



SZCZAWNICA

Spa Resort

The Szczawnica Spa Resort

Renowned for its exceptional surroundings, its incomparable atmosphere and the hospitality of its inhabitants, the Szczawnica thermal spa is located in one of the most beautiful regions in Poland, the valley formed by the Grajcarek river, a tributary of the Dunajec, between the Radziejowa peak and the Mafe Pieniny mountain range, at an altitude between 440 and 560 meters.

Visitors to the spa can profit from the exceptional properties, unique in the world, of the acidic mineral water springs, containing bicarbonate, sodium and iodine, rich in mineral salts and dietary minerals. It is thanks to the latter that the spa specialises in the treatment of respiratory tract diseases, allergies and diseases of the locomotor system.

Visitors can also enjoy a varied hospitality offer – including the prestigious, five-star Modrzewie Park Hotel, the first in the Pieniny. A stay at the spa resort is also the opportunity to sample a large array of cultural and tourism activities. Dworek Gościnny (Guest Manor), once considered as the “salon of the Pieniny”, is today a magnificently designed art and cultural centre with the technical infrastructure to offer programming on an European level.

Meanwhile, food lovers are not forgotten. Szczawnica is also renowned for its regional specialities which can be sampled in its traditional inns and local restaurants. Not forgetting regional products such as cheese and honey that entice visitors with the richness of their taste.

Those who discover the beauty and atmosphere of Szczawnica will return again.



Summary

Szczawnica



p. 4

Thermaleo Company



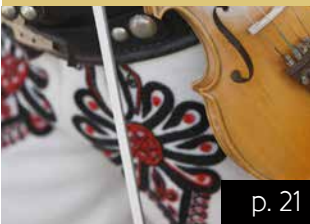
p. 6

Spa



p. 12

Traditions



p. 21

Art and Culture



p. 24

Tourist attractions



p. 26

Festivals and events



p. 29

Accommodation



p. 30

Restaurants and bars



p. 32



Szczawnica

The name of the town comes from "szczawy", which is what the locals call the acidic waters. The first historical mention of the spa town dates back to the beginning of the 16th century. Until the end of the 18th century, Szczawnica was part of the Czorsztyn district. In 1839, Józef Stefan Szalay took over the administration of Szczawnica and the development of the spa resort truly began.

Szczawnica - now and then

The middle of the 19th century sees the town develop dynamically thanks to the vision of Józef Dietl, a doctor and promoter of spa resorts who visited Szczawnica in 1857. Seduced by the locality, he helped it to develop its hydrotherapy activities, already respecting the norms set by other European resorts. New thermal facilities are rapidly developed.

New thermal springs are discovered one after the other. Before dying, Józef Szalay ceded the management of his thermal establishment to the Academy of Learning in Krakow, which continued the visionary work of its founder despite financial difficulties. This is how the Dworek Gościenny (Guest Manor), renowned throughout Europe, was built.

In 1909, Szczawnica was acquired by Count Adam Stadnicki of Nawojowa. Despite the war that ravaged Europe a few years later, Adam Stadnicki's activities were a success and Szczawnica profited from continuous growth. The thermal baths were renovated, the "Górny Park" extended to include the "połonina" [the alpine grasslands above the timberline]. The Inhalatorium, which was then equipped with pressurised rooms unique in Poland, was built, as was the Willa pod Modrzewiami (Villa under the Larches).

Unfortunately, the start of World War II halted the development of the spa resort and in 1948, the government of the PRL (Polish People's Republic) nationalised the resort. In 1956, the Państwowe Przedsiębiorstwo Uzdrowisko

Szczawnica (National Szczawnica Spa Company) was created and focused its activities on the occupational illnesses of miners and metalworkers. The sanatoriums built at the time are named after the professions then valued by the state: Hutnik (Metalworker), Górnik (Miner), Nauczyciel (Teacher), Budowlani (Builders), Papiernik (Papermaker) and Dzwonkówka (named after a nearby mountain).



The name of the town comes from "szczawy", which is what the locals call the acidic waters.

In 1973, the Natural Therapy Spa was opened, featuring all the required health equipment for baths, inhalation, physiotherapy and massages. In 2005, the Polish government returned the Szczawnica Spa Resort to the descendants of its pre-war owners.

Andrzej Mankowski, grandson of Count Adam Stadnicki, and his three children decided to invest the requisite funds and a considerable amount of work to restore Szczawnica to its old splendour and charm.

Very quickly, by 2008, the eastern part of Dietl Square was rebuilt in its historical form, containing a bar for Szczawnica's mineral waters, an art gallery, the Café Helenka and the Holenderka and Szwajcarka villas. From 2009, the five-star Modrzewie Park hotel was ready to greet its first guests. In 2010, the Spa Resort Museum was inaugurated and more recently, in 2011, the reconstruction of the Dworek Gościenny (Guest Manor) was finished. In 2012, in collaboration with the town of Szczawnica, the last part of this long-term and passionate project – the regeneration of the Dolny and Górny parks – was finished.

Thermaleo

Dear visitors,

I invite you to come to Szczawnica, a town whose history is closely linked to the history of our family. My grandfather, Adam Stadnicki, did his utmost to realise his dreams and create this European spa resort. Today, it is up to us, his heirs, to perpetuate his passion. We would like every visitor to feel at home.

Our ambition is to create a family resort, a place to travel to, to escape to for a weekend, or even just a day; a place where spa clients can enjoy the therapies on offer and the curative properties of the waters; a place where the exceptional surroundings of the Pieniny mountains can host your conferences, congresses and other business meetings.

