



# Traditional Rural Małopolska

Catalogue

# TRADITIONAL RURAL MAŁOPOLSKA



Małopolska is a region with a rich historical and cultural, extraordinary natural and landscape values and traditional hospitality famous well out of Poland.

The uniqueness and multiculturalism affirm the exceptional qualities of the region.

The still vibrant folk culture is the strongest expression of the diversity of Małopolska, where each part has its own specific costumes, dialect, customs and traditions. The same folk culture also manifests itself in the architecture, rural buildings, interior design, farm equipment and regional dishes and products.

The publication 'Traditional Rural Małopolska', which includes offers from 13 farms and agritourism facilities, is an invitation to come to the Małopolska countryside and learn about the most beautiful folk traditions and rituals that have been cultivated in Małopolska for centuries.

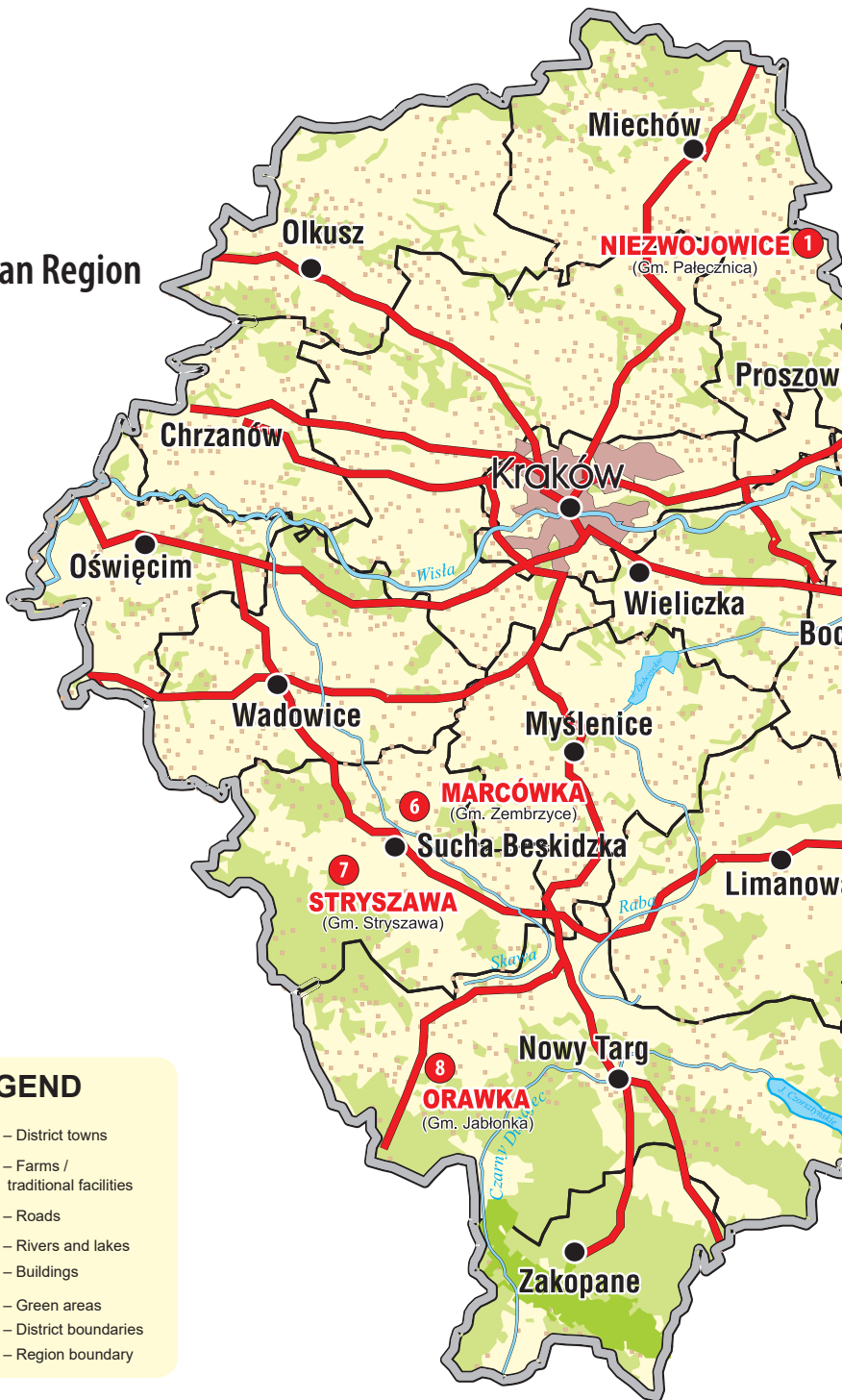
Hosts of the facilities are enthusiastic, exceptional and open-minded people, who know and nurture the history and traditions of their 'Little Homelands', willingly spend their time with their guests, showing them local monuments, folklore and customs.

We look forward to seeing you!

## FARMS PARTICIPATING IN THE PROGRAMME "TRADITIONAL RURAL MAŁOPOLSKA"

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# Silesian Region

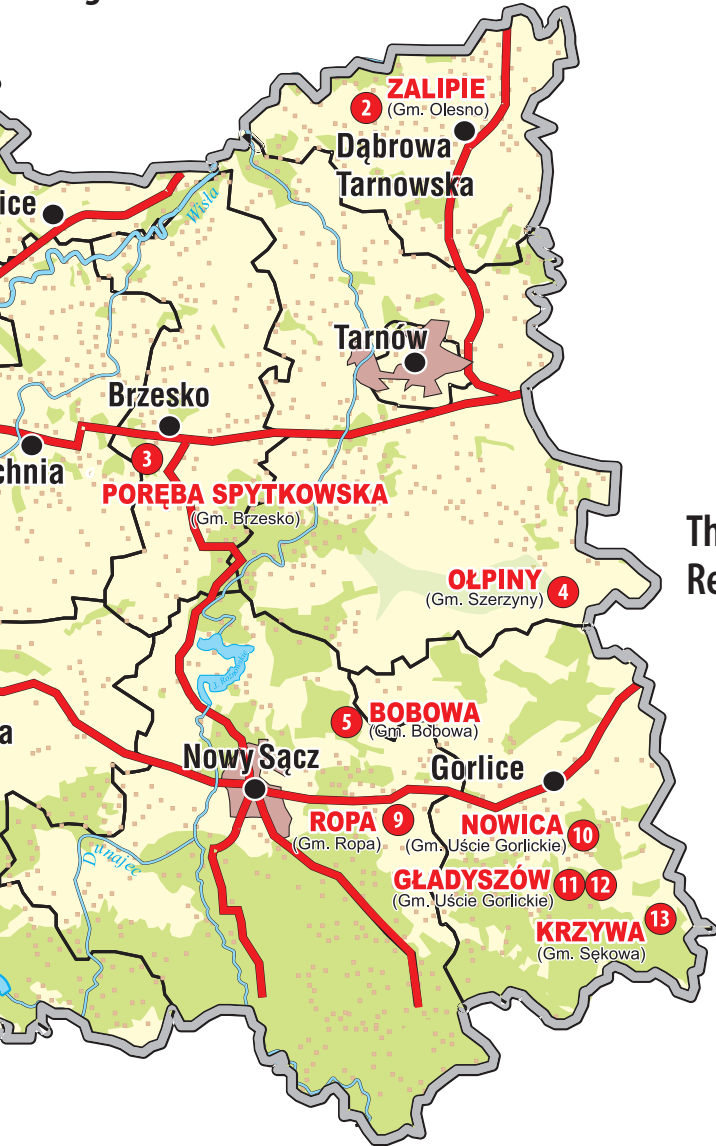


## LEGEND

- Tarnów** – District towns
- NIEZWOJOWICE 1** – Farms / traditional facilities
- 1** – Roads
- Rivers and lakes
- Buildings
- Green areas
- District boundaries
- Region boundary



