

enoTARNOWSKIE nature



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. A wonderful nature full of flavour and amazing experiences awaits you. Immerse yourself in a magical world of nature, culture and entertainment. 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 area of the former Tarnów Voivodeship, with its rich material and immaterial history and unique nature.

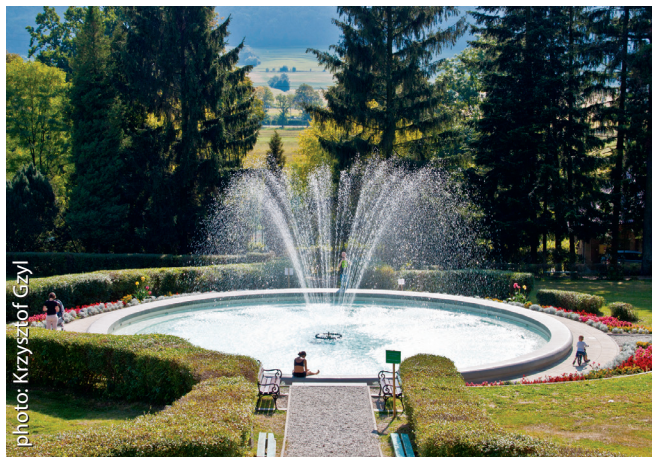
And although the leitmotif of the project is oenotourism, it is only the thread along which the story of the warmest region in Poland – the eastern part of the Lesser Poland Voivodship – will unfold, as Tarnów is the Polish heat pole!



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



Strzelecki Landscape Park in Tarnów



Fountain in Sanguszko Park in Tarnów



Hebe fountain with lions in Strzelecki Landscape Park in Tarnów



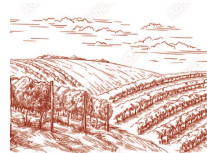
General Józef Bem Mausoleum in Tarnów



Piaskówka Park in Tarnów



Strzelecki Palace in Tarnów



In harmony with nature

Małopolska, and especially the Tarnów area, is the most dynamically developing wine region in Poland. This is primarily due to the climatic and geographical conditions in this part of our country. Tarnów itself is considered to be the Polish heat pole, with average annual temperatures reaching 8.8 degrees Celsius. The number of days of sunshine and the length of the growing season are also record-breaking. Add to this the gentleness of the Foothills' slopes with the right exposure and gradient, and the quality of the soil, and you have optimum conditions for vine cultivation. The dozens of vineyards operating in the enoTARNOWSKIE area mean that the region is sometimes referred to as the "Polish Tuscany".

GREEN TARNÓW

Tarnów has a total of thirteen city parks, of which the most noteworthy are: Strzelecki Park, the Sanguszko Park, the park on St. Martin's Hill and the Planty Kolejowe. In the city, you will also find the "Debrza" forest reserve with the status of a par-

tial reserve, established to protect a relatively undisturbed linden-oak forest: the oldest of the lindens and oaks found here are around 300 years old! The reserve covers an area of 9.5 hectares and was once part of the estate of the Sanguszko dukes. Numerous species of protected plants can

be found here: common ivy, wolfsbane, common buckthorn, common lily of the valley, oxlip and various species of small vertebrates.

STRZELECKI LANDSCAPE PARK

It is the city's oldest park, established in 1866 as the Garden of the Shooting Fraternity. It covers an area of 8.13 hectares and is maintained in the English style. In addition to domestic species, the tree stand consists of trees imported from abroad, such as American tulip trees, plane trees, Canadian Christmas trees or Douglas firs, ginkgo trees and white chestnut trees growing next to the water feature. The dominant species is the maple. There are all three native species – the common maple, sycamore and field maple – as well as a few non-native species – silver maple, ash-leaf maple or the rare Cappadocia maple. Some of the trees are still from the original plantings,

so are around 150 years old. In the northern part of the park there is a pond, in the middle of which a mausoleum designed by Adolf Szyszko-Bohusz was built. The remains of General Joseph Bem, exhumed from the Aleppo cemetery, were deposited there in 1929.

On the south side of the park stands a neo-Gothic building, originally the headquarters and shooting range of the Rifle Society. After recent renovation, it houses the Municipal Gallery of the Art Exhibition Office (Galeria Miejska BWA). It is worth mentioning that the Strzelecki Landscape Park is part of the Małopolska Garden Route, a project linking more than 40 gardens from Muszyna to Kraków, Oświęcim to the Sącz region and the Podhale region. It shows places that are original, with an interesting offer, breathtaking views, and often educational or therapeutic (such as the local Sensory Garden).

