex.eu  (sports swimming pool)
- University of Economics - Faculty of Physical Education and Sports**, 27 Rakowicka Street,
phone: +48 12 293 5673, +48 12 293 50 70,
www.uek.krakow.pl    (sports swimming pool)
- Upper-Secondary School Complex of Sport Championship**, 20 Grochowska Street
phone: +48 12 411 92 95, www.zsoms.krakow.pl   (sports swimming pool)
- "Wisła" Sport Association**, 22 Reymonta Street
phone: +48 12 630 45 17, +48 12 630 45 09, www.tswisla.pl  (sports and recreation swimming pool)
- YMCA Poland**, 8 Krowoderska Street
phone: +48 12 430 03 38, www.krakow.ymca.pl  (sports swimming pool)

Swimming pools outdoor - open to all:

- "Clepardia"**, 14 Mackiewicza Street, phone: +48 12 415 16 74, www.clepardia.com 
- "Kakowianka" Sport and Recreation Centre**, www.krakowianka.com.pl   
1 Bulwarowa Street, phone: +48 12 644 14 21
2 Eisenberga Street, phone: +48 12 411 40 88
2 Jagodowa Street, tel. +48 12 266 52 81
- "Wisła" Sport Association**, 22 Reymonta Street, phone: +48 12 630 45 17, www.tswisla.pl  (sports and recreation swimming pool)

Kayaking

Krakow is - apart from Madrid and Sydney - one of the three centers, which have the most modern white water kayaking courses.

Open to all:

"Bystrze" Academic Underwater Club at the University of Science and Technology (AGH)

17 Reymonta Street, block 1, phone: +48 12 617 39 74
www.bystrze.org

Krakow Kayaking Centre, 2 Kolna Street,
phone/fax +48 12 259 35 40 ext. 35
fax +48 12 259 35 90

www.kkk.krakow.pl

"Retendo" School of White Water Kayaking,

28 Moszyńskiego Street

phone: +48 12 654 73 45, +48 606 37 26 26
+ 48 18 541 70 69

www.retendo.com.pl



Diving

Diving is a type of sport, addressed not only to the chosen ones, but also to almost everyone. If you only wish to do it, you can dive into the underwater world.

Open to all:

"Krab" Academic Underwater Club at the University of Science and Technology (AGH)

17 Reymonta Street, block 1
phone: +48 12 617 20 28, +48 788 58 75 82
www.krab.agh.edu.pl

"Kraken" Diving Centre, 1b Pychowicka Street
phone: +48 12 266 86 83, +48 601 823 005
www.kraken.pl

"Litoral" Scuba Divers' Club, 2 Pomorska Street
phone: +48 501 430 577, www.litoral.pl

"Nautica", 5 Toruńska Street
phone: +48 12 626 00 12, +48 12 626 00 19
+48 12 626 00 81, +48 661 660 313
www.nautica.pl

"Nototenia" Krakow Scuba Divers' Club at the Academy of Physical Education, 78 II Jana Pawła Ave.

address for correspondence: 69/17 Radzikowskiego Street
phone: +48 509 548 203, www.nototenia.pl

"Nurkomania", 63/48a Kobierzyńska Street

phone: +48 501 627 846, www.nurkomania.pl



Ground tennis




Ground Tennis is perfect types of sport for those who value an active and healthy lifestyle.

Year - round/ open to all:


Academy of Physical Education, 78 Jana Pawła II Ave.

phone: +48 12 683 14 10, www.awf.krakow.pl   

"Cascada" Sport and Recreation Centre, 1 Szuwarowa Street

phone: +48 12 262 76 45 / fax +48 12 262 76 47, www.cascada.com.pl 

Grzegórzecki Sports Club, 16 Pokoju Ave.

phone: +48 12 413 17 11 / fax +48 12 413 17 99, www.grzegorzeccki.pl 

The Sport and Recreation Centre at the Krakow University of Technology, 37 Jana Pawła II Ave.



phone: +48 12 628 36 20, www.csir.pk.edu.pl  

KSOS The Krakow School Sport Centre - GEM Tennis Club,

6 Powstania Warszawskiego Ave.

phone: +48 12 430 24 89, www.ksos.krakow.pl   (in summer season)

MM Sport Tennis Courts, 1 Na Błoniach Street

phone: +48 12 425 29 98, +48 500 21 06 14, www.korty.mmsport.com.pl  


"Tennis Max" - korty tenisowe Wieczysta, 16 Chałupnika Street

phone: +48 12 413 84 66, www.tenismax.prv.pl 


"Tennis Net", 24d Białoprądnicka Street

phone: +48 12 415 57 86, +48 501 58 36 46, www.tennis-net.pl 

"Strefa Fit", 34 Wystouchów Street




phone: +48 12 659 47 80, +48 602 263 354, www.strefafit.pl 

Wola Sport Paradise, 5 Koło Strzelnicy Street


phone: +48 12 425 39 00, www.wolasportparadise.pl 

Seasonal, open to all:

Crown Piast Hotel, 109 Radzikowskiego Street

phone: +48 12 683 26 00, +48 12 683 26 65, www.hotelpiast.pl   

"Nadwiślan" Sports Club, 20 Koletek Street

phone: +48 12 422 21 22, www.nadwislan.com 

"TENIS 24" - Hutnik Sports Club, 4 Ptaszyckiego Street

phone: +48 12 643 12 20, +48 669 035 258, www.tenis24.com 

WAWEL Military Sports Club, 3 Podchorążych Street,

phone: +48 12 637 06 45, +48 12 637 27 91



www.wawel-klub.pl 

Squash


Squash is the sport which developed in Poland a dozen or so years ago and very quickly gained many supporters.

