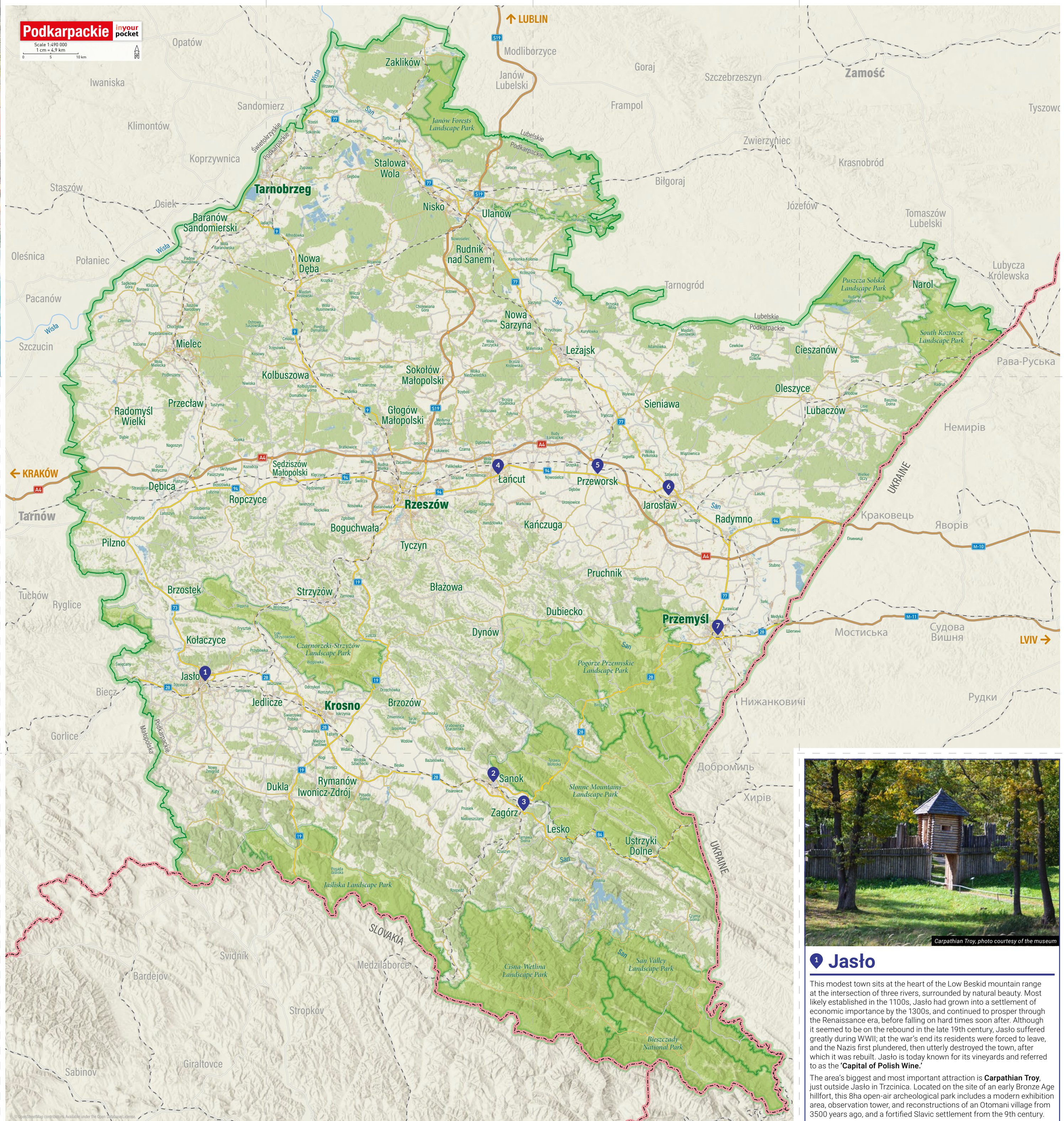



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 CSO
 Development



1 Jasto

This modest town sits at the heart of the Low Beskid mountain range at the intersection of three rivers, surrounded by natural beauty. Most likely established in the 1100s, Jasło had grown into a settlement of economic importance by the 1300s, and continued to prosper through the Renaissance era, before falling on hard times soon after. Although it seemed to be on the rebound in the late 19th century, Jasło suffered greatly during WWII; at the war's end its residents were forced to leave, and the Nazis first plundered, then utterly destroyed the town, after which it was rebuilt. Jasło is today known for its vineyards and referred to as the **'Capital of Polish Wine.'**

The area's biggest and most important attraction is **Carpathian Troy**, just outside Jasło in Trzcenica. Located on the site of an early Bronze Age hillfort, this 8ha open-air archeological park includes a modern exhibition area, observation tower, and reconstructions of an Otomani village from 3500 years ago, and a fortified Slavic settlement from the 9th century.



Sanok Market Square

2 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.



Sanok Castle, photo: Historical Museum in Sanok

Sanok Castle

ul. Zamkowa 2, Sanok

Located upon a steep slope above the San River, Sanok Castle was first built by King Casimir the Great after 1341 in place of a wooden Ruthenian stronghold. Such was its splendour that the royal wedding of King Ladislaus II Jagiello and his third wife took place here in 1417. The stronghold was further beautified into a Renaissance residence in the early 16th century, and expanded in the 17th and 18th centuries. During the Austro-Hungarian period all of the castle's structures were demolished with the exception of the main building, the value of which was diminished due to alterations; during WWII the castle was thoroughly plundered. Works to restore the site's Renaissance appearance began in the 1990s, and in 2011 the reconstructed southern wing was opened; the defensive walls have also been reconstructed and revitalisation works continue.

