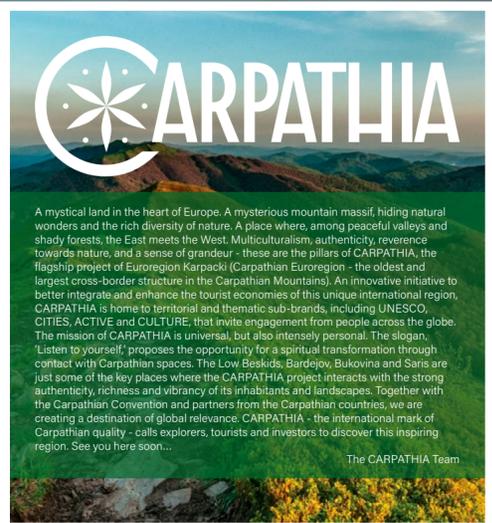




Podkarpackie Region Map

in your pocket
Carpathia



CARPATHIA

A mystical land in the heart of Europe. A mysterious mountain massif, hiding natural wonders and the rich diversity of nature. A place where, among peaceful valleys and shady forests, the East meets the West. Multiculturalism, authenticity, reverence towards nature, and a sense of grandeur – these are the pillars of CARPATHIA, the flagship project of Euroregion Karpaci (Carpathian Euroregion – the oldest and largest cross-border structure in the Carpathian Mountains). An innovative initiative to better integrate and enhance the tourist economies of this unique international region, CARPATHIA is home to territorial and thematic sub-brands, including UNESCO, CITIES, ACTIVE and CULTURE, that invite engagement from people across the globe. The mission of CARPATHIA is universal, but also intensely personal. The slogan, 'Listen to yourself', proposes the opportunity for a spiritual transformation through contact with Carpathian spaces. The Low Beskids, Bardejov, Bukovina and Saris are just some of the key places where the CARPATHIA project interacts with the strong authenticity, richness and vibrancy of its inhabitants and landscapes. Together with the Carpathian Convention and partners from the Carpathian countries, we are creating a destination of global relevance. CARPATHIA – the international mark of Carpathian quality – calls explorers, tourists and investors to discover this inspiring region. See you here soon...

The CARPATHIA Team

Association of the Carpathian Euroregion
2 Kilińskiego St., 35-005 Rzeszów
www.karpacki.pl

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CSO Development

Introducing Podkarpackie
Discover the captivating region of Podkarpackie (Subcarpathia), an untrampled destination in the Carpathian Mountains of southeastern Poland, where wide-open wilderness, vivid ethnic cultures, slow provincial charm and an innate love for the land converge to create a unique and authentic travel experience.