Open to all:

"Alstar", 61a Zawila Street
phone: +48 12 262 04 03, www.squash.krakow.pl 

"Atlantic" Squash & Wellnes, 15 Stradomska Street
phone: +48 12 422 15 44, www.starekino.pl  

"Botoja" Squash, 14 Józefa Street (in the out - building)
phone: +48 12 421 51 87, +48 880 404 462
www.squash.botoja.pl 

"Cascada" Sport and Recreation Centre,
1 Szuwarowa Street
phone: +48 12 262 76 45 / fax +48 12 262 76 47
www.cascada.com.pl 

**The Sport and Recreation Centre at the Krakow
University of Technology**, 37 Jana Pawła II Ave.
phone: +48 12 628 36 20, www.csir.pk.edu.pl 



Golf

Golf is a great form of active recreation in a fresh air. This is a good form of sport for everyone, regardless of sex, or age. It is a great way to relax independently, whenever we need some peace and concentration.

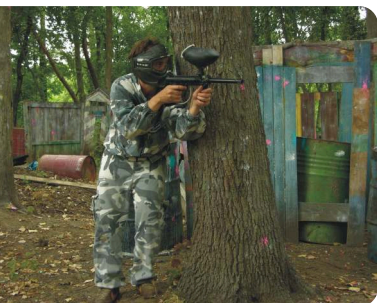
Open to all:

Krakow Valley Golf & Country Club
Paczółtowiec 328, 32-063 Krzeszowice
phone: +48 12 258 60 00, +48 12 268 60 20
www.krakow-valley.com       

Royal Krakow Golf & Country Club
Ochmanów 124, 32-003 Podłęże
phone: +48 12 281 91 70, +48 602 318 838
fax +48 12 284 86 00
www.krakowgolf.pl  



Paintball



Paintball is a type of sport, where men and women are equal in competition, and age is of no importance.

Open to all - small groups:

"Assassins Paintball S.C.", 5 Drożdżowa Street,
phone: +48 12 506 018 092, +48 12 506 018 120
www.assassins-paintball.pl

"Compass", 14 Zduńów Street,
phone: +48 12 357 33 70, +48 501 52 75 36
www.paintball.krakow.pl

"Extremo", 71 Mogilska Street,
phone: +48 12 413 94 38, +48 509 595 199
www.extremo.com.pl

"Team Arena", 6b Olszańska Street,
phone: +48 692 427 725, +48 606 388 442
fax +48 12 267 71 99
www.teamarena.pl

Horse riding



Horse riding is a sport dedicated to all those who like active forms of recreation in the saddle.

Open to all:

"Botoja" Recreation Centre,
Korzkiew 49, 32-088 Przybysławice,
phone/fax +48 12 419 44 92
www.botoja.pl

Krakow Horse Riding Club, 175a Kobierzyńska Street,
phone: +48 12 262 14 18, +48 500 726 547
www.kkjk.republika.pl

"Dom Harcerza" Youth Cultural Centre, the branch of Recreation and Rehabilitation by Horse Riding named "Tabun", 12a Ireny Kosmowskiej Street, Olszanica,
phone: +48 12 623 80 62, tel./fax +48 12 632 82 37
www.tabun.com.pl

"Mustang" Horse Riding Club, 15 Nad Zalewem Street,
phone: +4812 425 26 58, +48 602 295 349
www.mustang.krakow.pl

"Pegaz" Horse Riding Centre, 1 Łowińskiego Street,
phone: +48 12 425 80 88, +48 604 059 389



On a horse in Krakow: Horse route in Wolski Forest (see the map for: Routes in Wolski Forest, p. 15).

Climbing is pleasant and it can give a lot of joy. If you add the pleasure from the motion, and the effort you put into it, the opportunity to overcome your own weaknesses, and the satisfaction for reaching the goal, than you will know why it is worth it to go practice climbing.





Open to all:


"Adur" Climbing School, 11b/49 Słowackiego Ave.

phone: +48 12 632 05 38, + 48 605 949 772, www.adur.republika.pl  



"Active" Climbing School, 12/18 Spółdzielców Street,

phone: +48 603 212 910, +48 888 979 139, www.wspnaczk.edu.pl  


The "Bag" Outdoor Agency (Robert Szumiec), 8/5 Ossowskiego Street,

phone: +48 12 425 58 46, +48 602 599 104, www.bag.pl  



Climbing & Adventure Climbing School, 61/79 Lipska Street,

phone: +48 12 653 41 38, +48 602 677 547, www.szkolawspinania.pl  

Hutnik Climbing Centre, 4 Ptaszyckiego Street,

phone: +48 660 610 626, www.cwhutnik.pl 


"Forteca" Climbing Centre, 60 Raławicka Street,

phone: +48 12 632 83 33, +48 12 632 81 35, www.cwf.pl  

"Kilimanjaro" Climbing School (Wlodek Niemiec), 126 Zdrojowa Street, 30-698 Kraków - Lusina

phone: +48 12 270 85 68, +48 609 055 363, www.kilimanjaro.com.pl 


"Korona" Sports Club, 9-15 Kalwaryjska Street,

phone: +48 12 656 02 50, +48 12 656 53 89, www.korona.krakow.pl 

"Reni - Sport", 11 Błażeja Czepca Street,

phone: +48 12 638 07 34, +48 602 712 676, www.renisport.pl  



Szkoła Wspinaczki Skalnej (Piotr Kuczek), 99b/29 Dobrego Pasterza Street,

phone: +48 12 413 25 44, +48 603 740 358, www.szkoła-wspinaczki.pl 

Rock Climbing School (Piotr Drobot), 6/23 Pokoju Ave.

phone: +48 601 45 35 28, www.szkolawspinania.com.pl 

"Vertigo" Climbing Centre, 5a/4 Chrobrego Street,

phone: +48 12 378 43 73, +48 601 631 838, www.wspnianievertigo.com  

Flying for all who want to get a bird's eye view of the world.

