



## lubelskie | *Taste life!*

The Lubelskie is an eco-positive space ideal for the realisation of your passions and interests in culture, art and nature. Here tradition inspires young people to lead a fulfilled life combining traditions with modernity and constant development. Ecology is a natural consequence of values instilled and cherished for many generations. The diversity of landscapes stretching between the Roztocze and the Polesie makes it impossible to feel bored here. The Lubelskie is a place of hospitality, creativity and dynamism that offers ample opportunities for visitors to rest, enjoy the leisure time and see plenty of historic sites – reminders of the multi-religious and multicultural past of the region. The assets of the Lubelskie, such as its intellectual potential, agricultural traditions and the proximity of the eastern border of the European Union, are important to investors. Students take full advantage of cultural events and entertainments offered by Lublin, which is the largest academic and cultural centre in Eastern Poland.



'Upon the Tanew' Nature Reserve



Canoe rally - Roztocze



Roztocze

## MEETING WITH NATURE / 4 DAYS

### DAY 1

Arrival in Lublin. Transfer to the hotel. Check-in. A walk around the Old Town with beautiful churches, squares and renaissance townhouses. Dinner in a regional restaurant.

### DAY 2

Visiting Roztocze – the sunniest region of Poland known for vast forests, unique fauna and flora, and traditional cuisine based on fresh natural products. A cycling trip from Zwierzyniec via Florianka to Górecko Kościelne, along the Green Velo Eastern Bicycle Route and the Central Roztocze Bicycle Route. A ride through the Roztocze National Park. A short rest in Florianka where a breeding centre and a stud of the Polish pony is located. A walk around Górecko Kościelne – a small town surrounded by the Solska Forest, with an 18th-century larch church and a 19th-century chapel by the river.

### DAY 3

Canoe rally on the Wieprz along a winding scenic route from Obroc to Zwierzyniec with beautiful nature and landscapes. An outdoor meeting combined with tasting of local products. Relaxation. An afternoon visit in the Guciów Farmstead – an open air folk museum. A bonfire evening. Traditional dinner, tasting of home-made regional food and liquors.

### DAY 4

Return to Lublin

### Target groups:

organised groups of minimum 10 people

### Offer available:

May - September

### Accommodation:

\*\*/\*\* Hotels or guesthouses,  
2-3 person rooms with bathrooms

### Transport:

transfer from the airport in Świdnik (10km) if flights are available collection from the meeting point

### Price:

**210 Euro per person (a group of 40)**  
**265 Euro per person (a group of 20)**

### Price includes:

Transport by coach or bus, full board, 3 overnight stays, tour leader's assistance, rental fees for canoes and bicycles





Roztocze



Roztocze

## ROZTOCZE UNESCO TRAIL / 5 DAYS

### DAY 1

Szczebrzeszyn: Synagogue, Orthodox Church of Dormition of Our Lady, Sf Nicholas' Church, the Beetle Monument, Jewish cemetery  
Zwierzyniec: church on the lake, monument to a plague of locusts, former buildings of the Zamoyski Estate (from the outside)  
Zamość: sightseeing tour of the Old Town (UNESCO World Heritage Site).

### DAY 2

Breakfast. Józefów: the quarry, synagogue, Jewish cemetery.  
Susiec: 'Upon the Tanew' Nature Reserve.  
Lubaczów: St Nicholas' church, Museum of the Borderland.  
Kresowa Osada - a reconstructed borderland manor house, crafts workshops (options to choose from: smithery, pottery, carpentry, glass-making).

### DAY 3

Breakfast. Sightseeing tour: health resort; Radruż - Orthodox church (UNESCO); Hrebenne - St Nicholas' Church; Ukraine: Potylic - Orthodox Church of the Holy Spirit (UNESCO); Zhovkva - Market Square, St Laurence's Church, Holy Trinity Orthodox Church (UNESCO), synagogue, city walls and fortifications.  
Arrival in Lviv. Dinner and overnight stay.

### DAY 4

Breakfast. Sightseeing tour of Lviv Old Town (UNESCO).  
Lunch.  
5.30 pm - a visit to the Lviv Theatre of Opera and Ballet - watching a performance is optional and subject to additional charges.

### DAY 5

Breakfast. A visit to the Lychakiv Cemetery and the Defenders of Lviv Cemetery.  
Return journey to Poland.

### Optional programme:

- Tour of the Zamość Museum - 2 Euro per person
- Watching an opera in Lviv - from 5 Euro per person

### Target groups:

organised groups of minimum 10 people.

**Offer available:** all year

### Accommodation:

Zamość - Renesans Hotel \*\*\*  
Horyniec-Zdrój - Hetman Guesthouse \*\*  
Lviv - Dnister Hotel \*\*\*\*

### Price from:

**170 Euro per person - a group of 30 people**  
**225 Euro per person - a group of 15 people**  
**390 Euro per person - a group of 6 people**

**Price includes:** accommodation, half board (breakfast, dinner), tour leader's assistance, Polish-speaking guides' services, tickets to places visited, crafts workshops in Kresowa Osada, local and border charges, accident insurance in Poland and Ukraine, medical cover insurance in Ukraine.



Slackline – Old Town in Lublin



Grodzka Street – Lublin

## LUBLIN – CITY BREAK / 3 DAYS

### DAY 1

Transfer. Evening stroll around the Old Town.

### DAY 2

Guided sightseeing tour of Lublin: Old Town, Lublin Underground Route, Fortuna Cellar, Lublin Castle with the museum and the Holy Trinity Royal Chapel, Trinitarian Tower with a viewing terrace, Cathedral, Open Air Village Museum.  
Dinner in a regional restaurant.

### DAY 3

Transfer

### Optional programme:

- A ride in a horse-drawn carriage / horse-drawn sleigh ride with a bonfire – from 10 Euro per person
- 1-hour-long flight in a balloon – from 110 Euro per person
- All day relaxation at the SPA – from 10 Euro per person
- Paintball – from 10 Euro per person
- Renting a quad bike for 1 hour – from 25 Euro per person

### Target groups:

organised groups of minimum 4 people

### Offer available:

all year

### Accommodation:

\*\*\* / \*\*\*\* hotels. On request hotels with a lower or higher standard and hostels can be booked.

### Transport:

Transfer to/from the airport in Świdnik (10km) if there are flights available, the railway station and other airports (Warsaw, Cracow, Rzeszów) – subject to additional charges.

### Price includes:

Transfer, board & lodging according to the options selected, programme implementation, private transport during the trip, tour leader's assistance.

### Additional charges:

Tickets to places visited, local guides' services – about 20 Euro depending on the number of participants

The organiser has a wide offer of longer stays for individual travellers and groups.

