

RABKA-ZDRÓJ





How to get there?

A website helpful while planning a trip

e-podroznik.pl



By bus



• Cracow - Rabka-Zdrój

transit.podhale.pl

• Cracow - Rabka-Zdrój

www.busy-krk.pl

• Cracow - Rabka-Zdrój

www.szwagropol.pl



By train



Cracow - Rabka-Zdrój - Chabówka

rozklad-pkp.pl



Nearest airports



Cracow

•

Katowice

•

Rzeszów

CONTENTS



INTRODUCTION

02



GENERAL INFORMATION

04



GEOGRAPHY/LOCATION

06



INTERESTING FACTS

08



SPA

10



HISTORY

14



RABKA-ZDRÓJ

18



VILLAGES OF RABKA-ZDRÓJ
COMMUNE

22



THE COMMUNE IN
AN ACTIVE WAY

24



ACTIVELY IN WINTER

28

The project 'The support of small and medium-sized enterprises which operate in tourism and increasing the recognisability of Lesser Poland as a tourist economic brand' (no RPMP.03.03.01-12-0593/18) co-funded by the European Union as a part of the Regional Operational Programme of Lesser Poland for the years 2014 – 2020.

the Foundation for the Development of Regions

www.f-rr.org

the Association of Polish Spa Communities

www.sgurp.pl

Realization:

 **DIGITAL PLACES**

Digital Places Multimedia Publishing

www.digitalplaces.pl

Kraszewskiego 1/406

33-380 Krynica-Zdrój

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Typesetting: Klaudia Stochmal, Nina Kieblesz

Maps: Mapa-turystyczna.pl

Photographies:

Front cover © Joanna Dragon

Back cover © Łukasz Świętach

P. 8-9 photos no 2 i 5; p. 11 photo no 1, 2; p. 12-13 photo no 2; p. 14; p. 16-17 photos no 3, 4, 5, 6; p. 18, p. 19 photo no 2; p. 21 photos no 3 i 4; p. 23; p. 24-25 photos no 2, 3, 4; p. 26-27 photos no 5, 6, 9, 10; p. 28-29 photo no 6 © Piotr Kuczaj

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Rabka-Zdrój

Rabka-Zdrój – a place for everybody

Rabka-Zdrój is a place where everybody will find something for themselves. Mountain trails, mineral waters flowing out from the ground, museums, an amusement park, ski slopes and highlander folklore tempt people to come here.

The commune is situated in the Rabczańska Valley surrounded by the picturesque Gorce Mountains and the Island Beskids. Podhale spreads south of it. The seat of the commune is Rabka-Zdrój which can boast of its history dating back to the 12th century. The resort is tucked between three villages: Chabówka, Rdzawka and Ponice. Each of them has its own special character and various attractions. They are all connected by the Raba River and its tributaries which flow out at the foot of the Gorce Mountains.

Rabka-Zdrój is famous for numerous attractions and its greatest treasure is brine i.e. waters saturated with many beneficial elements. Either adults or children may take advantage of them in mineral water pump rooms, sanatoria, spa hospitals and brine graduation towers. After all, Rabka-Zdrój, the Town of Children of the World, is a resort dedicated to children!

The mountain climate and surrounding mountains constitute another treasure of Rabka. The commune is a starting point for many trails leading to the Island Beskids and the Gorce National Park. The Main Beskid Trail goes through Rabka and from nearby mountain tops you will see the Tatras and Babia Mountain.


Rabka is a commune which may boast of rich, highlander traditions. You can admire the folklore of Highlanders from Rabka, listen to their music, singing and watch highlander dances. This heritage is displayed in museums and galleries of folk art. Moreover, for over 70 years the Puppet Theatre 'Rabcio' has been operating in the town – it was created for the youngest health visitors. Moreover, the Museum of Rail in Chabówka has the largest collection of rail vehicles.

Rabka-Zdrój commune offers a lot to those who look for adrenaline rush. You can get crazy on carousels, a roller coaster or a Ferris wheel at Rabkoland Amusement Park. All these attractions are at hand since Rabka-Zdrój lies at the crossroads of communication routes from Cracow to Zakopane and from Bielsko-Biała to Nowy Sącz.



rabka.pl



DISTANCE BETWEEN RABKA-ZDRÓJ AND OTHER VOIVODESHIP CITIES		
 CITY	 DISTANCE	 TIME
Białystok	564 km	6 h 50 min
Bydgoszcz	542 km	6 h 30 min
Gdańsk	656 km	7 h 30 min
Gorzów Wielkopolski	605 km	6 h 40 min
Katowice	140 km	1 h 50 min
Kielce	197 km	2 h 50 min
Cracow	70 km	1 h 10 min
Lublin	400 km	4 h 40 min
Łódź	339 km	4 h 10 min
Olsztyn	588 km	7 h 20 min
Opole	249 km	3 h
Poznań	519 km	5 h 50 min
Rzeszów	224 km	2 h 30 min
Szczecin	706 km	7 h 40 min
Warsaw	373 km	4 h 50 min
Wrocław	331 km	3 h 50 min
Zielona Góra	500 km	5 h 30 min



Voivodeship: Lesser Poland

Powiat: Nowy Targ

Seat: Rabka-Zdrój

Villages: Chabówka, Ponice, Rdzawka

Neighbouring communes: Lubień, Mszana Dolna, Niedźwiedź, Nowy Targ, Raba Wyżna

Area: 69.2 km²

Population: 16,987

Spa status since: 1st January 1967





A view of Stone Estate



Geography/location

With a view of the Gorce, the Tatras and the Island Beskids

Rabka is a commune situated in the Rabczańska Valley and on the slopes of the Gorce Mountains and the Island Beskids. The valley in the centre of which the seat of the commune, Rabka-Zdrój, is located, rises to the height of 500 – 600 m and the surrounding villages climb higher and higher. In Ponice buildings spread to the height of 740 m and in Rdzawka to 840 m. The central part of the commune is strongly transformed by people. However, the higher we get, the more places conquered by the nature of the Beskid we can see. The mountains which surround Rabka-Zdrój hide the most precious treasure, namely, rocks through which water flows and minerals with which it is saturated in order to flow out on the surface in a form of beneficial brine.

Rabka lies in the region of a submontane and mountain climate which is characterised by great diversity, a high number of sunny days and little rainfall. The mountains

surrounding the commune protect it from the wind and create a pleasant climate for visitors.

The Raba River flows through the commune and marks the border between the Gorce Mountains, the Island Beskid and the Rabczańska Valley. It has its spring at the foot of Kułakowy Wierch in the Gorce. The river is fed by the Poniczanka, Słonka, Skomielnianka Creeks and many smaller streams which run through the commune.

Beautiful surroundings, numerous attractions and easy access make Rabka-Zdrój undeniably attractive. It is situated at the crossroads of communication routes from Cracow to Zakopane and from Bielsko-Biała to Nowy Sącz. Additionally, Chabówka is a junction on the route to Zakopane – lines from Cracow and Nowy Sącz connect here.