Krakow Aeroclub

Pobiednik Wielki Airport, 32-126 Igołomia,

phone: +48 12 287 36 63, phone/fax +48 12 287 04 70

www.aeroklubkrakowski.pl  

open to all - depending on the weather conditions



The Educational Gardens of Krakow



The Botanic Garden of the Jagiellonian University

27 Kopernika Street

phone: +48 12 421 26 20, +48 12 663 36 35

fax +48 12 663 36 33

www.ogrod.uj.edu.pl 

The Botanic Garden of the Jagiellonian University was founded in 1783, and it is the oldest garden of this sort still existing in the country. Visitors to the garden have the chance to see three greenhouse complexes and numerous flowerbeds where both exotic and national plants

- including some endangered species - are grown. The garden has been designed to be an educational area. However, it is also rich in aesthetic values - it is a perfect place to relax and unwind in a peaceful atmosphere, which is so different from the nearby city centre. It is also the venue for lectures, concerts, and cultural events.


How to get there? On a bus or a tram - to "Lubicz" stop.



Garden of Experience

67 Pokoju Ave.

phone: +48 12 346 12 85

www.ogroddoswiadczen.pl 

Attractions: The Krakow Garden of Experiences is the first sensory educational park in Kraków. The Garden is located in Park Lotników Polskich the opposite of the M1 Trade Centre.

How to get to us? From city centre by trams nos. 1, 14 and 22 and walk approx. 100 metres to the left.




The City Park and Zoo Foundation

14 Kasy Oszczędności Miasta Krakowa Street

phone: +48 12 425 35 51, +48 12 425 35 52

fax +48 12 425 27 10

www.zoo-krakow.pl 

The Krakow Zoo, founded in 1929 and located in the middle of the woodland park known as the Lasek Wolski, is a medium - sized zoological garden set in European standards. It is known all over the world. The Zoo is one of the favorite places for the citizens of Krakow to spend their leisure time in. The garden has its own specific, intimate character.

How to get there? On a bus from the Cracovia Hotel - to "ZOO" stop.

The Garden Fest: Since 2005, the end of May and the beginning of June have been the time of the Garden Fest that is organized in Krakow. On the occasion of this holiday, many of the gardens, which are normally closed to the public, allow visitors in, which greatly enhances the attractiveness of the event.

In the summer time, we offer the following water resorts:

Bagry - one of the biggest water reservoirs, being situated within the city's area, which, in the summer season is being used as a place for swimming by the local citizens.

How to get there? Bagry is in Płaszów, you can get there by bus or train - to "Kraków Płaszów" station.



Kryspinów - in the summer time, it is the most popular place for water sports and sun bathing. There are: water equipment rentals, water slide, basketball and volleyball courts, and a playground for children.

How to get there? By bus, to "Salwator" tramway loop to "Kryspinów Zalew" bus stop.

Przylasek Rusiecki - less known, and thus less crowded. Fishing amateurs will be satisfied as well, because the local Przylasek waters are being regularly stocked with fish. In the vicinity, there is also a monumental manor house in Branice.

How to get there? By tramway to Pleszow, and then, by bus - to "Przylasek Rusiecki" bus stop.

Zakrzówek - here you can ride a bike, climb or dive. This reservoir was created after flooding the old limestone quarry in the area of Krzemionki Zakrzowskie. Skalki Twardowskiego with caves are the additional attraction. The legend claims that the legendary alchemist used to have his workshop in one of the caves.

How to get there? By bus, destination "Grota - Roweckiego", or "Kapelanka" bus stop. By tramway - to "Kapelanka" stop.

On foot to the Cracow Mounds

Kościuszko Mound (333 meters a.s.l.), raised between 1820 - 1822, situated in the western part of Krakow, in the highest part of Sikornik Hill, also called The Hill of Blessed Bronisława.

Krakus Mound (271 meters a.s.l.) is situated in the district of Podgórze and raised most likely in the VII-VIII century, in the highest point of the Krzemionki limestone horst. It is named after the legendary founder of Krakow.

Józef Piłsudski Mound (383 meters a.s.l.) was erected in 1935 yr., in the highest point of Sowiniec Ridge in Wolski Forest, in the western part of Cracow. It is also being called The Independence Mound or Freedom Mound.

Wanda Mound (238 meters a.s.l.) was erected probably around the VII-VIII century and is a tomb of Wanda, the legendary daughter of King Krakus.



Tourist routes in Krakow and its vicinity

(distance from the beginning of the route is provided in the brackets, in italics the part of the route that leads outside Krakow's borders)

Pedestrian trails in the Wolski Forest

Walking in Las Wolski: Here we can see Kościuszko Mound, Camaldolese Monastery, and the Zoological Garden. This beautiful forest has 8 walking routes, a bike route, a horse route as well as a ski route. There are also examples of wooden architecture (in Wola Justowska), such as an inn and a granary, which also contribute to the attractions of the Wooden Architecture Route.

"Circular" (blue): Piłsudski Mound - former pheasantry - Kamienna droga - Polana pod Dębina (2,1 km) - end of Gajówka St. (3,8 km) - Kozie Nogi (5,2 km) - Zoological Garden (6,5 km).