Today Sanok Castle is the seat of the **Sanok Historical Museum**, with rich collections of Orthodox and Greek Catholic sacral art, Roman Catholic sacral art and Pokuttyan ceramics. The new wing hosts the museum's biggest draw - the **Gallery of Zdzisław Beksiński**. One of Poland's most internationally-recognised painters, Zdzisław Beksiński (1925-2005) was born in Sanok and is famed for his luminous, emotionally-charged canvases depicting grotesque figures and apocalyptic landscapes. The themes of war, ruin, decay and deformity are prevalent throughout his work, which has been described as 'fantastical realism' and 'dystopian surrealism'. Home to 600 works handpicked by the artist, Sanok possesses the most comprehensive Beksiński collection anywhere.



The Museum of Folk Architecture in Sanok, photo: Katarzyna Gerula

Museum of Folk Architecture

ul. Rybickiego 3, Sanok

This 38ha open-air ethnographic museum is the largest in Poland. Over 150 wooden structures dating from the 17th-20th centuries are collected here, preserving important heritage sites that may have otherwise been lost. They include rustic dwellings, sacral buildings, barns, schools, taverns, mills, even beehives and roadside shrines. The objects are divided into ethnographic sectors, creating separate Lemko, Boyko, Pogorzan and Dolinian villages, as well as a Galician town marketplace. Visitors are able to stroll freely around the park's vast area and even enter many of the structures, which are filled with period artefacts, exhibits and furnishings. A lovely outing, particularly on a nice day.

Sanok Market Square

Rynek, Sanok

Despite the town's long history, and the market's square's location on a hill, none of its buildings predate the 19th century - a sad result of numerous fires. That certainly doesn't stop the pink-painted Town Hall from standing out, however. A mix of Neo-Gothic and Neo-Romanesque architecture from the turn-of-the-20th-century, Sanok's Town Hall was designed by Władysław Beksiński - grandfather of renowned 20th-century painter Zdzisław Beksiński, who was born in Sanok in 1929. You'll find a monument to the famous artist in the east corner of the market square, and you can see his work in Sanok Castle. To enjoy a coffee/beer as you watch the world go by, stay right here.



