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eno  
TARNOWSKIE



# enoTARNOWSKIE active tourism



photo: Damian Redziak



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[WWW.ENOTARNOWSKIE.PL](http://WWW.ENOTARNOWSKIE.PL)





The Tarnów Tourism Organisation has been promoting local products for more than ten years. It was we who created the new Foothills brand – enoTARNOWSKIE, which in 2019 became one of the ten “Best Tourist Products” of the Polish Tourism Organisation, and in 2022 it was awarded the title “Polish Tourist Brands”.

The Polish Tourist Brands project was developed by the Ministry of Sport and Tourism in cooperation with the Polish Tourism Organisation and involves the creation of packages of tourism products forming a single, coherent whole promoted as a tourism brand. Currently, there are twelve Polish Tourist Brands in Poland, including enoTARNOWSKIE!

The area of operations of the Tarnów Tourism Organisation, the manager of the enoTARNOWSKIE brand, includes the area of eastern Małopolska – the districts of Dąbrowa Tarnowska, Tarnów, Brzesko and the city of Tarnów. The area is well-communicated, with the A4 motorway running through it from Silesia via Kraków to Rzeszów and on towards Ukraine, a railway line providing direct connections to Kraków, Wrocław, Poznań, Warszawa, Trójmiasto (the Tricity), as well as Berlin, Vienna or Prague. Less than an hour’s drive away are the two international airports Kraków Airport in Balice and Rzeszów-Jasionka Airport. It is also one of the best-looking places/areas in the Małopolska region in terms of cycling infrastructure. The main cycling route

is the still-developed EnoVelo trail running through the area of Tarnów and Brzesko districts and connecting the main cultural and natural attractions of the region with vineyards spread on the sunny hills of the Wiśnicz, Rożnów and Ciężkowice Foothills. EnoVelo is well correlated with the Małopolska sections of international cycle routes: VeloDunajec (one of the most picturesque routes in Poland), the Vistula Cycle Route (leading along the Vistula River), VeloMetropolis/EuroVelo 4 (connecting Tarnów, Kraków and Oświęcim), VeloNatura/EuroVelo 11 (with it you will reach Czchów, Zakliczyn, Zgłobice, Szczepanów and Dąbrówka). All trails are provided with infrastructure, primarily MORs, i.e. stopping points where one can rest, take shelter from the rain and make minor repairs.

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Renaissance townhouses on the market square in Tarnów



Sightseeing Tarnów by Enobus



Historic bus in front of Tarnów railway station

## enoTARNOWSKIE invites you

Welcome to the enoTARNOWSKIE wine region, whose capital is the city of Tarnów. Wonderful nature full of flavours, adventures, relaxation and unforgettable moments awaits you. Immerse yourself in a magical world of nature, culture and entertainment.

Our assets with a rich infrastructure for lovers of active recreation were appreciated by the organisers of the European Games 2023. It is not without reason that the facilities in Tarnów were the venue for competitions in such disciplines as badminton, beach football and handball variants as well as sports climbing, which has become one of the flagships of our region.

We have prepared an extraordinary offer for you, which will certainly meet your expectations and allow you to fully relax. What makes enoTARNOWSKIE unique is the fact that it covers a large part of the former Tarnów voivodship, with its rich material and immaterial history and unique nature.

And although enotourism is the leitmotif of the project, it is only the thread along which the story of the warmest region of Poland – the eastern part of the Lesser Poland Voivodeship – will unfold, because Tarnów is the Polish Pole of Warmth.