Considered in the past as the crown jewel of Polish spa resorts, our wish is to restore Szczawnica to its former splendour and charm: a pleasant and dynamic resort, providing a personalised offer.

André Mankowski

Created in 2004 by André and Monique Mankowski, Thermaleo is a family company represented in Szczawnica by their three children: Héléna, Nicolas and Christophe. The company is mainly involved in developing sectors such as hotels, gastronomy and tourism, but it also actively participates, through patronage, in the development of cultural and artistic activities, as well as the promotion of regional heritage.

Thermaleo is the main shareholder in Uzdrowisko Szczawnica S.A., which participates actively in the revitalisation of the town in its role as a spa resort, breathing life into numerous projects, both those that have already been implemented and important future investments.

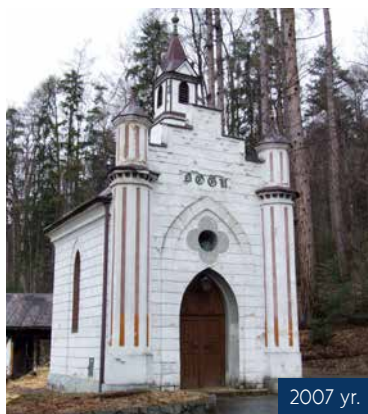
THERMALEO

Spas Development & Management





One of the company's main construction projects is a vast hydrotherapy facility in the town of Szczawnica. Already open are: the Helenka Café, the Mineral Water Bar, the Art Gallery, the five-star Modrzewie Park Hotel, the Spa Resort Museum and the Dworek Gościenny, a majestic manor redeveloped as a cultural and conference centre, cinema etc.



A small restored chapel, the renovation of many buildings, and the restored splendour of the town's sculptures and parks, are a few examples of what has already been achieved. Furthermore, the company has started on the modernisation and reconstruction of the buildings belonging to Uzdrowisko Szczawnica S.A.



Mineral Water Bar and Art Gallery – 2008

In 2008, the Mineral Water Bar, located on Dietl Square, was restored and opened by Thermaleo. The original architectural style and its unique atmosphere have been preserved. Tourists, spa visitors and the inhabitants can enjoy the curative mineral waters there. On the first floor is the Art Gallery, where the works of both local and nationally -known artists are exhibited.



1906 yr.



2008 yr.

Café Helenka – 2008

One of the company's first projects was the reconstruction of the Café Helenka. Built in 1962 and completely ravaged by a fire in 2002, it is today a subtle compromise between the traditional local architecture and a contemporary design. This timeless atmosphere is the perfect place to sample an international menu with a French touch. In summer, customers can enjoy the café's two sunny terraces for a meal or simply a short break, seated on the comfortable sofas outside.



2007 yr.



2008 yr.

Modrzewie Park Hotel ***** – 2009

A small jewel set within an island of greenery, the Willa pod Modrzewiami (Villa under the Larches) was built in 1938 by Count Adam Stadnicki for one of his daughters. In 2009, Thermaleo restored the building, giving it an Art Deco style that plunges you into the magical elegance of the 1930s.

The first five-star hotel in the Pieniny region, the hotel answers to the most demanding requirements placed upon international luxury hotels. This remarkable environment is the ideal place for the traveller seeking calm, comfort and well-being.



2006 yr.



2009 yr.

Spa Resort Museum – 2010

The Spa Resort Museum was opened in 2010. Thanks to the permanent and temporary exhibitions organised there, tourists and spa visitors can discover the richness of Szczawnica's history. Among the exhibited objects, many were provided by the town's inhabitants, making the museum a unique place, beloved by the whole community.



2010 yr.



2010 yr.

Revitalisation of the parks – 2011-2012

The revitalisation of the parks is a project carried out in collaboration with the office of the mayor of Szczawnica.

The Dolny (Lower) Park is a mixture of different inspirations. Designed as a botanical garden, it invites its visitors to escape, the time of a walk between family or friends. You will walk by wooden awnings where artists perform, then a small pond, down lanes lined by 100-year-old trees before arriving at the botanical part, a veritable exploration of plant species.

The concept behind the Górny (Upper) Park is a more open idea of space. The company has designed it to offer a series of vanishing perspectives. The mind is drawn by vastness and distance. The inspiration was provided by French royal gardens and the steps of the Sacré-Cœur Basilica in Paris.

These great lines interplay delicately with the intimate spaces around typical mountain fountains, between recesses and perfectly restored structures that remind you that despite the renovation, the history of the place and its spirit remain very present.



Future projects

Main Spa Centre

This centre will focus its treatments on natural therapies based on the therapeutic benefits of thermal springs. Offering the latest technological advances, it will also be equipped for rehabilitation. No less than 7 000 m² on two floors will provide medical practices, treatment facilities, swimming pools than be used both for recreation and therapy, as well as inhalation rooms and massage parlours. After their treatments, spa visitors can relax on a veranda offering a panoramic view of the mountains.

The centre will provide both therapeutic and recreational stays.



Hutnik Sanatorium

It's an old sanatorium built in the 1950s. The building will be fully renovated in order to create a four-star hotel with 200 rooms, conference rooms with a capacity of up to 600 places, swimming pools, a spa and a fitness centre. This building will be a perfect place for company seminars, congresses and conferences. More than just a hotel, this lively place will also host a shopping area and a majestic "sky bar" on the twelfth floor, providing an breathtaking view of the valley.