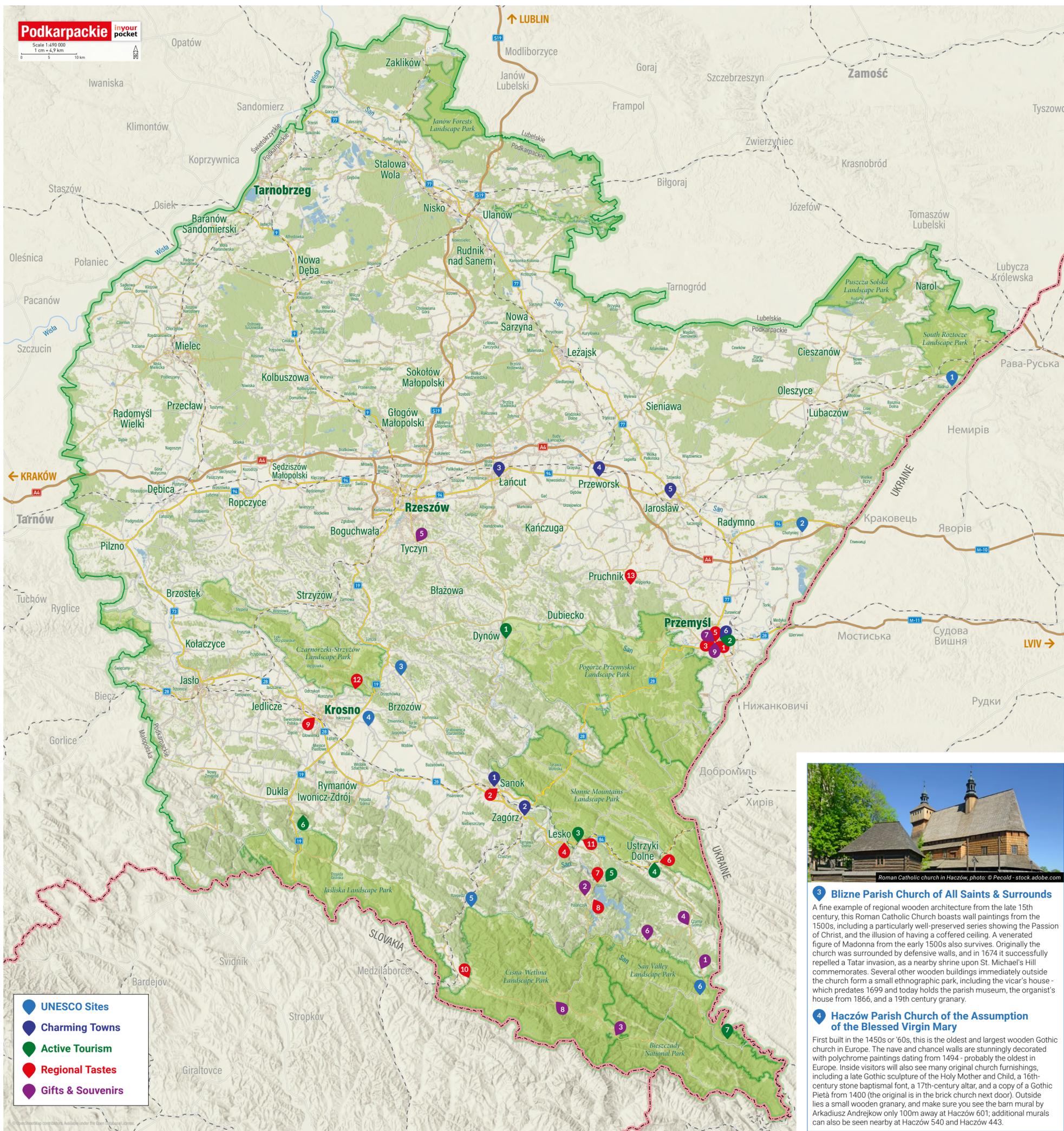
Enriched with a rich tapestry of Slavic ethnic groups like the Lemkos, Boykos, Pogorzans, and Dolinians, Podkarpackie possesses a vibrant multicultural past. Despite the tumultuous history that has shaped this borderland, the region proudly preserves its colourful folk customs, crafts, cuisine, and other heritage traditions.

For travellers seeking outdoor adventure, the region's green rolling landscapes present an array of opportunities. Hike through the untamed highland beauty of Bieszczady Mountains, set sail on the pristine waters of Lake Solina, and kayak down or cycle alongside the serene San River.

Amidst this breathtaking scenery, you'll uncover charming villages, ancient wooden churches, cultural treasures, craft galleries and living heritage sites where the past becomes tangible. Soak in the rustic charm of Sanok and step back in time at the Museum of Folk Architecture, explore the mysterious monastery ruins in Zagórz, and gaze out on the beguiling silhouette of the Bieszczady Mountains from forest observation towers. Marvel at the grandeur of Łańcut Castle and the charming townhouses of Przeworsk and Jarosław, before embracing the allure of Przemyśl with its remarkable fortification system.

This combination of peaceful, pristine landscapes, rich cultural roots and rustic, romantic wonder are what make any visit to Podkarpackie so unique and unforgettable. For more inspiration, visit yp.me/podkarpackie by scanning the code below. Now, as the local slogan 'Rzuc wszystko i jedź...' goes, drop everything and go to Podkarpackie!