"North- South" (red): Chęlm, roundabout - Piłsudski Mound (1,5 km) - intersection "Under the Cross" (2,1 km) - ZOO (2,7 km) - Polana pod Dębina (4,4 km) - Księża Józefa (waterworks; 5,5 km).

"Ravines in the Wolski Forest" (yellow): Kasztanowa Ave./Panieńskich Skał - Panieńskie Skały Reserve (0,7 km) - intersection "Under the Cross" (2 km) - Polana Pod Dębina (3,4 km).

"Connecting": Księża Józefa/Zaskale - Zoological Garden (2 km).

"Destination Route" (black): Ks. Józefa St. ("Srebrna Góra" restaurant) - Polana pod Dębiną (1 km).

"Destination Route" (black): Królowej Jadwigi St. (near the shooting range Sikornik; 0,9 km) - Kozie Nogi (2,4 km).

"Black": Rzepichy (bus terminus) - Zakamycze - Pod Sowińcem Ave. - intersection "Under the Cross" (2 km) - ZOO (2,6 km) - Leśna (parking site; 3,6 km) - Kasztanowa Ave./Panieńskich Skał (4,6 km).

"Two Mounds" (green): Salwator (tram terminus) - Waszyngtona Ave. - Kościuszko Mound (1,7 km) - Sikornik (3,2 km) - Leśna (parking site; 4,6 km) - Panieńskie Skały Reserve (5 km) - Piłsudski Mound (6 km) - Kamienna Droga (7,4 km) - Orla (Astronomical Observatory; 8,3 km) - Orla/Zakamycze - city border - viaduct over motorway - *Kryspinów Lake* (11,3 km).

Pedestrian Trails

Pedestrian route (circular) around Tyniec: Tyniec, Bolesława Śmiałego/Benedyktyńska - Krowodrza Mound (1,4 km) - Skończanka Reserve (2,7 km) - vicinity of Sidzińska Mount (5,6 km) - Bogucianka, bus terminus (6,8 km) - Grodzisko (7,9 km) - parking site by the Vistula (10 km) - Tyniec as above (10,8 km).

Cultural and Tourist Trail of Prądnik Czerwony: Opolska/Lublańska St. - Żabi Młyn (1,3 km) - Batowice Cemetery (old) (3,4 km) - edge of Złotego Wieku H.E. (4,5 km) - Powstańców - Batowice Cemetery (new), Sudół Fort (5,8 km).

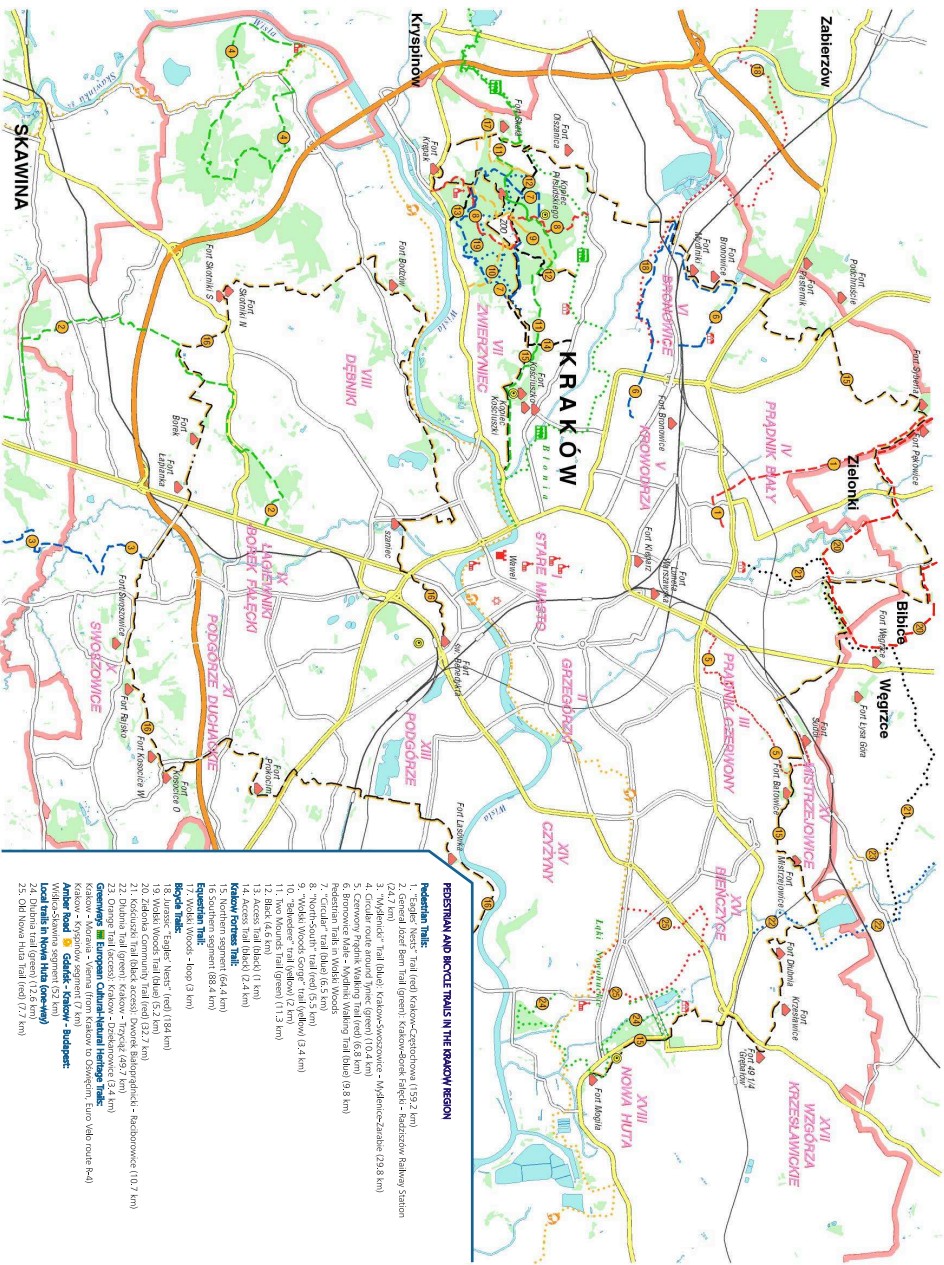
Cultural and Tourist Trail Bronowice Małe - Mydlniki: Bronowice Małe (tram terminus) - parking site by "Rydłówka" Museum of Young Poland (1 km) - Mydlniki Fort (3,1 km) - Mydlniki Centre (4,4 km) - Na Błonie St. (bus terminus; 7,3 km) - Rydla/Bronowicka (tram terminus; 9,8 km).