The Spa Resort

Szczawnica is one of the oldest and most beautiful spa resorts in Poland. It owes its development to Józef Szalay and Józef Dietl, the true initiator of its spa activities. He built the first thermal baths there, new buildings for baths and accommodation and actively promoted the town by inviting the famous people of the time there.

200 years of treatment tradition

The Szczawnica Spa is located in one of the most beautiful corners of Poland. Situated in the valley of the Grajcarek, the right-bank tributary of the Dunajec and between the ranges of the Pieniny and the Sącz Beskids, it forms perfect microclimate favourable for improvement of one's health and the state of the upper respiratory tract.

There are springs of twelve acidic mineral waters - "szczawy" - whose curative properties were first mentioned in the 16th century. Until today, their curative properties attract patients from almost the entire globe. This is why one of the main features of the Spa comes as a magnificent Pump-Room where visitors can enjoy benefits of bicarbonate, sodium, iodine, and bromide waters rich in mineral salts and numerous micro-elements.

Patients planning to arrive to the Pieniny health resort are welcome to take advantage of sanatoria and rehabilitation-and-treatment centres. They perform 42 types of treatments such as hydrotherapy, inhalations (exceptionally effective cell inhalations), physiotherapy, kinesitherapy, and drinking treatments.



The spa specializes in treatment of the upper respiratory tract disorders, including chronic nose and throat inflammations, diseases of the vocal apparatus, allergies of the upper respiratory tract, bronchial asthma; musculoskeletal disorders, i.e. degenerative disorders of the spine and joints as well as rheumatoid disorders and rheumatoid

arthritis. In treatments afforded to patients, the health centres use the spa's own balneological resources such as it's own mineral waters as well as the environmental conditions, namely the therapeutic microclimate.

All the treatments are performed with the application of the highest quality equipment and available technology. Doctors and qualified personnel take care of the appropriate selection and effective application of recommended treatments.



**UZDROWISKO
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Treatments and procedures performed in the Spa:

Ultrasonic inhalations with medications – The procedure consists in application of curative aerosol to the respiratory tracts.

Effects: cleansing, immunizing, regenerative, regulation of mucosal hydration.

Scottish shower – A relaxation treatment with the stabilizing effect on the nervous system, stimulates blood circulation and improves metabolism.

Effects: anti-stress, auxiliary in combating cellulite and overweight.

Mud-baths – The procedure consists in a bath in specially prepared peat-suspension.

Effects: anti-inflammatory, analgesic, bactericidal, regenerative.

Mud poultices – The procedure consists in application of peat-mud to specific body parts.

Effects: treatment of inflamed joints and soft tissues.

Whirlpool massage – A hydrotherapeutic treatment of upper and lower limbs.

Effects: antioedematous, analgesic, muscle relaxing, and a supplementary treatment in treatment of adhesions and scar tissue.

Underwater massage – It is a mobile douche with regulated pressure in the water bath.

Effects: slimming, reducing muscle tension, improving blood circulation, pain relieving, improving metabolism, soothing for the nervous system.

Mineral baths – The procedure consists in bathing in natural curative waters.

Effects: improves skin blood circulation, positive action on the heart and skin, anti-stress action.

Ozone pearl bath – A bath in a tub with the bottom covered with a special mat transforming compressed air into bubbles.

Effects: micro-massage cleanses the skin of toxins, oxidising and anti-stress action.

Bulling inhalations – So-called heat inhalations consisting in application of medicinal salt solution. The solution is inhaled via a mouthpiece or a mask.

Effects: helpful in treatment of chronic catarrhs of nose, throat, larynx, and sinuses.

Ultrasounds – The therapy consisting in the application of mechanical vibrations with the frequency higher than 20 kHz.

Effects: anti-inflammatory, analgesic, vasodilatory, reducing muscle tension, increasing the extensibility of connective tissue in degeneration.

Treatments and procedures performed in the Spa:

Magnetotherapy – The procedure consists in exposure of the body to the alternating magnetic field.

Effects: analgesic, anti-inflammatory, antioedematous.

Diadynamics – The procedure makes use of the therapeutic action of low frequency electric current.

Effects: treatment of pain syndromes, degenerative disease of the spine, neuropathic pain, periarticular inflammations, and degenerative joint diseases.

Bio V Lamp – The procedure consists in polarized light irradiation of changes in skin diseases and in the wound healing process.

Effects: analgesic and anti-inflammatory.

Laser – Laser means amplification of light by stimulated emission of radiation. The effect for the tissues depends on the applied dose.

Effects: anti-inflammatory, analgesic, auxiliary in regeneration of the skin, bones, and nerve tissue.

Interdyn – It is infrared radiation (IR).

Effects: stimulating, improvement of peripheral circulation, nutrition processes, analgesic.

SOLLUX Light – Invisible IR and electromagnetic radiation causing the heating of tissues.

Effects: analgesic, anti-inflammatory, reduces muscle tension, improves blood circulation of the skin.

Classic massage – A physiotherapeutic procedure.

Effects: helpful in the treatment of degenerative diseases of the spine, pain syndromes of different etiology and bronchial asthma.

Schnitzler tonsil massage – Massage with pressurized brine with the use of an apparatus equipped with a nozzle of special construction.

Effects: helpful in treatment purulent tonsillitis, anti-allergic action.

Iontophoresis – The procedure consists in painless introduction of ions of curative substances into the skin with the use of electric current.

Effects: anti-inflammatory, improvement of the innervations, reduction of pain, increase in bone calcification.