Monastery of Discalced Carmelites, Photo: Adelina Krupski

3 Zagórz

Located on the Ośława River just 6.5km south-east of Sanok, on the way to Ustrzyki Dolne (32km), the sleepy little town of Zagórz is a 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 urber 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 Foresterium 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.



Łańcut Castle Museum

4 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.



Lubomirski Palace & Park, photo: Monika Kotowicz

5 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 'Pshevorsk' 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.

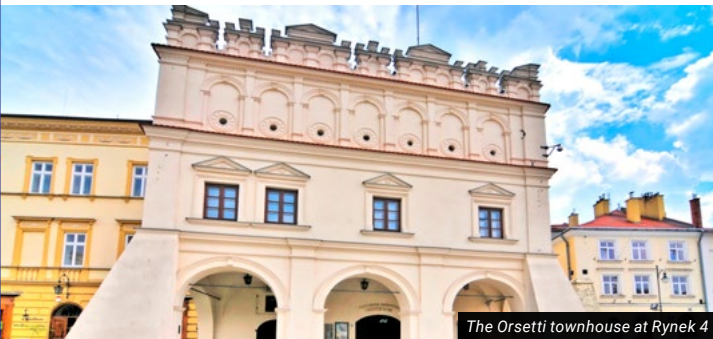


Jarosław Market Square, photo: Jarosław Centre of Culture & Promotion

6 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**.



The Orsetti townhouse at Rynek 4

Jarosław Market Square

Rynek, Jarosław

The town's main attraction is arguably its market square - the nucleus of the Old Town and its cultural and social centre. It's here that trade was conducted, and the space plays host to a range of events throughout the year, foremost among them the annual **Jarosław Fair** (Jarmark Jarosławski) - a citywide bash each summer, featuring merchants selling products from around the world, theatre productions, concerts, a food fair, book fair, flea market and more.

The Market Square's centrepiece is its beautiful Neo-Renaissance **Town Hall**, first built in the late 15th century, and rebuilt many times as styles changed, eventually reverting back to its 17th century form following a late-19th century refurb. The market is lined with Renaissance-era townhouses, the most outstanding among them being the magnificent arcaded **Orsetti tenement** at Rynek 4, which offers visitors the opportunity to go underground and explore the market square's subterranean levels. A handy **tourist information centre** can also be found on Jarosław's Rynek, as well as a **multimedia fountain**.

On a more macabre note, a shocking discovery was made here in 1967 when crews resurfacing the market square found a circular pit 1.5m below the current surface covered over with wooden planks and filled with human skulls. The lack of other remains (just heads) lead experts to conclude that this was a disposal site for medieval executions carried out on the public square. The skulls filled two trucks and were transported to the New Cemetery, where they now reside in a mass grave marked with grey granite cubes. Creepy.



Underground Tourist Passage, Rynek 5, photo: Jarosław Centre of Culture & Promotion

Jarosław Underground

Rynek 5; Rynek 14, Jarosław

While most of Jarosław's riches are in plain view, the town's tenement buildings hide a vast labyrinth of medieval cellars that were once used to store goods going to the market. Ironically this subterranean network was almost the cause of the Old Town's collapse after WWII, requiring 40 years of work to secure the foundations and prevent disaster. Today Jarosław offers two underground tourist routes, the first of which entails a 50min guided tour beneath the 17th-century Rydzikowa tenement house (Rynek 14), and a second, newer route beginning from Rynek 5 that consists of 11 underground rooms full of multimedia exhibits explored with a guide (90mins) or independently with an audioguide.