PLANTY KSIĄŻĘCE (DUCAL PARK)

The Józef Jakubowski Railway Planty park, located between Krakowska and Dworcowa Streets, was created in the 1860s. They were adjacent to the brewery of the Sanguszko dukes, and so were called "Książęce" (Ducal).

Over the years they deteriorated and became a dangerous place, attracting the so-called "element". They were restored to their former glory when the MKS Tarnovia sports club was established on the site, thanks to which a sports field was built.

The tree stand of the Planty is made up predominantly of deciduous trees. The most noteworthy trees are the huge chestnut trees in the southern part. In the western part, acetate sumacs can be seen, as well as an elderly surmise tree, over a metre in diameter, which supports itself on the ground with

its lower branches. The planty was declared a natural monument in 1993. Nearby is the railway station (the building is considered an Art Nouveau pearl), from which the first transport with the first prisoners of the Auschwitz concentration camp set off on 14 June 1940.

PARK NIEPODLEGŁOŚCI

The park on Góra Św. Marcina (St. Martin's Hill), or more precisely the "Park of Independence of the City of Tarnów in the name of Roman Duke Sanguszko, insurgent of 1831 – the Siberian deportee", was created on the northern slope of the mountain considered to be the northernmost elevation of the Carpathian Mountains. The forest, which consists mainly of oaks, beeches and ash trees, bears the characteristics of the Carpathian beech forest, i.e. the remains of ancient primeval forests growing in the Carpathian Mountains.



St. Martin's Church on St Martin's Hill in Zawada



Sanguszko Palace in Tarnów



Castle ruins on St Martin's Hill



Ciężkowicko-Rożnowski Landscape Park



Kamień "Grzyb" / the "Mushroom" rock



The "Witch" rock, "Stone City" Reserve, Ciężkowice

It is here that one can find the tallest ash tree in Poland, the seventh tallest in the world, *Fraxinus excelsior*, as well as the tallest English oak known in Poland and in the world, *Quercus robur*. The age of the oldest trees is estimated at 120-140 years old. The park includes a restaurant, a playground and the ruins of the Tarnowski castle.

Below the tree line, there is a summer swimming pool, a brine graduation tower, a playground, a Bike Park (4 "singletrack" bicycle trails of varying difficulty) and the Marcinka Running Centre (with trails for running, rollerblading, Nordic walking and

cross-country skiing). The castle ruins offer a magnificent panorama of Tarnów, and in good weather you can see the distant peaks of the Tatra Mountains. Above the park, just outside the city boundary, you will find the wooden church of St. Martin.

SANGUSZKO PARK

It was established at the beginning of the 19th century around the so-called summer palace of the Sanguszko dukes. Transformed many times, today it has the character of a landscape park in the romantic type. To the north of the palace, is the area occupied by the old forest, where once was a pond. The southern part, on the other hand, is a landscaped area in the

type of an Italian garden, with a recently renovated fountain and a statue of Mercury. In the inter-war period, there was also a horse racing track here, where Arabian horses from the famous ducal breeding were trained. On the south-facing slope, the Sanguszkos established an orangery and vineyard.

WINE "MADE IN TARNÓW"

This is where the hottest spot in Tarnów is located. Today, the area is owned by the city, which has decided to return to the tradition of wine production. On 7 hectares, vintners united in the Małopolska Association of Winemakers planted over 30,000 vine bushes, from which up to 30,000 bottles of wine



Marcinka Running Park
1 Harcerska St., 33-100 Tarnów
☎ + 48 14 622 07 10
🌐 www.tosir.com.pl



Tarnów City Hall
2 Mickiewicza St., 33-100 Tarnów
☎ + 48 14 688 24 00
🌐 www.tarnow.pl



Małopolska Association of Winemakers
11 Jana Pawła II St., 33-180 Gromnik
☎ + 48 790 231 500
🌐 www.malopolskiewiniarstwo.pl



enoTARNOWSKIE foothills

The most interesting natural and geological regions of enoTARNOWSKIE can be found in the beautiful, yet often underestimated local fragment of the Carpathian Foothills. Diverse terrain, picturesque river gorges, protected plant species and, above all, slopes overgrown with vines – you will not see this anywhere else!