Treatments and procedures performed in the Spa:

Cell inhalation – The procedure consists in application of varied drop size aerosol in the space of a treatment cell.

Effects: immunising, expectorant, hydrating.

Teraplius – Magnetic impulse field of huge frequency

Effects: analgesic, antioedematous, anti-inflammatory.

Gelotherapy – The procedure consisting in application of cold gel bands.

Effects: speeds up regeneration after bone fractures, contusions, and sprains.

Tens – transcutaneous electrical stimulation of the nerves with impulse currents of low frequency.

Effects: relieving chronic and acute pain.

Hydro-jet – Water massage.

Effects: stimulates the circulatory and lymphatic systems, accelerates the absorption of edema, increases joint mobility.

Gymnastics – Individual or collective, with the use of appropriate apparatus.

Effects: increases range of motion and muscle strength of limbs, strengthens and stretches spine muscles, improves elasticity of the whole body.

Sulphur baths – Sulphur-based baths (hydrogen sulphide).

Effects: curative in case of acne, psoriasis, seborrhea, dermatosis, and in degenerative diseases as well as in the peripheral circulation disorders.



The spa resort buildings

Mineral Water Bar

Built by Józef Stefan Szalay in 1863, the Mineral Water Bar was located in „Dom nad Zdrojami” (House over the Thermal Springs) in the eastern part of Dietl Square. In 2002, the building was destroyed by a fire and the Bar had to be relocated elsewhere. It was the Mankowski family who decided to build a replica of this specific building in its historical location. And so the building was reopened in 2008, on Dietl Square.

Currently, the new Mineral Water Bar offers six types of mineral water. Its first floor houses the Art Gallery.

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Papiernik (Papermaker) sanatorium

This three-storey building houses hundred rooms, a restaurant and a rehabilitation centre. It boasts a magnificent view of the ski slopes of the Palenica mountain and the town of Szczawnica to the south.

The sanatorium specialises in the treatment of respiratory tract and laryngological diseases, allergies and locomotor system diseases.

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Inhalatorium

The Inhalatorium is a thermal facility located within the Górny (Upper) Park. The renovation has taken nothing away from the building's old style, nor its architecture, characteristic of the inter-war period. The 13 comfortably appointed rooms can host 28 persons. The Natural Therapy Spa, which specialises in the treatment of respiratory tract diseases, is also located here. Spa guests can use the pressurised rooms used for the treatment of pulmonary diseases and the saline rooms used for treating asthma. Recently (in 2013), in the building opened new treatments: cryotherapy and allergy department.

Park Górny 2, 34-460 Szczawnica

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Uzdrowisko Szczawnica S.A. offers its treatments both as part of those reimbursed by the Polish national health service as well as private, personalised ones.

Our Ambulatory Thermal Treatment allows patients to be taken in charge by the Polish national health service (NFZ) or to privately pay for the prescribed treatments, after a medical visit. During these types of stays, room and board are paid directly by the patients.

Whatever the type of stay and its length, visitors to the hotels and thermal establishments can privately have access to the full range of medical expertise and treatments.

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UZDROWISKO
SZCZAWNICA



Mineral Waters

Szczawnica's waters are acidic mineral waters containing bicarbonate, chlorine, sodium, bromine and iodine. They are regenerative waters, with curative properties. Currently, six drinkable mineral water sources are offered in the Mineral Water Bar, rebuilt and reopened in its historical location on Dietl Square.

Mineral waters of Szczawnica

Helena - spring discovered in 1844. It treats diseases of the upper and lower respiratory tract, rheumatologic disorders, chronic kidney inflammation, obesity, and osteoporosis. It is helpful in treatment of orthopaedic diseases and orthopaedic trauma.

Jan - spring discovered in 1869 - bicarbonate-chloride-sodium acidic water. Used in mineral baths and in production of Szczawniczanka table water.

Józef - spring discovered in 1986. It is used in treatment of the digestive system disorders, diseases of the upper and lower respiratory tracts, rheumatologic diseases, obesity and osteoporosis.

Szymon – Recommended in gastrointestinal diseases, as well as in neuroses, obesity and gout.

Pitoniakówka - Recommended in diseases of neuroses, obesity, inflammation of the upper respiratory tract and bronchi.

Wanda - Retrieved known since 1867. Recommended in diseases of the gastrointestinal tract, neuroses, obesity and gout.

Magdalena - spring discovered in 1939. The bi-carbonate-chloride-sodium-iodide acidic water recommended in diseases of the digestive system, inflammations of the intestine, gall bladder and bile ducts, ulcers of the stomach and duodenum, obesity and mild neuroses.

Stefan - The spring known since 1822. The bi-carbonate-chloride-sodium-iodide acidic water. Recommended, among others, in urinary tract inflammations, nephrolithiasis, catarrhs of nose, throat, bronchi inflammations, asthma, emphysema.

Józefina - The oldest spring in Szczawnica, known already before 1810. The bicarbonate-chloride-sodium acidic water recommended in catarrhs of nose and throat, inflammations, asthma, emphysema, gout and obesity.

In May 2013, the packaging of 5 of Szczawnica's mineral waters in cartons was launched. Produced in the past by the company, the design of the cartons was completely rethought. In this collection, traditional elements combine with resolutely modern details, such as the large numbers and bright colours. The graphical design reflects the dynamism of the company's development in the last few years.





