MAŁOPOLSKA

Countryside

Fragrant with Herbs

Catalogue

The project was financed with the financial support of the Małopolska Region as part of the competition "Hospitable Małopolska"
The beautifully shaped and varied areas of Małopolska are rich in traditions and customs, rich in unique monuments and numerous peculiarities of nature. They are a real treasure trove of native herbs.

In Małopolska, housewives use herbs in the kitchen, creating healthy and aromatic culinary masterpieces. They also use fragrant herbs to decorate houses and farm buildings. They know the colourful legends and beliefs about the magical power of herbs.

Małopolska Countryside Fragrant with Herbs is the programme of 19 specialised Agri-tourism farms, distinguished by their simplicity and authenticity. The programme is based on regional herbal heritage and runs all year round. It is primarily formed by eco-farms located in charming places at the edge of forests or villages. Participating farmers have a wide knowledge of herbs, their properties and uses in regional cuisine, unconventional medicine, herbal medicine, syrups and liqueurs, aromatherapy, drying and arranging bouquets, etc. The hosts cultivate herbal gardens, run healthy, homemade and regional cuisine using herbs and beneficial products from their own organic farms.

“Małopolska Countryside Fragrant with Herbs” holds a certificate of merit as the „Best Tourism Product in Poland” awarded by the Polish Tourism Organisation and the „Hit of Rural Tourism” brand.
FARMS PARTICIPATING IN THE PROGRAMME “MAŁOPOLSKA FRAGRANT WITH HERBS”

4. “Łopusze” – Żegocina ............................................................................ 12-13
6. “U Kazka” [Kazek’s Place] – Mizerna .................................................... 16-17
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LEGEND

- County towns
- Herb farms
- Roads
- Rivers, Lakes
- Buildings
- Green zones
- County boundaries
- Regional boundary
Certificate granted by the Polish Tourism Organisation for the Best Tourism Product 2010.
A working farm located nearby Niepolomice Primeval Forest (with bisons still living there) near the rivers of Vistula and Raba (3 and 4 km away). Looking through the windows, you will often see deer and boars grazing at night and storks in the meadows during the day. Nearby forests are rich in mushrooms and berries. Guests can participate in cycling trips to the Niepolomice Forest and catch fish in Raba and Vistula rivers.

The farm has a fully equipped kitchen, lounge, large garden with grill area and sandpit with toys. The hosts rent bicycles, lounge chairs, quads and children’s bicycles and go-carts. The hostess does weaving, lace and embroidery (such as Cracow regional embroidery) and Christmas and other decorations, which she often presents at exhibitions.

PRICES (per person):

- Per night: 30 PLN
- Breakfast: 10 PLN
- Lunch (lunch/supper): 15-20 PLN
- Supper: 10 PLN

Number of beds: 13
Number of rooms: four (2 with bathrooms and 2 sharing a bathroom).
Room types: One double, one triple and two 4-person rooms.
Discounts: for children and regular customers.
HERBAL PROGRAMME

The hostess grows basil, tarragon, rosemary, mint, sage, marjoram, garden dill, lovage, parsley, celery and garlic. Herbs are used in home cooking as spices for dishes, such as beans and cabbage and meat. They are used to make sour cabbage, pickled cucumbers, salads and winter dry spices. Herbs are added to enhance the taste of preserves and other winter products like juices and syrups.

SPECIALITY OF THE HOUSE

Herbal spelt bread; Grilled rabbit in herbal marinade; Rabbit in herb sauce; Pierogies with cabbage, meat and herbs; Herb pea soup; Embroidered pot-pourri sachets.

PROGRAMME

All age groups are welcome, especially families with children for weekends and longer holidays. The hosts especially welcome guests interested in artistic handicraft, weaving, embroidery and lace (craft workshops can be arranged).

“SPEND THE NIGHT AT LUMBERJACKS’ AND LEARN TO LOVE HERBS”

More information and photos of the house interior at www.drwinia.gmina.pl
The farm is located in the Cracow-Sandomierz Valley in Brzesko County. It is surrounded by a rich forest full of mushrooms and fruits, various species of birds and forest animals. The hosts breed chickens and turkeys.

Guests can grill their meals around the campfire. The farm got an award in the „Green Summer“ competition. The hosts speak English and German.
HERBAL PROGRAMME

The hostess grows lemon balm, mint, lavender, lovage, oregano and thyme that are used, either fresh or dry for cooking and making liqueurs. She uses dried herbs to make “the scent of summer” bouquets and decorations.

SPECIALITY OF THE HOUSE


PROGRAMME

The farm is perfect for those who like peace and quiet and contact with nature.
“ARTYSTYCZNA ZAGRODA”
Maria and Andrzej Karaś
ul. Bocheńska 170, Poręba Spytkowska
32-800 Brzesko
tel. +48 14 686 60 98, mobile: +48 668 364 759
e-mail: maria_karas@wp.pl
www.m_karas_agroturystyka.republika.pl

Category: ☀

Certifications: BioCert Małopolska Nr.PL-ECO-05-001282/14/1

The farm is located in Poręba Spytkowska (10 km from Bochnia and Brzesko). Working Agri-ecological farm breeding sheep, goats and poultry. The hosts organise educational activities for children, adolescents, adults and schools, kindergartens and people with disabilities, teaching them the basic principles of the collection and use of herbs and flowers (making wreaths). They also run workshops of artistic handicraft, including tissue paper, decoupage, string and salt mass artworks and organise meetings with folklore groups of Eastern Cracow.
The farm has won awards in the Green Summer Competition, the Environmentally Friendly Farm, My Beautiful Garden, Best Eco-Friendly Farm and the Beautiful and Safe Farm. The farm belongs to the National Network of Educational Farms.
The hosts speak English.

PRICES (per person):

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Number of beds: 3
Number of rooms: 2 (shared bathroom).
Room types: One single and one double.
Separate apartment: 5 beds + cots: 200 PLN.
Discounts:
- children below 3 stay free
- 50% discount for children 3-7 years old (Meals)
Discounts are negotiable for regular customers.
HERBAL PROGRAMME

In the herb and vegetable garden you will find lavender, marigolds, thyme, St John’s wort, yarrow, basil, various kinds of mint, marjoram, rosemary, sage, lemon balm, lanceolate, cucumber, vetiver, angelica, camomile, bison’s grass and comfrey.