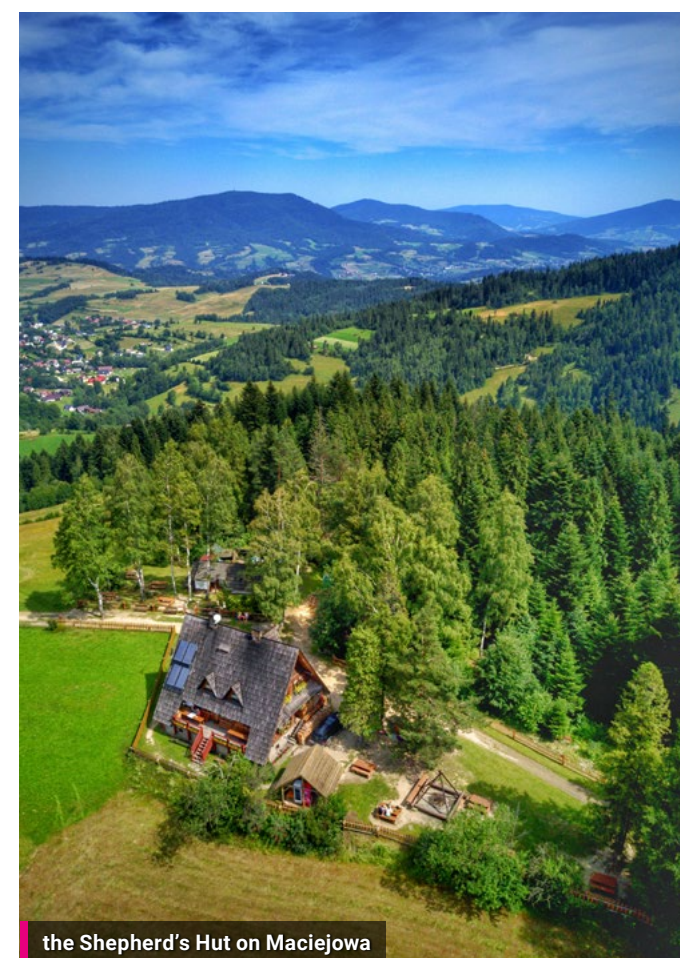
Road bends in Chabówka – a famous section of 'Zakopianka' road.



A view from Grzebień of the Island Beskids



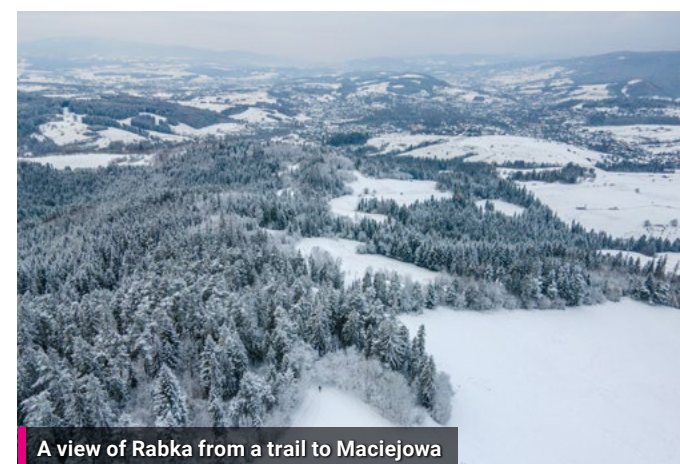
the Square in Rabka



the Shepherd's Hut on Maciejowa



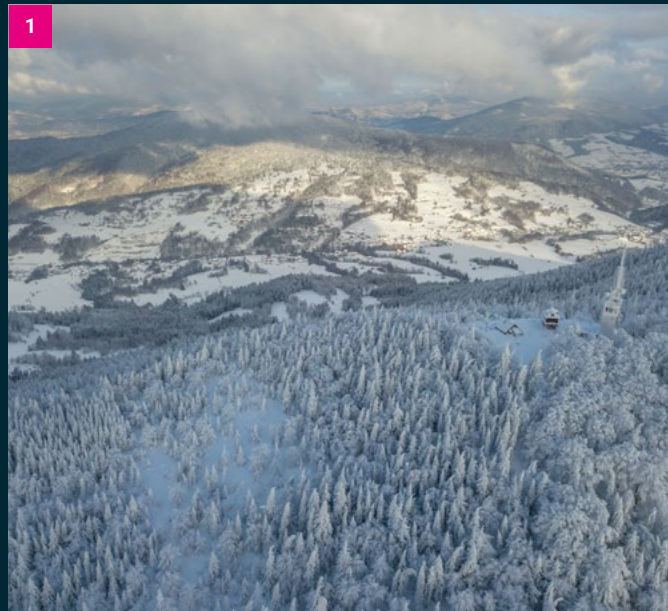
Rabka Słone



A view of Rabka from a trail to Maciejowa

AMAZING VIEWS FROM LUBOŃ WIELKI

Luboń Wielki, also called Biernatka, is a peak of the Island Beskids which rises to the height of 1,022 m. Its northern and southern slopes are steep and it has a long ridge which spreads from the west to the east – we can admire a vast panorama of the Gorce, Podhale, Babia Mountain and the Tatras from it. There is the PTTK (Polish Tourist Sightseeing Society) shelter of Stanisław Dunin-Borkowski which was built in 1929. Being at the shelter, we can admire views of the four sides of the world. Close to the shelter, the Little Beskid Trail starts (or ends) and leads to Straconka in Bielsko-Biała. It is marked red and is 137 km long. The peak is well visible from a distance thanks to a very distinctive relay tower which was built in 1961 in order to broadcast the FIS Cup in Zakopane.



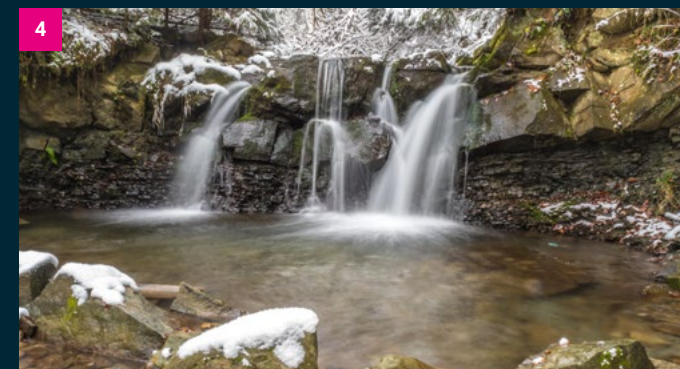
THE PANORAMIC TOWER ON POLCZAKÓWKA

North of the centre of Rabka-Zdrój there is a hill called Królewska Góra (Royal Mountain 588 m) with a 25 m high panoramic tower. From the wooden construction you can see nearby mountain ranges. The tower is situated on Królewska Mountain; however, its name is taken from a ski slope next to which it is located. You can get there following an easy and pleasant trail ideal even for children.



