



MAŁOPOLSKA

# Countryside for Seniors



Catalogue

KRAKÓW REGION  
 MAŁOPOLSKA

The project was financed with the financial support of the Małopolska Region as part of the competition "Hospitable Małopolska"

# MAŁOPOLSKA COUNTRYSIDE FOR SENIORS



Fifteen thoroughly vetted and selected farms in Małopolska await senior tourists.

Hosts are friendly, warm and delighted to spend time with their guests.

They run a full board, based on regional cuisine and use organic products from traditional crops.

They have prepared attractive offers from active tourism, cycling, cross-country and downhill skiing and walking along the area trails.

Guests can also explore the history and traditions of the region and visit the local sights with the hosts. Seniors enjoy special discounts in all facilities.

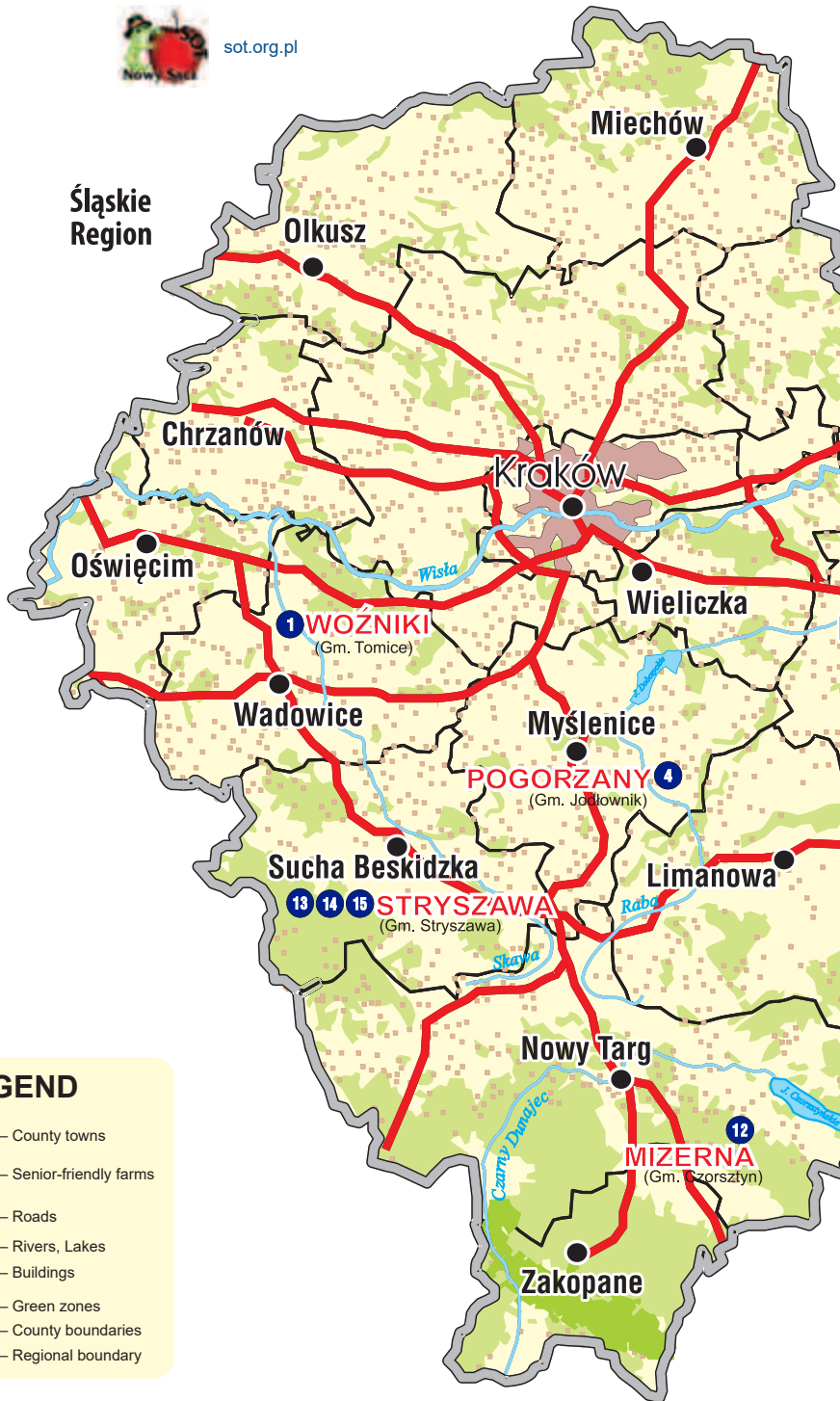
The facilities were carefully selected not only for seniors but also for seniors with children. All have easy access and rooms with bathrooms and easy-to-negotiate construction design.

Guests over 60 enjoy discounted rates.

“Małopolska Village for Seniors” is certified by the “Best Tourism Product in Poland”.

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Śląskie Region

### LEGEND

- Tarnów** – County towns
- WOŹNIKI**  
1 – Senior-friendly farms
- Roads
- Rivers, Lakes
- Buildings
- Green zones
- County boundaries
- Regional boundary



Certificate  
granted by the Polish Tourism Organisation  
for the Best Tourism Product 2013



**Małopolskie Region**



1

## “STAJNIA GRUDKI”

### [GRUDKI STABLE]

Lidia and Zygmunt Ogiegło

34-103 Woźniki, ul. Kolejowa 21

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www.stajniagrudki.pl



Agri-farm “Stajnia Grudki” is located in the village of Woźniki, in Dolina Karpia [Carp Valley]. From there, you can see a breathtaking view of Silesian Foothills and Beskid Mały mountain range. After walking to the highest point of the village, you can see the peaks of the Tatra Mountains and the panorama of the town of Wadowice. The extensive grounds of the Skawa River Valley and the diverse landscape of the Foothills are ideal for horseback riding. Hiking and cycling enthusiasts will enjoy numerous well-marked hiking trails. Hosts rent free bicycles and Nordic walking poles. Nearby forest invites you to walk under majestic trees and pick mushrooms or simply sit under old oak trees. “Stajnia Grudki” is a newly built house with a lounge and fireplace, garden grill and campfire pit, terrace, garden arbour, swing, trampoline, slide and sandpit. This is a working farm, where hosts breed horses of the Małopolska horses. They also have rabbits, cows and goats. As the host is a certified instructor of horse riding, he arranges horse riding lessons and carriage rides for guests. The hostess prepares organic products from her own farm: fresh cow and goat milk, cheese, eggs, fresh vegetables and herbs from the herb garden. The area river invites fresh water fishing enthusiasts.