# The Świętokrzyskie Region



The Podkarpackie Region

Slovakia



The Małopolska Region



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## "PSZCZÓŁKI"

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ECO-Certificate: Cobico PL03-000264-17



The ecological and educational farm "Pszczółki" is located in northern Małopolska, in a quiet and charming corner of the village of Niezwojowice, in the vicinity of picturesque fish ponds.

"Pszczółki" is a place where history, old customs and excellent cuisine combine to form a perfect trio. The host greets you wearing a scytheman costume from the Battle of Racławice. Hostesses invite you to taste the delicious homemade "Danusia's croissants" and to visit their kingdom of herbs, fruits and vegetables.

In the old mansion you can see the only model of the Battle of Racławice in Poland, showing the war and the victorious battle of Tadeusz Kosciuszko. The model consists of 300 figures of Russian soldiers and peasants, intricately sculpted in linden wood. In the Regional Chamber you will find a gallery of paintings and the twelve Books of the poem "Pan Tadeusz", but you can also discover Book 13 there.

"Pszczółki" is the first Museum of Education on Bees in Poland that provides unforgettable impressions in beekeeping workshops. Under the watchful eye of beekeepers, you will not only learn about the tools and beekeeping equipment but also peep through the glass wall to see the life and work of a bee colony.

The house is surrounded by a large, beautiful garden with a linden avenue, fruit trees, flowers and herbs, blooming colourful and unique at almost any time of the year.

In season, you can smoke plums or make sauerkraut, in the collect birch juice, in the summer gather linden flowers for delicious tea and in the winter, tearing feathers for pillows. This is the only place keeping the tradition of plaiting garlands around Corpus Christi, combined with a dance party.

The Eco-Store offers a large selection of local souvenirs and fresh organic products.

The "Pszczółka" farm earned the title of the Laureate of the "Taste of Małopolska" Festival for roast goose and apple pie.

Foreign languages: English.

### PRICE LIST (per person) – individual bookings

Per night (breakfast included):	PLN 100 / 150
Dinner:	PLN 35 / 25
Number of beds:	7
Number of rooms:	6 (2 shared bathrooms)
Rooms:	5 singles and one double.

## ”Małopolska Pszczółka”

At the ”Pszczółka” farm you will discover the fascinating, mysterious world of bees. As in the old days, you can find a beehive on a linden tree, but there is also a glass beehive, allowing visitors to watch the life of the bee colony from a safe place.

The Regional Chamber located in the Museum of Education still has the old rural equipment that brings to mind the distant atmosphere of the Polish countryside. In a rural classroom you can sit on a school bench from the beginning of the 19th century and learn to write with a quill pen.

Excellent cuisine with traditional dishes such as a festive goose and an apple pie is based on organic products from the farm’s own garden or nearby farms. At workshops, while listening to the colourful stories of the hosts, depending on the season, you can learn the secrets of making sauerkraut, smoking plums and tearing feathers for pillows or participate in the preparation of preserves for the winter.

**3-day stays for PLN 350** (from lunch on Monday to breakfast on Wednesday).

### As part of the stay, the hosts provide additional attractions:

- Visiting the Regional Chamber, learning to write with a quill pen (2 hours).
- Visiting the herb and flower garden, learning about the properties and use of herbs (2 hours).
- Watching bees in a glass hive (1 hour).

The programme is offered for a minimum of 6 people.

The ”Pszczółka” farm belongs to the Nationwide Educational Farms Network. Proposals for educational programmes reflect the farm profile and passion of the hosts. Proposals include shows and workshops that actively involve both children and adults. Detailed programmes are available on the website.

For organised groups (20-50 people) visiting the Educational Farm takes 2-4 hours.

Visiting hours: 10:00 AM, 12:00 PM, 2:00 PM, 4:00 PM and 6:00 PM.

**Prices are negotiable and the programme can be modified.**







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## "GOŚCINA U BABCI"

### Agritourism Farm

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www.goscina-u-babci.pl



The farm is located in the village of Zalipie, famous for its over 100-year tradition of decorating houses with colourful floral patterns. This unique "painted village" can't be found anywhere else in the country. Paintings cover the walls of houses, farm buildings, and even wells and doghouses, interiors of rooms, kitchen appliances and furniture. The still alive folklore makes this place vivid with brilliant colours any time of the year. On the first Sunday after the feast of Corpus Christi the villagers hold a competition for the most beautiful painted cottage.

"Gościna u Babci" is an 80-year-old wooden house entirely adapted for guests. This is a house rich with history, comfortably furnished to emphasise its greatest asset, a preserved rural style, reminiscent of a holiday spent at grandma's in the countryside. For guests, there is a fully equipped kitchen, two separate rooms and two bathrooms, and a shaded, comfortable veranda. Next to the house there is a wooden 130-year-old forge full of tools.

The hostess is a native resident of Zalipie, passionate about folk handicraft, crocheting, knitting and the native art of painting floral motifs. She prepares delicious traditional and regional homemade meals, such as dumplings with cabbage, potatoes with curdled milk and homemade chicken broth.

The host's passion are vivid tales about family history and tradition of blacksmithing in the countryside.



#### PRICE LIST (per person) – individual bookings

Per night (breakfast included):	PLN 60
Dinner:	PLN 20
Lunch/dinner:	PLN 30
Number of beds:	5
Number of rooms:	2 (1 bathroom)
Rooms:	1 double and 1 triple

## “The colourful world of Zalipie”

The “Gościna u Babci” farm is a place where the tradition of painting flowers has been kept alive for several generations. The hosts offer their guests the opportunity to participate in the workshops of the traditional Zalipie way of painting floral arrangements and making folk paper cut-outs. Both these disciplines of folk art are characteristic of this region and are a showcase of a place that is already famous all over the world.

In “Gościna u Babci” you can learn the secrets of painting flowers and the history of Zalipie paintings and listen to the legends and stories of the hosts.

**Weekend stays at PLN 300** (from dinner on Friday to dinner on Sunday).

### As part of the stay, the hosts provide additional attractions:

- Workshops on the Zalipie painting style (2 hours)
- Paper cut-out workshops (2 hours)
- Walking tour of the Zalipie centre, guided by the host
- Visit to the forge.