SPECIALITY OF THE HOUSE

Herbal drinks and juices, Dandelion honey, White lilac honey, Melissa tincture, Herbal baths, Beauty treatment, Herbal beauty sachets with horoscope. Regional dishes: Bread with sage and lavender; Fish in herbs; Spaghetti with spinach and herbs; Cheese and Herb Pastes.

PROGRAMME

One-day stay, weekend or longer stays - all are welcome! „Friendly with herbs”; „Tissue arts and craft workshops”; “Decoupage Arts and crafts”; „Traditions and habits in the Estate of Spytko of Melsztyn.”

More information and photos on:
www.m_karas_agroturystyka.republika.pl
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Anna Julia Gas
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e-mail: annajuliagas@gmail.com, biuro@lopusze.hg.pl
www.lopusze.hg.pl www.lopusze.dobrynocleg.pl

The house is beautifully situated in the village of Żegocina, on the slopes of the Łopusze peak in the Beskid Wyspowy mountain range. It is surrounded by a garden, grove and wild meadow replete with herbs and flowers. With children in mind, „Forest People’s Village” was built with wooden playground, a sandbox and a wild nature trail.

In the „Dwarf Hall” they can play games, toys and billiards. Łopusze Peak also hosts the Herb Manufacture where wax armorial, decorative candles and handmade paper are produced. Nearby tennis courts, bike trails and mixed forests with Carpathian beech await visitors. Walk to the top of Kamionna peak to visit the nature reserve. A lagoon and ski station and numerous monuments, such as Bochnia Salt Mine add to the variety of possibilities. The hostess holds a Master degree in pre-school education, runs educational workshops for children and creates artistic decorations. The farm was twice winner of the Green Summer competition. The hosts accept the Big Family Card. The hosts speak English and Russian.

PRICES (per person):

Per night: 35-50 PLN
Lunch (lunch/supper): 20 PLN

Number of beds: 11 (2 separate apartments).
Number of rooms: 4
Lazienki / kuchnie: 2 bathrooms, 2 kitchens.
Room types: one triple and two 4-person rooms.
Discounts: children below 1 stay free; children 1-3 years old: 50% discount per person.
Meals: children below 3 eat free; children 3-9 years old: 50% discount per person.
Łopusze is a hill overgrown with wild herbs. Nearby meadows are rich in thyme, oregano, yarrow, horsetail and other herbs. The hosts run an herb-and-vegetable garden to enhance their cuisine. You can taste prophylactic and medicinal syrups and homemade liqueurs. Children learn about herbs following the wilderness path “Wild Trail.” Art workshops on herbs allow guests to create their own handmade holiday souvenirs and children to learn new skills. Guests can also buy artistic souvenirs and herbal delicacies in the Herb Manufacture.

**SPECIALITY OF THE HOUSE**

Dandelion syrups (in May) and Elderberry syrups (in June). Flowers are gathered in environmentally clean organic areas. Guests can enjoy original herbal remedies from Łopusze, such as Fresh Country Garden (young cabbage herbal salad), Ribbons in Velvet Green (Spinach gnocchi), Sweets of Rosemary Leaves (cake) or Ratafia from Field Patch (herbal and fruit liqueur). Lunches and suppers are served with traditional compotes made with farm’s own fruits and herbs.

**PROGRAMME**

Families and adults with children are especially welcome!

**“Treasures of the Herb Mountain”**

The hostess runs educational and art workshops for children. Treasure hunt using herbal clues and a mysterious map and looking for Herb Grandpa leave children with unforgettable experience and great education. Łopusze Windows made of salt clay, medallions and artwork develop children’s artistic talents while workshop Diplomas are excellent vacation souvenirs. Parents can participate in children’s activities or simply do nothing. A week-long stay that includes children’s programme is 585 - 655 PLN per child and 385 PLN per adult.

**DISCOUNTS AND EXTRAS:**

The hosts provide art and educational materials. Each parents or guardian booking a minimum of 3 children receives a 100 PLN Bonus.

**“Herb Manufacture”**

Guests can participate in decorative candle-making or paper-making workshops.

- **Workshop prices:** Five hours plus the necessary materials (provided): 165 PLN/person.
- **Workshops can be organised for 2 people and up.**
PRICES (per person):

Per night (breakfast included): 90 PLN
Lunch: 30 PLN
Supper: 40 PLN

Number of beds: 7
Number of rooms: 3 (all with bathrooms).
Room types: Two double and one triple.
Per day: adults 140 PLN.
Discounts: 20% discounts for regular guests.

The farm is situated at the foot of Kostrza mountain in the Beskid Wyspowy mountain range. The house is built of wooden logs and sits under the protective umbrella of big linden trees. It is surrounded by an old orchard and a wild garden full of birds and butterflies. Hares, roe deer and hedgehogs can be spotted around.

The surrounding area encourages walks at any time of the year. In the art studio, hosts who are sculptors can arrange professional workshops of sculpture, ceramics, weaving, origami and group carving in snow and ice. Guests can participate in hunting. The hosts speak French, English, German and Russian.
PROGRAMME

Come and join us for “Vacations with the Witch.”
We especially welcome women who want to learn to draw energy from plants, learn to recognise and name herbs and learn their secret power. We welcome people who are sensitive, looking for peace and quiet and contact with nature. For six days you will learn the mysteries of plants, prepare the herbarium, cook extraordinary dishes and make beautiful objects.

We prepare a custom programme for each group.
Price: 980 PLN.

More details on: www.milydom.prv.pl

HERBAL PROGRAMME

The surrounding garden has spice and healing herbs: angelica, garden apron, sage, lavender, lemon balm, yarrow, alchemilla, pulmonaria, mint, borage and many more. Herbs are used in home ecological cuisine to create original dishes, beverages and medicinal teas, herbal bread, biscuits and jams, fragrant boxes or wreaths.