The farm received a distinction in the competition for the „Best Agro-tourism Farm of the Małopolska Region” in 2011.

The hosts speak English and German.

## PRICES (per person) – individual stay

Per night (breakfast included):	60 PLN
Lunch:	18 PLN
Supper:	15 PLN
Number of beds:	14
Number of rooms:	5 (3 with bathrooms).
Room types:	four double and one 6-person rooms.
Discounts:	children below 5 stay free, 50% discount for children 6-13 years old.



## Programme for Seniors

### “ACTIVE RELAXATION WITH HORSES”

The hosts arrange an active holiday full of unforgettable experiences, including horseback riding outdoors or in an indoor manège, walking along the Wieliczka Foothills and in “Carp Valley” and cycling or hiking trips. Guests are given free maps and information materials about the region and its attractions.

**Weekend stays 294 PLN.**

### The programme includes:

- Carriage (or sleigh) rides.
- “Horse tales” told by the host.
- Picnic around the campfire, featuring the local smoked carp.

### Price includes:

- ① Two nights.
- ② Daily meals (lunch on Friday through lunch on Sunday).
- ③ Programme as above.

**Senior discounts: 10% September through November.**

**Year-round programme.**





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## „AGROBELLA”

Jadwiga and Leopold Grabowscy

32-731 Żegocina, Beldno 5

tel.: +48 14 613 22 27, mobile: +48 784 932 304

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www.agrobella.prv.pl



“Agrobella” Agri-tourism farm is located in the village of Beldno, facing the “Mountain Gate” of the Kamionna mountain range (800 above sea level). Surrounded by wooded hills, it forms a unique micro-climate especially beneficial to children and the elderly. It is a great place to arrange for hiking and cycling tours along the marked hiking trails in the summer while in winter it’s perfect to go sledging, cross-country and downhill skiing. The house is located nearby the famous “Zuber” mineral water spring.

Guests can participate in sculpting workshops, embroidery, painting and purchase original souvenirs in the area shops.

“Agrobella” is a self-sufficient farm. It is specially prepared for guests and boasts a billiard room and library with guides and maps of the area. The garden surrounding the house and the orchard with the fruit trees shading gardens underneath and nearby fields, meadows and groves create a unique relaxing atmosphere.



The hostess provides a full board with products from her own farm, which is grown by traditional methods. The hosts are lovers of history and culture, eager to tell legends and stories about ancient and modern customs. They have been successfully hosting visitors for years and the quality of their services have been awarded numerous distinctions, such as Plunkett Foundation Award (Oxford 1996), Leonardo Da Vinci Foundation (Italy 2003) issued by Fattoria Biologica Patrice and first place in the Raba Valley competition „Rooster - Quality Mark for Agri-tourism Farm 2014.”



## PRICES (per person) – individual stay

Per night:	30 PLN
Lunch/Supper:	20 PLN
Number of beds:	10-15
Number of rooms:	5 (3 with bathroom, 2 studios sharing a bathroom).
Room types:	three double and two triple rooms.
Discounts:	10% in September-November and March-June.



## Programme for Seniors

### “THE SUN ALWAYS SHINES IN AGROBELLA”

It's a magical place where linden trees leak honey. It's a place when cats tell fairy tales and purr “Agrobella.”

If you dream of peace and quiet, away from the fast-paced civilisation; if you want to get acquainted with Old Polish hospitality of Beskid Highlanders and taste regional specialities, visit Agrobella. This place creates its own atmosphere. Previous guests call it, “A fairy-tale landscape where we found our second home.” See for yourself if they were right.

**Six-day stay 550 PLN.**

### The programme includes:

- Visit to the school of obsolete professions.
- Feat by the campfire with tasting hose wines.
- Poetry evening with local poets.
- Host-guided tour around the farm and the area.

### Price includes:

- ① Five nights.
- ② Full board (lunch on Friday through breakfast on Thursday).
- ③ Programme as above.

**Senior discounts: 10% in April-June and September-November. Stay may be extended or cut short.**

For senior groups of 10 and over, painting workshops can be arranged.





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## "POD LASEM" [NEAR THE FOREST]

Elżbieta and Józef Nowak

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e-mail: pod.lasem@wp.pl

www.kamionna.eu

Category: 

Eco-certification: Nr PL-EKO-05-003054/G/16/1



„Pod Lasem” is a wooden house, picturesquely situated on the edge of the village of Kamionna in the Beskid Wyspowy mountain range and the immediate vicinity of the forest at the foot of Pasierbiecka Mountain (763 m above sea level) and Kamionna Mountain (801 m). Both mountains have ski lifts and ski trails with various levels of difficulty. An outdoor gym is situated 2 km from the house. The area also has numerous cycling routes.

Hosts run an active organic farm specialising in the cultivation of soft fruits (currants, cherries, raspberries and chokeberry). The house is surrounded by an orchard with old varieties of apple, plum, nuts and pear trees. It also has a beautiful flower garden. Hosts breed sheep, hens, ducks and rabbits.

Guests can use a one-level house with a sitting room and kitchen. There is also a convenient grill area. The hostess cooks traditional home meals made with farm-grown products. Her speciality is duck with apples and homemade pierogies.

This is a family-owned farm, run by several generations cultivating family traditions. Their farm has received numerous awards, one of which was second place in the competition “Agri-Eco-Green Summer” 2002).

The hosts speak Russian.

## PRICES (per person) – individual stay

Per night (breakfast included):	40 PLN
Lunch:	20 PLN
Supper:	10 PLN
Number of beds:	10
Number of rooms:	4 (3 with bathrooms).
Room types:	two double and two triple rooms.
Discounts:	7 days and up - 20%; children under 10 - 30%.

Discounts do not apply to meals for guests 10 and older.

## Programme for Seniors

### “RETURN TO CHILDHOOD FLAVOURS”

“Pod Lasem” is a wooden house built in the middle of the 20th Century and adapted to hosting guests. It will envelop you with the atmosphere of the old days and allows you to feel you are young again. The location of the house and the atmosphere make it perfect for people looking for direct contact with natural environment and peace. The area abounds in wildlife and interesting specimens of birds and bats. The area is excellent for winter skiing, tobogganing or snowboarding.

**Four-day stay 380 PLN.**

### The programme includes:

- Nordic walks along trails of different difficulty in the company of hosts and Labrador doggie Nika.
- Gym exercises in the open air.
- Help with light farm work and eco-fruit harvest (make your own liqueurs and fruit preserves to take with as souvenirs).
- A trip to the forest with the hosts to pick mushrooms (dry them yourself) and berries (make berry preserves).
- Have the host help you organise a bridge game.
- “Bloodless hunt” - taking pictures with a camera.