Hotel	Price per person for 2 nights in Euro			
	BB	HB	FB	SGL supplement
3*-Hotel	from 105	from 130	from 160	from 45
4*-Hotel	from 130	from 160	from 195	from 98





St Mary's Church - Cracow



Castle Square - Warsaw



Donjon at the Lublin Castle - Lublin



Grodzka Street - Lublin

## TOURIST PEARLS OF POLAND: CRACOW-ZAMOŚĆ-LUBLIN-WARSAW / 7 DAYS

**DAY 1** Cracow. Royal Tract: Floriańska Street, Barbakan, Jan Matejko's House, Main Market Square with the Cloth Hall and St Mary's Basilica, Grodzka Street, Dominican Square, All Saints' Square, Holy Trinity Church.

**DAY 2** Cracow. Wawel Royal Castle: Royal chambers, Crown treasury, Cathedral – Royal tombs, Sigismund Bell. Kazimierz – a former Jewish district with a unique atmosphere.  
Dinner in a regional restaurant.

**DAY 3** Zamość – a city listed as a UNESCO World Heritage Site: Great Market Square with historical townhouses, Museum of Fortifications and Weaponry. Return to Lublin. An evening stroll along Krakowskie Przedmieście.

**DAY 4** Sightseeing tour of Lublin: Castle Hill with the donjon and the Holy Trinity Royal Chapel, Grodzka Gate, Po Farze Square, Market Square with historical townhouses, Crown Tribunal, Cracow Gate, Cathedral, Majdanek – a former Nazi concentration camp.

**DAY 5** Kozłówka – a neo-baroque park and palace complex of the Zamoyski Family; Socialist Realist Art Gallery at the Coach-house. Kazimierz Dolny – Market Square with historical townhouses and a well, Castle Hill with the ruins of the castle and a tower. Cruise on the Vistula River (optional).

**DAY 6** Warsaw – a walk around the Old Town, a visit to the Royal Castle, a stroll in the historical park of Royal Łazienki – Palace on the Isle, Old Orangery. Opera performance (optional).

**DAY 7** A visit to the Warsaw Uprising Museum or the Museum of the History of Polish Jews.

### Optional programme:

- An hour's cruise on the Vistula River in Kazimierz Dolny – from 4 Euro per person
- Opera performance – from 10 Euro per person

### Target groups:

organised groups of minimum 40 people. The trip can be organised for smaller groups.

**Offer available:** all year

### Accommodation:

Cracow – Campanile Hotel \*\*\*

Lublin – Victoria Hotel \*\*\*/Forum Hotel \*\*\*

Warsaw – Best Western Portos Hotel \*\*\*

Transport: private transport, transfers to/from airports - subject to additional charges.

**Price: From 430 Euro per person – a group of minimum 40 people**

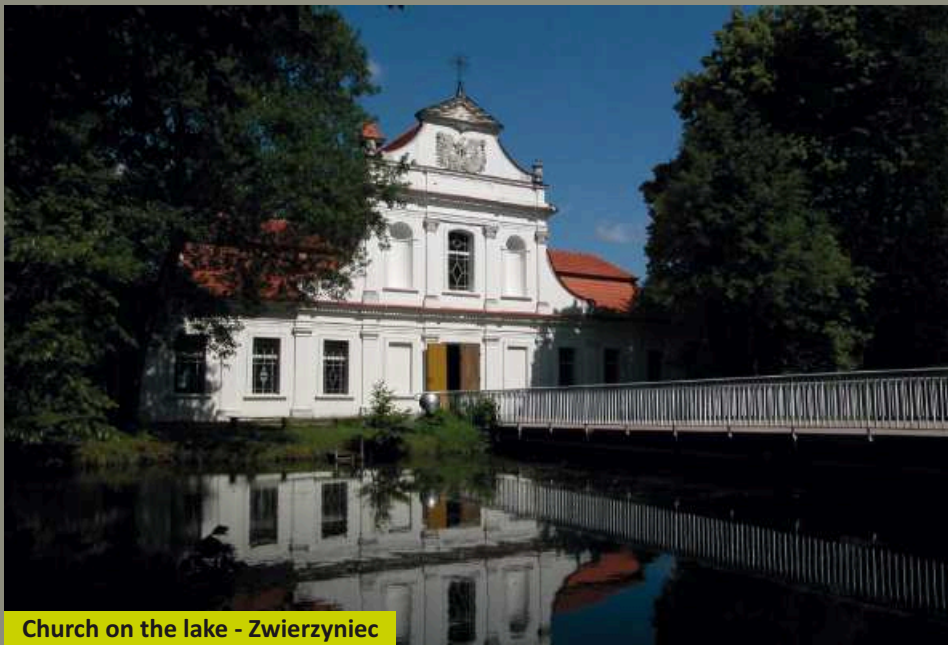
The trip can be organised for smaller groups.

### Price includes:

Accommodation in a 2-person room, half board (breakfast and dinner), programme implementation, transport during the trip, tour leader's assistance.

### Additional charges:

Tickets to places visited, local guides' services – about 75 Euro depending on the number of participants. Cena nie zawiera biletów do zwiedzanych obiektów oraz przewodników lokalnych - ok. 75 Euro/os. w zależności od ostatecznej ilości uczestników w grupie.



Church on the lake - Zwierzyniec

## LUBELSKIE – CULTURE AND NATURE / 8 DAYS

### DAY 1 LUBLIN

Transfer. Guided sightseeing tour of Lublin: Old Town, Lublin Underground Route, Fortuna Cellar, Cathedral, Trinitarian Tower.

### DAY 2 LUBLIN – ZAMOŚĆ

Sightseeing tour of Lublin: Castle – Lublin Museum and the Holy Trinity Royal Chapel  
Sightseeing tour of Zamość, a city listed as a UNESCO World Heritage Site: Great Market Square – a perfectly preserved example of a Renaissance 'ideal city' based on the 16th-century Italian urban planning concept.  
Sightseeing tour of Zamość: Museum of Fortifications and Weaponry, Great Market Square, historical arcaded townhouses, Cathedral, Zamoyskis' Palace, Jewish synagogue, Salt Market, Water Market, Arsenal.  
Transfer to Susiec

### DAY 3 ZWIERZYNIEC

Sightseeing tour of Zwierzyniec. A visit to the Roztocze National Park. A walk along the route leading to the

mount of Bukowa Góra (unique and diverse forest flora), a visit to Florianka (Forest Chamber, Breeding Centre of the Polish Pony)  
Arrival in Bondyż. A walk along the scenic nature and history trail: Bondyż – Kotula Góra – Guciów

### DAY 4 KRASNOBRÓD – SUSIEC

Sightseeing tour of Krasnobród (baroque church and monastery, St Roch Nature Reserve, chapel by the spring). A walk along the tourist path of Krasnobród Ravines.  
Visit to Susiec: a walk to the Morskie Oko Pond and a nearby old water mill.