SPECIALITY OF THE HOUSE

Duke’s game with nuts; Witch’s soup (with seven herbs); “Mice” dumplings with sage; Green dumplings; “Literary tea.”
This working Agri-tourism farm is located in Mizerna, on the southern slope of Gorce range, on the Czorsztyn Lake. Room windows overlook the Tatra Mountains, the bay of Czorsztyn Lake and the Gorce range. The hosts run an organic farm and cultivate cereals. They also breed far animals: cows calves and hens. Local tourist attractions are only about 5 km away. Guests can visit the ruins of the Czorsztyn Castle, the water marina on Czorsztyn Lake with water equipment rentals (kayaks, sailing boats, etc.), take the chair lift to Wdżar mountain, use the roller-coaster toboggan run or walk in the nature reserve „Modrzewie.” The lake is a perfect place for bream and perch fishing. The hosts maintain local traditions, speak the local dialect and cook local dishes.

**U KAZKA** [KAZEK’S PLACE]

Maria and Kazimierz Jandura
Mizerna 98, 34-440 Kluszkowce
tel. +48 18 275 08 91
e-mail: jandurabogdan@gmail.com
www.ukazka.naszepieniny.pl

**Category:** ☀️

Certifications: COBICO 053803475

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**PRICES (per person):**

- **Per night:** 25-35 PLN
- **Breakfast:** 10-12 PLN
- **Lunch (lunch/supper):** 15-18 PLN
- **Supper:** 10-12 PLN

- **Number of beds:** 12
- **Number of rooms:** 4 pokoje (1 with bathroom and 3 sharing a bathroom).
- **Room types:** one double, two triple and one 4-person room.
- **Discounts:** are negotiable.
**HERBAL PROGRAMME**

The herb garden adjacent to the house is full of lemon balm, mint, thyme, marjoram, sage, savoury, lavender, rosemary, lovage, tarragon and hyssop. Herbs are used in regional dishes, such as potato pancakes with local sheep cheese, beans with bacon, scrambled eggs with herbs and sour rye soup with white sausage.

**SPECIALITY OF THE HOUSE**

Beef borscht; Gnocchi with fried bacon pieces; Sour cabbage soup “Mizerna”; Potato cake with herbs.

**PROGRAMME**

The farm is particularly family-friendly. Safe surroundings, close contact with farm animals and proximity to water create perfect conditions for family vacations, fishing and water sports.
Villa „AKIKO”
Miwa Akiko
Harklowa os. Ariake 1, 34-434 Dębno
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e-mail: akiko@akiko.pl, www.akiko.pl

The farm, run by a native Japanese (she speaks Japanese, Polish and English) is located in the forest over the village of Harklowa near Nowy Targ in the valley of the Gorce national Park. “Akiko” is a comfortable villa, beautifully blending with the hilly landscape of the Gorce mountain range and surrounded by mountains and forests. The proximity of the forest provides the opportunity to walk and watch the birds and animals, gather herbs, forest fruits and mushrooms. Guests can use kitchenettes (in 2 suites and near the dining room), sauna, jacuzzi, jet pool, table tennis, billiard, Japanese corner, lounge and drink bar with karaoke, fully equipped conference room, children’s playroom, terraces and grill. The quality of services is confirmed by awards and distinctions, including contribution award for the development and promotion of tourism in Małopolska granted by Marshal of the Małopolska Region; for outstanding achievements in tourism development granted by the President of the Office of Physical Culture and Tourism; winner of the Great Exploration Competition in Małopolska Accommodation category. The hostess has the „Honour Merit Badge for Tourism” awarded by the Minister for Tourism.

PRICES (per person):

Per night: 3-4 persons: 200 PLN; 5-6 person apartment (2 bedrooms): 400 PLN; 10-person apartment (2 levels, 3 bedrooms + sitting room): 700 PLN; per person: 50-80 PLN (discount for children below 3).

Meals: breakfast 18 PLN; lunch/supper 30-65 PLN; custom menus available.

Number of beds: 37
Number of rooms: 10 (all with bathrooms).
Room types: six double rooms, six triple, two apartments (one 5-person and one 10-person).
Discounts: two days - 10% 45 PLN; three days - 20% 40 PLN; six days - 30% 35 PLN; 14 days - 50% 25 PLN.
**HERBAL PROGRAMME**

Akiko passionately cultivates her eco-garden, where she grows a lot of Japanese and Polish vegetables and herbs, such as shungiku, chingesai, shiso, nira, komatsuna and other popular herbs and several varieties of lettuce she uses for dozens of types of salads. In forests and meadows she gathers butterbur, field horsetail, fern and forest fruits.

**SPECIALITY OF THE HOUSE**

Several kinds of sushi (chirashi, maki, nigiri) with shiso (Japanese basil); Miso-shiru - Japanese Miso soup with algae and soybean cheese; Goma-miso-ae - mixed vegetables with herbs and sesame-vinegar soybean paste, Gorczański-style tempura (wild plans and herbs fried in batter); Katsudon - sliced pork chop in soy sauce with ginger, onion and steamed egg; Nabeyaki Udon - Japanese pasta in soy soup with mushrooms and algae; Grilled trout marinated in miso (fermented soybean) with Japanese herbs; White casserole with “oscypek” cheese (eggplant, zucchini, white fish, tomatoes, broccoli, paprika, basil); Japanese goulash - vegetables cooked with ginger; Teriyaki „Give me wings“ - chicken wings in sake and soya sauce with honey and Yuzu (Japanese lime); Pork neck roll with shungiku (Japanese spring chrysanthemum) stuffing.

**PROGRAMME**

Villa Akiko is a unique place to enjoy contact with nature, to relax and calm down and find yourself in Japanese and Highland atmosphere. It is a great place to organise small business meetings, conferences and discussions. We have a special offer for children and parents/guardians: “Take your kids where the sun shines”.

Details and photos on: www.akiko.pl
The farm is located in Podhale region, on the mountain pass 850 m above sea level) with panoramic views of the Tatra Mountains and Gorce range. The area is chock-full of tourist attractions: the Tatra Mountains, Pieniny Mountains, Gorce range, Bielska Cave in Slovakia, canoeing, fishing on the Białka River, paragliding from the nearby Litwinka Peak, geothermal pools and water town in Bukowina Tatrzańska, ski stations Koziniec (near the house) and Kotelnica in Białka Tatrzańska and buildings on the Wooden Architecture Trail. There is a large garden by the house, with a swimming pool and a place for a campfire. Fields and forests stretch behind the house, reaching up to the border of the Tatra Mountains. Nearby flows the River Białka, the only river of alpine type in Poland. The hosts bred horses and goats. The hostess is a horse riding instructor and using natural methods to teach horse riding. The hosts speak English and Russian.