Highest, multi-year, average temperature in the country:	+8,8°C
Longest thermal summer	118 days
Polish record for warmth in September:	+36,8°C (1 September 2015)
Length of growing season:	225–230 days
Sunshine duration:	1573 hours
Number of cloudless days:	55





Tourist Information Center in Tarnów



Piekarska Street in Tarnów



Jewish cemetery in Tarnów



Villa of Eugeniusz Kwiatkowski in Tarnów



St. John the Baptist Church in Rzepiennik Biskupi



## enoTARNOWSKIE for the active

**enoTARNOWSKIE encompasses picturesque terrains with little difference in elevation, which means that practicing active forms of tourism does not require any special predispositions. Throughout the region, you will find a rich network of hiking trails for lovers of hiking, cycling, horse riding or even kayaking.**

### A STROLL THROUGH THE CITY

It is worth starting from the Tarnów market square itself, where the Tourist Information Center in Tarnów is located in one of the tenement houses – Rynek 7. Here you will find up-to-date information about the city, the region and the whole of Małopolska. This includes free maps, mini-guides and plans for cycling routes of Pogórze.

📍 **PDF brochures:**

🔗 [www.it.tarnow.pl/en/worth-seeing/brochures](http://www.it.tarnow.pl/en/worth-seeing/brochures)

### PROPOSALS FOR THE OLD TOWN

The oldest part of the city is called “the pearl of the Renaissance” by prominent art experts – it is worth taking the route showing this part of Tarnów. Visiting the cathedral, we will see works of art by Italian sculptors Bartholomeo Berrecci or Giovanni Mario Padovan, among others, the tomb monument of Barbara Tarnowska, née Tęczyńska, considered the most beautiful Renaissance female sculpture in the whole of Europe, as well as the tallest in Europe (15 metres high) monumental

Renaissance tomb monuments of the Tarnowski and Ostrogski families. Also the “Three Johns” monument is noteworthy.

The “Jewish Tarnów” route will lead us to the former Jewish district, where we will see the remains of the Tarnów synagogue and kirkut (Jewish cemetery). It is also worth visiting the Ethnographic Museum, where we can see the only permanent exhibition in Europe depicting the culture and history of the Roma. There are a number of thematic routes to choose from, including those alluding to famous personalities – e.g. General Józef Bem or the “Polish Edison” trail – Jan Szczepanik.

Already in Tarnów, it is worth stepping onto a trail connecting objects of wooden architecture, something that the whole of Małopolska, and our region in particular, can be proud of. An excellent example is Tarnów’s beautiful, entirely wooden

churches – the Church of the Blessed Virgin Mary, colloquially known as the “Church by the Burk”, and the Church of the Holy Trinity with its valuable painting of the Holy Trinity in Pietas Domini.

### CLOSE TO THE CENTRE

If you are looking for a unique atmosphere, take a walk in Mościce – a modernist garden district or climb the St. Martin’s Mountain (384 m above sea level) located south-east of the centre of Tarnów. From here you can admire the panorama of the area and the remains of the Gothic castle built in the first half of the 14th century by Spytek of Melsztyn.

### SETTING OUT FOR THE REGION

Moving towards the south of the region, one encounters more and more hills. The most interesting hiking trails include those

leading through landscape parks: the Skamieniałe Miasto (Petrified City) nature reserve in Ciężkowice – with rocks resembling various characters and animals; the Witches’ Waterfall or the Polichty Wilderness. Rest can be planned in 10 tourist shelters or huts, e.g. in Jamna, where we will be hosted by the Good Thoughts Hostel and Chatka Włóczykija.

Europe’s most important pilgrimage route, the Way of St James, also runs through the region. The “Via Regia” route leads through the market square in Pilzno, the Sanctuary of Our Lady of Tuchów, St. Martin’s Mountain, the market square in Tarnów and further through Wojnicz, Brzesko towards Kraków.

### EXCURSIONS WITH HISTORY IN THE BACKGROUND...

Near Ciężkowice, in Kąсна Dolna, the charming manor house of Ignacy Jan Paderewski with the museum awaits visitors.

In Skrzyszów, it is worth visiting the largest wooden church in Małopolska, and in Rzepiennik Biskupi – the smallest, but most valuable of wooden churches in southern Poland – St. John the Baptist Church. In Lipnica Murowana, you will find the UNESCO-listed St Leonard’s Church.

It is also worth visiting Zalipie – a unique so-called “painted village”, where almost 30 residential and farmstead homesteads are decorated with characteristic floral paintings.