### DAY 5 SUSIEC

Walk along the forest trail to Rebizanty. 'Upon the Tanew' Nature Reserve with scenic cascades.  
Visit to Górecko Kościelne: a walk in the Szum Nature Reserve, the 17th-century chapel by the river, the avenue of monumental oaks.  
Visit to Hamernia: a walk in the Czartowe Pole Nature Reserve with picturesque waterfalls on the Sopot River

### DAY 6 SUSIEC

Canoe rally on the Tanew through a scenic valley in the Solska Forest  
Return to Susiec: festive dinner by the fire

### DAY 7 SUSIEC – LUBLIN

Transfer to Lublin  
Trip to Kozłówka or Kazimierz Dolny  
Return to Lublin – an evening stroll around the Old Town with an elegant dinner

### DAY 8 LUBLIN

Transfer

**Optional programme:**  
tasting of regional foods and liquors

**Target groups:**  
organised groups of minimum 4 people

**Offer available:**  
May - September

**Accommodation:**  
Lublin – Forum Hotel \*\*\* [www.hotelforumlublin.pl](http://www.hotelforumlublin.pl)  
Susiec – Sosnowe Zacisze Guesthouse \*\*\*  
[www.sosnowe-zacisze.pl](http://www.sosnowe-zacisze.pl)

**Transport:**  
Transfers to /from the airport in Świdnik, railway stations, bus stations or other airports (Warsaw, Cracow, Rzeszów) – subject to additional charges.

**Price:**  
**440 Euro per person – a group of 4 to 7 people**  
**395 Euro per person – a group of 8 to 19 people**  
**355 Euro per person – a group of 20 to 35 people**  
**335 Euro per person – a group of 36 to 50 people**

**Price includes:**  
Accommodation in a 2-person room, half board (breakfast and dinner), programme implementation, transport during the trip, tour leader's assistance.

**Additional charges:**  
Tickets to places visited, local guides' services – about 45 Euro depending on the number of participants.



## WEEKEND ON THE UNESCO TRAIL / 3 DAYS

### Programme of the trip:

#### DAY 1 (Friday)

Arrival in Zamość with your own transport, check-in at a 3-star hotel from 2.00 pm.

#### DAY 2 (Saturday)

Breakfast (packed food for the road). Departure from Zamość at 5.30 am for a day trip to Lviv. Sightseeing tour of the city: Lichakiv Cemetery and the Defenders of Lviv Cemetery; Old Town: Dominican Church, Latin Cathedral, Armenian Cathedral, Market Square, Statue of Adam Mickiewicz, Theatre of Opera and Ballet (watching a performance is optional and subject to additional charges). Departure from Lviv in the evening. Return to Zamość at night time.

#### DAY 3 (Sunday)

Breakfast. 11.30 am – meeting point in 30 Ormiańska Street. A sightseeing tour of Zamość with a guide dressed in a historical outfit – Armenian townhouses,

Great Market Square with historical townhouses, Water Market with the fountain, Zamość Cathedral, Szczepreska Gate, Synagogue, Zamość Academy, Monument to Jan Zamoyski, city park and fortifications.

#### Optional programme:

- Tour of the Zamość Museum – 2 Euro per person
- Watching an opera in Lviv – from 4 Euro per person

#### Target groups:

individual travellers, organised groups of minimum 6 people

#### Offer available:

all year

#### Price from:

**70 Euro per person – double room**

**85 Euro per person – single room**

**50 Euro per person - 2 adults + 2 children below the age of 15**

**60 Euro per person - 2 adults + 1 child below the age of 15**

#### Price includes:

2 overnight stays with breakfast at a 3-star hotel (from Friday to Sunday), a coach trip to Lviv ('Lviv for Every Saturday'), a walking tour with a guide dressed in a historical outfit on Sunday ('Zamość Sightseeing with us'), tickets to places visited, accident insurance, medical cover insurance in Ukraine.





Colourful bicycle racks in the centre of Lublin



Photographic hunt



Things are happening ... in Lublin



Thatch-roofed houses

## WHERE CULTURE MEETS NATURE / 5 DAYS

This active tourism offer is for travellers who love nature, sightseeing and visiting interesting places and tourist attractions of the Lublin Region. It is a bicycle sightseeing tour of the beautiful land of Polesie combined with a canoe rally. During this trip you will see picturesque landscapes, visit important historical sites, learn about local folk culture, taste traditional food and explore unspoilt nature in the Poleski National Park, nature reserves, landscape parks and Nature 2000 protected areas. Transfer from the airport in Warsaw or a railway station to Lublin. Overnight stay in Lublin.

**DAY 1** Departure from Lublin towards Chełm. Sightseeing tour of Chełm: Church of the Dispersion of the Apostles, former Piarist College, Old Town Market Square, Cathedral complex, Underground Chalk Tunnels. A bicycle trip along the route: Chełm - Krobonosz, - Wierzbice - Olchowiec - Cyców - Nadrybie - Piaseczno. Overnight stay at the hotel in Piaseczno.

**DAY 2** Bicycle ride to the Poleski National Park. Overnight stay in Włodawa.

**DAY 3** Sightseeing tour of Włodawa – town of three cultures: Museum of the Łęczna-Włodawa Lake District at the synagogue complex, Pauline monastery, Orthodox church. Bicycle ride to Okuninka, Sobibór and Wola Uhruska. Canoe rally from Kuzawka to Włodawa.

**DAY 4** Bicycle ride along the Green Velo Route and visiting historical sights on the way: Jabłeczna - Orthodox Monastery of St Onuphrius; Kodeń – Sanctuary of Our Lady of Kodeń, former Orthodox church, Missionary and Ornithological Museum; Terespol – Orthodox Church of St John the Theologian, Holy Trinity Church.

**DAY 5** Sightseeing tour of Lublin: Castle Hill with the Holy Trinity Royal Chapel, a walk around the Old Town, Grodzka Gate, Cracow Gate, Crown Tribunal, Po Farze Square, Market Square, Dominican Basilica, Cathedral, historical townhouses. Regional lunch at a restaurant in the Old Town. A visit to Majdanek – a former Nazi concentration camp. The John Paul II Catholic University of Lublin. A viewing point overlooking the Old Town on the roof of a shopping centre. Free time

for shopping. Transfer to the airport or a railway station.

**Optional programme:** an evening sightseeing tour of Lublin with a night time panorama of the city seen from a viewing terrace– 10 Euro per person

**Target groups:** organised groups up to 14 people

**Offer available:** May - September

**Accommodation:**  
\*\*\* Hotels, Agritourist farms

**Transport:** collection from the meeting point up to 200 km

**Price: 315 Euro per person**

**Price includes:**  
Transfer, half board (breakfast, dinner), accommodation, programme implementation, tour leader's assistance, tour guides' services, tickets to places visited, rental fees for canoes and bicycles.