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- UNESCO Sites
- Charming Towns
- Active Tourism
- Regional Tastes
- Gifts & Souvenirs



Roman Catholic church in Haczków, photo: © Pexel - stock.adobe.com

3 Blizne Parish Church of All Saints & Surrounds
A fine example of regional wooden architecture from the late 15th century, this Roman Catholic Church boasts wall paintings from the 1500s, including a particularly well-preserved series showing the Passion of Christ, and the illusion of having a coffered ceiling. A venerated figure of Madonna from the early 1500s also survives. Originally the church was surrounded by defensive walls, and in 1674 it successfully repelled a Tatar invasion, as a nearby shrine upon St. Michael's Hill commemorates. Several other wooden buildings immediately outside the church form a small ethnographic park, including the vicar's house – which predates 1699 and today holds the parish museum, the organist's house from 1866, and a 19th century granary.

4 Haczków Parish Church of the Assumption of the Blessed Virgin Mary
First built in the 1450s or '60s, this is the oldest and largest wooden Gothic church in Europe. The nave and chancel walls are stunningly decorated with polychrome paintings dating from 1494 – probably the oldest in Europe. Inside visitors will also see many original church furnishings, including a late Gothic sculpture of the Holy Mother and Child, a 16th-century stone baptismal font, a 17th-century altar, and a copy of a Gothic Pietà from 1400 (the original is in the brick church next door). Outside lies a small wooden granary, and make sure you see the barn mural by Arkadiusz Andrejow only 100m away at Haczków 601; additional murals can also be seen nearby at Haczków 540 and Haczków 443.



Interior of the Church in Blizne, ©Rafał Czepiński

UNESCO World Heritage Sites
When it comes to Polish entries on the prestigious UNESCO World Heritage List, religious buildings loom large, particularly ancient **wooden churches and tserkvas** (Orthodox churches), which can be found throughout southeastern Poland and western Ukraine. Places of worship account for all six of the UNESCO sites found in Podkarpackie, though the actual number of stunning wooden churches throughout the region is over 100.

In addition to being beautiful, Podkarpackie's wooden churches are inextricably linked to the Lemko and Boyko ethnic minorities, who inhabited this area for centuries, and whose descendants still do today. Here they gathered, prayed and also sought shelter from their adversaries. Sadly, many members of these communities were forcibly relocated after World War II, but their spirit and culture lived on, and many found ways to return to their homeland in the following decades.

As it happens, the UNESCO list is not the only to laud Podkarpackie's churches. You'll find many more on the **Wooden Architecture Route (Szlak Architektury Drewniane)** – a tourist trail connecting hundreds of sites across Poland and Ukraine. These sites make easy diversions and are essential for any visitor interested in the rich heritage of the area.



Orthodox Church in Chotyńiec.

1 Radruż Orthodox Church of St. Paraskeva
Located just metres from the Ukrainian border, the sublime 16th-century tserkva in Radruż is one of the oldest wooden Eastern Orthodox churches in Poland. Strikingly, in the nave and the chancel, the original polychrome decorations and iconostasis have survived, as have original altars from the 1700s. When the local population was forcefully expelled following World War II, the building lay dormant until its restoration in the 1960s, during which eight 'shilling' coins from 1665 were found. The complex includes a wooden belltower, two stone outbuildings, a surrounding stone wall from 1825 and two historic cemeteries.

2 Chotyńiec Greek Catholic Church of the Nativity of the Most Holy Mother of God
One of the oldest and finest examples of wooden religious architecture in Poland, the tserkva in Chotyńiec was built around 1600. The Greek Catholic community here was so large that one service could not accommodate everyone, but church rules forbade more than service per day; the second chapel was a cheeky way of getting around this rule and having a second service at the same site, but 'different church'. This second chapel even had it's own iconostasis. Following post-war population shifts, the building was briefly used as a Roman Catholic church; it was reclaimed by Greek Catholics in 1990 and is one of the few tserkvas in use in Poland today. The interiors have mostly been preserved, including a large 1735 polychrome of the Last Judgement – complete with winged demons.