PRICES (per person):

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Number of beds: 9
Number of rooms: 3 (all with bathrooms).
Room types: one double, two triple and one 4-person room.
Discounts: 10%-20% for regular customers and children.
PROGRAMME

The farm is especially recommended for healthy eating enthusiasts, horse-lovers, lovers of nature, silence, peace and quiet and healthy home cooking.

“Come to commune with herb-fed horses”
A week’s stay (accommodation, breakfasts and lunch/suppers) plus horseback riding (1.5 hrs daily outdoors): 600 PLN/person.

HERBAL PROGRAMME

The farm also has a vegetable and herb garden with lovage, oregano, thyme, lemon balm, mint, coriander, rosemary, angelica and bison grass. Vegetables and herbs are used in homemade cooking. Lemon balm and mint are used to make aromatic teas. The hosts also gather herbs in the nearby meadows, such as St John’s wort, chamomile and thyme. They make excellent liqueurs from forest fruits and bison grass and honey syrup from dandelion. The farm sells honey, milk, eggs and “oscypki” cheeses from the neighbouring farms.

SPECIALITY OF THE HOUSE

“Poor folk’s soup” made with stinging nettles; Dandelion honey syrup; Sour cabbage soup “Rzepka”; Herb bread baked by the hostess herself.

PROGRAMME

The farm is especially recommended for healthy eating enthusiasts, horse-lovers, lovers of nature, silence, peace and quiet and healthy home cooking.

“Come to commune with herb-fed horses”
A week’s stay (accommodation, breakfasts and lunch/suppers) plus horseback riding (1.5 hrs daily outdoors): 600 PLN/person.
Villa „JASNA”
Barbara and Andrzej Mikołajewicz
ul. Drohojowskich 7, 34-440 Czorsztyn
tel. +48 18 265 03 66,
mobile: +48 603 133 283, +48 601 096 935
e-mail: willajasna@list.pl
www.czorsztyn.com.pl

The villa is located in Czorsztyn nearby the Pieniny National Park. Room windows overlook the Czorsztyn Lake, Niedzica Castle and panorama of Tatra Mountains. Guests use a large multifunctional room, dining room and a large leisure garden. The hosts run workshops on crocheting and making regional dishes and liqueurs. The hostess cooks homemade meals, featuring regional cuisine and herbs. The quality of services is confirmed by numerous awards and distinctions: the farm was the winner of the „Great Discoveries of Małopolska 2008,” first place winner in Agri-tourism category, „Our culinary heritage” in 2004, 2006, 2007 and 2008, won awards and distinctions in the category of beverages, distinction in the 2nd Culinary Championships of Agri-tourism 2003 „Polish Countryside Invites You.” The farm belongs to the National Network of Educational Farms. The hosts speak Russian, English and German.

PRICES (per person):

Per night: 35-45 PLN
Breakfast: 12-15 PLN
Lunch (lunch/supper): 18-25 PLN
Supper: 12-15 PLN

Number of beds: 19
Number of rooms: 9 (all with bathrooms).
Room types: one single, six double and two triple rooms.
Discounts: 30% for children below 10.
10% discount for 7 days and up.
HERBAL PROGRAMME

The vegetable and herbal garden surrounding the house has spice and healing herbs: medicinal lemon balm, many varieties of sage and thyme, oregano, mint, tarragon, ruta, hyssop, wormwood, lavender, rosemary, marjoram, blackberry, borage, cumin, coriander, fennel, chamomile, marigold, angelica and Norwegian angelica. According to the hosts, the main purpose of growing herbs is to run a „herbal didactic garden” with the description and application of each herb in the kitchen, household, healing and cosmetics.

SPECIALITY OF THE HOUSE

Making and teaching liqueur-making based on herbs and fruits of their own garden and nearby meadows and forests, such as blackthorn, angelica, flower and fruit of elderberry, apple mint, lemon balm and wild rose.

PROGRAMME

We especially welcome families who value peace and quiet, contact with nature and hikes on easy mountain trails. Coming to Villa Jasna, you will be able to get to know the herbs growing in their natural state, which are familiar to you from most shops and pharmacies in capsules, pills, syrups, etc. Learn the secrets of making tinctures and liqueurs based on herbs and fruits grown in the our garden and meadows. Get to know the healing properties and household uses of many plants that you can use later when you go back home.

We offer three-day training sessions “With herbs for health” for 250 PLN/person (5 people minimum) from May to September. Price includes: 2 nights with breakfast, 2 lunches, 2 suppers. The programme involves recognition and application of herbs growing in the garden and nearby meadows, gathering and the practical preparation of tinctures and liqueurs (guess bring their own alcohol). We also suggest visiting Czorsztyn and the surrounding area.

More information including photos of rooms, bathrooms, dining room and programme on: www.czorsztyn.com.pl
“U ANI” [ANIA’S PLACE]
Anna and Marian Babiak
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tel. +48 18 262 37 05, mobile: +48 516 744 772
e-mail: babiakanna@op.pl
www.babiak.pieniny.pl
www.babiak.wczasywpolsce.pl

Category: 

Working Agri-tourism farm located in the village of Krośnica, at the foot of Lubań in the Gorce and Pieniny mountains. It is surrounded by forests with lots of mushrooms and forest fruits and overlooking the Tatra Mountains. Accommodations: double, tripe and 4-person rooms, kitchen, stylish living room with fireplace, satellite TV, terrace, swing and regional hut, where you can grill regardless of the weather. Meals: homemade meals based on traditional cuisine, including regional dishes and homemade. For children: hammock, sandpit and two swings. Adults can play volleyball, basketball and table tennis. All animals are friendly: children can play with and feed sheep, chickens, rabbits and dogs. The hostess will be happy to teach crocheting, and knitting Highlander sweaters and show how to gather herbs and arranging herbal bouquets. Guests can pick mushrooms and forest fruits in the forests. The stay includes showing how to bake bread and buns and how to dry and make bouquets of herbs and flowers.
The hostess speaks English and Russian.