Young swans soaring in the air



Former Uniate church in Ortel Królewski

## EXOTIC LUBLIN REGION / 3 DAYS

### DAY 1

Transfer from the airport or a railway station to Lublin. Sightseeing tour of the Old Town in Lublin (depending on the arrival time), dinner in a regional restaurant.

### DAY 2

Options to choose from:

#### 1) Southern Roztocze

Visiting historical sites in: Tomaszów Lubelski – St Nicholas' Orthodox Church, wooden parish Church of the Annunciation of Our Lady; Radruż – St Paraskeva's Church (the oldest Greek Catholic church in Poland); Hrebenne – St. Nicholas' Orthodox Church; Horyniec Zdrój – a walk at the health resort.

#### 2) Polesie and Podlasie

Visiting historical sites in: Włodawa – Museum of the Łęczna-Włodawa Lake District, synagogue complex, monastery of the Pauline Order, Orthodox church; Jabłeczna – Orthodox monastery; Kodeń – Sanctuary of Our Lady, Missionary and Ornithological Museum, former Orthodox church; Kostomłoty – Neo-Uniate parish church; Lebedziew – mizar (Tartar cemetery), fortifications of the Brest Fortress; Ortel Królewski – former Uniate church, Studzianka – mizar, Wisznice –

cemetery with the tombs of the Kraszewski Family.

#### 3) A Meeting with Bieluch the Ghost

Visiting historical sites in: Włodawa – Museum of the Łęczna-Włodawa Lake District, synagogue complex, monastery of the Pauline Order, Orthodox church; Sobibór – Memorial of the former Nazi death camp, Sobibór Landscape Park; Chełm – Chalk Underground Tunnels with Bieluch the Ghost; Hrubieszów – St Nicholas' Church, former Greek Catholic church, Orthodox Church of the Dormition of Our Lady, Du Chateau manor house.

### DAY 3

Sightseeing tour of Lublin: Castle, 13th-century Donjon, Holy Trinity Royal Chapel, Old Town Hill, Grodzka Gate, Po Farze Square, Dominican Basilica, Crown Tribunal, Market Square with historical townhouses, Trinitarian Tower, Cathedral, Cracow Gate, Town Hall. Free time for shopping at one of the Lublin shopping centres.

Transfer to the airport or a railway station.

#### Optional programme:

an evening sightseeing tour of Lublin, a night time

panorama of the city seen from the viewing terrace – 10 Euro per person

#### Target groups:

organised groups of minimum 20 people

#### Offer available:

all year

#### Accommodation:

\*\*\* hotels

#### Transport:

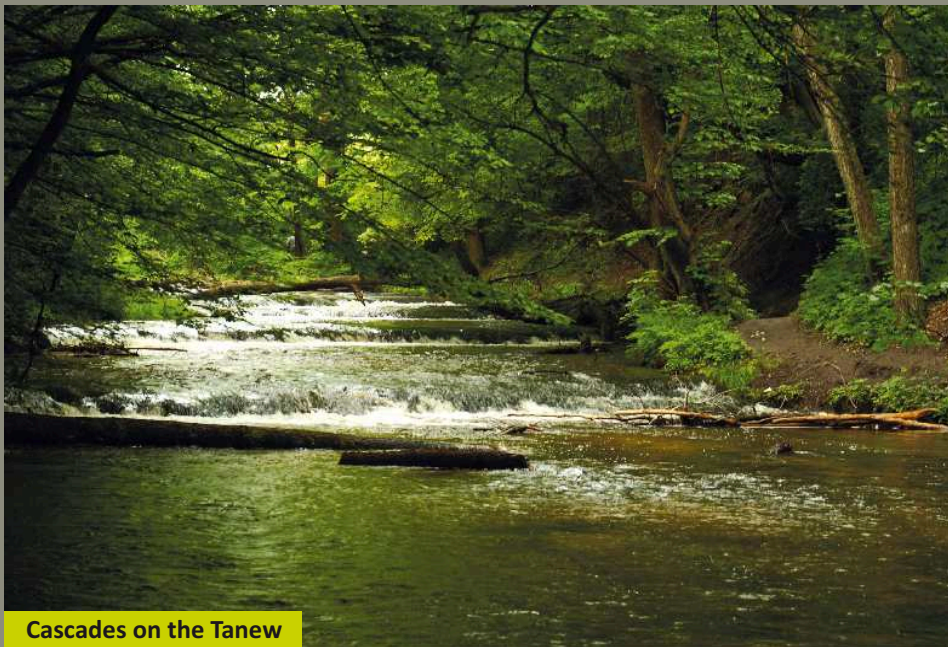
collection from the airport in Świdnik (about 10 km) if there are flights available

#### Price:

**230 Euro per person**

#### Price includes:

transfer, accommodation, half board (breakfast, dinner), programme implementation, tour leader's assistance, tour guides' services, tickets to places visited.



Cascades on the Tanew

## MAGICAL ROZTOCZE ACTIVE HOLIDAYS (5 DAYS)

This active tourism offer is for people who love travelling, exploring nature and history, and visiting interesting places and tourist attractions of the Lublin Region. It is a bicycle sightseeing tour of the picturesque land of Roztocze combined with a canoe rally. During this trip you will see beautiful landscapes, visit important historical sites (e.g. Zamość – a UNESCO World Heritage Site), learn about local folk culture, taste traditional food and explore unspoilt nature in the Roztocze National Park, nature reserves, landscape parks and Nature 2000 protected areas. Transfer from the airport in Warsaw or a railway station to Lublin. Overnight stay in Lublin.

### DAY 1

6:00 Departure from Lublin towards Hrebenne. A bicycle ride calling at: Hrebenne – St Nicholas' Church, border crossing with Ukraine; Siedliska – St Nicholas' Church, Fossil Museum in the Regional Chamber, Chapel 'on the water'; Werchata; Dziewięcierz; Horyniec Zdrój – Mineral water pump room at the sanatorium; Nowiny Horynieckie; Świdnica; Nowe Brusno; Polanka Horyniecka – 'Springs

of the Tanew ' Nature Reserve; Huta Złomy; Dębiny; Narol; Podleśna; Mazyl; Łosiniec; Kniazie; Wólka Łosiniecka; Susiec. The route is about 70 km long.

### DAY 2

Rybница; Rebizanty; 'Cascades on the Tanew' Nature Reserve; Kościółek Hill; Borowe Młyny; Fryszarka; Józefów – the 1886 Church, Synagogue, a quarry with an observation tower, Jewish cemetery; Majdan Nepyrski – Sculpture studio; Młynarka; Szopowe; Senderki ; Sztolnie; Stara Huta; Kaczórk; Krasnobród – artificial lake, observation tower, Sanctuary of the Visitation of the Virgin Mary; Figarnia; Róża; Wapielna Hill – 386.5m AMSL; Łasochy; Kunki ; Grabowica – observation tower; Susiec. The route is about 78 km long.