Interesting trails include the World War I Cemeteries Trail, which leads through the war cemeteries in the region, e.g. in Tarnów, Zakliczyn, Lubinka – Dąbrówka Szczepanowska and Łowczówek.

### ...AND CULINARY

Walking also allows you to more conveniently take advantage of the rapidly developing enotourism in the area. Visit the surrounding vineyards and learn about their history, while tasting local wines and other regional products.

📍 **Find out more at:** [www.enotarnowskie.pl](http://www.enotarnowskie.pl)

TRAILS AND CROSS-COUNTRY PATHS	LENGTH
number of main walking routes	22
total length of walking trails	> 435 km
running and Nordic Walking trails on the slope of Mount St. Martin Marcinka Running Park	3,5 km (ultimately 7 km)
Cieżkowice – treetop path	> 1 km





Cycling service point in Tarnów-Mościce



By bicycle to the vineyard



On the EnoVelo trail in Uście Solne



On the EnoVelo trail



Cycling publications



Tour de Pogórze



## Cycle routes

**Cycling is still experiencing its growth, and no wonder – this form of activity, apart from strengthening our fitness, can perfectly de-stress us.**

enoTARNOWSKIE belongs to one of the best developed regions of Małopolska in terms of bicycle infrastructure. In this region, 25 cycling routes with a length of over 630 km have been marked out. In Tarnów alone, safe cycling is ensured by paved cycle paths and footpaths with a length of over 65 km. The leading cycling route is the ever-expanding EnoVelo trail running through the Tarnów and Brzesko area. It links the main cultural and natural attractions of the region. It runs along vineyards covering the sunny hills of the Wiśnicz, Rożnów and Ciężkowice Foothills. Visitors to the lo-

cal vineyards are awaited by bicycle racks, welcome signs and signposts bearing the enoTARNOWSKIE sign. EnoVelo is well correlated with the Małopolska sections of international cycle routes:

□ **Velo Dunajec** – enjoying the reputation of one of the most picturesque routes in Poland. It attracts with views of the Tatra and Pieniny Mountains, and the beautiful current of the Dunajec River. Using it, we can visit villages such as Wietrzychowice, Biskupice Radłowskie, Radłów, or Zakliczyn.

- **The Vistula Cycling Route** – along this route we can reach Borusowa, Kopacze Wielkie, Szczurowa and Szczucin. Close to this route it is worth visiting the “painted village” of Zalipie.
- **VeloMetropolis/EuroVelo 4** – a variant of the cycling route leading through the flattest areas of Małopolska, i.e. the Tarnów region and the Vistula valley, which most quickly connects the largest urban centres located here, including Tarnów, Krakow, Niepołomice and Oświęcim,
- **VeloNatura** – section of the EuroVelo 11 route, which will take you to Czchów, Zakliczyn, Dąbrówka Szczepanowska and Zgłobice.

Cycle routes	Number / Length
mountain biking routes	16
lowland cycling routes	5
total length of bicycle routes	> 630 km
cycle paths in Tarnów	almost 78 km

### INFRASTRUCTURE

On all routes you will find convenient infrastructure, the so called MORs (ENG: CSAs), i.e. Cyclist Service Areas – stopping points where you can have a rest, take shelter from the rain and carry out minor repairs. A wide range of routes encourages to undertake not only solo cycling escapades.


The Sokół Tarnów Cycling Tourism Club invites you to join us for cycling rallies all year round. Most of the routes are accessible for families with children, thanks to the planning of numerous connecting routes, which allow to shorten longer routes.

 **Bicycle Touring Club Sokół Tarnów**  
59 Lwowska St., 33-100 Tarnów  
☎ sokol2@interia.eu  
🌐 www.sokol.okay.pl

### MORE ADRENALINE

For lovers of extreme cycling sports, Tarnów offers a special dirt jump track – pumphuck – on the Legionów estate, and a bike park (“Bike Park Marcinka”) on Tarnów’s St. Martin’s Hill, which was created thanks to the citizens’ budget. Four routes for cyclists were marked out here. One uphill route with a length of over 1,200 m.