There are also occasional holiday-related workshops (also in English). If you visit Zalipie during Christmas, you can expand your knowledge about decorating Christmas tree glass ornaments, and during Easter you can learn the secrets of making Easter eggs with goose eggs, under the watchful eye of the folk artist – an expert on traditional Zalipie Easter eggs.







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## "ARTYSTYCZNA ZAGRODA"

Maria and Andrzej Karas

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ECO-Certificate: PL-EKO-05-001282/G/17/1

Standard category



"Artystyczna Zagroda" is an active agri-ecological farm breeding sheep, rabbits and poultry. The house is surrounded by an herb and vegetable garden with a secluded gazebo and fireplace.

The hostess is a herbology and handicraft enthusiast. In her garden, she grows almost all known herbs. She has extensive knowledge about the cultivation, drying, properties and application of herbs in the kitchen and about unconventional medicine, which she willingly shares with guests in educational workshops. She develops herbal oils used in the production of soaps, creams and candles and she makes healthy and flavoured teas and tinctures from the dried herbs.

In ancient Galicia, paper tissue art was a common part of life of its inhabitants. Flowers made of tissue paper were used to decorate interiors of huts and chapels. Even animals and wagons were decorated during holidays and weddings. These traditions are presented during organised workshops on artistic handicrafts, which include tissue paper decorations, products made of string and felt, decoupage making Slavic dolls. As a member of the folk band "Porębianie", the host organises meetings with the folklore of Eastern Cracovians, telling about the traditions and customs of the region.

The local cuisine is based on organic products from their own farm. They serve herbal drinks and natural juices (white elderberry, lime, birch), baked bread with sage or lavender, spelt croquettes, cheese and herb pastes and many other regional specialities.

The farm has won numerous regional awards and distinctions, including: "Environmentally Friendly Farm", "My Beautiful Garden", "Best Organic Farm", "Beautiful and Safe Farm".

### PRICE LIST (per person) – individual bookings

Overnight accommodations:	PLN 40-45
Breakfast:	PLN 15
Lunch/Dinner:	PLN 25
Number of beds:	3
Number of rooms:	2 (shared bathroom)
Rooms:	1 single and 1 double



## ”Magical flowers in tissue paper”

Staying in the ”Artystyczna Zagroda” means unforgettable encounters with folk handicrafts by participating in the organised workshops:

- Tissue paper creations named ”Enchanted meadow”. The workshop is a demonstration of making flowers from tissue paper: cornflowers, chamomiles, poppies, roses and peonies and creating exceptionally beautiful flower arrangements. Participants will learn the history of tissue paper and will make seasonal flowers and floral arrangements, such as Easter palms, Midsummer wreaths, herbal bouquets, wreaths, baskets, etc. Participants keep all the items they create.
- Making ”motanki” dolls originates from the centuries-old folk tradition. They were created to support good, happy thoughts. The ritual of doll making involves the use of natural materials only – textiles, wool and herbs. Each doll is made by hand, without needles, without stitching, from scraps of materials, ribbons and yarn, which are fixed only by binding. During the workshop, the guests work individually, displaying their own intuition and ingenuity in creating each doll.

**Weekend stays cost PLN 220** (from lunch on Friday to breakfast on Sunday).

**As part of the stay, the hostess provides additional attractions:**

- Tissue paper workshops, tissue paper flowers (3 – 4 hours)
- Doll creating workshops (2 hours)
- Tasting of spelt and herb dishes.

”Artystyczna Zagroda” is part of the Nationwide Educational Farm Network.

Individual workshop programmes can be arranged, depending on the interests of the participants (weaving door wreaths, making macramé, decoupage and felt).







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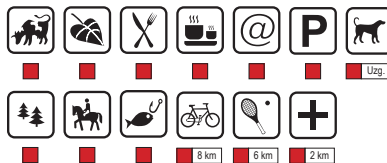
## "PARYJA" Agritourism Farm and Horse Stable

Solarz Mieczystaw

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ECO-Certificate: PL-EKO-05-001034

Category 



In the fork of two streams, under a rocky hill, you can see cosy, wooden buildings of the "Paryja" farm. The name of the farm is typical for the regions. "Paryja" once meant a secluded place, lying in a valley where the road ends. The Galician cultural landscape is full of wooden churches, little shrines sitting at the crossroads and charming small towns like Biecz, Cieżkowice, Tuchów or Ryglice. "Paryja" is a working, 14-hectare organic farm, which grows spelt and breeds Malopolska horses. A wooden, stylishly finished cottage, with a fully equipped kitchen and a large, open veranda is at guests' disposal.

The "Shed of Tradition" houses an ethnographic exhibition of household items, and in front of the cottage there is a fireplace, pond, flowery marshy meadows and a nearly vertical, rocky hill. If you want to do something extra than just staying at the farm, you can go horseback riding, climbing, walking or cycling along interesting bicycle routes. The host, who wrote a book, "The Dying Professions of the Foothills", will introduce the workshop guests to the world of old customs and handicrafts such as wheelwrighting, wooden construction or making clay sculptures. In the kitchen, on the wood-fired stove, the hostess prepares delicious country food: soda bread, hasty puddings and meatless sour rye soup.

Foreign languages: Russian and German.

### PRICE LIST (per person) – individual bookings

Overnight accommodations

without/with breakfast: PLN 40/55

Lunch (Lunch and dinner)/dinner: PLN 25/15

Lunch/Dinner: PLN 25

Number of beds: 13

Number of rooms: 5 (one shared bathroom)

Rooms: ground floor: 2 doubles

Attic: double, triple and a 4-people room.

Discounts: 10% off for at least 7 people and a 7-day stay.

Price (fewer than 3 people and stay under 2 nights) for long weekends are subject to separate upward negotiations.

## "When Grandma and Grandpa were children"

This is a unique place in Małopolska, where you can experience the atmosphere of rural life. Paryja reminds us of how we lived over half a century ago and showcases the reality and values of the generation of our grandparents. Older people recall their own memories while the younger ones see what the life of their ancestors looked like. This place is recommended especially for those who are not afraid to live in a rustic cottage, taste rural food, who want to learn about old customs, view the tools necessary in a rural farm and listen to stories about life in the Polish village in the early 20th Century. The farm is open to receive guests during the holidays, enhancing their stay with traditional preparations and rituals. There are such customs as walking to Midnight Mass, making New Year's unexpected visits, marching in the procession of the Three Kings, an expedition to the swamp plants and reed for the Easter palm, Judas burning on Maundy Thursday, a harvest cake for the feast of Our Lady of the Herbs or Fat Shrove-tide. This offer is addressed especially to families and groups of friends.

**3-day stays for PLN 250** (from Friday evening to Sunday afternoon).

**As part of the stay, the hosts provide additional attractions:**

**Friday** – traditional supper with culinary workshops "From flour to bread" (prołzioki, paciara and cereal coffee).

**Saturday** – visiting the farm and the "Shed of Tradition", touring the fields in a horse-drawn carriage or on horseback, harvesting workshops "From the sheaf to the flour" (threshing with flails, manual or mechanical separating the grain from the chaff, grinding grain in a grinder, sieving on sieves), an evening bonfire with baked potatoes and apples.