Traditions

The folklore of the Pieniny highlanders, so rich and colourful, is surely the greatest of Szczawnica's riches. It is still present in the local dialect, in the folk costumes worn by the Flisacy (a local group of professional raft sailors, with their own slang and traditions), the coachmen of the carriages and the inhabitants born in Szczawnica itself. The regional colour is that of local art and crafts, woodwork and leather work. The architecture is extremely characteristic, inspired by the Swiss style. On some houses, you can still admire the house names painted onto wooden signs given by Józef Szalay to the inhabitants. The Pieniński Oddział Związku Podhalan (Pieniny Section of the Highlander Association) guarantees the safekeeping and transmission of traditions from generation to generation.

Regional dishes



The traditional cuisine of the Pieniny has its origins in a rural and rustic fare, mainly based on potatoes, cabbage, mutton and lamb. Milk and local cheeses made from sheep's milk are also important components.

Some of the region's traditional dishes:

Kwaśnica - soup made from fermented cabbage juice, meat and potatoes.

Gąfuski - a type of gnocchi normally served with Bryndza (a cheese made from sheep's milk) or lard.

Pamuła - dried pears fried as fritters.

Trzęsionka - an Easter soup made from produce blessed in church the day before Easter and served on Easter Sunday morning.

Śliwanka - prune soup served with groats or potatoes.

Cyr - wholegrain flour cooked with potatoes.

Podpłomyki - pancakes made from flour and potatoes cooked on a griddle above the fire.

Kulasa - wholegrain flour cooked in salted water, served with lard or milk.

Kotoc - a brioche made with cheese or potatoes.

Kapusta po góralsku - sauerkraut cooked with bacon, served with peas or pearl barley.

The local specialities with their age-old recipes can be tasted in Szczawnica's restaurants and inns. The richness of the flavours and aromas, as well as the natural and traditional ingredients, answer the demands of gourmets and all will find something to satisfy their taste buds.

Types of cheese:

Bundz cottage cheese made from sheep's milk. (similar to mozzarella)

Bryndza fermented sheep's milk cheese, divided and kept warm for two weeks. (similar to ricotta)

Żętyca sheep's milk whey, extracted during the making of Oscypek and Bundz cheeses.

Oscypek smoked and salted sheep's milk cheese.





Art and culture

Szczawnica and its region have a lot to offer to curious minds looking for cultural and artistic attractions. The charming wooden Orthodox churches (converted to Catholic ones) or the spa buildings dating to the start of the 19th century, either those that have been renovated or those in their original state, are only part of Szczawnica's heritage. The collections of the Pieniny Museum or the Szczawnica Spa Resort Museum, as well as the exhibitions in the Art Gallery above the Mineral Water Bar will satisfy fans of regional art and local culture. The castles of Niedzica and Czorsztyn, with their picturesque locations and their legends, are some of the jewels of the region.

Dworek Gościenny (Guest Manor)

Dworek Gościenny is a unique place which history dates back to the 19th century. Its construction was started in Szczawnica thanks to Józef Szalay. The building – also known as the Kurhaus, Kursalon, Dworzec and finally Dworek Gościenny (Guest Manor) – was inaugurated in 1884. At this time, it had an imposing ballroom and galleries for the public and musicians. Next to it there were a theatre, a restaurant, a pastry shop, a recital hall and also the atelier of Awit Schubert. For decades, the manor was the cultural centre of the Pieniny. It was here that the social and intellectual life of Szczawnica was concentrated. It was the era of its glory. On 20 October 1962, a fire caused the entire manor to burn down.

In 2008, Thermaleo commenced work on its reconstruction, basing itself on old photographs. It managed to reproduce its plush and elegant forms, as well as equip it with modern amenities, all while preserving

the atmosphere of the original building. Inside, an extremely modern multimedia system is hidden behind its unique decorations.

The heart of Dworek is its Main Hall (Sala Główna) – a multifunctional area that can seat 362 people and which, thanks to its system of retractable stands, can be transformed into a ballroom in no time at all.

Today, Dworek Gościenny is once again an independent cultural centre, dynamic and innovative. It hosts world-renowned artists such as violinist Nigel Kennedy, or the Zespół Pieśni i Tańca Śląsk (Śląsk Song and Dance Ensemble, one of the most famous Polish folk ensembles).

Thanks to its fully operational facilities, Dworek Gościenny can host business meetings, seminars, conferences and congresses, but can also be used privately for family functions, that the beauty of the surroundings and the quality of the service will make unforgettable.



Tourist attractions

Mineral waters
Szczawnica is renowned for the richness of its mineral water springs, springing from the ground. Their curative properties attract visitors from all around the world. If the local waters vary in their chemical composition and their mineral content, they are mostly called "szczawy": that is acidic mineral waters rich in hydrogen, bicarbonate, chlorine, sodium, bromine and iodine. The Mineral Water Bar, located on Dietl Square, is the ideal place to benefit from these springs and their specific taste.