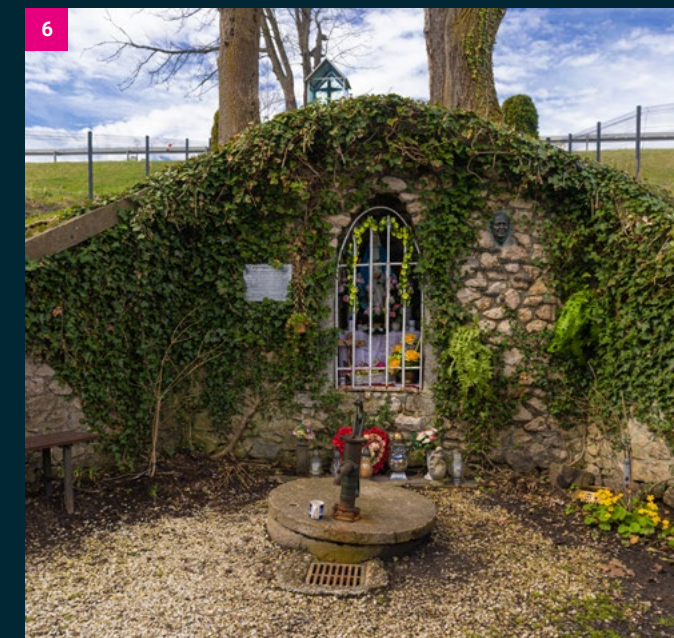
A WATERFALL ON THE LUBOŃSKI CREEK

Somewhere from under the ridge between Luboń Wielki and Luboń Mały, the Luboń Creek flows out. Cascading down towards Rabka, it created a beautiful waterfall. In order to see it, go in the direction of Saint Hubertus shrine which is situated on the western slopes of Luboń Wielki.



A FOREST EDUCATIONAL PATH IN KRZYWOŃ ENCHANTED FOREST

Not far from the centre of Rabka-Zdrój, you will find Krzywoń Enchanted Forest. You will get there following an interesting educational path. It is an ideal place for a walk with children – especially the ones who like gaining knowledge in the field. A wooden pavilion with a barbecue site is at the beginning of the path – you can have a picnic there. If you go further, you will come across boards including information on the wildlife. The path leads through a forest, marshes, next to a pond to a panoramic spot. It is an exceptionally interesting walk which will last from 1h to 1.5 h! The path is wide and comfortable even when you need to push a pram.



MOUNTAIN SHELTERS IN THE VICINITY OF RABKA

Rabka-Zdrój is surrounded by mountains. Climatic shelters which are scattered over them will accommodate wanderers. A few kilometres from Rabka, near the Main Beskid Trail, the PTTK (Polish Tourist Sightseeing Society) shelter on Maciejowa is located (on Przysłop clearing, just below the mountain top to be exact). It was opened in autumn of 1977. Stanisław Karpiel designed it in the shape of a typical shepherd's hut. Climatic, mountain interiors are decorated with carved elements. Another interesting place is the PTTK shelter on Luboń Wielki. The building has a characteristic shape similar to a witch's house. The windows on the second floor open to all directions of the world. The shelter was opened in 1931 thanks to the engagement of numerous people, especially highlanders from Rabka. At the end of Hitler's occupation, the buildings were to be burnt down by Germans. However, the present hostess of the shelter, Karolina Kaleciakowa, stood in front of a German commandant with a baby and a bottle of vodka. We do not know what made the commandant abandon his plan but the building survived.



THE SPRING OF POCIESZNA WODA

The spring of Pociészna Woda (Comforting Water) flows out from a slope of Piątkowa Mountain which rises over Chabówka. It constitutes the beginning of the creek with the same name. A legend says that one rich merchant was robbed there by brigands. When he saw them, he supposedly shouted 'Holy Cross save me!'. It worked and a luminous cross appeared over his head. It petrified the brigands and made them run away. The spring burst out at the place. Local people believed that the water from the spring gives comfort and called it Comforting Water. Since that time, people had been flocking there to take some water which was supposed to help in the treatment of leg and eye diseases. A statue of Mother of God and an information board was placed next to the spring. There is also a hand pump thanks to which we may draw water. Since 1977 the spring together with surrounding trees has been a natural monument.



THE MONUMENT IN THE MEMORY OF BURZAN, THE HORSE

Following a path to Maciejowa, we will stumble upon an interesting monument – a monument of a horse. A man, inspired by the Crimean sonnets, called his horse Burzan. He loved the animal so much that he erected a statue for it when it died – a granite slab with a symbolic horse-shoe and an engraved poem in honour of the horse.



Historic healing waters

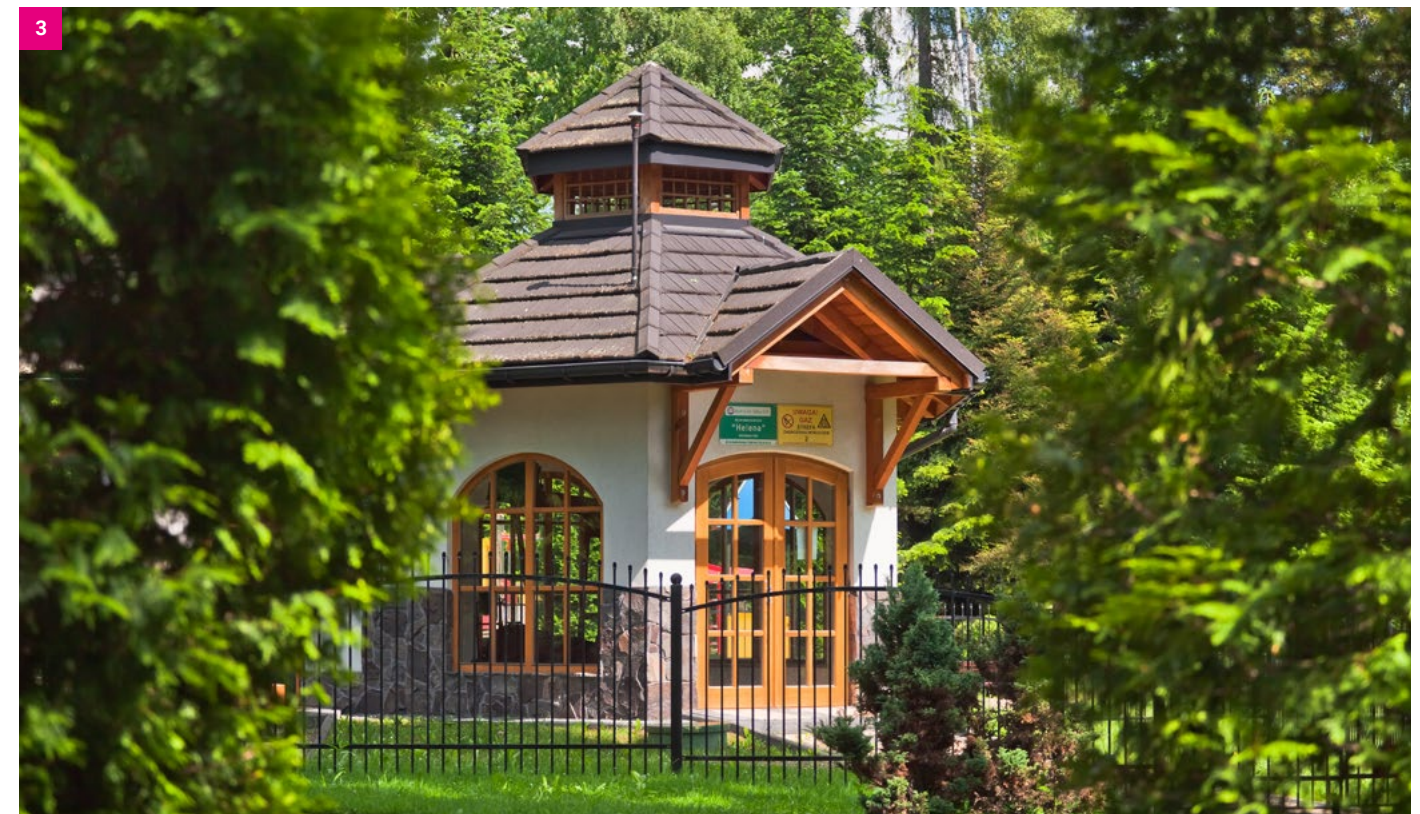
The history of the brine of Rabka dates back to the 13th century. At the time, the voivode of Cracow enabled a cistercian monastery to use salt sourced from the brine for their own needs. The interest in brine increased significantly in the 16th century when Jerzy Grossman got permission to search and dig underground deposits of this valuable resource. However, he did not find anything – the minerals found in the brine from Rabka did not come from lumps of salt. In the first half of the 19th century, Józef Zubrzycki got interested in mineral waters, nevertheless, the spa was created not by him but by his son, Julian. The chemical analysis of the brine from Rabka was carried out in 1858. The tests showed that the brine is one of the strongest iodine-bromine brines in Europe! The first mineral water pump room was opened here in 1864. In this year the Spa House with a covered promenade, baths, a pharmacy, restaurants and first guest houses were put into use.