The Ciężkowice, Rożnowskie and Wiśnickie Foothills lie south of Tarnów and are part of the Carpathian Foothills. It is a region with a varied landscape characterised by lush vegetation, picturesque views and diverse ecosystems. The area is partly covered by forests dominated by deciduous species such as beeches, oaks, sycamores, maples and lime trees, although mixed forests with pines, spruces and larches can also be found. Deer, wild boar, foxes, hares, roe deer and various

bird species inhabit the area. There are three landscape parks: Ciężkowicko-Rożnowski Landscape Park, Pasma Brzanki Landscape Park and Wiśnicko-Lipnicki Landscape Park. In addition, there are numerous nature reserves and monuments, as well as areas of protected landscape. It is a good proposal for people who like walking, cycling trips, beautiful landscapes and resting rather in a slow rhythm – full of new experiences, with a large dose of relaxation and communing with nature.

"STONE CITY" AND MORE

The Ciężkowicko-Rożnowski Landscape Park was established in 1995 and covers an area of over 17 ha. It is located in the forks of the Biała and Dunajec rivers, covering the most valuable in terms of nature, landscape and culture fragments of the western part of the Ciężkowice Foothills. Its best-known natural attraction is the Skamieniałe Miasto (Stone City) reserve in Ciężkowice. It protects a number of rock outcrops of Ciężkowice sandstone, which as a result of natural erosion processes have taken on fanciful forms resembling people or animals. Some of them have customary names such as Skałka z Krzyżem (Rock with a Cross), Grzybek (Mushroom), Baszta Paderewskiego (Paderewski Bastion), Piramidy (Pyramids), Grunwald or Czarownica (the Witch). The Stone City can be explored on foot along a marked trail. You can finish your tour of this reserve in the romantic Witch's Gorge with a stepped waterfall, having two



photo: Piotr Wróbel

Spa Park and Sensory Garden in Ciężkowice

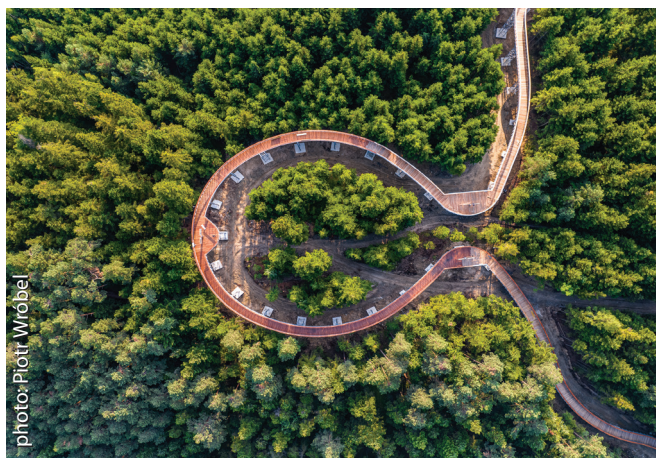


photo: Piotr Wróbel

The Tree Crown Trail in Ciężkowice



photo: Damian Radziak

I.J. Paderewski's manor house in Kąсна Dolna



photo: Piotr Wróbel

Arboretum in Lusławice



photo: Krzysztof Gzyl

Brodziński's Stones



photo: Krzysztof Gzyl

Manor and park complex in Breń

thresholds built of Ciężkowice sandstone of a total height of 14 m.

A few kilometres from Skamieniałe Miasto, on the other side of Ciężkowice, there is the newest tourist attraction – the Path in the Crowns of Trees. It is a kilometre-long route with 8 stops of ecological, forest and nature education, 6 small fitness stops, as well as viewpoints. At its highest point, it rises 22 metres above ground level. The trail, together with the Małopolska Environmental Education Centre in Ciężkowice and the Bat Trail connecting them, are an element of the project entitled “EARTH – WATER – AIR”. This is an ideal proposal for family getting to know the region and its greatest natural treasures.

SPA PARK AND SENSORY GARDEN

On the eastern side of Ciężkowice, there is the Spa Park and

Sensory Garden (as part of the Lesser Poland Garden Route), where it is worth taking advantage of the healing waters. A visit to the modern Natural History Museum, which presents the wealth of the foothills flora and fauna, is also not to be missed. Finally, it is well worth visiting the viewing tower in Bruśnik (6.5 km from Skamieniały Miasto). It is a very good vantage point for viewing the Rożnowskie Foothills, the Ciężkowickie Foothills (including the Brzanka Range), the Beskid Niski and, of course, Skamieniałe Miasto and Ciężkowice.