On foot out of Krakow

"Eagles' Nests" Trail (red): Kraków, Krowodrza Górka H.E. - Krowoderskich Zuchów - Krowoderski Park- Łokietka - Pękówicka - road Zielonki-Tonie (Na Zielonki St.; 3,8 km) - Jurajska (Pękówice; city border; 5,1 km) - *Giebułtów (7,6 km) - Ojców (17,9 km) - Pieskowa Skała (25,3 km) - Rabsztyn (45,9 km) - Podzamcze (Ogrodzieniec Castle; 84,2 km) - Złoty Potok (127,2 km) - Częstochowa (159,2 km)*

Gen. Józef Bem Trail (green): Kraków Borek Fałęcki - Żywiecka - Zawila - Spacerowa - Działowskiego - Kraków Sidzina Railway Station (6,4 km) - Prażmowskiego - Żyzna - Libertów (9,4 km) - Gaj (11 km) - *Mogilany (15,6 km) - Bronaczowa Forest - Radziszów Railway Station (24,7 km).*

"Myślenicki" Trail (blue): Kraków Swoszowice Zdrój - Spa Park - Krzyżanowskiego - Chatubińskiego - *Lusina (3,5 km) - Świątyni Górne (10,5 km) - Zawada (18,5 km) - Myślenice Market Square (27,8 km) - Myślenice Zarabie (29,8 km).*



PEDESTRIAN AND BICYCLE TRAILS IN THE GRACZYŃ REGION

PeDESTRIAN Trails:

1. Kraków-Centrum (19.2 km)
 2. Central Alzer Beam Trail (green) - Kazimierzski Rynek - Radziszew Railway Station (24.7 km)
 3. "4+" Trail (blue) - Kazimierz-Centrum - Włocławski-Złotnik (29.8 km)
 4. Circular route around Jancze (green) (10.4 km)
 5. Czerny Prępek, Walking trail (red) (6.8 km)
 6. Bronowice Włoka - Włocławski Walking Trail (blue) (8.8 km)
 7. "Circular" trail (blue) (6.5 km)
 8. "North-south" trail (red) (5.5 km)
 9. Wolski Woods "Orange" trail (yellow) (3.4 km)
 10. "Włocławski" trail (red) (3.4 km)
 11. "Two Meadows" trail (green) (1.3 km)
 12. Black (4.6 km)
 13. "Włocławski" trail (red) (1.1 km)
 14. Access trail (black) (2.4 km)
- Kielcyn Forest Trail:**
15. Northern segment (64.4 km)
 16. Southern segment (68.6 km)
- European Trail:**
17. Wolski Woods - loop (9 km)
- Scop's Trail:**
18. "Włocławski" trail (red) (18.4 km)
 19. Wolski Woods Trail (blue) (6.2 km)
 20. Żabinka Community trail (red) (32.7 km)
 21. Dłuziński trail (black access, Soviet era) (48.7 km)
 22. Orange trail (green) - Kraków - Dąbrowice (3.4 km)
 23. Orange Trail (green) - Kraków - Dąbrowice (3.4 km)
- Greenways / European Cultural-Natural Heritage Trails:**
24. Kraków - Krynów segment (7 km)
 25. Kraków - Krynów segment (62 km)
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 32. Kraków - Krynów segment (62 km)
 33. Kraków - Krynów segment (62 km)
 34. Dłuziński trail (green) (12.6 km)
 35. Old Nowa Huta Trail (red) (2.7 km)

Bicycle Trails:

1. Kraków - Krynów segment (7 km)
2. Kraków - Krynów segment (62 km)
3. Kraków - Krynów segment (62 km)
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24. Kraków - Krynów segment (62 km)
25. Kraków - Krynów segment (62 km)

Jogging. Jogging paths.

Department of Sports and Social Initiatives,

10 Powstania Warszawskiego Ave.

phone: +48 12 616 96 11

fax +48 12 616 95 25


Attractions: Jogging paths are completely free-of-charge outdoor activities conducted by experienced coaches/instructors. In designated places in five locations in Krakow at specific hours, it is possible to take part in jogging classes, interval trainings and fitness exercises.

How to get to us? From city centre by trams nos. 4, 5, 10, 14, 15 or buses nos. 115, 124, 128, 184, 502 - stop "Rondo Mogiłskie" and walk approx. 100 metres to the right from Powstania Warszawskiego Ave.