Rabka gained bigger and bigger popularity in Poland and in the world. On 16th February 1928 the president of Poland issued a decree according to which Rabka became a town whose nature deserved to be protected. Unfortunately, the Second World War destroyed the spa and after the war State Treasure took it over. At the time, Rabka started to become a resort for children. Until the 1960s tuberculosis had been mainly treated there. A bit later, the institutions in Rabka specialised in treating chronic diseases of the respiratory tract and the circulatory system, mainly in children. Nowadays, there is a hospital and a sanatorium for adults, a hospital for children, a sanatorium for children and their guardians and the Natural Therapy Centre. The facilities specialise in the treatment in the field of cardiology, pulmonology, laryngology, rheumatology, orthopaedics and diabetology.

What can be treated here?

Mineral waters from Rabka are mainly iodine-chloride-sodium brines. They may be used in the treatment of:

- various ailments of the respiratory tract,
- various ailments of the circulatory system, anaemia,
- allergies,
- asthma,
- rheumatism,
- diabetes,
- metabolic diseases,
- sclerosis,
- neurosis.



What treatments?

Therapeutics takes advantage of strong brines from the spa. Mineral waters are used in baths, a drinking therapy and inhalations. The treatments are complemented by a kinesiotherapy, a physical therapy or a climatotherapy

A BRINE GRADUATION TOWER

A brine graduation tower is located on the edge of the Spa Park, next to the Mineral Water Pump Room. It is an open-air inhalation place – the first site in Lesser Poland of this type. In the middle of it there is a column surrounded with a wooden grate with blackthorn twigs inside. Brine from the Helena borehole goes down from the top of the column and splashes on the twigs creating a microclimate around the tower. Breathing in such air is beneficial for our immune system.



CEGIELSKI SANATORIUM

Cegielski sanatorium is located in the centre of Rabka-Zdrój, on a slope of Bania Mountain. The facility offers a wide range of different treatments: brine inhalations, drug inhalations, a dry massage, a BOA pressure massage, aquavibron, hydromassage with ozone therapy, brine baths, cryotherapy, magnetotherapy and magnetic stimulation, ultrasounds, INT, iontophoresis, laser therapy, quartz lamp, Sollux lamp, BIO-V lamp.



UZDROWISKO RABKA S.A.

Uzdrowisko Rabka S.A. (Rabka SPA JSC) comprises a hospital for children, a sanatorium for children with a guardian and the Natural Therapy Centre. The last one has the biggest in Lesser Poland treatment facilities – you can take advantage of 90 different treatments either wellness or rehabilitation and healing ones. They include massages and treatments based on mineral water. Bath salts, shower gels, sprays, gels and ointments on the basis of the brine from Rabka are also produced here.

which makes use of a specific mountain climate characteristic for Rabka-Zdrój. Spa facilities offer various healing and relaxation treatments.

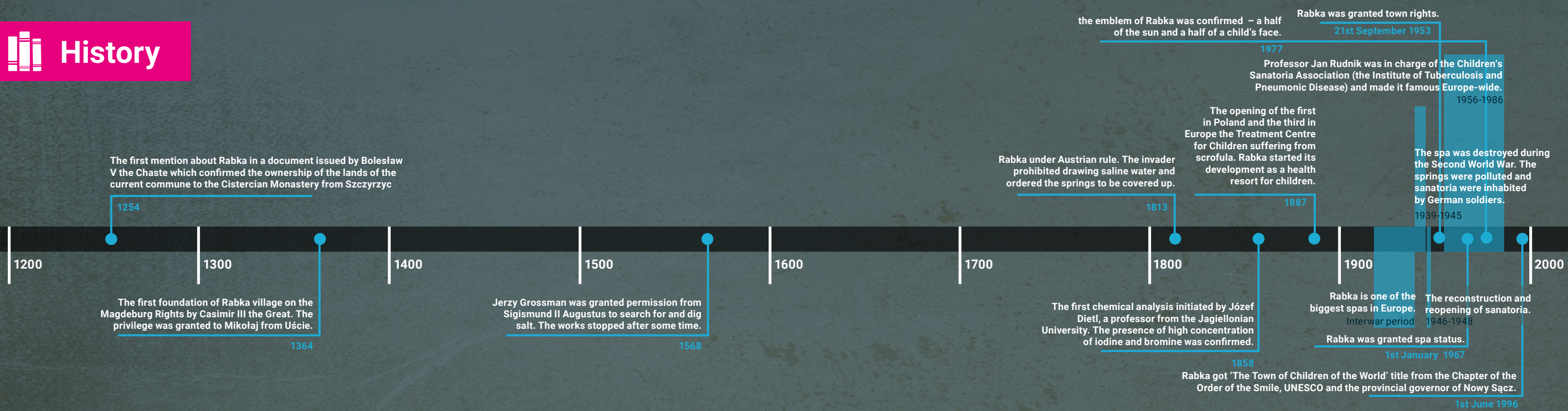
THE SILESIAN REHABILITATION AND SPA CENTRE OF ADAM SZEBESTA

In the Silesian Rehabilitation and Spa Centre there is a spa hospital for children from 3 to 18 years old, a sanatorium for children from 3 to 6 years old with their guardians and a spa hospital for adults, a sanatorium and a systemic rehabilitation. Children can take advantage of corrective, breathing gymnastics, brine and drug inhalation, exercises in a pool, physiotherapeutic treatments, dry massages and hydrotherapy.



The location of facilities in Rabka-Zdrój which offer healing treatments





The shrine devoted to AK (the Home Army) soldiers at the foot of Luboń Wielki

Following the yellow trail in the direction of Luboń, we go past a small shrine devoted to AK soldiers. During the Second World War in Podhale and the Gorce, 'Adam' partisan unit, a part of the first regiment of the second battalion of the fourth Podhale Infantry Brigade of the Home Army fought.