### Price includes:

- ① Four nights.
- ② Full board (lunch on Monday through breakfast on Friday).
- ③ Programme as above.

**Senior discounts: 15% in January-April and October-November.**

**Year-round programme.**





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## “KOZIARNIA” [GOAT HOUSE]

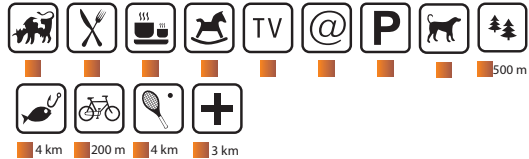
Jadwiga and Jakub Lorek

34-623 Szczyrzyc, Pogorzany 221

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e-mail: biuro@ekoagro.pl

www.ekoagro.pl



The farm is situated in the village of Pogorzany near Szczyrzyc, at the foot of the mountain Ciecień in the Beskid Wyspowy mountain range. It lies close to the Cistercian Monastery and Cistercian Museum in Szczyrzyc and numerous buildings on the wooden architecture trail.

“Koziarnia” is an Agri-tourism farm specialising in the cultivation of vines and wine making, with a large wine cellar and wine-making centres.

Guests can use a sitting room with fireplace and TV, grill area, children’s playground, gym with mini-weight lifting area and a sauna by the waterfall.

The hostess runs traditional Polish cuisine, enhancing the menu with dishes from all over the world. She uses organic products from nearby farms and herbs and vegetables from their own garden. Her specialty is making cheese from goat’s and cow’s milk and baking bread and pastries in a traditional bread oven.

The host has extensive wine-making experience and is happy to share his knowledge of growing and making wine.

Farm specialises in the production of cured meats.

The farm took first place in the competition for the most attractive Agri-tourism farm in the Limanowa district (2007 and 2012). The hosts speak English, French and Russian.





## PRICES (per person) – individual stay

Per night (breakfast included):	56 PLN
Lunch:	25 PLN
Supper:	16 PLN
Number of beds:	20
Number of rooms:	5 (all with bathrooms).
Room types:	double, triple and 4-person rooms.



## Programme for Seniors

### “GOAT HOUSE FLAVOURS”

The farm is an excellent spot for the lovers of nature, walks in the forest and along the trails of the Beskid Wyspowy mountain range. Seniors and seniors with grandchildren will find the perfect conditions to connect with farm and house animals and relax at the nearby river and stream and in the forest. It's an ideal place for the lovers of home and regional cuisine and homemade wines, cheeses and cured meats.

**Six-day stay 650 PLN.**

#### The programme includes:

- Vineyard and wine cellar tours, wine and cheese tasting.
- Visiting the Cistercian Monastery and the museum.
- Demonstration of bread baking and making pastries or homemade cured meats and cheeses.
- Feast by the campfire, homemade wine tasting.

#### Price includes:

- ① Six nights.
- ② Full board (supper on Saturday through lunch on Friday).
- ③ Implementation of the programme.

**Senior discounts: 10% all year round.**

**Year-round programme.**





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## “ZA PIECEM” [BEHIND THE STOVE]

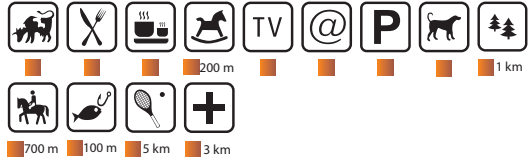
Maria Orzeł

34-603 Ujanowice, Strzeszyce 23

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e-mail: orzelk2@o2.pl

www.zapiecem.vns.pl



The farm is located in the village of Strzeszyce, dating back to 12th Century, in the Beskid Wyspowy mountain range. This is an exceptionally picturesque and peaceful village lying on the Łososinka river and surrounded by forests. A village children’s playground is just a short walk away. For horseback or carriage riding enthusiasts, there is a horse stud farm nearby. Fishing enthusiasts will find fully stocked fishponds.

Hosts invite you to come to a stylish, wooden country house redesigned especially for guests. They also run a working farm where they grow grains and soft fruits using traditional methods. They breed livestock (cows, goats, chickens, guinea fowl and ducks). The warmth of the fire burning in the fireplace adds to the unique atmosphere of the house. The hostess cooks regional dishes using the home-grown products and her specialty is country bread and fluffy puff pastry.



The host is a passionate farmer, more than happy to talk about traditional farming. Willing guests can help in the light farm work.

“Za Piecem” is a hospitable country house, nominated in the competition for „the most attractive Agri-tourism facility in Limanowa County.”



## PRICES (per person) – individual stay

Per night (breakfast included):	50 PLN
Lunch:	20 PLN
Supper:	10 PLN
Number of beds:	20
Number of rooms:	5 (all with bathrooms).
Room types:	two double, one triple and two 5-person rooms.
Discounts:	10% for children below 7.



## Programme for Seniors

### “THE WARMEST PLACE IS BEHIND THE STOVE”

During their stay, seniors have the opportunity to stay in a real farmhouse. They will learn about the traditional farming methods and enjoy the delicacies of regional cuisine. The surrounding area encourages walks and sightseeing of sacral buildings.

**Five-day stay 450 PLN.**

### The programme includes:

- Exploring the area by truck with the host (go to the lookout point of the „Jaworz” mountain).
- Learning how to bake bread according to traditional local recipe.
- Participation in light farm work and fruit picking (make preserves to take home according to the recipe of the hostess).

### Price includes:

- ① Five nights.
- ② Full board (lunch on Monday through breakfast on Saturday).
- ③ Programme as above.

**Senior discounts: 20% April through May and October through November.**





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## BEE AND HONEY FARM "SĄDECKI BARTNIK" [BEEKEEPER FROM SĄCZ]

Anna and Janusz Kasztelewicz

33-331 Stróże 235

tel.: +48 18 445 18 82

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www.bartnik.pl



The farm is located on the outskirts of the village of Stróże, on the border of the Beskid Niski and Sądecki mountain ranges. Visitors use two guest houses with cosy rooms with honey- and herb-related names and the restaurant „Beekeeper’s Cottage” with honey-flavoured dishes. Here you can try different honey beers and taste the Old Polish mead. Bartnik is a place to get to know the mysterious, fascinating world of bees and make friends with these useful insects. The Bee-keeping Museum, with its ancient hives and tools provides the opportunity to learn about the work of beekeepers. Interactive exhibition „Secrets of the hive” depicts the life and work of bees. Sądecki Bartnik arranges thematic workshops on baking gingerbread, bread, making wax candles, honey candy, collection of honey and other bee products and honey tasting. Honey Pantry store has all bee products for sale. The farmhouse has a gazebo, grill, place for campfire, pond, horses, goats, sheep, domestic fowl and donkeys. The location and attractions of „Sądecki Bartnik” allow you to spend time all imaginable ways and staying here is a great adventure meeting a little bee.