Orthodox church in Turzańsk, photo: © Adalina Krupska

5 Turzańsk Greek Catholic Church of St. Michael the Archangel
The history of this Greek Catholic church is directly tied to the Lemko community that built it in 1801-03. The architecture is typical of Lemko houses of worship, and Lemko iconography is evident in the interior polychromes, which depict Christ visiting a Lemko family, a Lemko sowing grain and other scenes. There is also a mountain landscape painted over the iconostasis. Following the mass deportations of Lemkos after World War II, the building was adopted by a Roman Catholic parish. When Lemkos returned to Turzańsk in 1963, they reclaimed it and it is still an active Lemko place of worship today. Outside you'll find a 3-storey wooden belltower from 1817, and a small cemetery nearby.

6 Smolnik Greek Catholic Church of St. Michael the Archangel
Built in 1791, the church in Smolnik displays an archaic style of construction used by the Boyko ethnic group, and is one of only four such buildings surviving today. In 1951 the local Boyko community was forcibly relocated, their houses dismantled and the abandoned tserkva used as hay storage. The church interiors were whitewashed, sadly destroying the original wall paintings, and many furnishings were also lost. Restoration works took place in 1969-73 using only traditional, manual methods, meaning no mechanical tools. Upon completion, religious functions returned to the building and are ongoing, presently under Roman Catholicism. Nearby to the tserkva lies a cemetery.



Sanok Market Square

1 Sanok

Sanok's charm lies in its rich blend of natural beauty, history and multiculturalism. Perched above the San River Valley, Sanok offers a gateway into the Bieszczady Mountains, with plenty of gorgeous views, hiking trails and cycling paths to entice outdoor enthusiasts. The town itself dates back over 1000 years and was a favourite of Polish royalty, who kept a residence here; today **Sanok Castle** houses a massive collection of religious iconography, and a gallery devoted to the dystopian visions of native son, **Zdzisław Beksiński**. Sanok society was composed of Poles, Jews, Lemkos and other ethnicities from the medieval period up until World War II, after which the Jewish population had been wiped out and non-Poles were forcibly exiled. Today the **Museum of Folk Architecture** preserves the pre-war wooden architecture, artefacts and daily traditions of these people in a 38ha open-air park that should be at the top of any itinerary. Finally, the **Oil & Gas Industry Museum** chronicles the area's importance in the early development of the oil industry in the pre-electric age. No town in Poland better encapsulates the unique culture of the Carpathians than Sanok, so don't skip your chance to visit.



Lubomirski Palace & Park, photo: Monika Kotowicz

4 Przeworsk

Nestled between Łańcut and Jarosław, Przeworsk is an under-the-radar gem with a fascinating history and much to offer visitors. Built upon a round hill, a fortified Slavic settlement existed here in the 10th century, but anthropologists will know the town for lending its name to 'Przeworsk culture' - an Iron Age material culture prevalent from the 3rd century BCE to 5th century CE. Granted a town charter in 1394, Przeworsk was a private town changing hands between some of Poland's most famous noble families - Tarnowski, Ostrogski and Lubomirski - until the 18th century. The 'Pshევorsk' Hasidic movement also has its origins here, before its local decimation during WWII. Sights in Przeworsk today include the 15th-century **Town Hall**, with great views from the observation tower. **Lubomirski Palace** and its surrounding park are a wonderful place to explore, as is the adjacent **Firefighting Museum**, and the town's living **open-air ethnographic park**. Przeworsk also operates a scenic **narrow-gauge railway** during the summer.



Water Team, photo: Maciej Nabożny

4 Kayaking on the San River

Scenic and undemanding, the San River is perfect for kayaking trips, and features well-organised riverside areas for large groups to take a rest. Conveniently-placed campgrounds in Stonne, Chyrzyna and Krasiczyn also make the San ideal for multi-day float trips.

Organiser

Water Team (www.waterteam.pl) organises trips between various points along the **82km of river from Krzemienna to Wapowce**.