The long history of brine in Rabka

The first information on brine present in Rabka appeared in the 13th century. The local names such as the Słonka Creek or Słone Estate (słone – salty) prove that brine had already been known and used in the Middle Ages. Its healing properties were described for the first time in 1721 but the first chemical analysis was conducted in 1858. Then, it turned out that the springs from Rabka are one of the strongest iodine-boric brines in Europe! The test results triggered the establishment of a spa here 6 years later. All of this happened thanks to Józef Dietl – a professor from the Jagiellonian University. First baths and mineral water pump rooms were opened at the time as well.



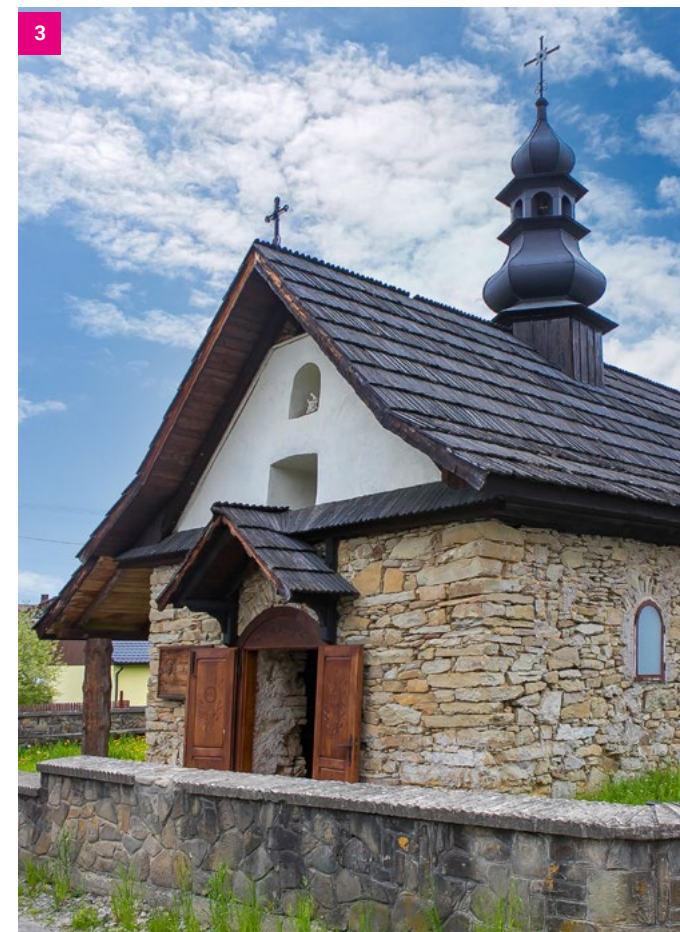
The Church of the Holy Cross on Piątkowa Mountain in Rdzawka

A long time ago on Piątkowa Mountain (714 m) above Rdzawka there was a chapel. In 1757 the chapel was replaced by a church which had stood on the hill until 1994 when it was consumed by a huge fire. At present, we may admire the reconstruction of the temple in Rdzawka. Despite the fact that the new church was erected at the end of the 20th century, it is one of the most recognisable temples in Poland. It has a log construction and one nave.

It consists of a semi-hexagonal termination of the chancel and a rectangular nave. The walls and the ceiling are decorated with a polychromy with figures, ornaments and architectural motifs from 1901. The Baroque equipment destroyed by the fire was partially reconstructed. It is one of very few temples whose form was maintained apart from numerous reconstructions and renovations for approximately 250 years.

The Open-air Museum of Rail in Chabówka

In the 19th century a steam locomotive bay operated in Chabówka – locomotives for cargo and passenger trains to Cracow, Nowy Sącz and Zakopane stationed there. There were even 80 of them. Currently, the bay is the Open-air Museum of the History of Rail. You will find there the biggest collection of railway rolling stock in Poland. There are steam, diesel and electric locomotives, wagons, snow plough trains and railroad cranes. One can also go on a retro train with a steam locomotive and have a ride. In 2005 the first Parowozjada (a parade of historic steam locomotives) took place. Since that time, the event has attracted a lot of tourists.



The chapel on Sołtysówka in Ponice

The chapel on Sołtysówka played an important part in the history of Ponice (a village). It is the oldest sacred site in the village and the inhabitants claim that it was brought by water. It can mean that it was erected after one of numerous floods which affected the village. It was probably built at the turn of the 19th century. Initially it was a small chapel made of river stones and clay mortar. For the following years next parts of it were added. A gable, shingled roof is crowned with a wooden belfry created without nails. The bell has an engraved inscription 'Fl. Franke In Olmutz 1843'. The belfry served various purposes. Apart from the obvious ones, it was supposed to drive away clouds which, according to tradition, were drawn down by *planetnicy* i.e. slavic demons which impersonated atmospheric phenomena.

The inhabitants of Ponice worship in the chapel Black Madonna of Częstochowa. Until the 19th century the painting of Black Madonna had hung there but it was relocated to the Church of Mother of God, the Queen of Poland in Ponice. At present, the church is decorated with its copy. 'Poni...ce do kłębka' association takes care of the chapel – its members restored it to its initial shape.

The Museum of Highlanders and Brigands

The unique Museum of Highlanders and Brigands is located in Rabka-Zdrój, in a historic cottage from the 19th century (the House under Three Madonnas). The museum presents the traditional life of highlanders in a modern, interactive way – attractive for both adults and children. The younger ones can do the chores of former highlanders and even get a Brigand Tracker Badge. The older ones can watch an ethnographic exhibition, see the works of Jan Fudala – Jasiek from the Gorce Mountains and a highlander humour of Zygmunt Pytlik. The exhibition is available in various languages, various presentations and workshops are organised here as well.



5 Warszawa Villa



6 Antonina Villa

Spa villas

Rabka-Zdrój is one of such places where you can admire typical, wooden spa architecture from the middle of the 19th and 20th century. In the town you will see numerous villas enlisted as historic sites. 'Warszawa' (Warsaw) and 'Pod Trzema Różami' (Under Three Roses) from 1864 and 'Gwiazda' (Star) and 'Anioł' (Angel) from 1870 are the oldest ones. Wooden buildings of the old and the new presbytery or buildings in John Paul II Street are also worth seeing.



Rabka-Zdrój

At the foot of the Gorce and the Island Beskids

Rabka-Zdrój is a small town located at the foot of mountains. Its centre is located at the height of 500 – 560 metres (not so low at all!) and is created by charming buildings including historic villas, green areas, a park, a promenade and spa buildings. Leaving the centre, we may go towards mountain hamlets which spread to Maciejowa (836 m) and Luboń Wielki (1,022 m). From the highest parts of the town, the Tatras and Babia Mountain are visible.

The written history of Rabka starts in 1254 when Jan Długosz (a Polish chronicler) mentioned it and its brine. The history of the spa is long and interesting – we can explore it in various museums of Rabka. Nowadays, it is one of the most popular Polish resorts, the world capital

of the treatment of children, the Puppetry and the Order of the Smile. The town of Children of the World.