PRICES (per person):

Per night: 25-30 PLN
Breakfast: 10 PLN
Lunch (lunch/supper): 20 PLN

Number of beds: 17
Number of rooms: 5 (2 with bathrooms) and 3 sharing a bathroom.
Room types: one double, one triple and three 4-person rooms.
Discounts: 20% for children.
**HERBAL PROGRAMME**

The garden has thyme, basil, mint, sage, dill, parsley, aronia and raspberries. Nettles, juniper, chamomile, lime and St John’s wort can be collected in nearby meadows. Herbs are used to spice meals and marinades, especially mutton, and their concentrates used to make juices and tinctures.

**SPECIALITY OF THE HOUSE**

Mutton in juniper with homemade wine; Toasts with garlic butter; Country bread with herbs and seeds; Highland hot spiced wine.

**PROGRAMME**

The farm is particularly recommended for families with children, nature lovers and lover of Highland traditions. Mountains, forests and bubbling streams create an excellent opportunity to escape the hustle and bustle of the city. Great views and staying with nature will allow you to rest.

More details and photos of rooms, bathrooms and dining room on: [www.babiak.pieniny.pl](http://www.babiak.pieniny.pl) or [www.babiak.wczasypolsce.pl](http://www.babiak.wczasypolsce.pl)
The farmhouse lies in a clearing in the middle of the forest, 844 m above sea level, in the Poprad National Landscape Park in the Jaworzyna Krynicka range and the upper part of the Beskid Sądecki, along the main red tourist trail. The area is perfect for hiking, biking, horse riding and skiing. Significant distance from other human settlements guarantees close contact with unspoilt nature and ideal conditions for „photo safari.” The host grows bonsai trees and restores old clocks while the hostess cultivates herbarium „by adopting” forest and meadow plants that sneaked into her garden. They will be happy to share their passion with visitors.

The hosts speak English and German.

**PRICES (per person):**

- Per night: 24-38 PLN
- Breakfast: 12 PLN
- Lunch (lunch/supper): 20 PLN
- Supper: 12 PLN

**Number of beds:** 34
**Number of rooms:** 10, including 6 with bathrooms, 4 rooms (sharing 2 toilets and 3 showers) and a room with disabled-accessible bathroom.

**Room types:** five double, two triple, two 4-person and one 10-person room.

**Discounts:** 10% off accommodations and meals for 5 days and up.
HERBAL PROGRAMME

In her organic herbal and flower garden, the hostess cultivates unique forest and meadow herbs, which crept in “uninvited” from the surrounding meadows and forests and are used secret ingredients in her home cooking. There you can find juniper spicing the aroma of wild game; odourless bear garlic adding an interesting flavour to dishes; forest savoury - lighter in aroma from marjoram leaving interesting tasting notes on your tongue; field sorrel bringing long-forgotten soups back into fashion; forest blueberry adding grace and colour to mundane pancakes; water (field) mint used in desserts and aromatic drinks on hot days.

SPECIALITY OF THE HOUSE

Lamb in leek sauce with bear garlic; Drunken Highwayman’s pierogies boiled in forest herb infusion; Lamb’s pierogies covered with “oscypek” cheese; Łabowska sausage with salads; Pancakes with herbal pudding.

PROGRAMME

The farm is an ideal place for nature lovers and people tired of civilisation and rat race. Here, old clocks slow down time and you can sit at the edge of the forest, listen to the birds signing and relax from the hustle and bustle of the world.

More details and photos of rooms, bathrooms and dining room on: www.cyrla.pl
“U GAZDY”
[HIGHLAND FARMER’S PLACE]
Agnieszka Dobosz
33-334 Kamionka Wielka 17
Mobile: +48 511 638 486, +48 514 280 212
e-mail: uгазdy@o2.pl
www.ugazdy.friko.pl

The farm is located in the picturesque village of Kamionka Wielka near the forest and the Kamionka stream, in the Beskid Sądecki mountain range, only 10 km from Nowy Sącz. The hosts run a working farm, cultivating cereals, potatoes, vegetables and herbs and breed horses, cows and hens. Guests use a cottage with a gas fireplace and grill, fully equipped kitchen, arbour and playground for children. They can pitch tents near the farm. The hosts organise carriage and horseback rides, evening feasts with a storyteller and local folk sculptor. Nearby are fishponds (trout), hiking trails (yellow and red), bicycle trails (Sądecki and Królewski), sacral monuments of the Wooden Architecture Train and the 3 km long Alley of Saints Trail with roadside shrines. Forests abound with wild berries, mushrooms (especially saffron milk caps), wild fowl (pheasants and partridges) and roe deer and deer.
The hosts speak English Russian and Slovak.

PRICES (per person):

<table>
<thead>
<tr>
<th>Service</th>
<th>Price (PLN)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per night</td>
<td>35</td>
</tr>
<tr>
<td>Breakfast</td>
<td>10</td>
</tr>
<tr>
<td>Lunch (lunch/supper)</td>
<td>18</td>
</tr>
<tr>
<td>Supper</td>
<td>10</td>
</tr>
</tbody>
</table>

Number of beds: 10
Number of rooms: 4 (all share one bathroom and one toilet).
Room types: two double and two triple rooms.
Discounts: 40% for children, 10% for regular customers.
HERBAL PROGRAMME

IN their herb and vegetable garden, hosts grow bear garlic, mint, nettle, basil, lavender and thyme. Garden and wild herbs are used to make herbal drinks, salads, EB sauces, soups and meat and sausage products cooked according to traditional methods. The hostess bakes homemade traditional herbal bread with potatoes and prepares her own dairy products: smoked cheese, bundz [Highland farmer’s cheese], cottage and white cheese.

SPECIALITY OF THE HOUSE

Paradise flatbread; Pickled saffron milk caps; Highland pierogies with herbs and butter; Lowlander cheeses with garlic; Cherries and chokeberry liqueurs.