**Sunday** – traditional breakfast, walking out to the church and stories about the area, Sunday broth and rest.

Every year at the end of June, "Haymaking" is organised here, and in the beginning of August "Harvest in Paryja" is held, during which you can get to know typical field tasks: from mowing grains through shearing, making stacks, meal in the field, bringing harvest on a ladder cart up to threshing with flails and grinding with a mill. The harvest is accompanied by performances by folklore groups, horse-drawn cart rides, fairs and workshops (herbal, making ropes and harvest wreaths) and an evening feast with a folk band.





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## "KORONKARNIA"

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Bobowa is a charming town in the Ciężkowice – Rożnów Foothills, which entices you by picturesque landscapes and cultural diversity. In the heart of the city, next to such monuments as the Gothic church from the second half of the fifteenth century, the Jewish synagogue or the Długoszowski's Mansion, there is a monument to a lace-maker caressingly called Zosia.

Bobowa is famous for its beautiful handicraft tradition of bobbin lace making. The name "bobbin lace" comes from work tools or wooden blocks that are threaded on and used to make lace on a roller stuffed with straw or hay. This activity requires patience, but the richness of designs and original compositions make this handicraft still cultivated. Bobowa is considered the "capital of bobbin lace". The International Lace Festival is held here annually, visited by lace-makers from all over Europe, who come here to meet and exchange experiences.

"Koronkarnia" is one of the few places in Poland where the tradition of making lace continues. Visitors can get acquainted with the work, the history of bobbin lace in Poland and the world and discover the secrets of making this unique handicraft. The hostess – an enthusiast of this art – has won many awards and distinctions. She has won several times the first place in the National Competition of Lace Blocks in Bobowa and holds the title of the fastest lace-maker, won in Rauma in Finland in 2017. She passes her knowledge about lace, creates patterns, reconstructs historical lace, designs and manufactures lace jewellery. For years, she has been spreading the fame of the Polish bobbin lace at international festivals including Spain, France, Portugal, Russia, Finland, Italy and Slovakia.

Her house is surrounded by a large garden with a gazebo, barbecue and fireplace. Guests will be treated to home cooking, based on organic vegetables from the backyard garden. Meals are prepared by the hosts according to Guests' tastes and requests.

Foreign languages: English.

### PRICE LIST (per person) – individual bookings

Per night (breakfast included):

PLN 60

Lunch:

PLN 25

Dinner:

PLN 20

Number of beds:

5

Number of rooms:

4 (shared bathrooms)

Rooms:

Rooms: 3 singles, 1 double.



## “Lace adventure or let’s play with blocks”

At the “Koronkarnia” farm, we will get to know the history of the bobbin lace, the work and the secrets of making this unique handicraft. We will hear curious stories from the lace world and we will see what can be conjured up by making bobbin lace on a roller or a pillow. The hostess assures that even a layman can learn this difficult art during a few days stay on her farm.

We will find out how to make different types of bobbin lace. Each of the workshop participants will personally make a Christmas decoration, a bracelet or a bookmark

**8-day stays for PLN 1,000** (from lunch on Sunday to breakfast on Sunday).

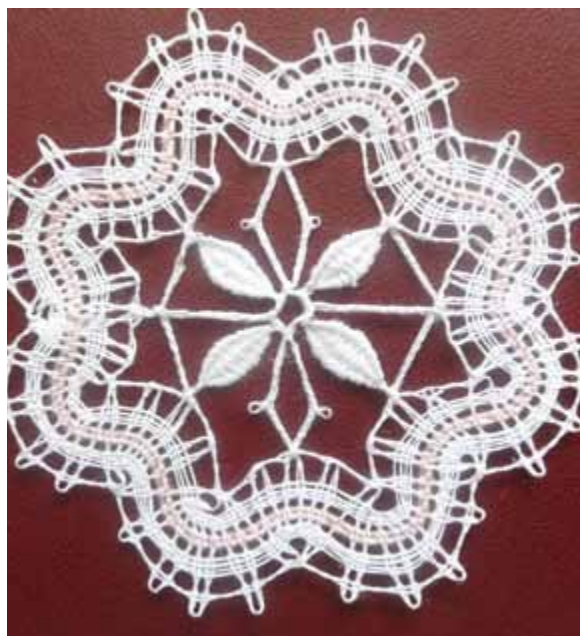
**As part of the stay, the hostess provides additional attractions:**

- Individual lace workshops (4 hours a day from Monday to Saturday)
- Colourful tales about the bobbin lace in Poland and the world
- Visiting the bobbin lace exhibition.
- Walking tour with the hosts around the area.

**Weekend stays – PLN 350** (from dinner on Friday to dinner on Sunday).

**As part of the stay, the hostess provides additional attractions:**

- Individual lace workshops (10 hours)
- Tales about the bobbin lace in Poland and the world.



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## "BACÓWKA u HARNASIA"

Stanisław Sala

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"Bacówka u Harnasia" is a unique regional eco-museum and Educational Farm, located under the peak of the Chełm mountain in the Beskids, at the edge of the forest, with a view of Babia Góra – the queen of the Beskids.

Since 1882, "Bacówka u Harnasia" has been a unique place where you can feel like in the nineteenth-century cottage of our ancestors. Time has stopped here. The decor, atmosphere and climate prevailing in Bacówka are transporting the Guests to a different time. Many everyday objects represent the history of the region and its culture. All rooms are kept in a traditional style, providing a unique atmosphere. There is a sleeping room with a stove and a historic wood-fired bread oven, still working, a room with a hunter's decor (living room) with a fireplace and mezzanine and a large and comfortable bedroom with a view of the forest. There is also a place for feasting, called "Drewutnia", which is an excellent example of the trend of ecological construction. It was built of clay brick, dried in the sun with an admixture of straw, plastered with plasters made of clay with an admixture of calcium and painted with the same mixture. The decor and interior are styled for a 16th Century tavern.

In "Zbójnicka Chata" the hostess serves regional dishes: mashed potatoes with flour, a cauldron dish prepared on the campfire, Babiogórska sauerkraut soup, Highland potato pancakes baked on a tray, marinated pork knuckles, "Head shepherd's" chop, Brigand's pork neck and many more.

Bacówka has received many awards and distinctions in regional and provincial agritourism competitions, taking first place in the category "Cultural heritage of Podbabiogórze", "The best educational farm of Małopolska in 2014" and "The most beautiful backyard garden in a farmyard".

Language: basic English.

### PRICE LIST (per person) – individual bookings

Overnight accommodations: PLN 40

Breakfast: PLN 15

Lunch: PLN 25–30

Dinner: PLN 15

Number of beds: 21

Number of rooms: 5 (two with private bathrooms)

Rooms: 1 double, 1 triple, 1 with 5 beds, 1 with 6 beds and a studio for 6.





## “With a Highland robber in Koliba”

In “Bacówka u Harnasia”, among the historic buildings, traditions and ritual Highland robbers’ rituals are cultivated. The Bacówka is equipped with many ancient objects, often of museum value. You can touch and see everything. You can take long walks and commune with nature in the immediate vicinity of the farm. It’s a completely different environment and a different world with great views, blissful peace, relaxation in the surroundings of rustling firs, pines, spruces and bubbling streams with crystal clear water.