On a bike in Krakow - bike rentals




Bike is a cheap and comfortable means of transport. If you want to see Krakow on a bike, you do not have to bring it with you. You can just rent it.

"Art Bike", 33a/12 Starowislna Street,
phone: +48 12 422 04 25, www.art-bike.pl 

"BikeOne" Municipal Self Service (13 stands)
phone: +48 609 901 111, www.bikeone.pl 

"Bike Rental", 4 St. Anny Street,
phone: +48 501 745 986, www.bikes-rental.prv.pl

"Dwa Koła", 5 Józefa Street,
phone: +48 12 421 57 85
www.dwakola.internetdsl.pl  

"Cyklomaster", 10 Gałczyńskiego Street,
phone: +48 12 647 92 33, www.cyklomaster.go.pl 

"Rent-a-Bike", phone: +48 888 029 792,
www.rentabike.pl    

Bike routes

Presently, there are about 60 km of bike routes. It is planned to build another 111 km of new routes by the end of 2010, and by 2015, there will be another 85 km of new bike routes. The present bike routes play both the applied and the recreational role. The routes are marked, and there are numbers of the respective routes on the road signs.

Other bicycle trails:

Jurassic Bicycle Trail "Eagles' Nests" (red): Bronowice Nowe (tram terminus) - Na Błonie - Filtrowa - Zygmunta Starego - Mydlniki (Balicka; 3,6 km) - *Szczyglice (7 km)* - *Rudno (Tęczyn Castle; 27,4 km)* - *Krzyszowice Railway Station (33,3 km)* - *Olkusz (61,5 km)* - *Podzamcze (Ogrodzieniec Castle, 103 km)* - *Częstochowa (184 km)*.

Wolski Forest Trail (blue): Pod Sowińcem (edge of Wolski Forest) - Kamienna Droga - Wędrowników Ave. (1,3 km) - Polana Malczewskiego - Chodnik Malczewskiego (2,3 km) - Chodnik Hanny (2,9 km) - Kozie Nogi (4,8 km) - Starowolska (5,2 km).

Zielonki Gmina Trail (red): Zielonki Centre - Zielone Wzgórze St. - Witkowice (hospital; 2,7 km) - Witkowice Forest Park - Bibice (6,3 km) - Zielonki Fort (8,2 km) - Owczary (16,9 km) - Korzkiew (23,6 km) - Zielonki Centre (32,7 km).

Kościuszk Trail (access trail): Białoprądnicki Manor House - Witkowice (3,1 km) - Bibice (4,7 km) - Węgrzce - Bosutów (7,4 km) - Dziekanowice (9,1 km) - Raciborowice (10,7 km).

"Dłubnia" Valley Trail: Okulickiego/Łowińskiego St. - Raciborowice (3,6 km) - Młodziejowice (8,5 km) - Michałowice (9,3 km) - Iwanowice (21,3 km) - Wysocice (33,5 km) - Imbramowice (38,3 km) - Dłubnia Valley (42,4 km) - Trzyciąż (47,5 km).

Access trail: Jeziorzany St. - Batowice (2,7 km) - Dziekanowice (Kościuszk Trail - black; 3,4 km).

Horseback trail: Pod Sowińcem St. (edge of Wolski Forest) - Orla St. (terminus; 3 km).

" GREENWAYS" trails

International Bicycle Trail Krakow - Moravia - Vienna

(from Krakow to Auschwitz, EuroVelo R-4 route)

Czerwieński Boulevard (by the Grunwaldzki Bridge) - Rodła Boulevard - Salwator (1,9 km) - Kasztelańska - Błonia (Focha Ave.) - Na Błoniach - Cichy Kącik (3,9 km) - Piastowska - Buszka - Odlewnicza - Zarudawie - Jesionowa - Decjusz Park (8,2 km) - Kasztanowa - Chełm Rondabout (10,8 km) - Chełmska - Za Skłonem - Zakamycze - exit from Orla onto a field road (12,9 km) - viaduct over the motorway - Kryspinów resort (17 km) - Mników Rock - Rudno (Tęczyn Castle; 35,4 km) - Alwernia - Babice - Auschwitz centre (82 km) - Bielsko Biała (172 km) - Cieszyn (228 km) - Ołomuniec (394 km) - Vienna (624 km).

International Bicycle „Amber Trail” Gdańsk - Krakow - Budapest

(trail in the process of setting out, sections marked until 2009 in Małopolska are presented)

Niepołomice - bridge over the Vistula along Brzeska St. - Przyłasek Wyciążki (Bartnicza - Siejówka) - Przyłasek Rusiecki (Rzepakowa - Kępa Grabska ponds - Karaszewicza-Tokarzewskiego) - Branicka - Pleszów (Suchy Jar - Nadbrzezie - „Meksyk” (16,3 km) - Dymarek) - Jeżynowa (With intersection of Giedroycia 19,3 km) - Na Niwach - Powiatowa - Żagłowa - Kłasztorna (Cysterian Abbey; 22,3 km) - Odmętowa - Centrum E H.E. - pl. Centralny (24,1 km) - Jana Pawła II - Polish Aviators' Park - Pokoju Ave. („Plaza” 29 km) - Park na Dąbiu - Dąbie barrage - Vistula Boulevard - Kurland Boulevard - Grunwaldzki Bridge (34,2 km) - Poleski Boulevard - Tyniecka (Zwierzyniecki Bridge; 36,9 km) - entry to Tyniec Route) - Tyniec Route - kayaking course (44 km) - Tyniec (Benedictine Abbey; 46,6 km) - Skawina (53,8 km) - Lanckorona (76,9 km) - Sucha Beskidzka (102,3 km) - Zawoja (121,3 km) - Lipnica Wielka Winiarczykówka (border crossing; 161,9 km).