PROGRAMME

This is a unique place for families, children and seniors who want to spend time in the real country, watching or participating in field work, tasting homemade regional cuisine, getting to know the Lach traditions take part in weekend integration meetings in the farmhouse.

More information and photos of the house interior on: www.ugazdy.friko.pl
The farm is located in the village of Banica at the foot of Lackowa mountain in the Beskid Niski mountain range. Nearby forests abound with berries, wild strawberries, saffron milk caps. Meadows are full of herbs. When walking along hiking trails you can see salamanders and deer and enjoy the birds singing. Walking and cycling routes are nearby. Around the house is a large garden with two streams and about 400 species of plants. Guests can use a large sitting room with a fireplace. The hosts breed ducks and rabbits and keep a cat and a dog. Guests will enjoy homemade food made with organic products, such as vegetables, milk, cow’s and goat’s cheese, butter, eggs, buttermilk, rabbit meat, and even homemade wine and liqueurs. Meals are prepared on a traditional wood-fired stove. The hostess won an honourable mention at the Regional Food Competition Agro Krak 2006 for Hussar Pierogies. The host speaks English.
HERBAL PROGRAMME

In her vegetable and herb garden, the hostess grows tarragon, basil, medicinal hyssop, mint, rosemary, lemon balm mint, thyme, marjoram and rucola. She uses herbs to season meat dishes, soups, pâtés, salads and drinks.

SPECIALITY OF THE HOUSE

Pumpkin soup with ginger and basil; Hussar pierogies with lentils and saffron milk caps; Rabbit Beskid style; “Opal” wine; Spring water with mint and aromatic flowers.

PROGRAMME

Families with children, mushroom pickers, enthusiasts of cycling and walking are especially welcome.

More information and photos of the house interior on: www.beskidbanica.pl
The house lies at the foot of the forest, on the hill. A beautiful view of the skyline of Wysowa mountain can be seen from the terrace. The house has single, double and triple rooms, grill and bread oven, where you can also roast venison and piglets. Children’s playground and car park are next to the house. The hosts have their own stable where guests can ride horses with a qualified instructor (the hostess is a horse lover and holds an instructor license) and enjoy carriage or sleigh rides. The place has been repeatedly awarded and received honourable mentions, such as the first place in the contest „Leisure with Nature in the Gorlice Region,” second place in the competition „Our Vibrant Municipality”, the first place in the „Green Summer” competition in the category of Other Rural Tourism Objects, first place and the cup of the Minister of Labour in the national competition „The Method for Success,” second place and distinction in the competition „The Flavours of Małopolska” for the cultivation of Małopolska culinary tradition and the first place in the competition „Our Culinary Heritage.” The local inn was the stage of recording various TV programmes, such as „Ethnic Climates,” „Travels with Robert Makłowicz” or „Cook with Fat.”

The hosts speaks English and Lemko.

**PRICES (per person):**

- Per night (breakfast included): 50 PLN (adult)
  25 PLN (child 3-12 years old)
- Supper: 15 PLN (adult), 10 PLN (child).

- Number of beds: 21
- Number of rooms: 10 (all with bathrooms).
- Room types: one single, seven double and two triple rooms.
- Discounts: children below 3 stay free.
**PROGRAMME**

The place is ideal for those who cherish nature and peace and quiet, but want to be active. They can enjoy horse riding, cycling and walking or use ski lifts. You can improve your fitness taking advantage of pools and treatments in the nearby medical SPAs. The place is also perfect for large integration and other meetings and training (grill can accommodate 300 people). The Hospitable Inn run by the hosts offers the unique authentic Lemko dishes, the only ones in Poland.

More information and photos on: www.ramis.pl

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**HERBAL PROGRAMME**

In her herb and vegetable garden, the hostess grows mint, basil, lemon balm, marjoram, garlic, parsley and dill, which she uses in dishes and drinks. She prepares everything according to the traditional Polish and Lemko cuisine, where only organic products are used.

**SPECIALITY OF THE HOUSE**

The hostess recreated old and unique Lemko recipes of the traditional everyday and holiday dishes. This is the only place to have “Homiłki” (cheese and mint gnocchi); “Kieselycia” Soup (Lemko barley flour soup); “Kieszeniaki” (cabbage rolls with mushroom sauce); Mutton roast with herbs; “War ze zlepieńcami” (Sour cabbage soup with meat and pierogies); “Miętownica” (Mint and honey drink). Host’s specialty is a unique Angelica drink (an alcoholic drink made from a dozen herbs).
The farm is located on a hill in the centre of the SPA Wysowa-Zdrój in Beskid Niski mountain range, near Slovakia (4 km). A SPA park with mineral water springs and a mineral water pump room (0.5km) is within walking distance. Guests can take advantage of the rehabilitation and indoor swimming pools in the nearby medical SPAs (1km). The area abounds with hiking, cycling, horse and cross-country skiing trails. For history lovers there are treasures of wooden architecture (churches and Orthodox churches) and nature enthusiasts will enjoy extensive meadows with lots of herbs, wild mushrooms and wildlife. The hosts have their own trout farm, apiaries and breed hens.

Guests can use an arbour with herbarium (for integration and conference meetings), parking, refrigerators in rooms and a fully equipped kitchen. The hosts speak Russian and Slovak. The farm was awarded First place in the competition „Leisure with nature in the Gorlice region,” second place for „Wołowskie Pierogies,” third place for herbal and forest fruit liqueurs at the Agricultural Exhibition „Agropromocja” and an honourable mention in the Agro Krak competition for „Galician cabbage.”

PRICES (per person):

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per night</td>
<td>40-50 PLN</td>
</tr>
<tr>
<td>Breakfast</td>
<td>15 PLN</td>
</tr>
</tbody>
</table>

| Number of beds        | 18       |
| Number of rooms       | 5 (all with bathrooms) |
| Room types            | one double, two apartments 4-person, and two 4-person rooms. |
| Discounts             | for regular guests (negotiable). |
The hosts have a vegetable and herbal garden where they grow thyme, sage, lavender, basil, marigold, mint, lemon balm and „hundreds of other” herbs brought in from the surrounding meadows. They use herbs to prepare fish from their own fishery, traditional cold cuts, herbal liquers and to decorate the house.