The host is passionate about home sheep breeding and the production of sheep products, promoting and revitalising Highlander pastoral traditions. His passion is inspired by the culture of Beskid Highlanders and Head shepherd life style.

**3-day weekend stays for PLN 250** (from lunch on Friday to dinner on Sunday).

### Guest are treated to additional attractions, such as:

- Walk around the house with the host
- Stories at the anvil
- A bonfire evening with stories about robbers and their traditions
- Tasting of robber’s rye dish and chicken baked in clay
- A feast in a robber’s cottage with tasting of regional dishes
- Demonstration of shooting from black-powder robber weapons.

“Bacówka u Harnasia” organises various educational activities for children. Children will enjoy special activities, such as “Shepherd’s traditions of the Beskid Highlanders” where the Head Shepherd shares his life wisdom with children, talks with them and guides them around the farm and the surrounding area. He shows youngsters how to make cheese and Highland sheep’s cheese, bake potato pancakes on a baking sheet and demonstrates blacksmithing and pottery making.

Children also enjoy “Robbers’ jokes” or fun robbers’ activities like throwing axes at a designated target, milking a goat, playing on a shepherd’s trembita, shooting a bow to a shield showing a wild boar and washboard laundry washing. The farm is the perfect place to organise stag or hen parties, where candidates are subjected to “cruel” attempts to harden them before they get married.

Detailed programmes and prices available on the website.

Programmes can be customised per requests of organised groups.





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## "PRZYTULIA" Barbara and Wiesław Sojda

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www.przytulia.eu



"Przytulia" is an over a century old, wooden shingled house that has maintained its style since the previous century. It is located at the edge of the village, in the beautiful scenery of the Makowski Beskids. The terrace overlooks the Jałowiec mountain and the sunsets are breathtaking. Guest can take advantage of numerous hiking and walking trails leading to Babia Góra, Police or Jałowiec. The surrounding forests abound in mushrooms, raspberries, blackberries and wild strawberries.

"Przytulia" reflects the tradition of the Małopolska village. Its character, tools and equipment that were used in the household and agricultural farm, birds carved in wood and wooden toys with which Stryszawa village is famous today, determine its uniqueness. Peace and quiet, clean air, beautiful views and the idyllic climate of "Przytulia" attract tourists of all ages. The furnishing of the house is reminiscent of the carefree years of childhood spent with grandma in the countryside. "Przytulia" cultivates traditional costumes and dishes. Guest can avail themselves of a large garden with country flowers, children's playground, swings and hammocks. They can sit on benches under a hundred-year-old linden tree and admire the views and singing of birds. Weddings, anniversaries and honeymoons and other celebrations are held here.

The house is spacious and comfortable. The blue-painted kitchen has a tiled wood-burning stove, a sideboard, tables and benches. The old-time appearance is preserved with the interiors decorated with embroidered tapestries, handicrafts, birds and animals carved in wood and oil paintings painted by the host. The hostess bakes yeast dough according to the traditional recipe. The former cowshed has been adapted to a dining room with a banquet table, a fireplace, a library and a relaxation corner.

Foreign languages: English.

### PRICE LIST (per person) – individual bookings

Overnight accommodations:	PLN 70-90
Breakfast:	PLN 35
Lunch/dinner:	PLN 60
Number of beds:	16
Number of rooms:	5 (with private bathrooms)
Rooms:	1 double, 1 triple, and one 4-person room, 2 4-bed suites

Children under 2 stay free. Post-season discounts (September to April) 10%.



## “Feel the heart and warmth of Przytulnia”

The tradition of wooden birds goes back to 1890. It was inspired by an album with colourful birds donated by a hermit to a resident of Stryzawa. Looking at the album, he began to carve wooden birds, mostly wagtail, thrush, woodpeckers, hawks and parrots. It was a very profitable occupation as he sold his works at church and local fairs and to incoming traders.

The first birds were made of raw wood (pine, linden) and painted with bright vegetable paints. Over the years, vegetable paints have been replaced with oil and acrylic. Individual birds and even entire bird families, which were initially meant as toys for children, today decorate the houses in Stryzawa. They are used as Christmas tree decorations and hung from ceilings. They are regarded as talismans, ensuring happiness and prosperity. That is why they are given to newlyweds, used as decorations in wedding halls and new homes. “Przytulnia” is a great place for both children and adults to paint wooden birds in the garden, on the terrace or in the “blue kitchen”.



**Five-day stays for PLN 640** (from Monday lunch/dinner to breakfast on Friday).

**As part of the stay, the hosts provide additional attractions:**

- Art classes – painting of birds and toys according to the pattern or own imagination (2 hours)
- A trip to the Beskid Centre of Wooden Toys in Stryzawa
- Hiking along the charming Blue Trail to Stryzawa
- An evening at the bonfire with tasting of local dishes: Stryzawa sour rye soup, salty yeast pancake or boiled dumplings.





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## "U KAZIKA"

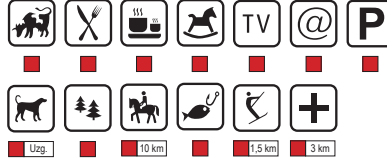
Danuta and Kazimierz Pieronek

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The facility is located in Orava, near the border crossing in Chyżne, among landscapes full of wooden churches, belfries, roadside stone figurines and crosses. Staying in "U Kazika", among unspoiled nature you can enjoy the beautiful views of the Tatra Mountains and Babia Góra. The hosts – native Orava Highlanders – are happy to share the still lively, rich tradition and folk art. The kitchen serves regional products and dishes. You can try such delicacies as oscypek (smoked sheep's cheese), cow's milk string cheese, Highland pancakes, homemade meats and cheeses. The hostess puts her heart into her meals, making them just like for friends.

The hosts cultivate local traditions and customs, wear Highlander costumes on a daily basis and use the Highland dialect. They are happy to spend time with their guests, treating them like family. A family Highlander band often entertains guests during evening feasts in the home or garden.

Foreign languages: English and Russian.

### PRICE LIST (per person) – individual bookings

Per night (breakfast included): PLN 55

Lunch: PLN 15

Dinner: PLN 15

Number of beds: 120

Number of rooms: 42

Rooms: Single, double and triple rooms (with private bathrooms).





## “Traditional Orava Holidays”

“U Kazika” celebrates Christmas and Easter in a traditional way. The two holidays are spent in a family atmosphere while maintaining Orava traditions, sharing regional dishes and listening to live music. As befits the Highlander tradition, Christmas is the most beautiful family holiday of the year. It involves many customs, such as decorating a Christmas tree together, a Christmas Eve supper with at least 12 dishes (including plum soup with potato dumplings, flat cakes, holiday cake and “grandfather acorns” cakes), breaking Christmas wafers and making wishes. After supper there is joint carolling and walking to Midnight Mass, a solemn mass celebrated at midnight from 24 to 25 December.