Sites

Consider planning your trip around some of the attractions along the route. Interested parties can connect with the region's Jewish community/heritage at the **Centre for the History of Polish Jews in Dynów** (ul. Łazienna 70); a rarity in PL today, the centre includes a synagogue, mikveh, kosher kitchen and guestrooms, and is just metres from the riverside. The San's biggest attraction, however, is the **Renaissance Palace in Krasiczyn**, dating from the turn of the 16th/17th century, the palace features incredible sgraffito on the exterior walls, is surrounded by a lovely park, and also hosts a restaurant, wine cellar and hotel. Lastly, ending the trip in Krzemienna puts you quite close to Fort VIII 'Łętownia' - part of the massive **Przemysł Fortress complex**.



Monastery of Discalced Carmelites, Photo: Adalina Krupski

2 Zagórz

Located on the Oslawa River just 6.5km south-east of Sanok, on the way to Ustrzyki Dolne (32km), the sleepy little town of Zagórz is an easy diversion between the two, even if you're travelling by train. The small town's primary attraction is the **Monastery of Discalced Carmelites**, which comprises an area of 1.75 hectares atop Mariemont Hill. Dating from the 1700s, the complex is a rare example of a fortified monastery and was the site of the last battle of the Bar Confederation, resulting in its destruction during a siege by the Russian Army. Today a ruin, the complex's remnants offer a fun outing for urbeX explorers, and one of the observation towers has been rebuilt, providing fine panoramas of the surrounding region. A recreation of a monastic garden with paths and informational placards has been established next to the ruins, and an adjacent building also now houses the Forestrerie Culture Centre, where you can check out the site as looked in the 18th century via virtual reality glasses, while also getting a multimedia rundown of the site's history.



Jarosław Market Square, photo: Jarosław Centre of Culture & Promotion

5 Jarosław

Although Jarosław may boast fewer attractions, it is undoubtedly one of the area's most beautiful and charming towns. Dating back to the 11th century, like Przeworsk, Jarosław was a private town of Polish nobility, and became an important trade centre and river port during the 16th and 17th centuries. In 1656 the invading Swedish Army was defeated here in the **Battle of Jarosław**, however the city's importance would diminish as it was pillaged just 50 years later during the Great Northern War.

Full of well-preserved Gothic, Renaissance and Baroque architecture, an evening walk around the cobbled streets and arcaded townhouses of the compact **Old Town**, lined with cafes and restaurants, is worth the trip. The gravitation point is the **Market Square**, with its magnificent Town Hall alluding to former glory days. Visitors can also explore the chambers beneath it on multiple **underground routes**. Home to incredible Roman Catholic and Greek Orthodox churches, Jarosław also had a large Jewish community, survived today by two **synagogues**.



www.trasee.pl

2 Przemysł Fortress Cycling Routes

One of Europe's largest defensive complexes at the start of the 20th century, the Ring Fortress of Przemysł comprises dozens of forts upon the hills surrounding the city, all connected by bike paths. The majority of these forts were deliberately destroyed before being surrendered to the Russians after the Siege of Przemysł - one of the longest and most brutal battles of WWI. As such, many lie in overgrown ruin today, making a visit all the more intriguing.

Organiser

Pick up free maps from the **Tourist Info Office** on Przemysł Market Square (ul. Grodzka 1). Bikes can be rented from **Azymut** (ul. 3-go Maja 30, www.azymut.bike, tel. (+48) 16 677 70 88).

Sites

There are two cycling routes - north and south. If you only have time for one, we recommend the **northern route**, which is less strenuous; at 33.7km it takes about 6hrs to complete, assuming you stop to explore each site along the way. Noteworthy forts in better condition include **Fort VIII 'Łętownia'**, **Fort XI 'Duńkowiczki'** and **Fort XV 'Borek'**. One of the route's final stops is the 308-hectare **Arboretum in Bolestraszyce**. This gorgeous historical complex includes a fort, botanical garden, park, museum and manor house where the painter Piotr Michałowski lived and worked in the mid-19th century. Before setting out you may also want to visit the **Przemysł Fortress Museum** (ul. Katedralna 6).