The farm boasts numerous awards, such as “Sącz Tourism Mark” for the highest quality of tourism and hotel services 2011, „Best Agro-tourism Farm in the Małopolska Region” 2011, „Now Poland” promotional emblem for its holiday and educational programme „Great Little Bee Adventure” 2010, Economic Prize of the President of the Republic of Poland - 2005.

The hosts speak English and German.

## PRICES (per person) – individual stay

Per night (breakfast included):	od 65 PLN
Lunch/Supper:	od 20 PLN
Supper:	od 15PLN
Number of beds:	50
Number of rooms:	24 (all with bathrooms).
Room types:	single, double, triple and 4-person rooms.
Discounts:	25% November through March (depending on the length of stay and number of guests).



## Programme for Seniors

### “GREAT LITTLE BEE ADVENTURE”

In „Sądecki Bartnik” you will discover the mysterious, fascinating world of bees. You will learn how honey is made, why bees carry bee pollen and propolis to the beehive and why they produce royal jelly. You will know the value of bee products for human health and learn to use their benefits in your own diet. You will learn the flavours of various Polish honey varieties, make wax candles and bake honey gingerbread. During the summer season from May to August, come and join us in our farm activities:

- „Bee Watching” – visit the apiary.
- „Breathe the beehive air.”
- „How honey is collected from honeycomb” – demonstration.

**Five-day stay 620 PLN.**

### The programme includes:

- Guided tour of the bee-keeping museum:
  - “From wild beehive to hive” – a historic hive collection.
  - “From the honeycomb to the jar of honey” – “Fast Bee Colony” Museum.
  - “The Secret Life of Bees” – “Diligent Drone” multimedia cottage.
- Workshops: “Where the pepper joins honey” – baking honey cookies. „Natural wax candle made three ways” - making hand-made candles.
- Lectures and talks: „Health from the beehive” – the value of natural honey and other bee products; „Diligent flower guests” - the role of bees in plant pollinating; „Bees and ants” – comparison of social insects; „Mead making recipes” – traditional recipes for mead.



### Price includes:

- ① Four nights.
- ② Full board (lunch on Monday through breakfast on Friday).
- ③ Programme as above.

**Discounts: up to 25% November through March (depending on the length of stay and number of guests). Other offers on the website: [www.bartnik.pl](http://www.bartnik.pl)**

**Year-round programme.**



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## “BUCZYNOWA DOLINA” [BEECH VALLEY]

Marta and Paweł Kowalscy

38-307 Sękowa, Wapienne 59

Mobile: +48 792 539 187

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[www.buczynowadolina.com](http://www.buczynowadolina.com)



Wapienne is the smallest SPA in Poland, located in the vicinity of the National Magurski Park in the Beskid Niski mountain range. The village has a primeval wild beech forest with many protected species of plants and animals, including wolves, lynx, spotted eagle and spotted salamanders. Well-marked trails lead to Kornuty rock reserve, Devil’s Rock or Magurian waterfall. Wapienne is a paradise for naturalists, mushroom pickers and lovers of wildlife. Once the village was inhabited by the Lemko nation. Nowadays, the only reminders are the Lemko huts and beautiful Lemko Orthodox churches scattered in the area. The proximity of the SPA allows taking advantage of medical treatments: massages, salt cave and brine baths. “Buczynowa Dolina” is a new comfortable house. Guests can use a lounge with a fireplace and a library. The house boasts a sauna and Japanese barrel, IR sauna, a hut with a hammock, benches and mini playground for children. The area is perfect for walking, Nordic walking and cross-country skiing. Guests can rent regular and electric bikes.



The host is a certified guide, an avid mushroom picker and a hunter. The hostess runs ceramic workshops. She prepares homemade meals with regional and game dishes and specialises in making liqueurs.

The hosts speak English and Russian.



## PRICES (per person) – individual stay

Per night (breakfast included):	60 PLN
Lunch:	25 PLN
Supper:	17 PLN
Number of beds:	14
Number of rooms:	6 (all with bathrooms).
Room types:	four double and two triple rooms.
Discounts:	Off-season discounts: 10% in March, October and November.



## Programme for Seniors

### “WITH NATURE IN BEECH VALLEY”

„Buczynowa Dolina” is a house with a warm family atmosphere, where you can relax close to nature, in home atmosphere and enjoy delicious dishes based on game and homemade preserves. The host will gladly share his knowledge of the region and nature, and the hostess will run the ceramic workshop and serve homemade liqueurs. You can also take advantage of the local SPA's various treatments.

**Five-day stay 590 PLN (double and triple room); from 730 PLN (single room).**

#### The programme includes:

- Expedition „Wild forest” - hunting, watching the tracks of wildlife, nature watching.
- A tour with the host along the „Wooden Architecture Trail” and visits to nearby roadside shrines.
- Workshops: ceramic (2 hours) or tissue paper (2 hours).

#### Price includes:

- ① Five nights (breakfast included).
- ② Five lunch/suppers.
- ③ Five suppers.
- ④ Implementation of the programme.

**Senior discounts: 10% in February, March, April, October and November (except holidays); October - 15 December.**

**Year-round programme.**







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## “U JAŚKA” [JASIEK’S PLACE]

Elżbieta and Jan Żywczak

Wierchomla Wielka 121,

33-350 Piwniczna-Zdrój

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e-mail: jan\_zywczak@o2.pl

www.pokoje-wierchomla.pl



2 km 3 km 2 km 10 km

The farm is located in the village of Wierchomla Wielka, in the Beskid Sądecki mountain range, on the River Wierchomlanka in the Poprad Landscape Park. The village is surrounded by mountains: Pusta Wielka (1,061 m above sea level), Runek (1,082 m above sea level) and Parchowatka (1,005 m above sea level) neighbouring Slovakia. The area has numerous mineral water springs (Szczawy and Zuber) recommended for ulcers, kidney stones, diabetes and anaemia. One spring is located only 100 m from the farm. Lemko people lived here until 1947. They left numerous monuments behind.



“U Jaśka” is a working farm breeding cattle and small livestock and growing fruits and vegetables.

Guests have a living room, large garden with a gazebo with a fire-place and baking oven plus a children’s playground. Pets are always around and welcome your attention.