Easter Holidays involve great preparations in the Highlander tradition, preceded by Holy Saturday. On this day, people bring traditional Easter baskets to the church for blessing. A “must-have” item in the basket are “Easter eggs” – specially decorated eggs that are a symbol of life, a lamb made of dough, sausages, horseradish, salt and bread. Easter Sunday begins with a solemn breakfast, during which the delicacies from the basket are eaten. Dinner is horseradish soup with egg and sausage, Easter baba, dough wraps and bread baked on a cabbage leaf. The second day of Ester is “Wet Monday” (Śmigus-Dyngus) when boys throw water at girls. The prophecy says that the more drenched the girl, the greater her chances of getting married.

**Christmas – 4-day stays for PLN 350** (from lunch/dinner on 23 December to lunch/dinner on 26 December).

**As part of the stay, the hosts provide additional attractions:**

- Decorating a Christmas tree, a joint Christmas Eve dinner started with prayer, breaking Christmas wafer, carolling with live music, meeting with Saint Nicholas and going to Shepherds’ Mass to the historic church,
- Walk around the area, absorb the beauty of the region and bring history closer to you
- A banquet evening with a Highlander band.

**Easter – 4-day stays for PLN 350** (from lunch on Friday to dinner on Monday).

**As part of the stay, the hosts provide additional attractions:**

- Decorating Easter eggs, preparation of the Easter basket, common walk to the church,
- An Easter breakfast celebration followed by a walk around the area,
- Stories about the symbolism of water in the tradition of Good Friday and Holy Saturday.





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## "GOŚCINIEC DWORSKI"

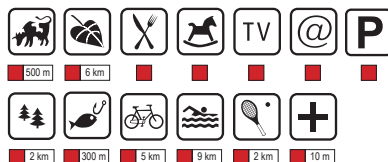
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e-mail: gosciniiec.dworski@wp.pl

www.gosciniecdworski.pl



Gościniec Dworski, referred to as the "Beskid Niski Gate", is located in the village of Ropa in the river valley, surrounded by hills. The manor house, together with an annex, granaries and a stylish inn dates back to 1803. Tastefully decorated interiors with restored old furniture are refined and maintained in a courtly atmosphere.

This unique place is filled with history, beauty, nature and Old Polish hospitality. Its advantage is excellent cuisine with a touch of the Carpathian Mountain region and court culinary traditions. As befits the manor, the kitchen is also full of flavours of the far world. Guests can enjoy wonderful moments of relaxation in a beautiful garden located in a 2-hectare manor park, among herbs, flowers, birds and the scents of nature. They can also see antique exhibits such as an old smithy with all tools, a cellar, a coach house, a windmill and set out on a trip to discover the beauty of the Low Beskids.

"Gościniec Dworski" holds a certificate of the Małopolska Gourmet Route and is the Winner of the Great Discoveries of Małopolska in the category "Tasty and traditional".

Foreign languages: English and German.

### PRICE LIST (per person) – individual bookings

Overnight accommodations:

Single room:	PLN 110
Double room:	PLN 160
Breakfast:	PLN 20 / person
Lunch:	PLN 30 / person
Dinner:	PLN 20 / person
Number of beds:	15
Number of rooms:	5 (with private bathrooms)
Rooms:	Double, triple and 4-person apartments.

Discounts: children under 2 stay free (no benefits), children 3-10 years old get 50% meal discount.

## “Our manor kitchen has fragrant delicacies from our garden, forest and meadow” – culinary workshops

Staying in “Gościniec Dworski” means relaxing in a unique and charming place. The heart of the manor is the excellent kitchen, where dishes are prepared with fresh products from the manor garden or surrounding ecological farms.

The hostess will tell you how to store and process herbs, vegetables and fruits. Discover the culinary secrets of baking healthy, homemade sourdough bread with the addition of herbs, seeds, dried fruits and nuts. The stay in this unique place is enriched by culinary workshops organised in the outbuilding every second weekend from May to October.

The vast garden is full of old trees, herbs, cereals and various plants. There is also an aviary for breeding birds: peacocks, pheasants, ducks, various varieties of chickens and rabbits.

**3-day stays for PLN 270** – every second weekend of the month from May to October (from lunch/dinner on Friday to lunch on Sunday).

### As part of the stay, the hosts arrange:

- Visiting the manor and garden and learning their history
- Participation in culinary workshops including tasting soda bread, flat cakes and bread
- Tasting regional dishes: bear garlic pesto, Carpathian sour rye soup made with homemade sourdough, Lemko dumplings, smoked Carpathian cheese.

**Culinary workshops are held if at least 6 people register.**







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## ”SZPILKOWO”

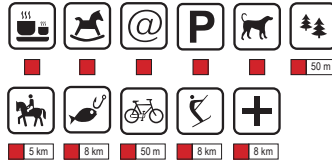
Artur and Anna Szpil

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”Szpilkowo” is located in the village of Nowica in the Low Beskids. The place is known for the traditional production of wooden spoons, wooden Orthodox churches and well-preserved Lemko buildings. The stylish wooden house is built of logs according to the local tradition and is surrounded by a forest, flowery meadows and beautiful views with a picturesque brook nearby. This is the perfect place for everyone who loves mountains, nature, outdoor activities, the scent of old wood and sourdough bread, the heat of a wood-fired oven and comfort and space. Everyone will find something there for themselves. Guests who value the atmosphere of the Low Beskids will find roadside crosses, forgotten shrines, beautiful churches and abandoned villages. Those who want to run away from the hustle and bustle will gather mushrooms or wild strawberries, ride a bike and bathe in the stream away from civilisation.

The guests can use a living room and a panoramic terrace, a covered shed and a place for a bonfire.

The hosts offer excellent homemade cuisine serving local delicacies such as soda breads, sauerkraut pancakes, lavender cakes, a soup of pickled wild angelica and tea from herbs collected in the area.

The host is passionate about manual wood processing, conjuring up useful and decorative objects such as wooden spoons, shelves, cabinets and carved frames.

The farm is located on the route of Małopolska Culinary Heritage.

Foreign languages: English.

### PRICE LIST (per person) – individual bookings

Per night (breakfast included): PLN 70

Lunch/dinner: PLN 35

Number of beds: 12

Number of rooms: 4 (2 with private bathrooms  
2 with a shared bathroom).

Rooms: 4 triple rooms.

Discounts for children: children under 2 stay free, those under 8 years old get a 50% discount.



## “Nowica spoons”

The host loves to share his spooning mastery with workshop participants. The local spooning is commemorated with the only in Poland statue of a spoon and a special room in every Lemko house. During the workshops, participants will create a wooden bowl for the Lemko dishes that participants will taste using a hand-made spoon. Each participant will learn the secrets of manual wood processing and children will decorate spoons with individual patterns. Workshops are held in a building constructed according to Lemko tradition.

**3-day stays for PLN 380** – (from lunch/dinner on Friday to lunch on Sunday).

**As part of the stay, the hosts provide additional attractions:**

- Learning the history of spoon making
- Introduction into the spoon making technique
- Making your own spoon under the supervision of a Master Spooner
- A joint tasting of the Lemko dish
- Specially for children: spoon painting.