Łańcut Castle Museum

3 Łańcut

Łańcut is a quaint, picturesque town, which was granted rights by Casimir the Great back in 1349 and given to Otto Pilecki as a reward for his service to the king. The town was then consecutively owned by the Polish aristocratic families of Stadnicki, Lubomirski, and Potocki until 1944. Its close proximity to regional centre Rzeszów, means it gets its share of visitors - and rightly so. The town is well-known throughout Poland for **Łańcut Castle** - the 17th-century grand aristocratic palace at its centre. The castle complex and park includes a wonderful **museum of horse carriages**, a stunning **Orchid Garden**, and the largest collection of **Orthodox icons** (over 2000) in Poland. Łańcut is also notable for its 18th century **synagogue**, but better known for its distillery, established in the 18th century and still in operation today as **Polmos Łańcut**. Visit the distillery museum - located in a Neoclassical manor house from 1883 and surrounded by a beautiful park - to learn the history of the site, its production, and the Polish vodka industry in general.



6 Przemysł

It's not difficult to fall in love with this eastern border town set upon several hills along the San River at the foot of the Carpathian Mountains. With handsome townhouses, immaculate churches, steep, winding lanes and a bounty of interesting historical sites, Przemysł boasts both small town charm and a rich cultural heritage to explore. Must-see sites include the sloping **Market Square**, the impressive **Przemysł Fortress** ruins ringing the centre, **Zniesienie Hill & Tatarski Mound** with their stunning panoramas, **Casimir Castle** set upon a hill amongst lush vegetation, and even the grand and gorgeous **train station** - arriving by which will have you in awe from your very first glances. Fascinating museums include the **Underground Tourist Route**, and the **Museum of Bells & Pipes** - set in a historic clock tower with great views of the city. Quirky monuments also abound, beginning with the **Bears of Przemysł** and the **Good Solider Svejik**. Active tourists will find many wonderful opportunities for hiking, cycling, river recreation and even skiing in winter. Get exploring and see all this wonderful town has to offer!



4 Ustrzyki Mountains Summit Hike

Hike the five peaks (all under 1000 metres) surrounding **Ustrzyki Dolne** - the regional capital of Bieszczady. Are you up to the challenge?

Organiser

Bieszczady Centre for Tourism & Promotion, Rynek 16, Ustrzyki Dolne. Head here for maps and info. Take a picture of yourself atop all 5 peaks and they'll give you a certificate celebrating your accomplishment.

Sites

This ambitious hike starts in Ustrzyki Dolne and connects the summits of **Kamienna Laworta**, **Mały Król**, **Holica**, **Gromadzyń** and **Orlik**, from which there is a trail back to Ustrzyki Dolne. That said, the peaks can be done individually, and in any order. The 5 Summits route actually connects many short hikes along a multitude of trails with different colours, and it's best to create your own route based on your own ability. In that sense, it's more of a hiking challenge than an actual trail.

While in Ustrzyki Dolne check out the **Museum of Milling** (ul. Fabryczna 12, www.mlynbieszczady.pl), where you can learn about the history of grain production, participate in culinary workshops making local specialties like proziaki (sodabread rolls) and cabbage soup, or have a hot, hearty meal in the adjoining tavern (Karczma w Młynie).



5 Make a Splash at Lake Solina

This lovely lake in the heart of Bieszczady is just as popular as the mountains that surround it - even more so with holidaymakers simply looking for rest and relaxation. Created in 1968 by damming the San River, this is Poland's largest artificial lake at 22km², and offers an array of water sports, wild beaches, vacation villages and gorgeous scenery.

Sites

While the shores around the waterside villages of **Solina**, **Myczków** and the mini-health resort of **Polańczyk** are quite developed, other parts of Lake Solina are completely untouched. Family attractions (rope parks, water parks, etc.) are plentiful, as are restaurants serving freshly caught fish. The **dam in Solina** is quite an engineering marvel and worth a visit; the largest dam in PL, you can walk across it or take the 1.5km **cableway** over it for amazing views. The **observation tower on Jawor** also offers great views, and you can learn about the history and customs of Carpathian highlanders at the **Museum of Boyko Culture** in Myczków.

Activities

Pretty much any water sport you can dream up is available here, with most activities based out of Solina and Polańczyk. In addition to kayaks, canoes, stand-up paddle boards (SUP), pedal boats and sailboards, you can also rent sailboats and even 12-person yachts. If you don't have a sailing licence, scenic lake cruises are also offered.