### DAY 3

Oseredek; 'Czartowe Pole' Nature Reserve; Hamernia; Józefów; Brzeziny; Górecko Stare; Florianka; Echo Ponds; Zwierzyniec – Museum and Education Centre of the Roztocze National Park; St John Nepomucene's Church on the lake, the Brewery; Żurawica;

Szczebrzeszyn – Synagogue from 1584. The route is about 55 km long.

### DAY 4

Szczebrzeszyn; Brody Duże; Niedzieliska; Płoskie; Siedliska. Arrival in Zamość at Braterstwa Broni Street. Sightseeing tour of Zamość - Old Town, Town Hall, Rotunda, Cathedral, Market Square, Zoo. The route is about 25 km long.

### DAY 5

Zamość; Zawada; Niedzieliska; Bodaczów; Michalów – The Zamoyskis' Palace in Klemensów with the park complex, scenery of the palace and the roadside shrine of Our Lady from the film 'Ida'; Deszkowice; Kulików – a bike shelter with a campsite and an observation tower overlooking the largest water reservoir in East Poland, waterfowl reserve; Stara Wieś; Niwa; Staw Noakowski; Ujazdów; Wirkowice, Tarnogóra. The route is about 48 km long. Canoe rally from Tarnogóra to Latyczów – about 12 km, 3.5 hours long. Return from Latyczów to Lublin, optional overnight stay. Transfer to the airport in Warsaw.

### Optional programme:

an evening sightseeing tour of Lublin, a night time panorama of the city seen from the viewing terrace – 10 Euro per person

### Target groups:

organised groups up to 14 people

**Offer available:** April - October

Accommodation: \*\*\* hotels, agritourist farms

### Transport:

collection from the meeting point up to 200 km (organised groups)  
collection from the airport in Warsaw, Rzeszów or other airports (minimum 4 people)  
collection from the airport in Świdnik (about 10 km) if there are flights available

### Price:

**350 Euro per person**

### Price includes:

transfer, accommodation, full board, programme implementation, tour leader's assistance, tour guides' services, tickets to places visited, rental fees for bicycles and canoes.



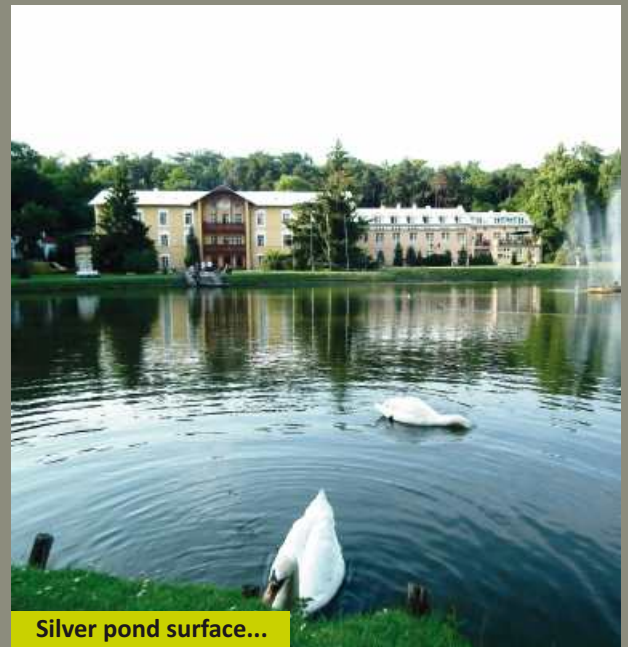


Polish ponies by Echo Ponds





Two riversides...



Silver pond surface...

## LUBLIN TOURIST TRIANGLE / 3 DAYS

### DAY 1

Transfer from the airport or a railway station, an evening with regional cuisine, overnight stay in Lublin.

### DAY 2

Transport from Lublin to Janowiec – a ferry crossing on the Vistula River, a ride on a tourist train, sightseeing of the ruins of the castle of the Firlej Family; Kazimierz Dolny – Market Square, historical townhouses, granaries, Parish Church, ruins of the castle with the tower, Mountain of Three Crosses, a walk in the ravine, a cruise on the Vistula River; Nałęczów – Spa Park with the Malachowskis' Palace, mineral water pump room, Palm House. Return to Lublin.

### DAY 3

Lublin – Castle, Holy Trinity Royal Chapel, Grodzka Gate, Cracow Gate, a walk in the Old Town, Po Farze Square, townhouses, Crown Tribunal, Market Square, Dominican Basilica, Cathedral, Museum at Majdanek – the former Nazi concentration camp, the John Paul II Catholic University of Lublin, shopping centre – a viewing terrace overlooking the Old Town, shopping time. Transfer to the airport or a railway station.

### Optional programme:

- A visit to SPA Nałęczów,
- An evening sightseeing tour of Lublin, a night time panorama of the city seen from the viewing terrace.

### Target groups:

organised groups of minimum 20 people

### Offer available:

all year

### Accommodation:

\*\*\* Hotel

### Transport:

collection from the meeting point up to 200 km (organised groups)

### Price:

215 Euro per person

**Price includes:** transfer, half board, accommodation, programme implementation, tour leader's assistance, tour guides' services, tickets to places visited.



Lublin by night





Bicycle rally - Roztocze Tour



Bicycle rally - Roztocze Tour



Bicycle rally - Roztocze Tour

## ROZTOCZE TOUR – cycling in Roztocze (Poland - Ukraine) (4 DAYS)

Active tourism offer – a bicycle sightseeing tour along the Central Roztocze Bicycle Route: Zwierzyniec – Lviv – Zwierzyniec. Every day participants cover a distance of about 100 km, so a good level of fitness is necessary. The organiser provides transport of the luggage.

### DAY 1

26 May – departure from Zwierzyniec, cycling through the Roztocze National Park, Józefów, Susiec, Lubycza Królewska, Hrebennie (participants can join the group at a selected location); crossing the state border at Hrebennie/Rava Ruska; arrival in Zhovkva.

### DAY 2

27 May – a bicycle sightseeing tour: Krekhiv, Yavorivskiy National Park, Ivano-Frankove, Vereshchysia; Return to Zhovkva.

### DAY 3

28 May – a bicycle sightseeing tour: Zhovkva, Mokrotyn, Bryukhovychi, Lviv (Old Town and Lychakiv Cemetery). Return to Zhovkva.

### DAY 4

29 May – return to Poland, cycling along the route: Zhovkva, Rava Ruska, Hrebennie, Siedliska, Wola Wielka, Narol, Susiec, Józefów, Zwierzyniec. The end of the bicycle tour – about 7 p.m.

### Optional programme:

Folk evening with a live band and local cuisine – 10 Euro per person, renting a bicycle for 4 days – 30 Euro per person

### Target groups:

individual travellers

### Offer available:

26-29 May 2016

### Accommodation:

Styl Hotel \*\*\* in Zhovkva  
Sosnowe Zacisze Guesthouse\*\*\* in Susiec, Zwierzyniec or Lubycza Królewska.