Corpus Christi Collegiate Church

pl. Ks. Piotra Skargi 2, Jarosław

The Jesuits came to Jarosław in 1573 and soon established a college which became a leading place of theological, educational and scientific study in Poland during the Reformation, with one of the richest libraries in the country. Built from 1580-94, the Collegiate Church - formerly the Jesuit Church of St. John - is today the oldest former Jesuit church in Poland, and oldest place of worship in Jarosław. Reconsecrated as Corpus Christi Church in 1802, following the dissolution of the Jewsuit order, the most valuable treasures of this Renaissance church are the magnificent gold monstrance inlaid with precious jewels, and the image of Our Lady of the Snows on the main altar.



Market Square in Przemyśl, photo: Adelina Krupski

7 Przemyśl

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, Przemyśl boasts both small town charm and a rich cultural heritage to explore. Must-see sites include the sloping **Market Square**, the impressive **Przemyśl 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 Przemyśl** and the **Good Solider Švejk**. 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!



Casimir Castle, photo: Grzegorz Karnas

Casimir Castle

Aleje 25 Polskiej Drużyny Strzeleckiej 1, Przemyśl

Built by King Casimir the Great (hence the name) in 1340, the understated elegance of Casimir Castle is worth a look. It remains the oldest structure in town and is the setting for many events organised by the ZAMEK Culture & Science Centre, including concerts, theatre and dance performances, even board game get-togethers. Inside you can see the royal regalia of King Casimir and explore the spooky dungeons.

The phenomenal wooded grounds of Castle Park (Park Zamkowy) are as fundamental a component of the site as the castle itself. Centuries-old lime trees hum with thousands of honeybees in summer, and you can actually walk from this park to Zniesienie Hill for more lovely views.

Przemyśl Market Square

Rynek Główny, Przemyśl

Dating from the 14th century, the Przemyśl Market Square is unique for its many trees and sloping terrain. Historically full of merchants selling a variety of goods, today the square still hosts weekend markets, in addition to being the social centre of the town. Although the Town Hall was demolished in 1794, the handsome townhouses on three sides (with the exception of half the western side) have survived and today house numerous cafes and restaurants where you can relax and enjoy the views. Of note is the Bear Fountain at the square's centre, the Good Soldier Švejk monument, the Przemyśl History Museum and City Hall.



Museum of Bells and Pipes, photo: Grzegorz Karnas

Museum of Bells & Pipes

ul. Władycze 3, Przemyśl

An odd branch of the National Museum in Przemyśl, this Baroque clock tower dates to 1777 and has been host to the quirky but beloved Museum of Bells & Pipes since 2001. Located in a tolling tower meant to be part of the never-built Greek Catholic Church, the exhibit of church bells fits; Przemyśl is home to a bell foundry, after all. It follows then that the pipes would be organ pipes, flutes and perhaps other musical instruments, right? Wrong. Przemyśl is also known as the Polish capital of smoking pipes, an unusual claim to fame supported by the city's several pipe manufacturers. Strange as it is, this museum is core to Przemyśl's cultural heritage. The displays are slight but certainly fascinating, and the tower also serves as an observation point offering views of the Old Town.

The Bears of Przemyśl

various locations, Przemyśl

As you explore the city, keep your eyes peeled for 12 small bronze bear statues - a slightly gimmicky attraction no doubt inspired by Wrocław's gnome statuettes, plus the mammal's presence on the Przemyśl coat of arms, and throughout the forests of the region. Each bear is unique and comes with a QR code for more info about its inspiration and origins. Generally Przemyśl's bears are a fun way to keep the kids engaged in sightseeing, so don't 'paws' for thought - get out and go bear hunting!



'Good Soldier Švejk' Monument, photo: Grzegorz Karnas

'The Good Soldier Švejk' Monument

Rynek, Przemyśl

In the centre of Przemyśl, the 'Good Soldier Švejk' sits on an ammunition box, pipe in one hand, and his favourite beer mug in the other. Švejk is the iconic main character of the famous Czech novel *'The Good Soldier Švejk'* - a dark satirical comedy by Jaroslav Hašek that tells the story of a simple-minded but good-humoured soldier in the Austro-Hungarian Army during World War I. Published in 1921-1923, *'Švejk'* became the most-translated Czech novel of all time, shining a light on the futility and absurdity of war. In the novel, Švejk's travels bring him to Przemyśl, hence this popular monument by local sculptor Jacek Szpak.