Rabka-Zdrój abounds in many attractions too – from historic spots through places which promote local art and the culture of highlanders from Rabka to Rabkoland which is an amazing amusement park dedicated to children. Rabka is an ideal starting point for hiking into the Gorce, the Island Beskid and even Babia Mountain, the Pieniny or the Tatras which are located a bit further. The trails start in the Spa Park – the hiking, cycling and skiing ones. The town is crossed by the Main Beskid Trail. Let us not forget about the treasure of the place i.e. brine and attractions which are based on it – the Brine Graduation Tower or the Mineral Water Pump Room.

Attractions

FAMILY AMUSEMENT PARK RABKOLAND

Everything started in 1985 from one bouncy elephant placed in the town by Waldemar Sybilski, a doctor of psychology and the general manager of the regional branch of the Institute of Mother and a Child in Rabka-Zdrój. A year later, on the initiative of Sybilski and Kazimierz Miśkowiec, the first funfair 'Alibaba' was created in the town. Next year a plan to create a bigger amusement park appeared and it was implemented by Eugeniusz Wiecha in 1988. In the following years a Ferris wheel and a four-lane slide were placed – later on the slide was replaced by a mini zoo. In 1998 the park was supposed to be closed down but an opportunity to buy equipment and the rented ground appeared. It was the beginning of a family amusement park 'Tatry' and in 2003 the registered name 'Rabkoland' was bought from the chapter of the Order of the Smile and has been present ever since. Rabkoland is a place devoted to the youngest tourists, full of carousels, roller coasters and many other attractions. You will have no problem staying there the whole day.



THE MUSEUM OF THE ORDER OF THE SMILE

In the area of Rabkoland you will find numerous attractions including museums. One of them is the Museum of the Order of the Smile – the only distinction given to adults by children. In Rabka-Zdrój on 1st and 2nd June 1996 the First World Rally of the Chevaliers of the Order of the Smile took place. The Museum of the Order of the Smile is the place where children's proposals, the letters from the recipients of the Order, souvenirs connected with the chevaliers of the Order and documents which belong to the International Chapter of the Order of the Smile are displayed.

THE NATIONAL PUPPETRY 'RABCIO'

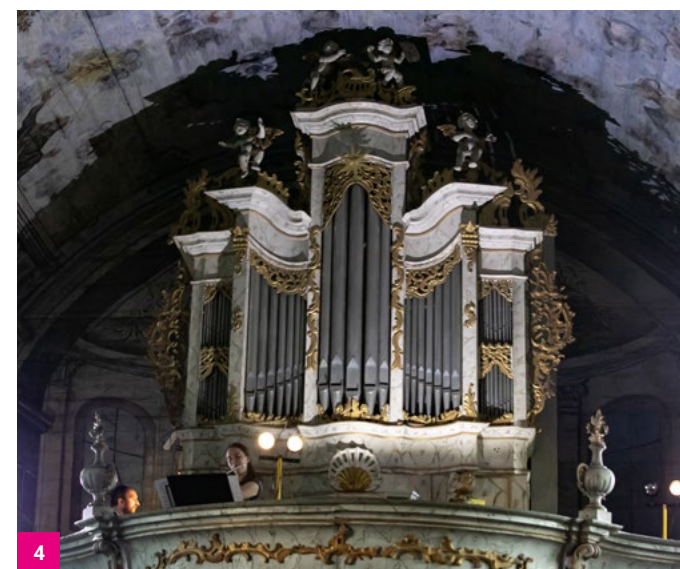
The National Puppetry 'Rabcio' was founded in 1949 on the initiative of a teacher, Stanisław Rączko. It was supposed to entertain children staying in sanatoria in Rabka-Zdrój. Initially, plays were performed on a movable stage with beautiful decorations, costumes and props. Local artists created puppets. The first performance was 'The Brownie Scouts' by Maria Konopnicka. The name of the theatre changed numerous times over the years: 'the Theatre of Puppets', 'the Rabcio-Zdrowotek Theatre', 'the Podhale Puppetry'. At present, the name of the theatre is 'Rabcio' and is located in Władysław Orkan Street.



THE MUSEUM OF WŁADYSŁAW ORKAN

The Museum of Władysław Orkan is situated in a historic, wooden church which dates back to the first half of the 17th century. The temple is on the Wooden Architecture Route in Lesser Poland. It is beautiful outside but you should really take a look at it inside. Its equipment dates back to the 17th and 18th century. The pipe organs with a choir balcony from 1778 constitute the most precious part of the church. In summer organ concerts are organised there. The walls of the church are decorated with polychromy which dates back to 1802 and the remains of the polychromy from 1628.

In the years 1929 – 1936 the church was transformed into the Museum of Władysław Orkan, a writer who came from the Gorce Mountains and had been connected with them for his whole life. In the four rooms you will see objects connected with the former life of highlanders who dwelled in these areas. There are outfits, art, crafts and also instruments, toys and photos of Władysław Orkan and his mother. The museum holds cyclical cultural events such as the competition of Easter Palms or the Feast of Easter Customs.



A panorama of Rabka Commune from Grzebień



Villages of Rabka-Zdrój commune

Villages in the valleys and woods above them

The whole Rabka-Zdrój Commune is located in the Rabczańska Valley, over the Raba River and its tributaries – the Poniczanka and the Słonka. It is surrounded by the picturesque Island Beskids and the Gorce Mountains.

The villages of Rabka-Zdrój Commune, where people used to live off agriculture, sheep grazing or various types of craft, nowadays rely on tourism. It is caused by many reasons. A lot of hiking, cycling and skiing trails into the Island Beskids, the Gorce have their beginning in the area. The Tatras, the Pieniny or Babia Mountain are also at hand.

The villages themselves also have much to offer. In Chabówka, apart from the Open-air Museum of Rail in Chabówka known nation-wide, we will find folk art

galleries and the amateurs of active tourism will definitely enjoy ‘U Żura’ Ski Station. Rdzawka is attractive for the enthusiasts of history, highlander legends and wooden architecture. In Ponice the highlander history and traditions also bloom. Outfits, customs and dialect specific to the culture of the land between Podhale and Cracow are willingly shown off at various events: harvest festivals, highlander meetings, Easter palm competitions or a cyclical regional fair. The inhabitants of Ponice create organisations such as ‘Poni...ce do kłębka’ Association or ‘Prymni’ regional band. The Association for the Development of Rdzawka and ‘Powicher’ highlander band is active in Rdzawka. Chabówka can boast of the Association of Folk Culture Enthusiasts and ‘Majeranki’ regional band. In each village there is the Farmer’s Wives’ Association.



