



You have been associating **West Pomerania** only with beaches by the sea, haven't you? After reading this publication you will learn that this region offers **much more than you think!**

The region situated in North-Western part of Poland is connected with the rest of the country and with Europe by a network of car routes and railway lines. What is more, the Szczecin-Goleniów airport as well as the seaport in Świnoujście facilitate the connection with European cities.

West Pomerania is a diversified region. Seaside resorts have a well-organized accommodation offer. Both tourists who appreciate active relax as well as SPA lovers will find here something for themselves. The amateurs of water activities will appreciate numerous lakes and rivers – lake areas can be proud of their rich infrastructure prepared for those who admire canoeing, windsurfing, water ski or diving. Beautiful forests and hills create perfect space for hikers. Bikers will get satisfied by numerous diversified routes dedicated for them.

West Pomerania towns and cities are characterized by unique richness of architectural and technical monuments as well as militaria. Tourists are also attracted by interesting sports and cultural events.

For these reasons it shouldn't surprise anybody that West Pomerania, the region specialized in tourism, attracts numerous investors. Two special economic zones have developed here: Słupsk zone and Kostrzyn-Słubice zone. Investment activity is supported by numerous institutions, which definitely enhances the attractiveness of West Pomerania region in the eyes of entrepreneurs.

If you are searching for a region with investment and touristic potential, combining the beauty of nature with cultural richness and a wide range of active relax opportunities, West Pomerania is a perfect choice!



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WEST POMERANIA

BIGGEST TOWNS AND CITIES

Szczecin

West Pomerania these are not only the sea and lake areas, but also interesting towns and cities! This is the region of concentration of cultural centres, unique buildings, one-of-a-kind monuments and fascinating events.



Philharmonic, SZCZECIN



Star-shaped urban layout of the capital of West Pomerania, with numerous roundabouts and small streets, reminds us of the city of Paris. However, Szczecin is for good reason called “the green city”, as it is surrounded by three big **forest complexes** – Wkrzańska, Bukowa and Goleniowska, and the centre is full of parks and city squares. The lovers of city walks appreciate in particular such places as Jasne Błonia, Kasprowicz Park, Żeromski Park, Rose Garden or Central Cemetery. What is more, Szczecin is inseparably connected with water – the **Odra River**, together with Regalica, its anabranch, flow through the city, and Dąbie Lake is situated within its limits. Thanks to such conditions, numerous sailing marinas, beaches and bathing centres have been created here, together with fishing area and representative embankment, where numerous events are organized.

Wały Chrobrego – viewing terraces by the Odra River, situated in the vicinity of monumental buildings nowadays hosting the National Museum, Regional Authorities and Marine Academy – are the symbol of the city. But these are not the only places worth the attention of tourists. They are equally amazed by the **Pomeranian Dukes’ Castle, Archcathedral Basilica, Port Gate, Old Town Hall** as well as Sienny Market Square.

Apart from visiting famous sites, cultural offer of the city of Szczecin constitutes another element worth our attention. “Pionier”, one of the oldest continuously operating cinemas in the world, is located here. Everyone has also gets amazed by the new building of Mieczysław Karłowicz Philharmonic, awarded with numerous prestigious architectural distinctions.



KOSZALIN



This is second biggest city in West Pomerania, located near the Baltic and Jamno Lake. The city's unquestionable asset is constituted by its numerous green area – **Pomeranian Dukes Park** located in the immediate vicinity of the Old Town is admired by hikers, there are also such areas as communal forest with viewing tower in Chełmska Mountain, the surroundings of Water Valley, an artificial reservoir with a modern wake park. Those interested in monuments will take pleasure in seeing the **cathedral** in Koszalin as well as Hangman's House. **Jamno Cultural Open-Air Museum** constitutes another places worth visiting. Those who admire cultural events can find in Koszalin theatres, a philharmonic and an open-air theatre. Narrow-gauge railway is an interesting attraction as well. Tourists searching for strong impressions will find them in the local Motopark.



ŚWINOUJŚCIE

The only town in Poland located on islands – as many as 44! There are ferries between the biggest of them, Uznam and Wolin, as the first island does not have any bridge. One of the widest beaches of the Polish seaside is located in this important SPA centre. Don't forget to visit the complex of Świnoujście fortress. Those interested in travelling further can take a ferry to Sweden from the Świnoujście seaport. It is also worth mentioning that the only gas port in Poland is located in Świnoujście.