The other three, of varying difficulty and downhill nature, are of the single-track type, i.e. they are one-way trails, which makes them safer. There is also a downhill route recommended only for advanced mountain bikers with a length of 830 m, the

 **Bike Park Marcinka**  
33-100 Tarnów (Tarnów’s St. Martin’s Hill)  
🌐 www.facebook.com/p/Bike-Park-Marcinka-100057151851916/?locale=pl\_PL  
📺 www.youtube.com/watch?v=bV4dPFsyA7w

“Teściu Route”. The length of all cycling routes in “Bike Park Marcinka” – 4210 m.

### BY CITY BIKE

A total of 190 bicycles (including 10 with child seats and 10 bicycles for children) await residents and tourists visiting Tarnów, which can be rented and returned at 18 self-service stations. The service is open from March 1st to November 30th.

📍 **Read more at:** <https://rower.tarnow.pl>

📍 **Bike rentals, including electric bikes:**

[www.it.tarnow.pl/atracje/turystyka-aktywna/rowerowa](http://www.it.tarnow.pl/atracje/turystyka-aktywna/rowerowa)

📍 **Maps for cyclists in the Tarnów region:**

<http://narowerze.pl>

📍 **Read more at:** [www.enovelo.pl](http://www.enovelo.pl)





On the Spring Trail



All Polish Arabian Horse Championship in Tarnów – Klikowa



Ciężkowicko-Rożnowski Landscape Park



Kayaking on the Dunajec River



Spa Park in Ciężkowice



## Adventure on horseback

**Around Tarnów we have an area of very varied relief. In the northern part, the landscape is predominantly lowland, which recedes as you move towards the south and hills appear. This terrain is favourable for horse tourism.**

In the area around Tarnów alone, there are several centres offering plenty of opportunities for lovers of this type of activity. Not only stud farms but also agrotourism farms offer various forms of recreation in the company of horses.

There are trails for riders of all levels of experience – relaxing walking trails, but also trails requiring more confidence in the saddle, such as wild paths, bridleways, trails leading through ravines, demanding steep climbs or river crossings.

The local centres deal with both the training of people who are just beginning their adventure in the saddle and the improvement of riding techniques, not only in the English style, but also in the increasingly popular Western style. In Stare Żukowice we have the Furioso centre – specialising in the western style. Many centres supplement their recreational offer with hippotherapy classes recommended for children with dysfunctions and other developmental problems or rehabilitation processes.

The centre with the greatest heritage is Tarnów – Klikowa, famous since the 19th century for its rich tradition of purebred horse breeding in Poland. In 2016, Arabian horse breeding was revived here, referring to the legacy of the Sanguszko family. It was Prince Roman Sanguszko who was the world's only breeder of Arabian horses, bringing them to Poland from the desert in the inter-war period. He imported horses that established the male and female lines that still exist today in the world breeding pure Arabian horses. The centre is currently managed by the Klikowska Ostoja Polskich Koni Foundation.

**Find out more at:**

[www.it.tarnow.pl/atraccje/turystyka-aktywna/konna](http://www.it.tarnow.pl/atraccje/turystyka-aktywna/konna)



**Klikowska Ostoja Polskich Koni Foundation**  
304 Klikowska, 33-102 Tarnów  
✉ [klikowska\\_ostoja@interia.pl](mailto:klikowska_ostoja@interia.pl)  
📱 [www.facebook.com/profile.php?id=100066830052722](https://www.facebook.com/profile.php?id=100066830052722)



## Recreation and leisure

**For the sake of your health and gaining strength before subsequent professional challenges, it is worth remembering to choose the appropriate form of rest. We always encourage outdoor activities. There are the most such offers in the enoTARNOWSKIE region, so we invite you to the forest, to the water, but also to Tarnów sports facilities.**

### NORDIC WALKING

Adapted paths on the slope of St Martin's Mount, within the Marcinek Running Park. Trails – 3,5 kms

### WALK IN THE TREETOPS CIĘŻKOWICE

A route with a length of over 1 km. At its highest point it rises 22 metres above ground level. Viewing points and stops for environmental and forest education are planned along it.