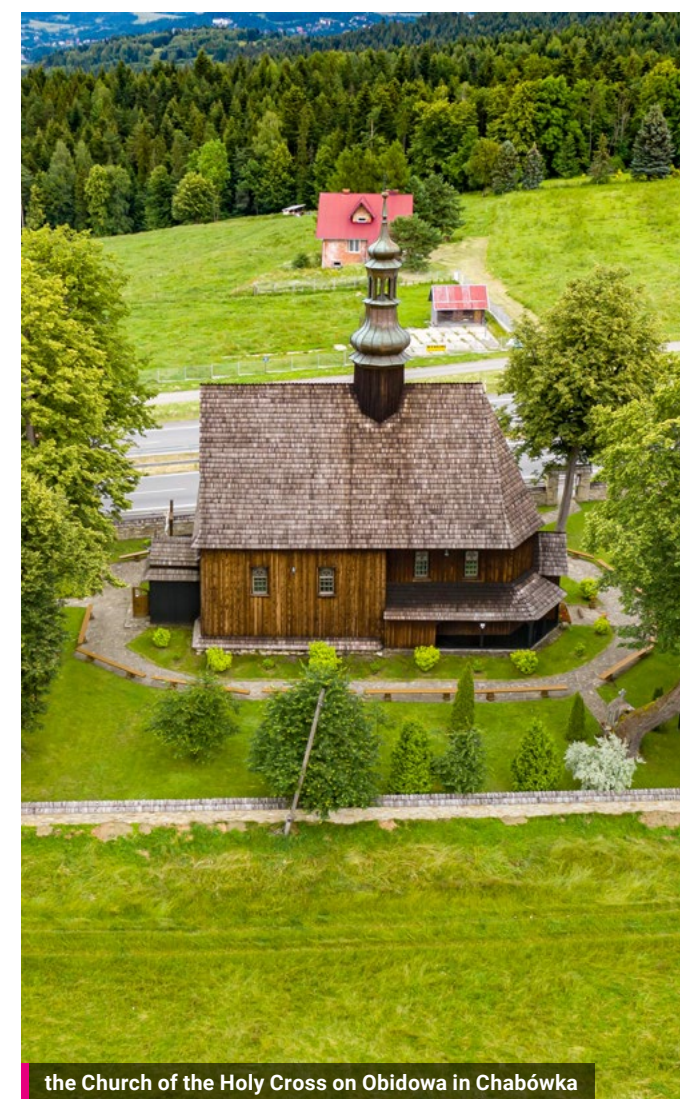
A view from Polczakówka



A panorama of Ponice



A panorama of Rdzawka



the Church of the Holy Cross on Obidowa in Chabówka



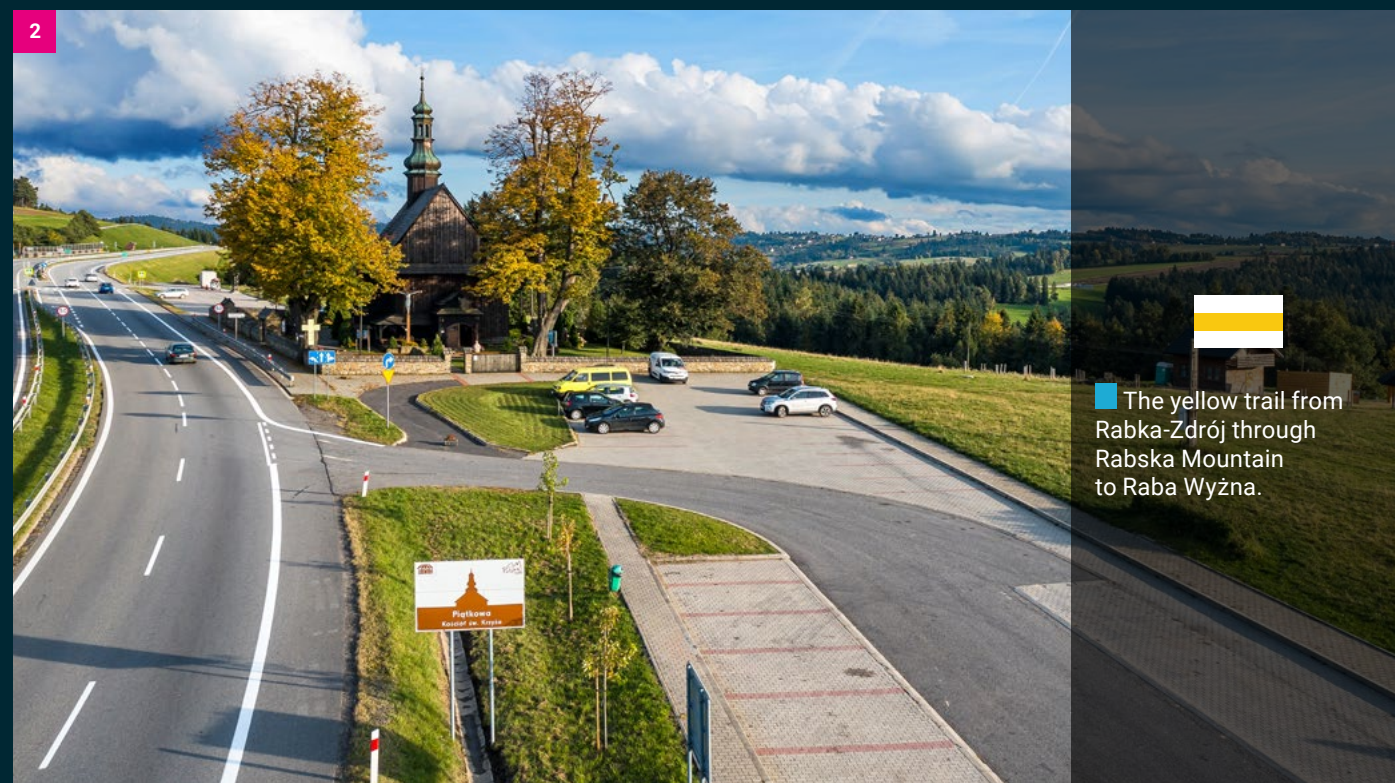
The commune in an active way

Mountain trails

In Rabka-Zdrój, the town and the commune, you will find a plethora of marked hiking, cycling trails and bridle paths. What is more, the Main Beskid Trail crosses the town. The most interesting routes include:



1 The red trail (the Main Beskid Trail) from Rabka-Zdrój towards Jordanów or, in the opposite direction, through shelters on Maciejowa and Stare Wierchy in the direction of Turbacz.



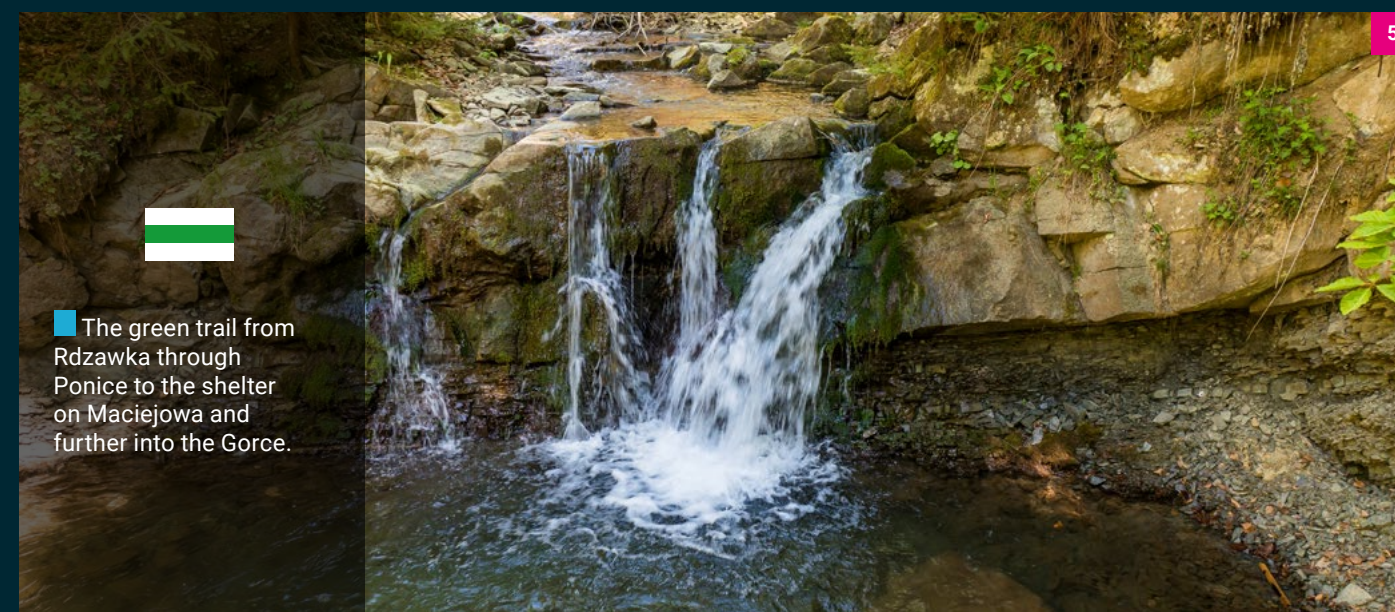
2 The yellow trail from Rabka-Zdrój through Rabska Mountain to Raba Wyżna.