### Transport:

private transport

### Price:

105 Euro per person

### Price includes:

full board, accommodation, programme implementation, tour leader's assistance, tour guides' services, tickets to places visited, medical care, technical assistance, luggage transport, accident insurance, medical cover insurance.



Great Market Square in Zamość



Church on the lake in Zwierzyniec

## GREEN VELO – bicycle rally for teenagers (11 DAYS)

The Green Velo Eastern Bicycle Route covers a distance of over 2,000 km and leads through five voivodships in East Poland. It is a modern, safe and well-marked out trail with infrastructure for cyclists, which is ideal for travellers who want to combine active leisure, adventure and sightseeing.

During this holiday you will explore the Lublin Region with its interesting historical sights, beautiful nature, local customs and regional cuisine. The route stretches over 500 km leading through the most interesting and picturesque parts of Roztocze. Daily, you will cover a distance of 40-50 km and still have ample time to enjoy sunbathing and swimming in reservoirs along the way and to have evening fun by a bonfire.

The route runs through the best-known and most attractive natural, cultural and historical sites in Roztocze. We will take you the Roztocze National Park, Zwierzyniec with its Summer Film Academy, Szczebrzeszyn with the Beetle Monument, and Zamość – ‘the Pearl of Polish Renaissance’ and a UNESCO World Heritage Site famous for its ‘ideal city’ urban planning design, decorative townhouses,

impressive market square and well-preserved fortifications. You will ride along the avenue of monumental 500-year-old oaks in Górecko Kościelne, visit the quarry with an observation tower in Józefów and the breeding centre of the Polish pony in Florianka. In Susiec you can see one of seven wonders of Polish nature – the murmuring cascades on the Tanew, and the Czartowe Pole Nature Reserve.

### Useful information:

Janów Lubelski is the starting and finishing point of the trip. The itinerary is organised by the tour manager.

### All participants must have:

a bicycle fit for riding on public roads, a helmet, a reflective vest, comfortable clothing and footwear for cycling in hot and cold weather, a rain jacket, cycling gloves, sunglasses, a swimsuit, and a small rucksack.

### All participants should have:

minimum 1 spare inner tube and a bicycle cable lock.

**Target groups:** individual travellers and organised groups of minimum 15 people

### Offer available:

June - August

**Accommodation:** agritourist farms, youth hostels

### Transport:

Private transport to the Almatour Holiday Resort in Janów Lubelski

Collection from the airport in Warsaw / Rzeszów / Katowice / Poznań (minimum 4 people)

Collection from the airport in Świdnik (about 10 km), if there are flights available (minimum 4 people)

### Price:

**420 Euro per person**

**Price includes:** full board, accommodation, programme implementation, accident insurance, instructor’s assistance, pedagogic guidance, technical maintenance (participants cover the cost of spare parts), luggage transport.

### Price does not include:

tickets to places visited - about 10 Euro.





Stud of the Polish Pony - Echo Ponds in Zwierzyniec



Zamość Fortress



**Bicycle rally - Almatour Holiday Resort**

## JANÓW LUBELSKI – NATURE ZOOM / 11 DAYS

During the camp the participants will visit the Imielty Ług Nature Reserve and a pottery workshop, follow the route of Porytowe Wzgórze - Mamoty - Szklarnia, go on a coach trip to a chosen destination e.g. Zamość - Zwierzyniec, Kazimierz Dolny, Łańcut, Sandomierz or Lublin, enjoy swimming in the Janów Lake, take part in sports and leisure activities such as table tennis, badminton, beach volleyball, chalk chase, games, discos, karaoke and bonfires. Near the holiday resort there is the centre for active education – the Nature Zoom, featuring a recreation park with tourist paths, outdoor gym equipment, volleyball and beach volleyball courts, a football pitch, a guarded swimming area with a sandy beach, water sports equipment rentals, and a rope course.

### **Krav Maga**

#### **12-18 age groups**

During classes conducted by professional instructors (2 x 90 minutes) the participant will get to know the basic rules of Krav Maga - predicting and avoiding danger, and acting under stress. Situational training and tasks focus on boosting self-confidence and quick thinking in a state of danger or emergency, as well as on practical

implementation of techniques learnt during the classes.

### **Motocross**

#### **7-12 age groups**

Motocross is one of the most interesting and exciting motor sports. During a 20-hour course the participants will have theoretical and practical classes with professional instructors, which will test their predispositions, physical abilities and bravery. The organiser provides motorcycles and protective clothing (elbow, knee and chest pads, motorcycle boots, gloves, goggles, a helmet). The course includes: basic technical maintenance of a motorcycle, starting and stopping on a motorbike, improving riding techniques, learning the route and individual rides. The ability to ride a bicycle and a written parental consent are required to take part in the course.

### **Swimming / aqua aerobic**

#### **7-18 age groups**

Active relaxation and a chance to learn and improve your swimming skills, as well as to take part in Aqua Aerobic activities. During the classes, which take place

in the lake or the indoor swimming pool (2x45 minutes), the participants will learn different swimming strokes under the instructor's supervision. Additional aqua aerobic classes are an interesting combination of elements of aerobic and swimming.

### **Paintball - Survival**

#### **14-18 age groups**

The participants will be provided with equipment, protective clothing, masks and camouflage gear. The participants will take part in many paintball and survival games, orientation runs and activities teaching them how to read maps, use a compass, give first aid, make a fire, build a shelter, find water and identify wild plants. Supervised by our instructors they will participate in expeditions and cross bogs and marshes. At the rope course they will have a chance to climb ropes at different levels of difficulty.

### **Optional programme:**

- A day trip to Lviv (a valid passport is required) – about 50 Euro per person.
- Off-road ride in a military-type vehicle – about 10 Euro per person
- A visit to the Nature Zoom centre – about 5 Euro per person

### **Target groups:**

individual travellers and organised groups of minimum 20 people

### **Offer available:**

June - August

### **Accommodation:**

Almatour Holiday Resort

### **Transport:**

Private transport, not included in the price  
Collection from the airport in  
Warsaw/Rzeszów/Katowice/Poznań (minimum 4 people)

Collection from the airport in Świdnik (about 10 km), if there are flights available (minimum 4 people)

### **Price:**

**from 350 Euro per person**

**Price includes:** full board, accommodation, programme implementation, instructors' assistance, pedagogic guidance, accident insurance.

**Price does not include:** optional programme, tickets to places visited – about 4 Euro, returnable deposit.





Canoe rally - Roztocze



Sports Stadium - OSIR Zamość



Sports hall - OSIR Zamość



Swimming pool - OSIR Zamość

exercises in the swimming pool.  
Weight loss & fitness 10- 18 age groups

A wide range of exercises and activities will help you lose weight and boost your physical fitness, among them general body workouts, aqua aerobic, zumba, step, TBC, stretching, and bodybuilding.