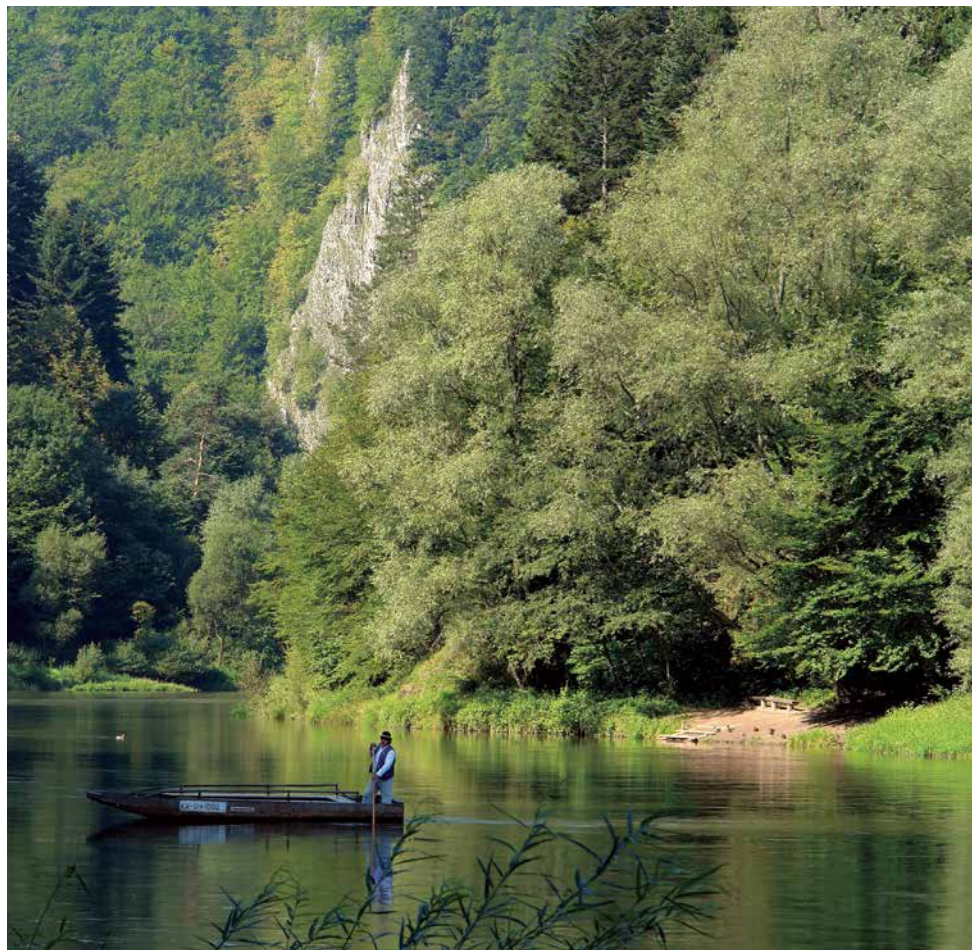
Hiking, horse riding and cycling trails
A true paradise for lovers of mountain hiking and closeness to nature, Szczawnica is the starting point of numerous hiking, horse riding and cycling trails that lead to the highest summits of the Pieniny and Gorce mountains and natural reserves: Wąwóz Homole, Wysokie Skałki but also the Biała Woda reserve, with numerous gorges and waterfalls. For lovers of trail riding, the Stadnina Rajd riding centre offers excursions into the very heart of the beautiful natural reserve.

Water sports
Fans of water sports can challenge themselves, kayaking down the capricious rapids of the Dunajec river and using the slalom runs along the river, where Olympic champions train.

Palenica chairlift
The chairlift is very popular with tourists, who, once they have reached the summit of Palenica, can admire a wondrous panorama from the Slovakian border onto the Tatry, Pieniny and Beskid Sądecki ranges and Szczawnica. In the neighbouring village of Szafranówka, a gigantic 700 metre-long slide, only open in summer, provides plenty of fun for young and old alike.

Ski slopes
In winter, Szczawnica will appeal to skiing fans. Several ski slopes and good snow conditions allow visitors to take part in alpine skiing, snowboarding and cross-country skiing, not forgetting snowmobile and sleigh tours. Thanks to its specific micro-climate and both natural and artificial snow, the full skiing season here can last up to four months.





The gorges of the Dunajec

The main tourist attraction in the Szczawnica region is rafting down the gorges of the Dunajec on traditional wooden rafts piloted by Flisacy (raft sailors) dressed in traditional costumes. The trail that starts in Sromowce Wyżne and ends in Szczawnica was known from the start of the 19th century. The gorges of the Pieniny are some of the most beautiful river gorges that can be found in Europe. The Dunajec, running deeply between limestone cliffs, creates numerous violent bends and curves here. The view from the raft onto the cliffs rising majestically on each side up to a height of 500 metres, as well as the forests overlooking the river, will leave the visitor with wondrous memories.

Useful addresses

ATTRACTIONS

STADNINA RAJD RIDING CENTRE
This riding centre offers visitors horseback excursions into the surrounding mountains, carriage outings and sleigh tours in winter. It also offers horse riding lessons in the pens for both beginners and those wishing to perfect their technique.
tel.: +48 18 262 16 00,
mob. +48 607 478 850
www.stadninarajd.pl

RRAFTING DOWN THE GORGES OF THE DUNAJEC
Every day, from 1 April to 31 October.
www.flisacy.com.pl

KAYAKS
Klub Sportowy Pieniny – the oldest mountain kayaking club in Poland, founded in 1930.
www.kspieniny.pl

SKI SLOPES
Palenica Szczawnica – the skiing area is spread over 3 700 metres and offers 4 slopes of varying difficulty.
www.palenica.info

THE JAWORKI SKIING AREA
offers 8 slopes of varying difficulty spread over 4 400 metres. It offers a cable car and 2 chairlifts.
www.arenanarciarska.pl

CULTURE

THE ART GALLERY OF THE MINERAL WATER BAR
organises temporary exhibitions, ranging from the historical to the works of nationally and internationally renowned artists, as well as talented young artists.
www.galeria-szczawnica.pl