### TO THE FOREST

In order to become better acquainted with the richness of the world of plants and animals inhabiting the forest, it is worth using the prepared educational-natural paths.

- ☐ **Wierzchosławice Forest:** educational-nature-forest trail "Wierzchosławice Forests",
- ☐ **Radłowskie Forest Reserve:** educational path near Wróblak pond,
- ☐ **Tuchowski Forest:** didactic path "Tuchowski Las".

### "STAY OVERNIGHT IN THE FOREST"

The Gromnik Forest Inspectorate and the Dąbrowa Tarnowska Forest Inspectorate have joined the programme to make forest areas available for bushcraft and survival-type activities "stay overnight in the forest".

**More on the forest inspectorates' websites:**

<https://gromnik.krakow.lasy.gov.pl/program-zanocuj-w-lesie->  
<https://dabrowa.krakow.lasy.gov.pl/program-zanocuj-w-lesie-recreational-areas>.

**Prepared campfire and barbecue sites in Tarnów:**

- ☐ Park "Piaskówka"
- ☐ Camping 202 "Pod Jabłoniami" [www.camping.tarnow.pl](http://www.camping.tarnow.pl)

### KAYAKING AND RAFTING TRIPS

The varied offer of rafting trips makes it possible to find a suitable route for both amateurs and lovers of stronger sensations. kayaking or rafting trips on the Dunajec or Biała rivers guarantee unforgettable adventure, contact with wild nature and beautiful views of picturesque areas.

Among the extremely interesting routes are the sections: Jurków-Zakliczyn, Czchów-Wojnicz, Jurków-Tarnów, which cross the "Polish Tuscany" – a region famous for its beautiful vineyards, which we can admire from a different perspective.

**Read more at:** [www.kajakidunajcem.pl](http://www.kajakidunajcem.pl)

[www.pontonydunajcem.pl](http://www.pontonydunajcem.pl)

[www.splywy-dunajcem.pl](http://www.splywy-dunajcem.pl)





photo: Paweł Topolski

Summer Water Park in Tarnów – Mościce



photo: Paweł Topolski

Tarnów – the climbing capital of Poland



photo: Jan Czaja

Wine pier at the Janowice vineyard



photo: Paweł Topolski

Carting competition in Tarnów



photo: Jan Czaja

On the vineyard



photo: Paweł Topolski

Roofed ice rink in Tarnów

## enoTARNOWSKIE in summer and winter

The development of tourism in the region is not only evidenced by its natural, cultural or landscape assets, but also by an infrastructure that allows for year-round tourism. To the delight of tourists, initiatives are being taken to gradually expand tourist facilities.

### CLIMBING WALLS

One of the outstanding attractions of this area for active people. It is not without reason that this is where the sport climbing competition was held during the 2023 European Games. This is where the players who win the highest trophies in this discipline come from and train here – sisters Natalia and Aleksandra Kałudzi, and previously Edyta Ropek and Tomasz Oleksy. Tarnów has unofficially gained the reputation of the “Polish centre of sport climbing”. We have an impressive selection of

climbing walls at our disposal, e.g. in the TOSiR entertainment and sports hall or the climbing wall of the Tarnów University.

### OBSERVATION TOWERS

We can admire the landscape values from observation towers located on bicycle and hiking trails: in Bruśnik in the Rożnów Foothills (23 m), in Dąbrówka Szczepanowska, where the tower (16 m) was built on the top of Golgotha (395 m above sea level),

in Jodłówka Tuchowska (23 m) and on Szpilówka in the Iwkowa commune (34 m). The newest attraction is the over a kilometer-long “treetop path”, opened in Ciężkowice. The wine pier in the Janowice vineyard deserves special attention.