STARGARD

It is one of the oldest towns in Poland, which had obtained its borough rights in 1243. Stargard is located within **European Brick Gothic Trail**. Here we can find numerous monuments, ranked among the most precious in Poland. The Church of the Blessed Virgin Mary, Queen of the World, **the highest vaulted church in Poland**, is the most prominent among them. Town Hall with a beautifully ornamented front wall is situated in its immediate vicinity, together with an arcaded guardhouse. What is also worth the attention it is the complex of town fortifications – defence walls and numerous gates and towers. Interestingly, Stargard is situated on the 15th meridian east, i.e. exactly 15 degrees east from zero meridian.



Apart from biggest cities in the region, smaller ones are also worth visiting, as they have really a lot to offer. Beautifully located town of **Szczecinek** amazes with its location among charming forests and lakes, in **Moryń** we will go back in time during a walk on Pleistocene Stars Alley, in **Pyrzyce** we will see Saint Otto of Bamberg's well, commemorating the baptism of first Pomeranians, and in **Trzebiatów** we will take a stroll on the Elephant's Trail... And it is just the beginning, there are many more interesting and equally fascinating places!



KOŁOBRZEG

Kołobrzeg is one of the fastest developing towns of West Pomerania, a SPA centre attracting many tourists. Salt used to be acquired here from nearby brine sources. Nowadays bathers are willing to benefit from the presence of healing waters and mud sources. The Museum of Polish Arms constitutes one of the attractions of the town of Kołobrzeg. Nature lovers will not feel disappointed – Kołobrzeg is the town with numerous green areas, with its horn-beam walk deserving particular attention.



WEST POMERANIA

WATER LAND

By the sea

West Pomeranian seaside is an unquestionable showpiece of the region. Beautiful sandy beaches, numerous natural assets as well as attractions make tourists from Poland and from abroad searching for relax come every year.





Worth visiting:



- Walk of Fame, Baltic Miniatures Park, Wax Figures Cabinet in Międzyzdroje
- Miniatures and Trains Park as well as Sports Walk of Fame with the replicas of medals of famous sportsmen in Dziwnów
- ruins of medieval church on a cliff in Trzęsacz
- Pomeranian Dukes Castle in Darłowo
- retractable bridge connecting the Eastern and Western part of the town of Darłówko



Darłowo



Swinoujście



Rewal



Niechorze

1 Świnoujście

This beautiful West Pomeranian health resort is a perfect place for having a walk. Walking through a sandy beach we can reach German seaside resort Ahlbeck.

2 Międzyzdroje

The most famous bathing centre in West Pomerania, famous for its annual Stars Festival, Bison Showcase Enclosure as well as viewing points on Gosań hill and Kawcza Mountain.

3 Dziwnów

Town situated between Kamieński Lagoon and the Baltic Sea. Dziwnów is a family-style bathing centre, very lively in the summer.

4 Rewal

Rewal seaside consists of as many as 6 bathing centres, where you can spend your time actively. If you would like to discover the secrets of seas and oceans, do not hesitate and visit the Whale Park. This theme park is devoted to sea life and it hosts the replicas of sea creatures – great fun for the entire family guaranteed!

5 Mrzeżyno

It is a perfect place for bike lovers. Local fragment of the Velo Baltica trail is a modern illuminated and very well marked bike route, in the vicinity of which we can find places to relax, bike boxes and parking lots.



DUKE – PIRATE



Pomeranian Dukes Castle in Darłowo had been erected by Boguslaw V, Duke of Pomerania (Griffin) and his wife Elizabeth, daughter of Casimir the Great, king of Poland. This is also the seat of their grandson – **duke Eric of Pomerania** (1382–1459) – the most colourful of all Griffins, called the “Emperor of the North and the last Viking of the Baltic”, who at the age of 7 became the king of Norway and at the age of 14 (in 1397) also of Denmark, Sweden and the absolute monarch of the entire Kalmar Union (which he ruled for about 40 years) in order to, at the age of only 60 years, become “the king of corsairs”. Nowadays his sarcophagus rests in the porch of St. Mary’s Church in Darłowo.

6 Kołobrzeg

In Kołobrzeg, numerous tourists visit the lighthouse, go for a walk on the pier as well as seaside boardwalk. Children and adults can enjoy a cruise on a beautiful pirate ship.

7 Ustronie Morskie

The commune is famous for its amazing sandy beaches, but also for the place which makes it possible to go on a journey back in time. In the local Open Air Museum of Bread you can try traditional pastries prepared right in front of the visitors.

8 Mielno

Are you a fan of winter swimming? It’s a great place just for you! In Mielno, International Meeting of Winter Swimmers takes place. On the seaside boardwalk you can find the monument of a walrus – the symbol of winter swimmers. In the summer this is a trendy sea resort, visited by numerous tourists.