THE PIENINY MUSEUM
presents the life of the Pieniny highlanders from a historical and ethnographic perspective, as well as the history of Szczawnica.
tel: +48 18 262 22 58

THE SPA RESORT MUSEUM
presents the history of the Szczawnica spa resort.
www.muzeum-szczawnica.pl

DWOREK GOŚCINNY (GUEST MANOR)
Opened in September 2011, it houses a multifunctional hall with 362 seats, equipped to the highest technical standards. The building also houses a restaurant and two additional reception halls.
www.dworekgosciny.pl

MUZYCZNA OW CZARNIA (MUSICAL SHEEPFOLD)
A concert hall with a unique atmosphere and an original interior which hosts both Polish and international artists.
www.muzycznaowczarnia.pl

Festivals and events

During the whole year, open air events are organised in the spa resort – including regular events organised on Dietl Square by Thermaleo, which always attract a host of tourists and local inhabitants.

Among the most significant ones is the Święto Wód (Water Festival), during which the benefits of the famous thermal springs in Szczawnica are presented and artistic events organised.

Each year the Festiwal Baśni i Bajki (Fairytale and Legends Festival) is organised for the youngest ones, and around Christmas, the Kiermasz Świąteczny (Christmas Market) exhibits local art and offers it for sale. Concerts and other artistic events are also organised at that time of the year.

During the summer afternoons and evenings, open air concerts are organised for visitors, providing an opportunity to appreciate both classical interpretations and original covers.

The theatre of the Dworek Gościnny, rebuilt in 2011, is once again the heartbeat of the local cultural and social life. The concerts and

cultural events bring together the inhabitants

of Szczawnica, spa guests and visitors from all over Poland. The theatre's Jazz Bar hosts intimate concerts and recitals, while the Villa Marta hosts dances.

Thermaleo also recommends the events organised by, among others, the Miejski Ośrodek Kultury w Szczawnicy (Szczawnica Municipal Cultural Centre), such as the Lato Pienińskie (Pieniny Summer) in July, a series of events presenting the folklore of the Pieniny, and the traditions of its



highlanders and shepherds. As part of this cycle, concerts, openings and art workshops are organised. The Festiwal Górali Karpackich (Carpathian Highlanders' Festival), an international event dedicated to the traditions of the inhabitants of the Carpathians, is a resounding success every year.

Fans of classical music also have their own festival: Muzyka nad Zdrojami (Music by the Sources) or Barokowe Eksploracje. While the Muzyczna Owczarnia (Musical Sheepfold) proposes summer workshops led by eminent personalities from the Polish music scene.



Lodging

VILLA MARTA

Located in the heart of the spa resort, the Villa Marta is a magical place, a unique edifice combining the atmosphere of the past with the modernity of today. This atmosphere is perpetuated by the harmonious combination between the architecture, the beauty of the surrounding nature and the historical richness of the building. Villa Marta provides 19 rooms with bathroom, telephone, television and free access WiFi in all the villa.

 facebook.com/WillaMartaSzczawnica



ul. Główna 30
34-460 Szczawnica
Tel.: +48 18 262 22 70
Mob. +48 519 067 685
www.willamarta.pl
recepca@willamarta.pl

VILLA DANUSIA

Villa Danusia is a place rich in history, located in the very centre of Szczawnica spa resort, offering inexpensive lodgings in 5 rooms for two or three persons. Guests also have access to a large garden, ideal for children, and friendly meals and barbecues. Villa Danusia stands out with its intimate family atmosphere and the calm guaranteed by its surroundings.

 facebook.com/WillaDanusia



Plac Dietla 6
34-460 Szczawnica
Tel.: +48 18 540 04 30
Mob. +48 519 06 76 80
www.willadanusia.pl
recepca@willadanusia.pl

VILLA TEMIDA

A very attractive place, the Villa Temida guarantees easy access to all of Szczawnica's attractions. Each of the 14 rooms was individually decorated and furnished in order to answer the expectations of the most demanding customers.



ul. Główna 10
34-460 Szczawnica
Tel.: +48 18 262 02 44
Mob. +48 723 52 52 52
www.willatemida.pl
info@willatemida.pl



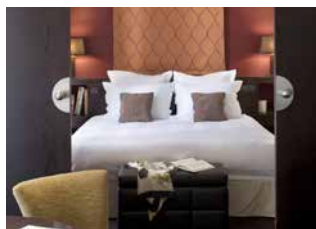
Park Górny 2
34-460 Szczawnica
Tel.: + 48 18 540 04 04
Mob. +48 519 067 702
www.mparkhotel.com
info@mparkhotel.com

MODRZEWIE PARK HOTEL*****

Modrzewie Park Hotel is the first five-star establishment in the Pieniny. The 17 luxury suites, as well as the restaurant, bar, Spa Suite, indoor pool, jacuzzi, sauna, hammam and perfumed showers provide guests with the utmost comfort, calm and well-being, all within a family atmosphere.

The hotel also offers a meeting room for 16 persons and a business corner, equipped with the latest in technology.

 facebook.com/ModrzewieParkHotel



HOTEL
NAWIGATOR
SZCZAWNICA

ul. Zdrojowa 28
34-460 Szczawnica
Tel.: + 48 18 540 04 40
Mob. +48 519 067 697
www.szczawnicanawigator.pl
recepca@szczawnicanawigator.pl

HOTEL NAWIGATOR***

Located in the heart of the resort, the Hotel Navigator is the perfect place for those wishing to relax, but also all those who wish to combine work and rest. It can host up to 120 guest in 57 rooms for one, two or three persons, as well as studios and suites. Renovated in 2012, the rooms are all equipped with Internet access. A massage centre, sauna, fitness room, billiards room, restaurant, bar and playground for children are available to guests.