#### ASG

Our ASG camp is an ideal option for active, competitive thrill seekers. Emotions and adrenaline will be running high during a wide variety of military-style games and activities organised by our instructors.

#### Target groups:

individual travellers and organised groups of minimum 20 people

#### Offer available:

June - August

#### Accommodation:

Centre for Sports and Recreation, school dormitory

#### Transport:

Private transport , not included in the price  
Collection from the airport in  
Warsaw/Rzeszów/Katowice/Poznań (minimum 4 people)  
Collection from the airport in Świdnik (about 10 km),  
if there are flights available (minimum 4 people)

#### Optional programme:

- rope course – about 5 Euro per person;
- Go-karting – about 5 Euro per person (8-minute ride), additional charge for the go-karting balaclava and a driver's card – about 2 Euro per person,
- canoe rally – about 7 Euro per person,
- ride in an off-road vehicle - about 10 Euro per person

#### Price:

**400 Euro per person**

#### Price includes:

full board, accommodation, programme implementation, instructors' assistance, pedagogic guidance, accident insurance.

#### Price does not include:

optional programme, tickets to places visited – about 10 Euro.

## ZAMOŚĆ - SPORTS CAMPS (11 DAYS)

If you are passionate about sport and can't imagine a day without physical activity, come to Zamość – a beautiful city known as 'Pearl of Polish Renaissance'. Trained by our professional instructors, on the premises of the Zamość Centre for Sports and Recreation, the participants can enjoy a wide range of games and activities e.g. football, volleyball, basketball, and tennis. If you want to get into better shape, choose a weight loss & fitness camp or a swimming /aqua aerobic camp. If you love the adrenaline rush, go for the ASG camp. Additional attractions: swimming, sunbathing on the beach by the lake, visiting the town of Janów Lubelski and interesting places in the area, participation in events organised by the Janów Town Hall.

All participants should have: comfortable clothing, a tracksuit, trainers, a swimsuit, a swimming cap and flip-flops.

#### Football / 7-18 age groups

Twice a day during 90-minute training sessions the participants will practise their football skills, tactics and coordination. They will get an opportunity to

improve their ability of receiving and controlling the ball, juggling, dribbling and tactical planning. Girls are welcome to take part in the camp.

#### Volleyball / 12-18 age groups

Twice a day during 90-minute training sessions the participants will focus on how to be an effective offensive and defensive volleyball player. They will improve their ability to play in a team and practise the essential volleyball techniques of serving, passing, setting, hitting, blocking, and digging the ball. They will also learn the basic offensive systems of the game.

#### Handball / 12-18 age groups

Twice a day during 90-minute training sessions the participants will learn the basic defensive and offensive movements and handball techniques of catching, passing, and shooting the ball.

#### Swimming / Aqua Aerobic / 8-18 age groups

If you love swimming, this camp gives you a chance to enjoy your favourite sport and improve your swimming techniques during two daily 90-minute training sessions. Additionally, you can do aqua aerobic





Korczak Sanatorium in Krasnobród – Spa



Roztocze



Korczak Sanatorium in Krasnobród

## KRASNOBRÓD – RELAXATION IN THE HEART OF ROZTOCZE / 6 DAYS

Krasnobród – a health resort in Roztocze with a unique microclimate and beautiful scenery. The town is situated near the Roztocze National Park. Fresh air and eye-pleasing landscapes boost tourists' and convalescents' wellbeing and speed up their recovery. The Krasnobród sanatorium provides treatment of children with respiratory diseases and musculoskeletal and neuromuscular disorders.

The sanatorium offers the following treatments: peloid wraps, hydrotherapy: Scottish shower, Jacuzzi, whirlpool bath, salt bath, massage (classic, hot lava rock, aquavibron, rolling star), physiotherapy (electrotherapy, magnetic therapy, laser therapy, sonotherapy, light therapy, cryotherapy, thermotherapy), physical therapy, hippotherapy, ultrasonic inhalations.

[www.sanatorium-krasnobrod.pl](http://www.sanatorium-krasnobrod.pl)

### Programme:

One-day trip to Lviv (a valid passport is required): Lychakiv Cemetery and Defenders of Lviv Cemetery Old Town – Dominican Church, Latin Cathedral, Armenian Cathedral, Market Square Statue of Adam Mickiewicz The building of the Lviv Theatre of Opera and Ballet

### Optional programme:

1. A wide selection of health and beauty treatments at the sanatorium and the spa.

SPA packages:

- Anti-cellulite power: 5x roll massage, 5x peloid scrub, 5x Scottish shower. Price from 60 Euro per person
- Deep relaxation: 5x peloid compress, hot stone massage, 5x milk and honey bath. Price from 160 Euro per person
- Detoxicating refreshment: 5x peloid scrub, 5x peloid compress, 5x ozone bath + essential oils. Price from 100 Euro per person

### 2. Optional trips:

- Sightseeing tour of Zwierzyniec with a walk to Bukowa Góra – from 2 Euro per person
- Ride in a horse-drawn cart and a visit to a horse stable – from about 5 Euro per person
- Stroll to the 'Upon the Tanew' Nature Reserve– from about 2 Euro per person
- Sightseeing tour of Krasnobród, a visit to the Szur Gallery + Nordic Walking – from 2 Euro per person
- Sightseeing tour of Krasnobród – from 2 Euro per person
- Sightseeing tour of Szczecbrzeszyn – from 2 Euro per person
- Sightseeing tour of Zamość – from 2 Euro per person
- Demonstration of traditional oil pressing at Olejarnia Świąteczna in Ruszów – from 1 Euro per person
- Cycling trip to the Ordynacka forester's lodge – from 3 Euro per person
- Canoe rally - from 4 Euro per person
- Horse-riding - from 10 Euro per person
- Rope course - from 8 Euro per person

### Target groups:

individual travellers

### Offer available:

all year

### Accommodation:

5 nights in 2-person rooms or in studio rooms with bathrooms

### Transport:

coach transport from Warsaw, Lublin, Krasnystaw, Zamość, Tomaszów Lubelski to Krasnobród (1 price option)

### Price:

from 105 Euro per person

### Price includes:

B&B accommodation, a day trip to Lviv

### Discounts:

children below the age of 3 – 70%, below the age of 7 – 50%, people over 60 and holders of EURO 26, ISIC and Planeta Młodych cards – 5%.

### Note:

Treatments are subject to a prior reservation.



The Bug River Valley – canoe rally



Zamość – Armenian townhouses



The Bug River Valley – canoe rally

## CANOE RALLY ON THE BUG RIVER – THE BORDER OF THE EUROPEAN UNION / 7 DAYS

Summer canoeing camps are a great holiday offer for individual travellers, families, organised groups and all people at any age who enjoy active leisure by the water. The camp guarantees fun time, new adventures and good team spirit.