Cergowa Lookout Tower, photo: Robert Neumann

'Lookout' for these Observation Towers

One of the perks, if not the very point itself, of reaching a summit, is the great views you get from the top... unless there aren't any. That's where these observation towers come in, lifting you above the treeline to look out over majesty of the land in all directions. If you're planning a hike, consider these towering options.

6 Cergowa

Cergowa is a forested peak just southeast of Dukla, whose iconic silhouette is a symbol of the region. The peak is 716m and the tower - which resembles an oil drilling tower - another 22m. To see these superb panoramas, take the red trail from Nowa Wieś, or the yellow trail from Dukla. If you choose the latter you'll pass the 'Golden Well' (*Złota Studzienka*) - a chapel with a natural spring said to have healing powers.

7 Muczne

Deep in Bieszczady, just a stone's throw from the Ukrainian border, this 34m tower stands atop Jeleniowate peak (907m above sea level) and offers sweeping vistas. The hike only takes about 40mins from the start of the trail, and on the way you'll pass the haunting Brenzberg Forester's Lodge, where 74 Poles were massacred in 1944. There is also a terrace for observing beaver a short distance down the road from the trailhead.

Proziaki (Sodabreads)

These flat soda bread rolls are a local delicacy. For the most authentic and theatrical experience check out Manufaktura Domowa Piekarnia i Spizarnia on the Przemysł Market Square and see how it was done back in the day.

Try it here:

- Manufaktura Domowa Piekarnia i Spizarnia**
Rynek 6, Przemysł
- Proziakownia**
Rynek 22, Sanok



Fuczki (Sauerkraut Pancakes)

Like potato pancakes but with pickled cabbage added to the dough, this savoury dish tastes much better than it sounds. There are a lot of variations, but seek out the ones with garlic sauce.

Try it here:

- Restauracja Dominikańska**
Plac Dominikański 3, Przemysł
- Stodoła Bistro**
Glinne 64



Gołąbki Przemyskie (Cabbage Rolls)

A variation on the Polish staple of seasoned meat and rice wrapped in a steamed cabbage leaf, in Podkarpacie the meat/rice filling is replaced with mashed potatoes, making this a winner for vegetarians.

Try it here:

- Cuda Wianki**
Rynek 5, Przemysł
- Karczma w Młynie**
ul. Fabryczna 12, Ustrzyki Dolne



Hreczanyki (Meatballs)

Podkarpackie-style meatballs of minced pork mixed with buckwheat, these little round morsels are best enjoyed when they come slathered in creamy dill sauce.

Try it here:

- Restauracja Dominikańska**
Plac Dominikański 3, Przemysł
- Karczma w Młynie**
ul. Fabryczna 12, Ustrzyki Dolne



Pstrąg (Trout)

Straight from Podkarpacie's numerous freshwater reservoirs, whether baked, grilled, smoked or pan-fried, trout is typically served whole and filled with herb butter. Sublime.

Try it here:

- Karczma Solina**
Solina 38A
- Wędzarnia i Smażalnia Pstrąga 'Regionalny Przysmak'**
ul. Zdrojowa, Polańczyk



Bałabuch (Savoury Pastry)

A balabuch (sometimes 'balabuszek') is a buttery, onion seed-encrusted roll filled with potatoes, cabbage (our preferred choice) or buckwheat groats. Accompanied by a dollop of sour cream and a mug of barszcz (beetroot soup), it doesn't get much better when it comes to a light, savoury meal.

Try it here:

- Cuda Wianki**
Rynek 5, Przemysł

Regional Products

Podkarpackie has a bountiful array of locally-produced goods and products - from honey, jams and small batch alcohols to ceramics and natural cosmetics - that make lovely gifts or mementoes. As you travel the region, try to support small local businesses any time you can.