The hotel also provides a large business centre, with 4 conference rooms with all the necessary equipment for business meetings.

 facebook.com/HotelNavigator



Restaurants and bars

MODRZEWIE PARK HOTEL ***** RESTAURANT

Everyone can enjoy culinary delights in the Modrzewie Park Hotel Restaurant. The chef offers a refined and creative international cuisine inspired by the surrounding nature, as well as a rich wine menu. All within a sober and elegant setting thanks to the hotel's unique location. An ideal place for a romantic dinner, or a meal with family or friends.

Park Górny 2
34-460 Szczawnica
Tel.: +48 18 540 04 04
www.mparkhotel.com
info@mparkhotel.com



MODRZEWIE PARK HOTEL ***** BAR

At the bar, the black velvet armchairs, the discreet lighting, the heady perfume of candles and romantic music place guests in an intimate atmosphere ideal for relaxation. In summer, the terrace offers the perfect environment to sample delicious cocktails all throughout the day.

Park Górny 2
34-460 Szczawnica
Tel.: +48 18 540 04 04
www.mparkhotel.com
info@mparkhotel.com



C AFÉ HELENKA

A subtle mix of modern and multicultural styles, the Café Helenka and its timeless atmosphere is the perfect spot for lunch, coffee or dessert – chosen from its international menu – or a cocktail in the evening.

Located in the very heart of Szczawnica, on Dietl Square, Café Helenka offers 88-seat restaurant, terraces on two storeys for up to 170 guests and comfortable sofas outside.

 [facebook.com/CafeHelenka](https://www.facebook.com/CafeHelenka)



Plac Dietla 1
34-460 Szczawnica
Tel.: +48 18 540 04 02
www.cafe-helenka.pl
info@cafe-helenka.pl



V ILLA MARTA

The Villa Marta's restaurant stands out through its unique artistic décor and its ideal location. Here, in the warm glow of its fireplace, guests can relax and lap up the warmth after a day skiing or trekking through the mountains.

Traditional Polish and regional cuisine is the heart of the menu, such as the home-made ice cream made with 100% natural ingredients.



ul. Główna 30
34-460 Szczawnica
Tel.: +48 18 262 22 70
www.willamarta.pl
recepca@willamarta.pl



JAZZ BAR - Dworek Gościenny

Jazz Bar is a place for those who appreciate the unique club atmosphere. Sitting in comfortable armchairs, guests can enjoy the chef's specialties or in an elegant setting can find some time to read or relax. It is also a great place for business meetings. Professional staff will take care of discretion and comfort of the guests. During intimate evening concerts it is possible to sink into the sounds of music, to delight artistry and virtuosity of the best musicians invited.

Park Górny 7
34-460 Szczawnica
Tel.: +48 18 540 04 47
www.dworekgoscienny.pl
marketing@thermaleo.pl

 facebook.com/DworekGoscienny



During your stay in Szczawnica, we sincerely hope to host you in the establishments of the Uzdrowisko Szczawnica & Thermaleo Group and therefore present you with all we have prepared for you.

Please check our detailed offer and event calendar on our web site: www.thermaleo.pl

THERMALEO Sp. z o.o.
Management Office
Plac Dietla 7
34-460 Szczawnica
Poland
Tel.: +48 18 540 04 00
Fax: +48 18 540 04 19
E-mail: info@thermaleo.pl

facebook.com/UzdrowiskoSzczawnica



How to find us



• Dworek Gościnny (Guest Manor)	Park Górny 7
• Hotel Navigator ***	ul. Zdrojowa 28
• Modrzewie Park Hotel *****	Park Górny 2
• Café Helenka	Plac Dietla 1
• Villa Marta	ul. Główna 30
• Villa Danusia	Plac Dietla 6
• Villa Temida	ul. Główna 10
• Spa Resort Museum	Plac Dietla 7
• Stadnina Rajd Riding Centre	ul. Biała Woda 12 A Jaworki
• The Art Gallery of the Mineral Water Bar	Plac Dietla 5
• Inhalatorium	Park Górny
• Papiernik (Papermaker) Sanatorium	ul. Połoniny 12
• Villa Holenderka	Plac Dietla 7
• Szczawnica Spa Resort Company & Thermaleo Group	Plac Dietla 5

ACCESS MAP

The town of Szczawnica is located 110 km from Krakow, so about a 90 minute drive. It is also possible to reach Szczawnica with the national PKS bus network, or privately-run links between Krakow and Szczawnica.

Furthermore, direct trains leave Szczawnica for Gorlice, Katowice, Krakow, Lublin, Rzeszów, Sanok, Tarnów, warsaw and Zakopane. From Szczawnica, numerous bus routes (both private and PKS) allow to easily visit the whole region.

Szczawnica has links to the following towns: Nowy Targ, Nowy Sącz, Czorsztyn, Grywałd, Jaworki, Szlachtowa, Krościenko n/D, Łapsze Niżne, Ochotnica Górna and Sromowce Niżne.



UZDROWISKO
SZCZAWNICA

www.uzdrowiskoszczawnica.pl

 facebook.com/UzdrowiskoSzczawnica

THERMALEO
Spas Development & Management

www.thermaleo.pl