3 The green trail from Rabka-Zdrój to the top of Luboń Wielki.



4 The blue trail from Rabka-Zdrój to Luboń Wielki or, in the opposite direction, to the Gorce through Poręba Wielka.



5 The green trail from Rdzawka through Ponice to the shelter on Maciejowa and further into the Gorce.

1 Rabka with a guide

The main aim of the 'Rabka with a guide' campaign is to bring closer landscape, history, culture and healing properties to tourists who decide to visit the place and its vicinity. Its goal is to popularise hiking tourism, socialise people from different environments around tourism, and encourage active relaxation outdoors. The campaign is free and not commercial. It is addressed to individuals, groups, children with their guardians who want to visit Rabka and its vicinity, like hiking, want to learn about nature and respect it, abide by the rules on a trail and who are willing to meet people.

2 Cycling in Rabka

Rabczańskie Rowerowanie (Rabczański Cycling) are cycling trips free of charge organised by Cyklo-Rabka Cycling Society. Electric MTB bikes and classical ones are provided by wypożyczalniarabka.pl. We can choose from trails of various length and difficulty.

3 Bicycle and go-kart rentals

Rentals of bikes and other recreational equipment, MTB, Enduro, Trial and trekking bikes operate in the area of Rabka. There are also bike shops and service points.

4 Horse riding in Rabka-Zdrój

You may admire Rabka-Zdrój with its parks, promenades and picturesque surroundings on horseback or from a carriage. In winter, horse stables invite guests for sleigh rides. Children in order to overcome fright can ride ponies.

5 Sports facilities

In the Dark Alley of the Spa Park we will find tennis courts where for a small fee we can play a match of tennis or train. 'Ela' Holiday Centre in Rabka offers an indoor swimming pool where we can have a swim or a swimming lesson. In the Spa Park and at the Boulevards by the Poniczanka there is a beach volleyball court.

6 Gym and fitness

The Spa Park offers an outdoor gym open to the public. Apart from it, there are a few fitness clubs which offer diverse equipment and fitness sessions.

7 Skatepark

A modern complex of a skatepark and a trial park with a wheelchair track was built in Rabka in 2004. You can have a try at trial cycling, bmx, mountain bikes, summer and winter snowboarding or parkour at various levels. Different obstacles such as stones, rocks and tree trunks await the brave ones.

8 Line parks

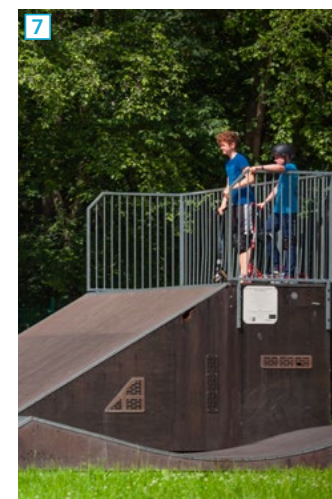
Next to the skatepark, there is a park line dedicated to children. The second one is located next to the Natural Therapy Centre and offers two routes: one of them is lower for children and the second one, a bit more difficult, placed at the height between 6 m and 12 m for the older ones.

9 Zola Park

In the centre of Rabka-Zdrój there is a place filled with energy and adrenaline. We will find there a paintball field, a 10 kilometre track for quads, scooters, segways between fountains, flower beds and old trees. All the vehicles can be rented on the spot and after a ride you can have a rest on deckchairs.

10 The Rabka Boulevards by the Poniczanka

At the Boulevards by the Poniczanka you can have a walk, ride a bike or relax at the brine graduation tower and by a pond surrounded by nature. There is a climbing wall, a line park, an outdoor gym and even a beach volleyball court. The Rabka Boulevards cover the area of 1.6 ha – the area to spend your free time in an active way.



1



Actively in winter

■ **‘U Żura’** is a small ski station located in Chabówka. Winter sports enthusiasts have a mild and wide slope ideal for children and beginners and two ski lifts (T-bar lift and a ropeway lift) at their disposal. Qualified instructors will teach everybody how to ski. The slope is lit, there is a rental place and a regional restaurant with delicious, regional food. A luge track is a great attraction here too!



■ Cross-country skiing school ‘Świstak’

At ‘U Żura’ Ski Station you will find well-qualified instructors who will eagerly share their love to skiing with you and your children and will teach you how to do winter sports safely. They also teach cross-country skiing and take the interested ones on tours into the mountains. ‘Świstak’ is also a ski equipment rental.



■ **Cross-country skiing** is a sport which can be definitely done even in the centre of Rabka-Zdrój! In the Spa Park we will find a 3.5 km cross-country trail which is lit late into the night.



■ A skiing equipment rental and a sports shop

Świstak rental in Rabka offers cross-country skis, trace skis and Backcountry skis in size 25 – 48. You can get snowshoes, sledges and snow bikes for the youngest there. We may also buy skis in the Koperniak sports shop which offers a wide selection of sports equipment and clothes for every season.

■ **Ice-rink** in the centre in Rabka-Zdrój invites winter craze enthusiasts. Equipment for rent is available on the spot.



■ Sled dog rides

A company ‘Śnieżne psy’ (Snow dogs) offers completely different experiences – we can go with them for a sled dog ride. They organise either short rides or long, even night ones. Special events for schools or camps are organised during which children learn about breeds of sled dogs, how to work with them and how to use the equipment. You may learn how to ride a sled, a four-wheel cart, and how to run with a dog in a special harness. During such events there will be time for playing with dogs as well!

The project 'The support of small and medium-sized enterprises which operate in tourism and increasing the recognisability of Lesser Poland as a tourist economic brand' (nr RPMP.03.03.01-12-0593/18) co-funded by the European Union as a part of the Regional Operational Programme of Lesser Poland for the years 2014 – 2020.

the Foundation for the Development of Regions
www.f-rr.org

the Association of Polish Spa Communities
www.sgurp.pl