PADEREWSKI CENTRE

The Paderewski Park (part of the Paderewski Centre) in Kąсна Dolna is part of the already mentioned Małopolska Garden Route. The garden here, built in the English style, is filled with lime trees, pedunculate oaks and many other tree species, including the rarer ones, such as Serbian spruce, overhanging ash and Canadian

pine. Valuable are the old trees, especially the 300-year-old oaks. The Kąсна Manor House itself is the only surviving estate where Ignacy Jan Paderewski lived and worked; a permanent exhibition devoted to the Centre's patron introduces his personality.

IN THE FOOTSTEPS OF PENDERECKI

The arboretum in Lusławice, which is located on Krzysztof Penderecki's estate, is a remarkable peculiarity. Although the origins of the village date back to the 13th century, it has gone down in history a couple of times, once thanks to the Polish Brethren, who found refuge here in the 16th century and created an Ar-ian academy, and secondly thanks to Jacek Malczewski, who immortalised the Lusławice manor in his paintings. Finally, the Lusławice manor and park complex was purchased by Krzysztof Penderecki. In the 16 hectares of parkland surrounding the manor house, the Master arranged more than 2000 species of

trees and shrubs. Some of the specimens were brought by the artist successively over many years from his numerous travels. Nowhere else in the Małopolska region do music and nature intertwine so strongly. An additional attraction is the opportunity to visit a multimedia exhibition devoted to the composer's work.

WIŚNICKO-LIPNICKI LANDSCAPE PARK

It is considered one of the richest parks in the Małopolska region in terms of culture. It covers mainly the area of the Wiśnickie Foothills and (in the south) the Beskid Wyspowy. It features picturesque hills, river valleys, ravines and peat bogs. In Lipnica Murowana, there is an inanimate nature monument called “Brodziński's Stones”, a picturesque group of nine rocky outcrops located in the top parts of the Paprotna Hill. They were named after the poet Kazimierz Brodziński, who found refuge there, seeking seclusion and a place to contemplate and reflect.

IMPRESSIVE FAUNA AND FLORA

The forests of the Vistula Foothills are dominated by beech, pine, fir and oak, and are also home to many rare plant species, such as the green bane, cross gentian, white coltsfoot and orchids. Shrews, ermine, weasels and otters have chosen the site as their home. A special phenomenon is the presence of many bat species, such as the grey bat, the great bat and the late bat. For example, they have taken a liking to the undergrounds of the Wisnica castle.

HOLIDAY BY THE WATER

For lovers of water recreation or fishing, we suggest a trip to the Biała and the Dunajec. Both rivers remain unregulated, with a natural course. Thanks to this, they are a sanctuary for many rare fish species, a habitat and a feeding ground for wild animals – mammals and birds. It is also possible to canoe or dinghy

down them. There are two artificial lakes in the Rożnowskie Foothills – Rożnowskie and Czchowskie. Both are developed, with bathing beaches, accommodation, camping sites and catering facilities.

GREEN TREASURES OF THE REGION

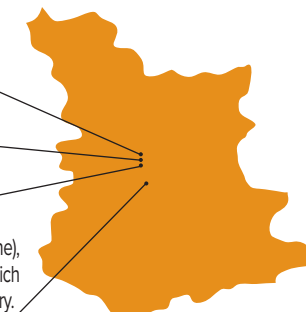
On the territory of the Tarnów commune, in the village of Poręba Radlna, in the Pleasant Forest, known as the Księży Las, there are:

the second tallest specimen of the common ivy *Hedera helix* in Poland and in the world

the second tallest bird cherry tree in Poland, *Prunus/Cerasus avium*

In the municipality of Tarnów, the third tallest hornbeam in Poland *Carpinus betulus*

However, in **Dąbrówka Szczepanowska**, (Pleśna commune), “tree hunters” discovered the tallest beech tree in Poland, which is also the tallest deciduous tree measured so far in our country.





Enovelo on enoTARNOWSKIE



enoTARNOWSKIE for everyone



Uroczysko Vineyard



Headland in Nowopole



On the Enovelo cycle route



Viewing tower on Brzanka

enoTARNOWSKIE = oenotourism

The picturesque areas of the Carpathian foothills, at the junction of the Sandomierska Basin and the Ciężkowicko-Rożnowskie Foothills, create an ideal climate for vine cultivation. Every year, more and more vineyards are being added, which together create the best tourist product of the “Polish Tuscany” – oenotourism.