The hostess runs a traditional homemade cuisine based on organic produce from her own farm (cow cheese, butter, cream, milk, poultry and beef, jams, juices, vegetable preserves) including dietary meals. Her specialty is white borscht, beef delicacies and traditional cheesecake. The hosts have been entertaining guests for 20 years. They have received numerous awards for quality of their services, including First place in the competition „The most aesthetic farm - 1996; Second place in the national competition” Agri-Eco-Green Summer.“

## PRICES (per person) – individual stay

Per night:	30 PLN
śniadanie	15 PLN
Lunch:	20 PLN
Supper:	15 PLN
Number of beds:	13 (extra cots are available).
Number of rooms:	5 (all with bathrooms).
Room types:	two double and three triple rooms.

Prices are negotiable depending on the length of stay.



## Programme for Seniors

### “HEALTHY AND ACTIVE”

Organic farm “U Jaśka” is the perfect place to rest in any season. The area is perfect for all forms of active tourism, from walking, hiking, cycling, Nordic walking to cross-country and downhill skiing. Healthy nutrition, medicinal mineral waters (Szczały and Zuber) and a mild mountain climate will definitely improve your physical condition.

### Four-day stay (Monday through Friday) 320 PLN.

#### The programme includes:

- Integration in homey atmosphere.
- Visiting and learning about Lemko history and historic monuments.
- Tasting organic foods.
- Trips in the mountains following tourist trails.

#### Price includes:

- Four nights.
- Full board (lunch on Monday through breakfast on Friday).
- Programme as above.

### Seven-day stay (Saturday through Saturday) 560 PLN.

#### The programme includes:

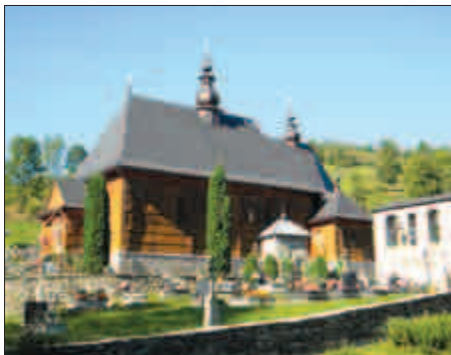
- Integration in homey atmosphere.
- Visiting and learning about Lemko history and historic monuments.
- Tasting organic foods.
- Trips in the mountains following tourist trails.
- Trips to mineral water sources.

#### Price includes:

- ① Seven nights.
- ② Full board (lunch on Saturday through breakfast on Saturday).
- ③ Programme as above.

### Senior discounts: 10% in April and September through November.

Free transport by the hosts from bus stops and railway stations in Piwniczna-Zdrój and Wierchomla.



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## "U JĘDRUSIA" [JĘDRUŚ'S PLACE]

Maria Harnik

33-383 Tylicz, ul. Kazimierza Wielkiego 34 B

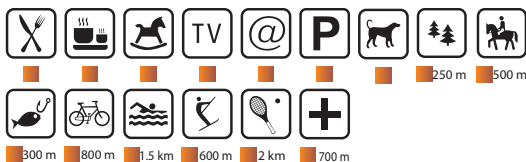
tel.: +48 18 473 12 82, mobile: +48 887 393 186

e-mail: [biuro@tyliczujedrusia.pl](mailto:biuro@tyliczujedrusia.pl)

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



Category: 



The house is located in Tylicz, a picturesque and peaceful village of Beskid Sądecki mountain range near Krynica-Zdrój (6 km), the "pearl of Polish SPAs" and the border with Slovakia (4 km).

The area encourages hiking, the nearby forests abound in berries, raspberries and mushrooms.

Nearby numerous monuments invite visitors: the church dating back to 1612, the Greek Catholic church and the historic quadrangle-shaped square. Tylicz also has a horse farm, animal farm, a swimming pool, a small SPA park and mineral springs (recommended for gastrointestinal and respiratory disorders).

Guest can use a spacious garden, gazebo, grill and campfire area, ping-pong table, Nordic walking sticks and the services of a masseur. Children can enjoy swings, slide and sandpit.

The hostess is a wonderful cook. Her specialty are pork loins in boletus sauce, noodles with cabbage, a bowl of pierogies and yeast pastries.

The hosts speak English and German.



## PRICES (per person) – individual stay

Per night:	30 PLN
śniadanie	15 PLN
Lunch:	20 PLN
Supper:	15 PLN
Number of beds:	15
Number of rooms:	5 (all with bathrooms).
Room types:	five double rooms (Additional cots are available).
Discounts:	children below 3 stay free.



## Programme for Seniors

### “JĘDRUŚ’s PLACE IS LIKE MOM’S”

“U Jędrusia” is a great place for people who appreciate family atmosphere and homemade meals “like Mom used to make.” The location of the house offers many opportunities for active leisure time: hiking and cycling, mineral water sources and visiting wooden architecture buildings.

**Seven-day stay 599 PLN.**

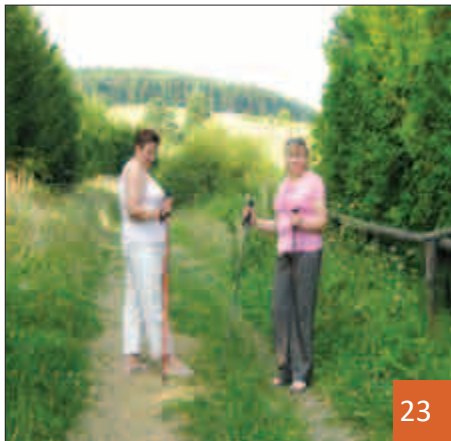
### The programme includes:

- A trip to the forest with the hosts to gather mushrooms and berries (especially saffron milk caps) and processing them.
- Sightseeing with the hostess (Lemko Orthodox church, mineral water springs).
- Chatting when “playing chefs.”

### Price includes:

- ① Seven nights.
- ② Full board (lunch on Saturday through breakfast on Saturday).
- ③ Programme as above.

**The programme runs from March through November.**





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## “U BABCI MILI”

### [GRANDMA MILA’S PLACE]

Bernardyna and Janusz Kieblesz

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tel.: +48 18 471 11 09, mobile: +48 503 325 770

e-mail: tyliczkwatery@poczta.onet.pl

www.ubabcimili.pl



■	■	■	■	■	■ 200 m	■ 500 m	■ 100 m	■ 1,3 km
■ 1,3 km	■ 500 m	■ 2 km	■ 500 m					

Tylicz is a holiday resort, located in the Beskid Sądecki mountain range, 6 km from the centre of the SPA Krynica-Zdrój and 4 km from the Slovakian border. Villa „U Babci Mili” is located in the centre of the village.