Smoked trout with mustard and juniper; Galician cabbage with bacon bits; Yeast dough Wołowskie pierogies with cabbage and mushrooms; Non-alcoholic beer; Gift of Life - liqueur made with forest fruits and herbs; Saffron milk caps Wysowa style with herbs in tomatoes.

Hosts especially welcome anglers, mushroom pickers and nature lovers. You can spend time enjoying physical activities (horseback riding, cycling, walking) and improve your health taking advantage of treatments in nearby medical SPAs.

More information and photos of the house interior on: www.julia-wysowazdroj.pl
“SŁONECZKO” [THE SUN]
Edwarda Bartko
38-316 Wysowa-Zdrój 142
tel. +48 18 353 21 80, mobile: +48 660 635 504
e-mail: edwardabartko@gmail.com

The house is located in the SPA Wysowa-Zdrój in the Beskid Niski mountain range, near the park and forest SPA located on the Wooden Architecture Trail. Nearby hiking trails and numerous cycling routes allow for various physical activities. If you like wildlife, you will find deer, roe deer and eagle in the surrounding forests and clearings. The forests abound with forest fruits and mushrooms and the hosts offer help with their processing, such as pickling and drying on the stove. Guests can use the living room, a fully equipped kitchen and grill.

You can walk to the Pump Room nearby and use rehabilitation and roofed swimming pools covered in medical SPAs. The farm received an honourable mention in the competition „Recreation with nature” and Plebiscite „Great Discoveries of Małopolska.”

The hosts speak English and Russian.

PRICES (per person):

Per night: 25-50 PLN
Breakfast: 15 PLN
Lunch (lunch/supper): 20 PLN
Supper: 15 PLN

Number of beds: 7
Number of rooms: 3 (all with bathrooms).
Room types: one double and two 3-person rooms.
Discounts: 25%-30% for regular customers.
PROGRAMME

Special welcome to families with children, people looking to improve their health, mushroom-picking enthusiasts, lovers of nature and home cooking.

HERBAL PROGRAMME

In their vegetable and herbal garden, hosts cultivate mint, lemon balm, lovage, basil, marjoram, rosemary, common juniper and edible rose. The surrounding woods and meadows abound with varieties of herbs: dandelion, elderberry, St John’s wort, yarrow, hawthorn, blackthorn and nettle, used in dishes. The hostess cooks traditional and regional dishes including dietetic meals, cooked on a wood-fired stove that gives them exceptional flavour.

SPECIALITY OF THE HOUSE

“Sinful” soup with lovage; Grandpa’s elderberry soup; Lentil wraps with boletus mushrooms; Kissing cookies; Edusia’s dandelion syrup.

PROGRAMME

Special welcome to families with children, people looking to improve their health, mushroom-picking enthusiasts, lovers of nature and home cooking.
“AGRI-TOURISM AT GRZEGORZ’S HOUSE FOR FAMILIES WITH KIDS”
Justyna and Grzegorz Królikowscy
33-383 Tylicz, ul. Konfederatów Barskich 29A
tel.: +48 503 10 42 94, mobile: +48 501 23 69 72
e-mail: info@ugrzegorza.pl, www.ugrzegorza.pl

“Grzegorz Place” offers a high standard of Agri-tourism with free time organised for families with children: participation events for children, puppet shows, campfire picnics, mountain hiking, aqua-aerobics for ladies and football matches for men - and these are just some of the attractions waiting for you! For children there is a green garden with swimming pools, cottage with slides, sandboxes, swings, trampoline and playground. Guests can also use a playroom with table football and X-BOX. Parents will be pleased to use a highlander’s chalet with a stone fireplace, a sauna and an orangery with a fireplace.

Additional attractions include delicious homemade meals: Swedish breakfast buffet with regional flavours and delicacies for children and lunches with freshly baked dessert. The kitchen can also prepare meals for children with special diet requirements or for allergy sufferers. The location of the facility (near lifts and hills for children), rich attractions, cycling and hiking trails and the proximity of Krynica-Zdrój Resort allow active holidays for the whole family both in summer and winter. In the nearby horse stable and a petting Zoo (ponies, sheep, geese, rabbits) you can feed the animals and ride a horse.

The property boasts a Sącz Marking and the following certificates: Mom’s Eye, Kid Zone and Family Places. The hosts accept the Big Family Card.

PRICES (per person):

Per night (breakfast included): 60-80 PLN
Lunch: 30 PLN
Supper: 15 PLN

Number of beds: 31
Number of rooms: 8 (all with bathrooms).
Room types: one double, two triple, two 4-person
and one 5-person apartment.
Discounts: children below 2 stay free (no service), for children 2 -10 out-of-season.
HERBAL PROGRAMME

In their herbal garden, the hosts grow oregano, sage, basil and mint, marjoram, lovage, dill and chives. The hostess runs a healthy cuisine (using products from her own vegetable and farm), adapted for children (especially allergic) using fresh herbs, vegetables and milk products. She recommends cottage cheese with mint, scrambled eggs with tomatoes and milk-soaked basil, herbal lard with onion and apple, beetroot soup with a hint of lovage and fennel and pork’s neck with herbs and garlic marinade. Herbal meat marinades and herbal salad dressings are included in the daily menu.

SPECIALITY OF THE HOUSE

Freshly caught fish wrapped in herbs with garlic butter (mountain stream trout, butter mixed with herbs, garlic and lemon juice); Pinched cutlets (chopped chicken breast in tomato and herb sauce with chopped zucchini, onions and carrots); Garlic soup (a delicate white borscht made with whey with fresh marjoram and a flavourful white sausage).

PROGRAMME

The farm is particularly family-friendly. Available facilities will make the kids and their new friends feel like they are in true paradise. Babysitter available upon request.

“Spend your free time in the comfort of greenery and silence”. Seven-day stay: 840 PLN (adult); children below 2 stay free; children below 10: 770 PLN. The price includes: accommodation, breakfast, lunch/supper, organisation of leisure time with participation events for children and adults, use of relaxation zone, parking and facilities for children.