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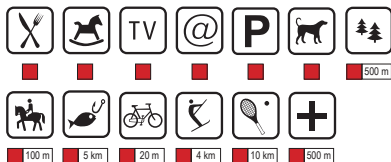
## "MALOWANE WIERCHY"

Sylvia and Albert Pach



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Category 



The "Malowane Wierchy" farm is located in the Low Beskids, in the buffer zone of the Magura National Park. This area boasts wild and unpolluted nature, rare species of plants and animals, magnificent wooden Orthodox churches whose domes glisten in the sun. On the other hand, it also offers a glimpse into the tragic fate of the Lemkos, including abandoned villages, wild orchards, crosses and roadside shrines. The hostess willingly shares her knowledge about the area, its history, culture and monuments. She will offer suggestions on where to go, what to see and which trail to choose. The windows of the house offer a beautiful view of the meadows full of herbs and the mountains covered by beech and fir forest. The kitchen is the pride of the hostess, who uses products from the farm and those of local origin to cook meals. She bakes sourdough breads, processes and smokes meats, makes her own butter, cheese and various kinds of products. Many of these products and dishes have been included in the Małopolska Culinary Heritage List, and the farm is one of the objects of the Rural Małopolska for Gourmets. The hosts run an apiary and are happy to share knowledge about the life and importance of bees in nature. The hostess cultivates many native traditions, not only culinary but also folk handicrafts, creating multi-coloured Easter eggs using the wax method. The hosts, thinking about their Guests, provide a warm and friendly atmosphere and comfortable and cosy resting conditions. Guests who appreciate outdoor activities can use mountain bikes from the "Beskid-Bike" rental.

In 2016, "Malowane Wierchy" won the first place in the Great Discoveries of Małopolska in the "Atmospheric Cottage" category.

Foreign languages: English and Lemko.

### PRICE LIST (per person) – individual bookings

Per night (breakfast included):	PLN 70
Lunch/dinner:	PLN 30
Number of beds:	16
Number of rooms:	5 (with private bathrooms).
Rooms:	1 double, 3 triples and one 4-person room.



## “Easter Eggs – a tradition written with wax”

The egg symbolises the beginning of life. Painted Easter eggs are given on Easter to friends and relatives. A blessed Easter egg brings health and prosperity. Legends, beliefs and games abound, connected with Easter eggs. Easter egg painting techniques vary. In “Malowane Wierchy”, batik technique dominates, consisting in painting eggs with hot wax and applying colours through colour baths. Multi-coloured, carefully decorated eggs are eye-catching and are a beautiful traditional element in the Easter basket. The art of painting Easter eggs is passed down from generation to generation in the host family. In the Lemko region, it was one of the few handicrafts belonging to women. Currently, men also paint eggs, starting as early as January.

Staying in “Malowane Wierchy” can be a relief from everyday hustle and bustle, an opportunity to talk about Easter customs and culinary preferences. You will be able to see Lemko’s “cottage” and learn about the life of the Lemkos. The churches nearby are also worth visiting.

**Five-day stays for PLN 499** (from lunch/dinner on Monday to breakfast on Friday).

**As part of the stay, the hosts provide additional attractions:**

- Egg painting workshops with wax using batik technique
- Visiting the Lemko educational farm
- Visiting the apiary, listening to host’s stories about the life and importance of bees in nature, honey tasting.

Children under 6 get a 50% discount.





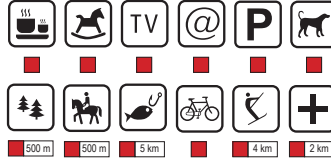
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## "DZIUBYNIŁKA"

### Agritourism Farm

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The farm is located in the vast valley of the Low Beskids, it offers a beautiful view of the peaks of Magura Małostowska and Kozie Żebro. The nearby gently sloping mountains reach 600-1,000 m above sea level and are covered with meadows and mixed forests. A network of hiking trails in the area entices guests to walking, cycling, horse-riding and cross-country skiing, so everyone will find something for themselves. The hosts are indigenous Lemkos with extensive knowledge of the history and traditions of the Lemko region. They are happy to help learning and exploring the secrets of the history of these lands, passing on their knowledge and making rich literature available to guests. In order to save from oblivion what is close to their hearts, they reconstructed the Lemko homestead – an eco-museum, where they offer active tours and thematic workshops, also conducted in Lemko. Staying on the farm is like taking a journey in time: unforgettable, fascinating and authentic.



The farm belongs to the Nationwide Educational Farm Network. The farm twice took the first place in the competition "Relaxing with nature on the Gorlice area", and in 2017 the award in the plebiscite of the Great Discovery of Malopolska in the category "Tourist Attraction of the Year".

Foreign languages: Lemko and English

#### PRICE LIST (per person) – individual bookings

Overnight accommodations:	PLN 30/40
Breakfast:	PLN 15
Number of beds:	14
Number of rooms:	5
Rooms:	1 double, one 4-person room (with private bathrooms), 1 double, 2 triples (shared bathroom in the hallway).

Discounts: children under 6 get a 50% discount





## “Living in the countryside 100 years ago”

In a faithfully reconstructed Lemko cottage, equipped with authentic tools that “come to life” during tours and workshops, visitors travel into the distant past and feel the atmosphere of old times. The farm is a reconstruction of the traditional Lemko architecture. It consists of the house, two granaries, original wind mills, a well with a crane and a treadmill. The rooms have old furnishings and tools that are used during presentations and workshops. In one of the granaries, a ram oil mill was reconstructed for “whipping” of linseed oil using a 100-year-old method.

The facility contains a set of tools and equipment for processing flax, wood, making spoons and shingles, harvesting and processing cereals and making household appliances. Most of the exhibits are already one-of-a-kind.

**Weekend stays for 220 PLN** (from Friday to Sunday – 2 nights, 2 breakfasts, 1 lunch/dinner).

**As part of the stay, the hosts provide additional attractions:**

- “Life in the countryside 100 years ago” – visiting the eco-museum
- “Our grandparents’ toys” – toolmaking
- A banquet with tasting specialties of the Lemko cuisine: flour pancakes, knishes and Lemko sour rye soup.

In addition, the hosts offer a wide range of thematic workshops for organised groups, such as:

“Spinning, spinning the spindle...” – demonstration of flax processing.

“Whipping oil” in a ram mill.

“Pans, spoons, shingles” – history of production and use.

Detailed offers and prices of the “Educational Farm” available on the website.





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## "CHYŻA HANI"

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The house is located in the Beskid Niski, next to the historic church, in the buffer zone of the Magura National Park. It was built of wooden logs in the style of Lemko cottages (huts). Nearby forests abound in mushrooms (in particular saffron milk caps), forest berries and blackberries. The forests here are the mainstay of the golden eagle, spotted eagle, black stork (Hystrix), wolves, lynxes, deer, wild boars and roe-deer, and the nearby meadows echo in the evening with the corncrake's voice. The house is surrounded by a relaxation garden with a gazebo and barbecue and a playground for children. When on the farm, you can get acquainted with the rich culture of Lemko, view the old household and farm equipment and admire the richness of folk costumes immortalised in old photographs, collected by the hostess. The hostess is the only person in these areas who cultivates the family tradition and recreates the Lemko jewellery from small glass beads called "krywulka". Domestic cuisine is based on family recipes of Lemko cuisine, combined with Polish, Jewish and Borderland cuisine. Her specialties are buckwheat and meat cutlets, potato soup, sauerkraut cabbage rolls, various dumplings, including traditional baked and venison. The hostess serves homemade bread and lard with saffron mil caps and her pantry is full of preserves, tinctures, juices, jams and mushrooms.