The location of the camp – the holiday resort in Okuninka by Lake Białe – has everything you need for a wonderful holiday: a crystal clear lake, rivers, forests, fresh air and tourist infrastructure with facilities for various activities. We invite you to join us for a canoeing adventure.

### Programme:

- Team bonding activities by Lake Białe – the cleanest lake in the Lublin Region, a perfect destination for holidaymakers and lovers of water sports
- Canoe rallies on the Włodawka and the Bug River, along the stretch which is the eastern natural border of the European Union with Belarus, through Nature 2000 areas with habitats of many rare bird species. The valley of the Bug River is one of the best preserved natural river valleys in Europe, hardly altered by human activity.
- Sightseeing tours: Włodawa – the town of three cultures, Jabłeczna with the Orthodox monastery, Chełm with the Chalk Underground Tunnels, Zamość – a fortified Old Town, a UNESCO World Heritage Site.
- A visit to the Poleski National Park, which boasts some of the rarest species of fauna and flora in Europe. The park covers vast areas of transitional bogs created near overgrowing lakes.
- Survival games, night escapades, and bonfires.

**Target groups:** individual travellers, organised groups of minimum 10 people

**Offer available:** May - September

**Accommodation:** Sanvit Centre for Health Promotion in Okuninka or another class II facility

**Transport:** The participants arrive at the resort individually and cover the travel cost. The organiser can coordinate the transport arrangements if there is a group of people travelling from one town /city.

**Price:**  
**350 Euro per person**

**Price includes:** accommodation, full board, camp counsellors' assistance, programme implementation, instructors and life guards' services, canoes and life jackets, sports equipment, insurance, camp photos, souvenirs and diplomas for participants.



## Touropersators:



**Gala-Travel Travel Agency Romualda Przyłuska**  
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**Active Recreation Marek Pomietło**  
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Krakowskie Przedmieście 78, 20-076 Lublin  
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e-mail: bort.pttk.lublin@wp.pl, www.bortpttklublin.pl



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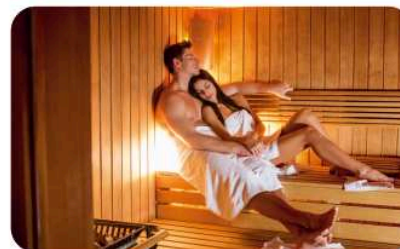
## Beauty Zone

Massages and cosmetic treatments

## Restaurant

Healthy food and fitness menu

## Dietary advice







ANAS Travel Agency offers tailor-made tourist services designed for the needs of individual travellers, organised groups and business clients.

#### OUR OFFER:

- planning itineraries
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- tour guides' services in the Lublin Region rendered in English, Czech, Spanish, Russian, Ukrainian and Italian
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- travel insurance
- rehabilitation holidays, curative stays in sanatoriums and health resorts in Poland and abroad
- trips to the Dolphinarium in Truskavets in Ukraine
- sworn translator's services
- organisation of trade missions and conferences



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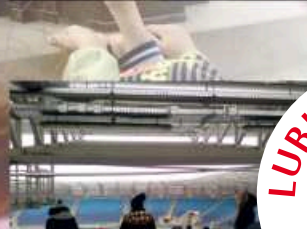
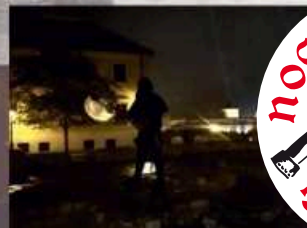
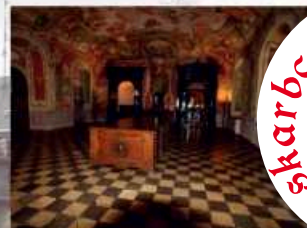
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# 25

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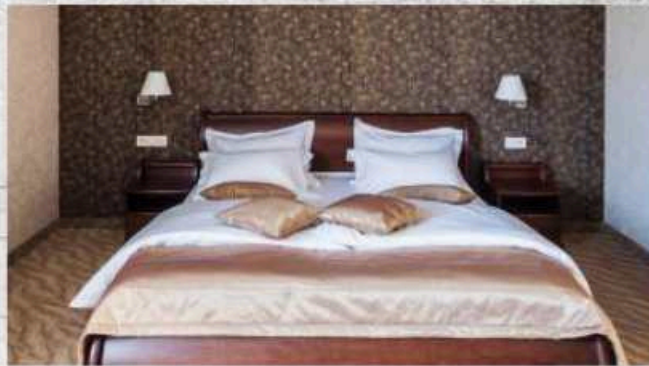
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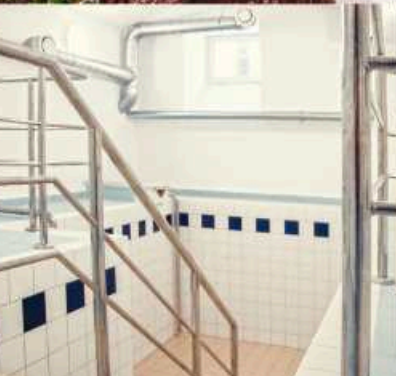
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The general scope of activities and potential co-operation regarding inbo-und and outbound tourism to Poland, the Lublin Region, and other Euro-pean countries:

- standard excursions, culture and active trips (by coach, train or plane);
- package holidays at the seaside or the lakeside, in the mountains, in he-alth resorts and at spa&wellness centres;
- events for teenagers and students;
- individual tourist services (booking accommodation, transport, tickets, etc.);
- tourist transport services (coaches /buses, train, bus and plane tickets).

*We are a member of the reputable tourist organisations::*



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# Nature Zoom Leisure Park in Janów Lubelski



**The Nature Zoom Leisure Park** is one of the few active education centres in Poland. It covers over 10 hectares of a recreational area situated in one of the most beautiful places in Poland – by the Janów Lake.

## Attractions of the Nature Zoom Leisure Park:

- Laboratories of Knowledge (Nature Zoom, Forest Undergrowth, Avifauna and Troposphere, Energy and Recycling)
- Rope Course
- Creative Park
- Theme workshops
- Microscope workshops
- Exotic animals' workshops
- Scientific field game

- 2016 Brand new „Zoom Exit Room”

*Price of a trip: from 25 PLN*

## Accommodation at the holiday resort by the Janów Lake

Accommodation facilities for 100 guests in studio rooms (2-3 person rooms, 1 bathroom per 2 rooms)

Great assets of this holiday resort include home-cooked meals prepared on site, a canteen for 150 guests and a spacious recreational games room.



**Nature Zoom Ltd**

ul. Świerdzowa 41, 23-300 Janów Lubelski,

tel.: 608 618 964,

email: [laboratoria@zoomnature.pl](mailto:laboratoria@zoomnature.pl)

# lubelskie | *Taste life!*

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