9 Darłowo

The town where Eric of Pomerania, the king of Norway, Denmark and Sweden, was born. Retractable bridge situated over the Wieprza River is a famous touristic attraction. Those who would like to have the adventure of their life are invited to go cod fishing from the seaport in Darłowo.



WEST POMERANIA

WATER LAND

Lakes and lagoons

West Pomerania is a perfect place for the lovers of water relax.

The diversity of reservoirs makes lake areas attractive for everybody. Here you will find quiet and deserted corners, where you can spend your time fishing undisturbed by anybody else, as well as centres with developed infrastructure waiting for the amateurs of water sports. Discover the most interesting corners of the West Pomeranian water land and choose something for yourself.



Kamieński and Szczeciński lagoons

They are one of the biggest reservoirs of West Pomerania. It is a paradise for the lovers of all water activities – sailing, windsurfing, canoeing as well as more and more popular SUPs.

Miedwie Lake

A beautiful boardwalk along the lakeshore is a perfect place to go for a walk. What is more, the amateurs of water sports love Miedwie Lake. Good wind makes the conditions perfect for sailing, wind and kite surfing, while clear water attracts divers. Interestingly, the bottom of the lake (crypto depression) constitutes deepest point below sea level in Poland.





Lubczyna

Dąbie Lake

The biggest and at the same time one of the shallowest lakes in the region. Thanks to favourable sailing conditions as well as developed infrastructure it is admired by the fans of water sports.

İnskie Lake District

It consists of about 150 lakes surrounded by high moraine hills. These were the exceptional natural assets as well as clean waters which made the area included in İnski Landscape Park.





Wałęckie Lake District

Perfect area for canoeists. Numerous trails, favourable for canoeing trips, are enriched with extraordinary views of Pomeranian Fortifications. In Wałcz Central Sports Center – Olympic Preparation Center sportspeople prepare themselves for Olympics in rowing and canoeing.

Drawskie and Szczecineckie lake districts

This picturesque region includes over 250 lakes intersected by rivers. In this way, this is a perfect area for canoeists. Fishing fans will also find the peace they love here and huge specimens can be spotted.

Mysłiborskie and Choszczeńskie lake districts

The areas of this land stretch from the Odra river valley to Drawska Plain. The lake Morzycko situated here is one of the deepest lakes in Poland. It is especially admired by divers, who, apart from numerous slips, will also find here a plane wreck dating back to WW2. One of the four wake parks of the region is also located on Morzycko Lake.





The lower course of the Odra River has very interesting character. Its bed branches out, forming a maze of small rivers, channels and oxbow lakes intersecting the islands formed in this way. In the 19th and 20th century this area was subject to huge change due to human activity aiming at taming the nature. For over 50 years, Polish part of the area is deprived of nearly any human activity and nature can follow its natural rhythm. On the German side, for over 20 years the attempts are being undertaken in order to restore natural processes. This area is called Międzyodrze. It stretches between the branch of old and new Odra River in the form of a strip with the width from 6 to 2 km as well as along its course for over 60 kilometres.

This extremely virgin land, thanks to unique and precious plant and bird species as well as landscapes, is subject to special protection. On the Polish side, it is called the Lower Odra Valley Landscape Park (Park Krajobrazowy Doliny Dolnej Odry), while on the German side – Lower Odra Valley National Park (Nationalpark Unteres Odertal). These areas belong to transborder natural complex called Unique Lower Odra Valley. It is also the place admired by canoeists, who are on one hand attracted by the wilderness, unique natural assets and picturesque landscapes, but on the other, by the availability of infrastructure. But we need to be careful – the network of channels makes it easy to get lost.

WEST POMERANIA

WATER LAND

Międzyodrze



WEST POMERANIA

WOLIN ISLAND

Wolin is the biggest island included within the territory of Poland. From the West it is separated by the Świna strait, from the North by the waters of the Baltic, from the East by the Dziwna strait together with Kamieński lagoon, and from the South by the Szczeciński lagoon. Famous resort **Międzyzdroje** is situated on the Island, together with the historical town of **Wolin** as well as many different places worth visiting.



Turquoise Lake

Turquoise Lake

A chalk mine used to be situated here, satisfying at the time the needs of a cement factory. When the exploitation of resources was over, the excavation began to gradually fill with water. Nowadays the lake is characterized by the unique color of the water referred to in its name. The effect is obtained as a result of sunlight dispersing in water and the reflexes from light chalk substrate.

Kawcza Mountain

Climbing Kawcza Mountain begins in Międzyzdroje, behind the gate of Woliński National Park. There are also stairs reaching the peak directly from the beach. Kawcza Mountain is 61 m a.s.l. high. From the peak one can admire a unique view of the Pomeranian Bay.