The host – a forester by passion and ornithologist – will be happy to share his knowledge of nature and will take guests on a fascinating trip to the forest.

Foreign languages: Lemko, Ukrainian and Russian.

### PRICE LIST (per person) – individual bookings

Overnight accommodations:	PLN 50
Lunch/dinner:	PLN 15/25
Number of beds:	16
Number of rooms:	5 (with private bathrooms)
Rooms:	1 double, two triples, one 4-person room, one 4-bed studio

10% discount for stays over 7 days.

Returning guests get 10% discount.

15% discounts available in March, November and December (except Christmas and Easter).





## “Lemko Feeling – time stood still here ”

“Chyża Hani” is a unique home with Lemko traditions, from the decor and equipment of the hut itself, to traditional cuisine and preserved family habits and souvenirs.

Extremely characteristic for Lemko’s folk art, “krywulki” glass beads still enliven many regional costumes. Krywulki are 20 cm long bead necklaces, tied around the neck. Intricately made lace-like necklaces made of glass beads are typical decorations of national minorities inhabiting the eastern part of Małopolska and the Carpathian Highlands. Today, few people in southern Poland can do this art. In the Hostess’s family, these traditions have been cultivated for three generations.

**4-day stay for PLN 860** (from lunch on Monday to breakfast on Thursday), or a **7-day stay for PLN 1,130** (from lunch on Friday to breakfast on Thursday).

**As part of the stay, the hostess provides additional attractions:**

- Getting to know the Lemko culture, visiting Lemko churches and learning their history
- Walking tour along the “Trail of Wooden Architecture”
- A feast with tasting of regional delicacies
- Necklace workshops (10 hours).



# WHAT DO PICTOGRAMS STAND FOR



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TV in the rooms



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Pets welcome



Forest



Horse stables



Fishing



Bicycle routes/rentals



Swimming pool/swimming pond



Ski lifts



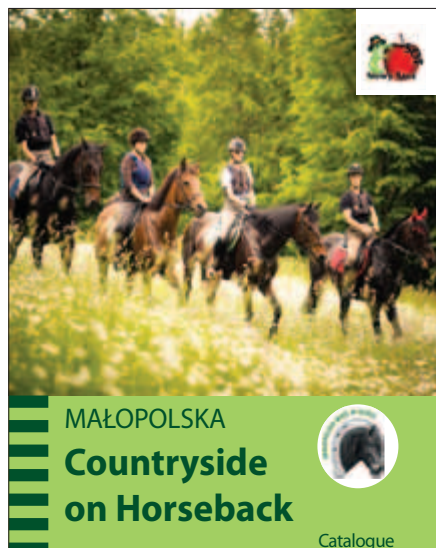
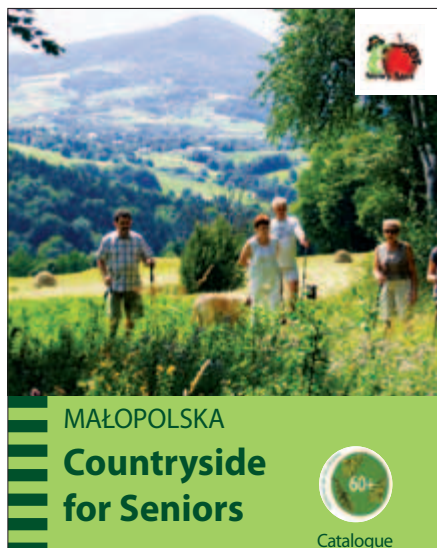
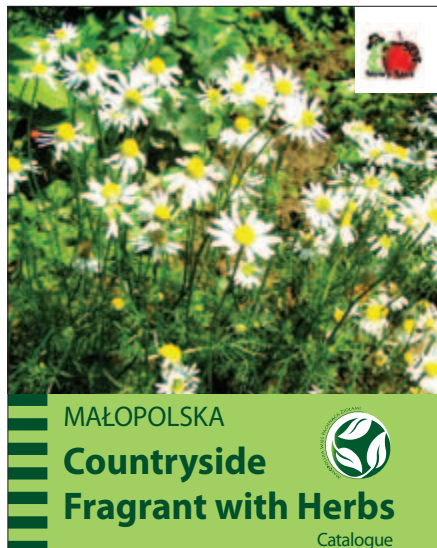
Tennis courts

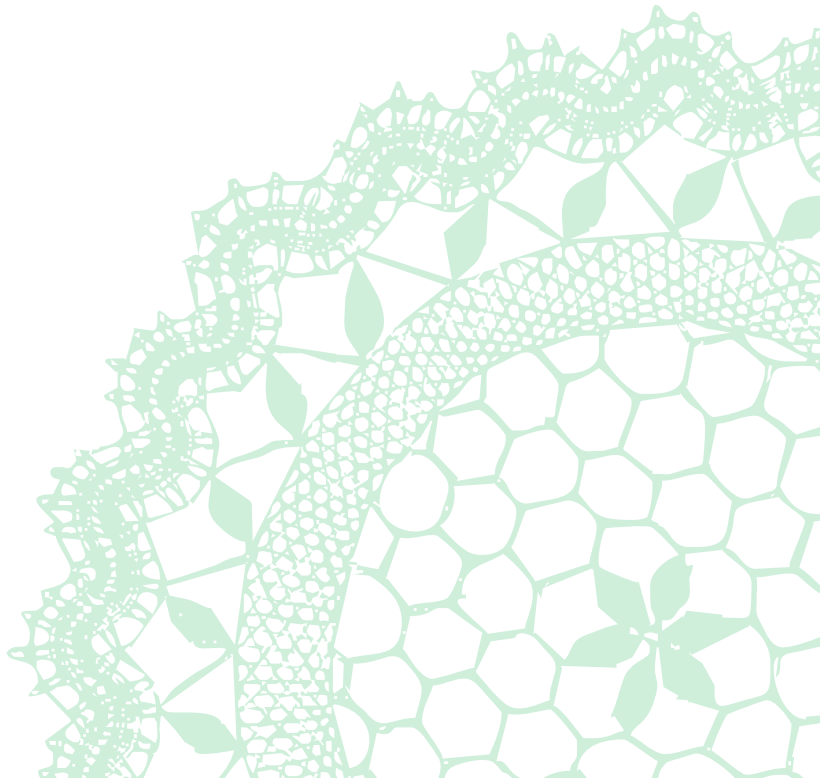


Medical help



# AGRITOURISM IN MAŁOPOLSKA







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Małopolska Tourism Organisation

KRAKÓW REGION  
 **MAŁOPOLSKA**

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