Zniesienie Hill & Tatarski Mound

ul. Przemyśława, Przemyśl

South of the centre, this hilltop park offers great panoramic views and various places of interest. The name 'Zniesienie' commemorates the defeat of the Tatars, which took place here in the 13th century, and - if you believe the legend - the hill's highest point, Tatarski Mound (352m above sea level), was erected as a burial mound for the Tatar Khan killed in that conflict. The hill park features a 16th-century chapel, and a massive modern cross erected in 2000. In the 19th century, the Austrians built defensive structures around Zniesienie as part of the Przemyśl Fortress, the ruins of which are still visible. The hill also hosts a TV Tower and ski-slope with a year-round alpine slide and cableway that can relieve you of the uphill walk.



Przemyśl Fortress, photo: Shaun O'Neill

Przemyśl Fortress

various locations; ul. Katedralna 64, Przemyśl

One of Europe's largest fortresses at the start of the 20th century, the Ring Fortress of Przemyśl is a fine example of Austro-Hungarian defensive architecture. Composed of dozens of individual forts throughout the wooded hills surrounding Przemyśl, today the heritage site comprises a somewhat forgotten monument to World War I. Manned by soldiers from many nations during World War I, many of the forts were deliberately destroyed before being surrendered to the Russians after the Siege of Przemyśl - one of the longest, most deadly battles of WWI, resulting in 100,000 deaths. As a result, today most of the forts that make up the massive fortress system lie abandoned, often embedded in thick undergrowth, in quiet and serene surrounds. An urban explorer's dream, all of the sites are free and accessible to some degree, if you are brave enough to explore the trenches and dimly-lit interiors where history stares you right in the face and the ghosts of the past are never far away, that is. Have protective footwear and a flashlight handy.

If you prefer a less adventurous experience, some of the forts - namely Fort XI 'Dukńkowicki', Fort VIII 'Łętownia' and Fort XV 'Borek' - are in better condition, while the **Przemyśl Fortress Museum** at ul. Katedralna 6 in the centre of Przemyśl will give you an overview of the complex before you head out into the field. All of the main sites along the fortification line are connected by bike paths, so get two wheels under you if you want to visit more than a couple forts; maps of the route can be picked up at the museum, or the Tourist Info Office at Rynek 26.



Underground Tourist Route, photo: Grzegorz Karnas

Underground Tourist Route

Rynek 1, Przemyśl

The townhouse at Rynek 1 - today Przemyśl City Hall - dates back to the turn of the 15th & 16th centuries and was once owned by wealthy merchants. The building includes two underground levels with an area of nearly 400 square meters, which reach 10m below surface level. Here the owners stored their goods - wine, mead, salt, salted meats, produce, dairy products and more - and conducted trade. Over the decades these spaces were also used as workshops, inns and even sleeping quarters for servants. In recent years the city has renovated these cellars and opened them to the public - including a 100m section of a 17th-century sewage canal - with multimedia exhibits about medieval life in Przemyśl. There are further plans afoot to eventually connect the canal to the multi-storey cellars of neighbouring buildings, thus creating a vast network of corridors under the market square.

Benedictine Nuns' Abbey & Holy Trinity Church

3 Maja Pl. Konstytucji 8, Przemyśl

Iconically located right on the river, this Benedictine monastery and its glorious late Baroque church were built in the years 1768-1777, and comprise the oldest buildings on Przemyśl's left bank. 350m of the original defensive walls that surrounded it - complete with arrow slits and a tower - are still intact today. Visiting is only possible during mass, but if you do get inside the exceedingly ornate church, you'll see Baroque frescoes, a Rococo choir grille, and an alabaster tabernacle in the main altar.