### BY THE WATER

In the summer, the Mościce Summer Water Park invites you to Tarnów on Traugutta Street, and throughout the season we can use the Water Park on Piłsudski Street. We can use the seasonal outdoor swimming pool or the year-round indoor swimming pool with underwater floodlights in Dąbrowa Tarnowska. The infrastructure at the Zalew reservoir in Radłowo was expanded – where the so-called “Riviera Radłowska”, there is a multi-season recreation and relaxation centre in Siemiechów, the “Narożniki” reservoir in Radgoszcz, and the “Kakałko” swimming pool in the village of Podlesie Dębowe, near Żabno.

### TO THE GYM AND THE SAUNA

Enjoying the benefits of a sauna is a great idea after a workout at the gym. We can go to many functioning facilities in Tarnów and the whole region. The largest wellness zone with dry and Finnish saunas and a Roman bath is offered by the Arena Jaskółka on Traugutta Street in Tarnów. You will also find SPA centres in the enoTARNOWSKIE area.

### KARTING FOR EVERYONE

The two longest karting tracks in Małopolska located on Kochanowskiego Street in Tarnów. Daytona Indoor Karting Track – has an asphalt track, karts for adults and children. On offer: individual and tandem rides. It is also suitable for integration events.

Length of track – 500 m, number of go-karts – 10

📍 Find out more at: [www.daytona-tarnow.eu](http://www.daytona-tarnow.eu)

Małopolska Motor Sports Center – Speed Race Tarnów Track. One of the best tracks in Małopolska for learning and training kart driving. A place for amateurs and professionals. It also offers go-karts for disabled people.

Length of track – 500 m. Number of go-karts – 40.

📍 Find out more at: [www.gokarty-tarnow.pl](http://www.gokarty-tarnow.pl)

### WINTER ACTIVITIES

For skiing enthusiasts, we offer a ski station – Jurasówka in Siemiechów – Gromnik commune – 25 km from the centre of Tarnów. 25 km from the centre of Tarnów. It has two ski lifts and three diversified routes as well as full infrastructure.

For ice-skating you can go to Tarnów to the indoor facility on Wojska Polskiego Street or to the new ice rink built in place of the Olympic-sized swimming pool at the Summer Water Park

on Traugutta Street. All year round, we can use the ice rink in Wierzchosławice, only 10 km from the centre of Tarnów.

### SELECTED RECREATIONAL AND SPORTS FACILITIES

Jaskółka Arena, Tarnów	28 m x 48 m pitch, 60 m running track, wellness centre with gym and sauna area
Municipal Sports Hall im. Andrzej Kiebusiewicz, Tarnów	2 swimming pools: sports and leisure with water attractions, basketball and volleyball courts, dance hall with mirrors, sauna, bowling alley
Shihan Wiesław Gwizd Sports and Entertainment Hall TOSiR, Tarnów	basketball, football, volleyball and handball, gym, sauna, climbing wall
TOSiR recreational facilities	covered pitch with artificial surface (40 m x 20 m; roof height 7.5 m), covered ice rink (open in winter), complex of sports fields for football, volleyball basketball and an outdoor gym
Sports Centre “Spokojna”, Tarnów	4 squash courts, 7 badminton courts, 3 tennis tables, 1 indoor tennis court, 1 beach volleyball court





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Read more at:  
[www.tarnow.travel](http://www.tarnow.travel)

# enoTARNOWSKIE, here you will find:

- Pearl of the Polish Renaissance
- The tallest and most beautiful Renaissance gravestone monuments
- Polish heat pole
- Wine village
- Every tenth Polish vineyard
- Breathtaking vineyard views
- The first hills of the Carpathian Mountains
- The largest and smallest wooden church
- The painted village of Zalipie
- The Fossilized City and a kilometre-long path in the treetops
- The most magnificent family residence in Galicia
- One of the most beautiful railway routes in Poland – “Krynica”



This publication has been prepared in 2023 as part of the project The “enoTARNOWSKIE! – Polish Tourist Brand – strengthening the territorial tourism brand, building its offer, and promotion in 2023” co-financed by the Ministry of Sports and Tourism.



The “enoTARNOWSKIE for foodies!”  
 - leading a culinary trail, building its offer, and promotion in 2024” public task,  
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 TARNOWSKIE