Guests can use games room with table tennis and garden chess. The property has arbours with sun loungers, swings and grill and a “Quiet corner.” There is also a children’s playground with a trampoline, sandpit and huts. The location provides many opportunities for relaxation. In the summer there are beautiful walking and biking trails, nearby outdoor swimming pool, horse stud farm, mountain stream (trout and lipland), forests full of mushrooms and berries, Orthodox Lemko wooden church, mineral springs trail and numerous other attractions.

In winter, it’s a great area for downhill and cross-country skiing.



It is a great place for seniors and children. The host is a certified guide who knows the area well and is happy to show visitors around. He is also a sculptor and his numerous works can be admired in the house and its surroundings. In winter and in the summer, he organises white and green sleigh rides to the „Noisy Hut” where he plays regional tunes on accordion. The hostess is a talented cook. She uses products from her own traditional farm and her specialty are regional dishes such as potato casserole, lamb, “freckled” pierogies, sour cabbage soup with short ribs, lard with cumin and fruit pies and cakes.

The hosts speak English.



## PRICES (per person) – individual stay

Per night (breakfast included):	45 PLN
Lunch:	20 PLN
Supper:	15 PLN
Number of beds:	15
Number of rooms:	5 (all with bathrooms).
Room types:	two double, two triple and one studio.



## Programme for Seniors

### “JOYFUL RELAXATION IN BESKID MOUNTAINS”

Hosts have been organising leisure activities for many years. Seniors can use marked cycle routes and hiking trails and will certainly enjoy visiting numerous monuments (wooden architecture trail), learning about Beskid culture and traditions in the company of a licensed guide.

**Seven-day stay 560 PLN.**

### The programme includes:

- Guided walking tour with the host (visiting Orthodox churches, mineral water springs and volcanic mud places).
- Campfire (or grill) with the host telling tales and legends of the region, group singing with the host playing accordion.

### Price includes:

- ① Seven nights.
- ② Full board (lunch on Saturday through breakfast on Saturday).
- ③ Programme as above.

**Senior discounts: 10% in April- May and September-November.**

**Prices are negotiable for stays 7 days and up.**





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## "U JANKA" [JANEK'S PLACE]

Jan Mazurek

33-370 Muszyna, Szczawnik 28

tel.: +48 18 471 48 35, mobile: +48 693 036 945

www.ujanka.agrowczasy.com

e-mail: ujanka@poczta.fm



■	■	■	■	■	■ P.U.	■ 200 m	■ 1.5 km	■ 200 m
■ 3 km	■ 1 km	■ 800 m	■ 1.5 km	■ 3 km				

The house is located in the village of Szczawnik near Muszyna in Beskid Sądecki mountain range, near the ski station Dwie Doliny [Two Valleys] Wierchomla-Muszyna. It's a perfect place for active individuals. A historic Orthodox church with original iconostasis and mineral springs are nearby. The proximity of the forest encourages walks and harvesting of berries and mushrooms (especially saffron milk caps), while in the Poprad river you can catch mountain trout and grayling. In the nearby Muszyna, a swimming pool with amphitheatre invites swimming enthusiasts and a gym in the park lures body-building lovers. Sensory park tempts with various flowers and fragrant shrubs,

There is a secure car park and grill facilities in the garden. The hostess runs a full board, serving traditional, regional and dietary meals.

The host is a sculptor and is happy to teach his guests this rare art. He also knows the stories and the surrounding historic sights and will gladly advise guests how to best spend their time.



## PRICES (per person) – individual stay

Per night (breakfast included):	35 PLN
Lunch:	15 PLN
Supper:	10 PLN
Number of beds:	17
Number of rooms:	5 (all with bathrooms).
Room types:	three double, one triple and one 4-person rooms (additional cots are available).
Discounts:	10% in March-April and September-November.



## Programme for Seniors

### “TAKE CARE OF YOUR HEALTH IN BESKID SĄDECKI”

“U Janka” is a perfect place to improve your physical condition. There is a park nearby where seniors can lift weights “under the sky” regardless of age or condition and where fitness equipment is available free of charge. Nearby SPA offers preventive treatment (relaxation and brine baths). The gentle slopes of the Beskid Sądecki range, the proximity of the forest and the brook encourage short and longer hiking and cycling tours.

**Seven-day stay 485 PLN.**

### The programme includes:

- Walking tours with the host (visiting Orthodox churches, park with the fitness centre and mineral water springs).
- Visiting Museum of the State of Muszyna in Muszyna.
- Participation in sculpting workshops (wood sculptures).

### Price includes:

- ① Six nights.
- ② Full board (lunch on Saturday through breakfast on Friday).
- ③ Programme as above.

**Senior discounts: 10% in April- May and September-November.**

**Year-round programme.**







12

## “FAMILIÓWKA” [FAMILY PLACE]

Barbara and Stanisław Babiak

34-440 Kluszkowce, Mizerna 22

tel.: +48 18 275 08 85, mobile: +48 668 034 219

e-mail: barbarababiak@tlen.pl

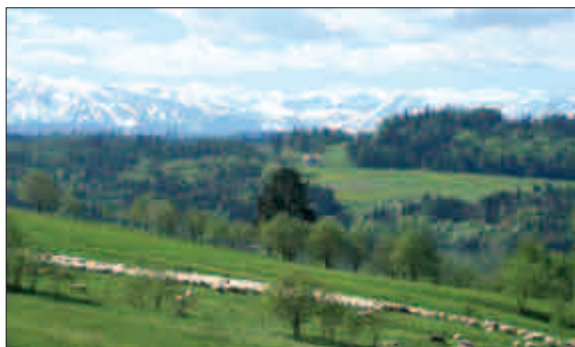
www.familiowka.com



Mizerna is a village located in the valley of a creek on the southern slopes of Gorce mountains. It boasts special landscape and climatic benefits. The mountain stream flows through the village, enhancing the character of the mountain atmosphere. Nature reserve „Modrzewie” is located to the south-east of the village. Mizerna is a very good starting point to walk in Gorce (Turbacz peak is 1,311 m above sea level) and the Pieniny Mountains. The proximity of Czorsztyn Lake provides an additional opportunity for active recreation, with its water equipment rentals (kayaks and sailing boats) and bathing areas, also suitable for children. The unique attraction of this region is the rafting of the Dunajec River Gorge in the Pieniny Mountains. Wdźzar peak in nearby Kluszkowce has ski lifts and toboggan run, 1,000 m long.