9 Manufaktura Nalewek

ul. Czajkowskiego 55, Krośno

10 Bieszczadzkie Smaki

Smolnik 9

Ursa Maior Brewery

This small, locally-owned and operated brewery in Bieszczady is surely one of the coolest places in the region and worth dropping in for a visit to their bar and shop. Priding themselves on their commitment to the environment and local community, they offer not only great beers, but also regional snacks and a range of local products. Tours of the brewing process can also be arranged (rebooking required).

11 Uherce Mineralne 122A

Uherce Mineralne 122A

Wineries & Enotourism

Thanks to a warming climate and improving conditions for grape cultivation, winemaking has begun to flourish across Podkarpacie and much of southern Poland. What's more, many small local wineries in the region offer tours and tastings in English.

12 Widokowa Winery

Kombornia 802B

13 Stecki Family Winery

Węgielka 99A

Galeria - Pracownia Stare Kino

Run by master ceramist Marta Zubeł and painter Grzegorz Zubeł, this lovely shop/gallery is one of the best spots in the region for original art and hand-made souvenirs, including a fantastic array of bowls, candlesticks, pendants, earrings and more. They also have smaller ceramic souvenirs like magnets with over 100 animal designs that are typical of the region.

1 Lutowiska 7



Galeria u Bojków

Located at the Boyko Museum, this gallery has a selection of local hand-made ceramics, made in their own workshop. There are also paintings, wooden sculptures and embroidered shirts and tablecloths with Boyko motifs, as well as books about Bieszczady, hand-made jewellery and much more. Also available is Boyko-style coffee with spices (you simply must try).

2 Myczków 46



Galeria - Kawiarnia Dzika Szyszka

An arts and crafts shop with a difference in pretty Wetlina. There's a wide range of locally-made handicrafts and ceramics, including ceramic angels, jewellery inspired by local history, embroidery and clothing/fabrics with local folk motifs and handmade prints of Bieszczady icons like wolves and lynxes. Monika, the owner, also brews great coffee, so order up!

3 Wetlina 171

Galeria Barak

Regional art gallery run by Róża and Krzysztof Franczak which showcases art from local artists only. A good place to pick up a unique and eye-catching gift, there are traditional Bieszczady angels, ceramics, wood art, clothing with patterns inspired by local Boyko culture, religious icon art, sculptures and so much more. They also organise workshops.

4 Czarna Góra 88

Galeria Światowid

The gallery in Tyczyn has a pan-generational allure. Housed in a renovated building from the 19th century, there is something for everyone with an excellent range of hand-made artwork, lovely local craft products and herbal concoctions etc. Interestingly, they also organise many local events, including concerts, lectures on herbal medicine and art workshops for younger kids.

5 Grunwaldzka 56, Tyczyn

Bieszczadzka Polana Apiary

This local apiary has 80 hives and specialises in natural multifloral honey (miód wielokwiatowy). Owner Daniel Mikrut welcomes walk-ins, so stock up on this delicious nectar while you can. If you're nice, you might even get a peek behind the scenes at the busy bees and their equally busy keepers. Polana is also a great spot from which to explore the surrounding scenery.

6 Polana 10

Bosz Bookshop

A small bookstore specialising in regional literature and local guidebooks (some in English). They also do a fine trade in souvenirs like magnets, cuddly toys, key rings, linen bags, mugs, pens etc. For art buffs, they sell reproductions by famous artists like Tamara Łempicka and local hero Zdzisław Beksiński (born in Krośno).

7 Kościuszki 7, Przemysł

Krywula

In Cisna, there's a lovely little craft shop and art gallery called Krywula run by Justyna Ptoucha. Inside you'll find a range of original souvenir ideas: jewellery, hand-made and hand-painted traditional clothing, ceramics, homemade toffees (krówki), preserves, honey, herbs, natural cosmetics, regional beers and so much more. They also provide accommodation.

8 Cisna 92A

Tourist Info Centre in Przemysł

In addition to a super-friendly and informative staff, this tourist info centre offers a range of unique gifts and souvenirs, including magnets, hand-painted postcards, hand-painted cups, stained glass art, and locally-designed t-shirts. There are also English-language guidebooks, photo albums and more. Make it your first stop in Przemysł.

9 ul. Grodzka 1, Przemysł