Nature also means wonderful vineyards spreading over the hills near Tarnów. Drawing on traditions that date back to medieval times, professionally run vine plantations have been re-viving for several years on the hills near Tarnów, beautifully sunny and with suitable soil based on the Podkarpacie flysch. Most of the vineyards are small, family-run enterprises which are wholeheartedly dedicated to wine-making. They invite visitors to their farms, offering meetings, tours and often even

overnight stays in agrotourism accommodation. Through these meetings, tastings and workshops, tourists have the opportunity to learn more about this noble beverage and wine culture in general.

TRUTH NOT ONLY IN WINE

At this point, it is worth mentioning the commune of Pleśna, located within the enoTARNOWSKIE region, which is called

(not without reason) the “soft fruit basin”. Since time immemorial, local fruit growers have been cultivating fruit and the apiaries have been full of natural bee honey. Every year, these traditions are maintained by the Pleśna Fruit and Bee Products Festival, which takes place in July together with the “Pleśna Bacchus” – an event presenting the region’s oenotourism offer. The greatest attraction of the festival is the opportunity to taste delicious food, baked goods, liqueurs, wines, honey and other local delicacies.

UNIQUE TOURIST ATTRACTIONS

The north of the Tarnów region is first and foremost a nature reserve called Lasy Radłowskie (Radłów Forests) created to protect the Scepus saffron (*Crocus scopusiensis* *BORBAS*). It is also home to numerous gravel pits which, regularly stocked with fish, provide ideal fishing grounds. Some reservoirs are

also open for recreational purposes. An unusual attraction is the promontory in Nowopole in the commune of Wietrzychowice, where the Dunajec River flows into the Vistula. This place was awarded in the 2019 Tourist Treasures of Lesser Poland competition in the “Unique Tourist Attraction” category. Also here, in the north of the region, there are vineyards affiliated with enoTARNOWSKIE. Geographically, this is already the area of the Tarnów Plateau on the border with the Sandomierz Basin, which gives rise to a specific, warm and humid microclimate. The hills here are small,

The nature of the foothills and Powiśle also includes numerous hiking and cycling trails with small differences in elevation, which are ideal for trips for the whole family. They lead through areas unspoiled by human activity and are linked by investments made by the Tarnów Tourism Organisation. These are prima-

rily the Enovelo cycling routes, which form a network of local routes connected with the VeloDunajec, Vistula Cycling Route and VeloMetropolis routes running through the Tarnów region. Bicycle stands, gazebos, barbecue areas and sanitary facilities have been built along them.

FROM A BIRD’S EYE VIEW

This beautiful region begs to be viewed from above. From the tower in Bruśnik (the Rożnowskie Foothills), you can admire the surroundings of Ciężkowice; from the observation tower in Dąbrówka Szczepanowska, you can perfectly see the panorama of Tarnów and the Dunajec River valley. The illuminated wooden structure consists of five storeys with viewing terraces. Another structure can be found on Brzanka, one of the highest hills of the Ciężkowice Foothills, from where the view of the Foothills itself, Beskid Sądecki, Niski, and even the Pie-

niny and Tatra Mountains. It can be reached by car. Even higher will be the new viewing structure in Jadowniki near Brzesko. You can also admire the landscape from hills (e.g. Furmaniec near Tuchów) or from castle towers – here we recommend the castle hill in Czchów, where you can see a collection of medieval weapons, as well as Mt. St. Martin’s castle ruins with a beautiful view of Tarnów and the surrounding area. Last but not least, climb the glass stairs of the Tarnów Town Hall tower – it once housed the fire station of the fire brigade and still has the oldest working tower clock in Małopolska.

TOWER	LOCALISATION	HEIGHT
Dąbrówka Szczepanowska	Golgota (395 m.a.s.l.)	16 m
Brzanka	Brzanka (534 m.a.s.l.)	20 m
Bruśnik	Bruśnik (420 m.a.s.l.)	23 m
Bocheniec	Bocheniec (394 m.a.s.l.)	25 m
Szpilówka	Szpilówka (516 m.a.s.l.)	32 m



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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 – “Krynicańska”



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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