Local Greenways trails in Nowa Huta

(attention! marked solely in one direction, as described)

"Dłubnia" trail: (green): Bulwarowa St. (hight school No. 16) - Orkana - Daniłowskiego - Sieroszewskiego (1 km) - Kłasztorna (Cistercian Abbey in Mogiła; 1,4 km) - Stare Wiśliko - Mogiński Forest (2,7 km) - Żagłowa - Powiatowa - Wanda Mound (7,1 km) - Bartosa - Ptaszyckiego - promenade over the Dłubnia - Solidarności Ave. (9 km) - Kombinat (9,7 km) - Wańkowicza (Matejko manor house; 10,9 km) - lagoon over the Dłubnia - Bulwarowa (hight school No. 16; 12,6 km).

"Old Nowa Huta" Trail (red): Bulwarowa (high school No. 16) - Orkana - Daniłowskiego - Sieroszewskiego (1 km) - pl. Centralny (Nowa Huta Cultural Centre; 2,3 km) - gen. Boruty-Spiechowicza - Ludźmierska - Ludowy Theatre (4,2 km)- Obrońców Krzyża (Arka Pana Church; 4,8 km) - Cienista - Stadionowa - Bulwarowa (high school No. 16; 7,7 km).

Black Forest Trail: lagoon over the Dłubnia River - Matejko manor house (0,6 km) - Wańkowicza - Polish Red Cross (PCK) - Łowińskiego (1,6 km) - Błokowa - Darwina (2,9 km) - Grębałowska - Geodetów - Wzgórza Krzesławickie (tram terminus; 4,6 km) - Architektów - Petófiiego - Nowolipki (7,4 km) - Kaczeńcowa - Cienista - Stadionowa - Bulwarowa - lagoon over the Dłubnia River (10 km).

Krakow Stronghold Route

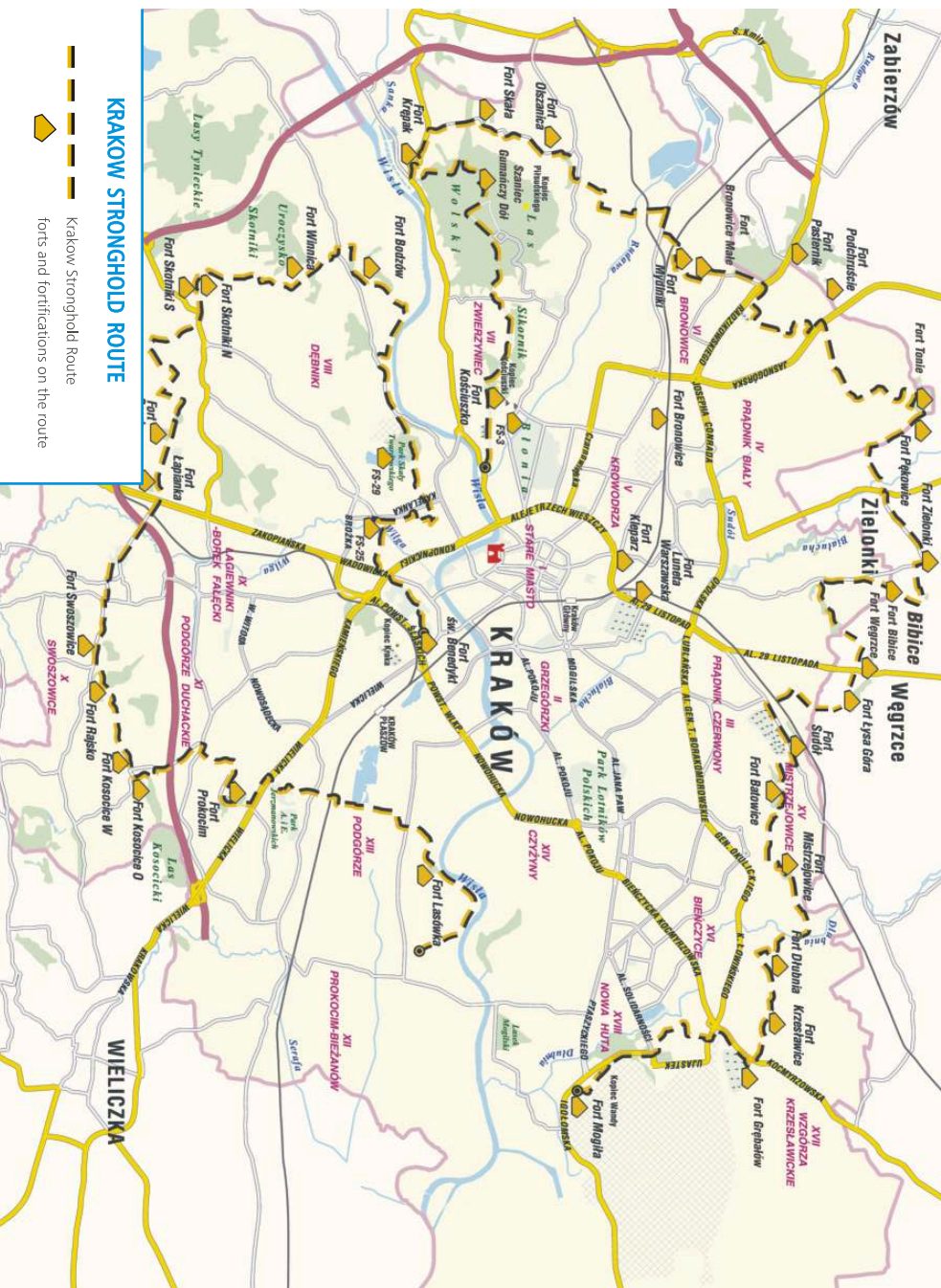
(the distance from the beginning of the route is provided in the brackets)