More details and photos on:
www.ugrzegorza.pl
“U KRYSI I JASIA”  
[KRYSKA AND JAN’S PLACE]  
Krstyna Miejska  
ul. Pułaskiego 11A, 33-383 Tylicz  
tel. +48 18 471 11 68, mobile: +48 502 033 357  
e-mail: krystynamiejska@op.pl, www.tylicznoclegi.pl  

Category:  

The house is located in a picturesque, quiet and peaceful corner of Tylicz village near Krynica-Zdrój SPA (6 km), with direct access from the garden to the river Muszynka. The place has fenced parking, a spacious garden with the gazebo, fireplace, swing and sandbox, and a volleyball court. There is a large gazebo on the river bank with a grill and campfire and a fenced playground for children. All windows and balconies overlook the beautiful mountain panorama. The hosts organise sleigh rides in winter, and in the summer scenic quad rides or off-road trips plus integration grilling with the regional band. In winter they invite guests to their own ski centre MASTER-SKI adjacent to the farm. The farm is guarded by ROCKY, a kid-friendly German Shepherd. Nearby there are a stud farm, bike rental, mineral springs, forests full of berries and mushrooms and several tourist trails: Lemko, wooden architecture and bicycle. Tylicz is a great base for trips to the Beskid Sądecki mountain range and Slovakia (5 km to the border crossing). The hosts speak French and English.

PRICES (per person):

- Per night: 35 PLN
- Breakfast: 12 PLN
- Lunch/Dinner: 22 PLN

Number of beds: 18  
Number of rooms: 5 (all with bathrooms).  
Room types: one double, one triple and three 4-person rooms.  
Discounts: Children below 3 stay free; meal discounts offered for children below 7; prices for longer stay or repeated stays are negotiable; 10% discount on ski lift TopSki; 20% discount for ski passes and ski rental at MASTER-SKI Centre.
If you like long walks, bike rides, silence and calm, morning bird singing, taking pictures of storks or other meadow animals, horseback riding, meeting with friends at herbal grill, gathering fragrant herbs in the meadow and berries and mushrooms in the forest, catch “monster” fish, winter skiing and healthy, homemade herbal meals come and stay with us!

More information and photos on: www.tylicznoclegi.pl

**HERBAL PROGRAMME**

Hosts prepare homemade dishes and use vegetables, fruits and herbs grown in the their own garden, such as dill, celery, onion, parsley, chives, beetroot, carrots, strawberries, currants, raspberries, gooseberries, chokeberry, mint, sage, lemon balm, thyme, oregano and basil.

**SPECIALITY OF THE HOUSE**

Lach pork loin (baked in herbs); Lovers’ soup (broth with lovage and herbal noodles); Chef’s Breast (herb-fried poultry breasts); Grandma’ Stasia’s pierogies (cheese, potato and mint); Lard with herbs, fried bacon bits and pickled cucumbers. Lard with herbs will be a particularly “tasty” souvenir.
“POD ŚWIERKAMI”
[UNDER THE SPRUCES]
Maria and Krzysztof Kuśmierz
ul. Kazimierza Wielkiego 64A, 33-383 Tylicz
Mobile: +48 604 452 636
e-mail: kalla@op.pl

The farm is located in Tylicz, a picturesque area of the Beskid Sądecki, at the foot of the Łan and Babki mountain ranges, close to Krynica-Zdrój SPA, on the border with Slovakia. All rooms have balconies overlooking the woods and mountains of the Babki mountain range. The backyard garden has a grill, a wooden swing, a set of garden furniture and a sandbox with toys for children. The farm has a fenced parking area. The nearby forests are full of mushrooms, forest raspberries, berries and blackberries. Several trails run nearby: Wooden Architecture, Lemko Orthodox churches, biking and walking. Guests can also enjoy horse riding and the ski lift. The hosts speak English, German and Russian.

PRICES (per person):

- Per night: from 25 PLN
- Breakfast: from 10 PLN
- Lunch (lunch/supper): from 15 PLN
- Supper: from 10 PLN

Number of beds: 6
Number of rooms: 2 (one bathroom and one toilet).
Room types: two triple rooms.
Discounts: children below 3 stay free; negotiable discount for regular guests.
HERBAL PROGRAMME

Hosts recommend home cooking, especially dishes with herbs, prepared with products from their own garden. In her herb garden, the hostess grows vegetables and herbs, including lemon balm, mint, basil and lovage. Lemon balm is added to salads and poultry dishes. Its fresh leaves are added to tea. Fresh mint leaves are used in salads, soups, fish and drinks, and basil leaves for lettuce, cucumbers, tomatoes, mushrooms, butter and mayonnaise. The hostess used dried basil to make lamb, pork and fish dishes, sauces, pizza, beans and peas. Fresh and dried lovage is added to soups, stewed and cooked vegetables, roasted meat and fish.

SPECIALITY OF THE HOUSE

“Russian” pierogies with a hint of mint; Pork chops with herbs; Herbal pizza; “Tylicki” broth with lovage; Homemade yellow cheese with herbs.

PROGRAMME

“Pod Świerkami” is a perfect place for families with children, nature lovers and enthusiasts of active tourism.
PICTOGRAM
LEGEND:

- Herbal farm.
- Eco-farm.
- Working (active) farm.
- Traditional and regional products.
- Full board.
- Access to the fully equipped kitchen.
- Children’s playground.
- TV for guests.
- Internet access.
- Pets welcome.
- Distance to the forest.
- Distance to horse stables.
- Distance to the fishing spot.
- Distance to the bike rental.
- Distance to the swimming place/pool.
- Distance to the ski areas.
- Distance to the tennis courts.
- Distance to the medical aid point.
- Distance to bus stop.
- Distance to railway stop.
THE BEST PRODUCTS OF RURAL TOURISM IN MAŁOPOLSKA
The offer and the stated prices are for informational purposes only and do not constitute a commercial offer within the meaning of the Civil Code. The publisher reserves the right to change prices and services described herein. The details of the purchase of services should be established directly with the owners of the facilities.

Photos
Archives of the Sącz Tourism Organisation, UMWM Archives

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Bożena Srebro, Sądecka Organizacja Turystyczna [Sącz Tourism Organisation] www.sot.org.pl

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MAŁOPOLSKA COUNTRYSIDE FRAGRANT WITH HERBS

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www.agroturystyka.visitmalopolska.pl