“Familiówka” is a house where family generations have lived. The windows offer view of high Tatra Mountains and clear mountain ranges.

Guests can use a grill area, playground, children’s trampoline, wooden gazebo to rest in Nordic walking poles rental and parking spaces. Hosts are native Highlanders cultivating Highlander traditions. They speak the local dialect and serve regional, dietary and easy-to-digest foods from their own farm.





## PRICES (per person) – individual stay

Per night (breakfast included):	43 PLN
Lunch:	18 PLN
Supper:	13 PLN
Number of beds:	16
Number of rooms:	4 (all with bathrooms).
Room types:	one double, two triple and one 4-person rooms.
Discounts:	5% for 7 days and up.



## Programme for Seniors

### “HIGHLAND CLIMATES”

„Familiówka” is a senior-friendly house with Highlander traditions. From the windows of the house you can admire the unique panorama of the Tatra Mountains, regardless of the season. The silence of the surrounding nature and easy hiking trails of the larch nature reserve are ideal for people who are less physically active. Enthusiasts of more active water and winter sports and hiking can find excellent opportunities in the upper parts of Pieniny and Gorce.

### Seven-day stay 650 PLN.

#### The programme includes:

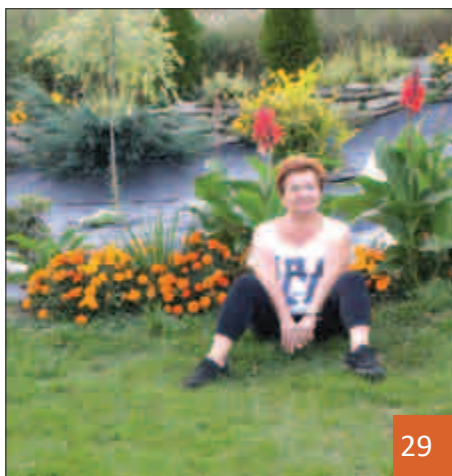
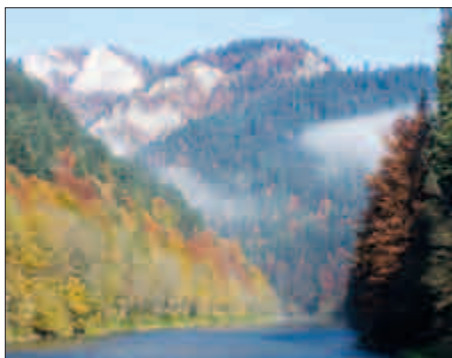
- Feast with tasting Highland delicacies.
- Nordic walking along trails of various difficulty levels.
- Help with light farm work, harvesting fruits and vegetables (in summer) and making preserves as souvenirs or painting on glass (in winter).
- Knitting workshops.

#### Price includes:

- ① Seven nights.
- ② Full board (lunch on Saturday through breakfast on Friday).
- ③ Programme as above.

**Senior discounts: 10% in January-April and October-November.**

**Year-round programme.**





13

## “NAD WODOSPODEM” [OVER THE WATERFALL]

Czesława Lalik

34-205 Stryszawa 189 a

tel.: +48 33 874 24 80, mobile: +48 504 202 424

e-mail truskawka33@op.pl

www.agrostryszawa.tl.pl



The house is located in the village of Stryszawa in the Beskid mountains. The area is famous for its walking and cycling trails. Stryszawa is famous for its folk arts and crafts (wooded birds, hay and tissue paper ornaments). Local artisans organise workshops to have their work admired by visitors.

The house is surrounded by gardens and orchard, full of flowers and greenery. It boasts a 100-year old waterfall, volleyball field, and fishing trout pond.

The garden has a large swimming pool, grill, swings and a sandpit. All rooms face the swimming pool and garden. The orchard is full of apple trees, currants, gooseberries, raspberries, strawberries, herbs and vegetables. Guests can help in light orchard work, such as harvesting apples, collecting gooseberries or raking grass. Dogs - a Samoyed and a Husky - are friendly because they are physical therapy dogs for children and adults. The dogs are happy to accompany visitors in their walks in the area meadows and forests, making guests feel safe.



The hostess runs a full board with homemade meals in which she uses homemade vegetable and fruit preserves.

## PRICES (per person) – individual stay

Per night (breakfast included):	50 PLN
Lunch/Supper:	20 PLN
Supper:	15-20 PLN
Number of beds:	20
Number of rooms:	5 (all with bathrooms).
Room types:	three double, one triple and one 4-person rooms.



## Programme for Seniors

### “IN THE ORCHARDS OVER THE WATERFALL”

Seniors who love nature and animals are welcome. This is a unique place to relax and de-stress. Guests can spend their time actively (biking, walking or Nordic walking) accompanied by family dogs.

**Seven-day stay 630 PLN.**

#### The programme includes:

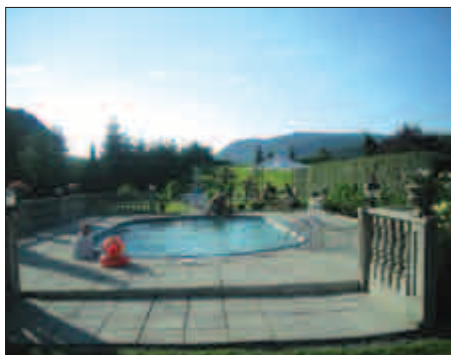
- Trips around the area with dogs.
- Demonstration of bread baking, making preserves and dandelion liquors.
- Walking tour with the hosts to the castle and inn “Rome” in Sucha Beskidzka.
- “Your dog, your friend” - learning about breeding Samoyed and Husky dogs.

#### Price includes:

- ① Six nights.
- ② Full board (lunch on Saturday through breakfast on Friday).
- ③ Programme as above.

**Senior discounts: 10% September through November.**  
**(prices are negotiable with longer stays).**

**Year-round programme.**





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## “DOMEK W GÓRACH” [MOUNTAIN CHALET]

Seroczyńska Agata

34-205 Stryszawa 783C

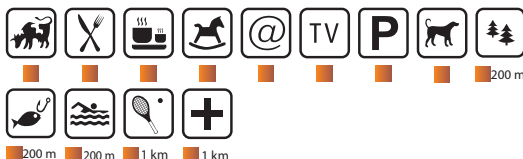
Mobile: +48 501 588 270

e-mail:seroczynska@op.pl

www.domekbeskidy.pl



Category: 



Stryszawa is a village situated in the vicinity of the Babiogórski National Park, famous for the production of traditional wooden toys. The house is new, located near the forest and the Stryszawka river, 200 m away from the main road and ready to welcome guests.