Northern section:

Ujastek Mogiński - **Mogiła Fort** - Wanda's Mound (0,8 km) - Solidarności Ave. (2,1 km) - Łempickiego - Wańkowicza - Matejko Manor House (3,3 km) - Polish Red Cross (PCK) - Wąwózowa - Łowińskiego - Kocmyrzowska - **Grębałów Fort** (5,7 km) - Architektów - **Krzesławice Fort** (6,7 km) - Pótefiiego - **Dłubnia Fort** (7,8 km) - Pótefiiego - Zakładowa/Okulickiego (8,8 km) - Mistrzejowicka - Dmowskiego - Mistrzejowice Nowe H.E. - **Mistrzejowice Fort** (10,3 km) - Piasta Kołodzieja - Bitwy Nad Bzurą - **Batowice Fort** (12 km) - Powstańców - **Sudół Fort** (13,7 km) - Powstańców/Węgrzecka (13,7 km) - **Węgrzce Łysa Góra Fort** (17,5 km) - **Węgrzce Fort** (17,9 km) - Witkowiec Hospital (21,2 km) - **Bibice Fort** (23,7 km) crossing at Zielonki Fort (**Zielonki Fort**; 24,5 km) - Zielonki (26,1 km) - **Pękowice Fort** - Pękowice (28,4 km) - Jurańska - **Tonie Fort** (29,1 km) - Łokietka - Gaik - Jasnogórska (32 km) - Ojcowska - Pasternik Cemetery - Pasternik (35 km) - Tetmajera - Witkiewicza - Brzozowskiego - **Mydlniki Fort** (36,9 km) - Kraków Mydlniki Railway Station - Wieniawy-Długoszoskiego - mjra Łupaszki - Balicka/Zakliki z Mydlnik (38,5 km) - Podłużna - **casemate for flanking fire of the Olszanica Fort** (41 km) - Wyżgi - Rzepichy (access to the **Olszanica Fort** Kosmowskiej St.; 42 km) - Orla (**Skafa Fort**; 43,1 km) - Księcia Józefa - **Krępak Fort** (45,1 km) - waterworks - Wołski Forest (Polana pod Dębina; 46,9 km)- **Gumańczy Dół Fort** - Zoological Garden (49,6 km) - Kozie Nogi (51,1 km) - Sikornik - Kościuszek Mound (**Kościuszek Fort**; 52,9 km) - Waszyngtona Ave. - Salwator (54,4 km).

Southern section:

Rybitwy/Golikówka - **Lasówka Fort** (2,3 km) - intersection of Lipskiej-Surzyckiego (3,3 km) - Bagrowa - footbridge over railway tracks near the Krakow Prokocim Railway Station Morawiańskiego - Górników - Jerzmanowski Park - Wielicka (ammunition shelter; 6,8 km) - Kostaneckiego - Medyczna - **Prokocim Fort** (8 km) - Obronna - Łamana - Czajna - Rżąca/Niebieska (ammunition shelter; 9,5 km) - Harcerzy Krakowskich - Hallera - **Kosocice Fort O** (11,2 km) - Osterwy - **Kosocice Fort W** (11,5 km) - Osterwy/Tuchowska (12,6 km; access to **ramparts IS-VIIB and IS VII** (0,8 - 1 km) - Droga Rokadowa - **Rajsko Fort** (12,9 km) - Droga Rokadowa/Sawiczewskich - **Swoszowice Fort** (13,8 km) - Myślenicka - Szybisko - Lusińska - Kąpielowa (spring; 15,8 km) - intersection of Zakopiańska - Forteczna - **Łapianka Fort** (17,3 km) - Forteczna - **Borek Fort** (18,2 km) - Korpala - Komuny Paryskiej - Spacerowa - Skotnicka (22,3 km) - Kozienicka - **Skotniki Forts** (23,4 km) - Unruga - Winnicka - **Winnica Fort** (25,9 km) - Tyniecka (26,8 km) - Falista - Pustelnia - **Bodzów Fort** (28 km) - Bodzowska - Nierówna - Widłakowa - the Vistula embankments - Tyniecka - the Vistula embankments (Tyniecka Route) - Tyniecka (entry to the Skafa Twardowskiego Park; **rampart FS 29**; 32,9 km) - Twardowskiego - intersection of Kapelanka - Szwedzka (black house; 33,6 km) - Kapelanka/Kobierzyńska (access to **rampart FS 25** 150 m) - Rydlówka - Mateczny Roundabout (35,9 km) - Podskale - Redemptorystów - Bednarskiego Park - pl. Lasoty (38,2 km) - **Św. Benedykt Fort** (38,9 km).



KRAKOW STRONGHOLD ROUTE

-  Krakow Stronghold Route
-  forts and fortifications on the route



... The page available in this language.



Special facilities for the disabled or classes for the disabled: diving, horse riding, climbing, aeroclub.

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The information presented here has been provided exclusively for the purpose of information. The compilation assumed the presentation of characteristic forms of each of the recreational activities included. An assembly of the complete offer of the city would be nearly impossible due to e.g. the variability of the offer in time.

Publisher



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