All rooms have beautiful views of the mountains. The house has a kitchenette, arbour, library, stylish wooden gazebo, swings and sandpit. Nordic walking sticks can be rented for free. A museum of traditional wooden toys is nearby. When visiting the museum, guests can participate in creative workshops creating tissue paper art, paintings on glass and painting wooden toys. Museum shop has products made by local folk artists, including the famous Stryszawa birds.

The hostess runs a full board based on products from her own farm.

The farm received an award in 2011 for “The nicest home garden” and third place in the competition for “Attractive Agri-tourism farm in the Podbabiogórze region” in 2011 and 2012.

The hosts speak English and Italian.





## PRICES (per person) – individual stay

Per night (breakfast included):	50 PLN
Lunch:	20 PLN
Supper:	15-20 PLN
Number of beds:	9
Number of rooms:	4 (all with bathrooms).
Room types:	three double and one 3-person rooms.
Discounts:	10% off from families with children.



## Programme for Seniors

### “STRYSZAWA CLIMATES”

“Mountain Chalet” is a great place to revitalise and de-stress your system.

Immerse yourself in silence and tranquillity, watch the forest animals, listen to birds sing and admire nature. Hosts are very experienced in arranging leisure activities for guests. They will happily accompany you on hiking and biking trails, and in the evenings, by the campfire, tell you interesting stories about the area.

**Four-day stay 380 PLN.**

#### The programme includes:

- Demonstration of baking bread and local pastries.
- Visiting the wooden toys museum and participation in art workshops.
- “Bloodless hunt” of taking photographs.
- Walking in the forest with the hostess.

#### Price includes:

- ① Four nights.
- ② Full board (lunch on Tuesday through breakfast on Saturday).
- ③ Implementation of the programme.

**Senior discounts: 10% in April- May and September-November.**

**All-year round programme for a minimum of 2 people.**



15

## “LEŚNY ZAKĄTEK” [FOREST NOOK]

Katarzyna Gancarz

34-205 Stryszawa 567 a

tel.: +48 33 874 72 13,

mobile: +48 518 593 556, +48 609 294 878

e-mail: lesnyzakatek.agroturystyka@gmail.com

www.noclegilesnyzakatek.jimdo.com



50 m

50 m

5 km



“Leśny Zakątek” is located at the foot of the Jałowiec mountain (1,111 m above sea level), in the village of Stryszawa, in the vicinity of the Babiogórski National Park. Natural springs, mountain climate, spruce, beech and fir forests and clean air create a very healthy micro-climate. The well-developed network of roads and forest paths invite for day-long walks in a quiet and peaceful environment. Culture and regional traditions are alive and worth exploring. Stryszawa is considered one of the main manufacturing centres of folk toys in Poland. The village is famous in all Europe for its wooden folk toys and creative workshops.

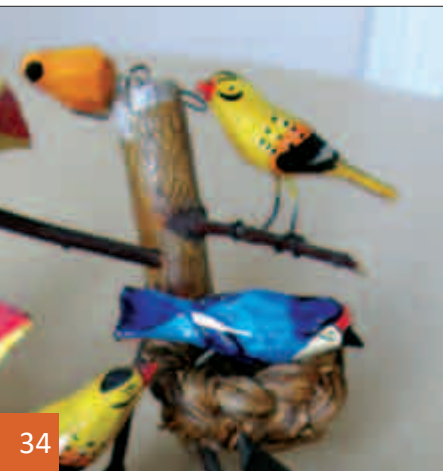
“Leśny Zakątek” is a modern house, with a gazebo, grill and campfire area, swing, bicycles, benches, sandpit and loungers.

The hostess runs a homemade traditional regional cuisine using local produce and recipes.

It is a great place for family vacations, the elderly, nature lovers and all those who love nature.

The farm took first place in the competition for the most beautiful home garden.

The hosts speak English.



## PRICES (per person) – individual stay

Per night:	40 PLN
śniadanie	10 PLN
Lunch:	20 PLN
Supper:	15 PLN
Number of beds:	12
Number of rooms:	4 (all with bathrooms).
Room types:	Double and triple rooms.
Discounts:	10% for regular guests.



## Programme for Seniors

### “FACE TO FACE WITH NATURE”

When staying here, you will appreciate the extraordinary value of the unique surrounding flora and fauna of the Beskid mountains and get acquainted with the history of several centuries old settlement and local inhabitants. This is a place where you can be in full harmony with nature and learn about the rich history, culture and tradition of the region.

**Four-day stay 390 PLN.**

#### The programme includes:

- Participate in creative toy workshops and meet a local sculptor.
- Be part of a walking tour of the historic monastery in Stryżawa-Siwcówka with the room commemorating Primate Stefan Wyszyński and Cardinal Karol Wojtyła.
- Walk with the hostess in the surrounding forest complex, find traces of unique species in the wild (wild boar, deer, roe deer and black stork), collect herbs, mushrooms and berries to make your own preserves,
- sit around the campfire or grill your own food.

#### Price includes:

- ① Four nights.
- ② Implementation of the programme.
- ③ Full board (lunch on Monday through breakfast on Friday).

**Senior discounts: 10% in April- May, September and October-November.**

**Year-round programme.**



# PICTOGRAM LEGEND:



Working (active) farm.



Eco-farm.



Children's playground.



All meals.



Access to the fully equipped kitchen.



TV in the room.



Internet access.



Guest parking.



Disabled-adapted.



Pets welcome.



Forest.



Horse stables.



Fishing.



Biking trails/bike rental.



Swimming pool/swimming lake.



Ski lifts.



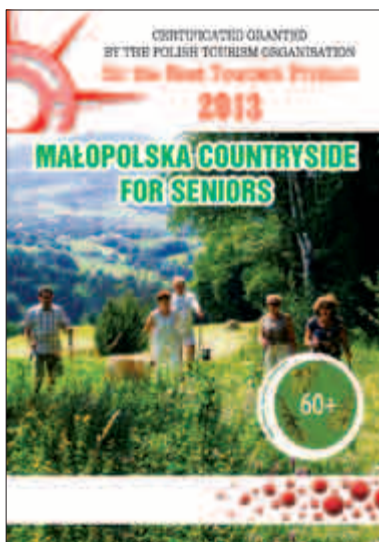
Tennis courts.



Medical assistance.



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Bożena Srebro, Sądecka Organizacja Turystyczna [Sącz Tourism Organisation] [www.sot.org.pl](http://www.sot.org.pl)



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