Gosań hill

A good idea when you are near Międzyzdroje is to visit the place situated at the distance of 4 kilometres from the town, where the trail leading to Gosań hill begins. It is the highest among Wolin cliffs, with the height of 93 m a.s.l. At its top, one can find the tower of German coastal artillery observation post dating back to WW2.

Kawcza Mountain, Międzyzdroje



Walk of Fame, Międzyzdroje





Bison Showcase Enclosure

Woliński National Park Natural Museum

The diversity of ecosystems together with the representatives of fauna characteristic for them have been presented here in an innovative manner. Aviaries with white-tailed eagles and Eurasian eagle-owls situated next to the museum constitute an interesting attraction.

Bison Showcase Enclosure

1.5 km from the centre of Międzyzdroje, by a forest trail, a bison enclosure with the surface of 28 ha is situated. First bison were brought here in 1976 from Białowieża. The majority of animals which we can find there today were born in the enclosure. Apart from bison, there are also boars, roe deer and deer. Viewing bridges located here make the admiring of wild nature particularly interesting.

Moreover: Walk of Fame, Baltic Miniatures Park, Wax Figures Cabinet in Międzyzdroje, V3 weapons field in Zalesie-Wicko, Amber Baltic golf course in Kołczewo, Slavs and Vikings Center as well as Regional Museum in Wolin, Gerhard's Fort and the lighthouse in Swinoujście.



Amber Baltic golf course in Kołczewo



Woliński National Park Natural Museum, Międzyzdroje



V3 weapons field in Zalesie-Wicko

WEST POMERANIA

IN THE COUNTRYSIDE

Who wouldn't dream of relaxing outside the city, in the nature? West Pomeranian countryside really has a lot to offer. Here you can forget about the agglomeration turmoil, your eyes may enjoy beautiful views and you can take a deep breath. What is more, local agritourism farms offer numerous unforgettable attractions.

A bike trip, horse riding, mushroom picking – tourists visiting the countryside have the opportunity to experience it all. Children will be amazed by close contact with animals which are rare in the cities. They will also eagerly learn how honey is sourced. A little older tourists will love various workshops – those devoted to pottery, weaving, handicraft, preparing cheese and bread.

The countryside is also great fun for history lovers – historical castles, parks and churches are also admired by the visitors.

The most interesting villages in Western Pomerania obtained the "Western Pomeranian Touristic Countryside" certificate.





WEST POMERANIA

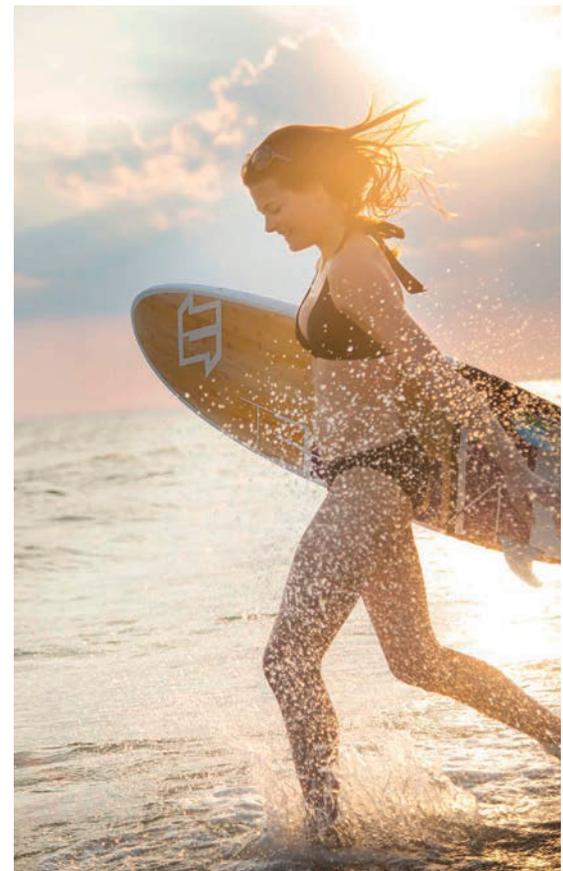
ACTIVELY

You would like to spend your free time actively, but you cannot choose what to do?
West Pomerania is the region which will never make you bored.





Water sports fans will appreciate the diversity of water reservoirs. Picturesque forests and well prepared trails will make hikes, bike or horseback trips a sheer pleasure. **Golf lovers** will not be disappointed either – West Pomeranian golf courses will for sure satisfy their requirements.



WEST POMERANIA

ON WATER

Under the sails

West Pomerania region is rich in water reservoirs **perfect for sailors**. But if you are searching for a spot of your dreams, visit West Pomeranian Sailing Trail.



It is a one-of-a-kind touristic product, formed by a **network of ports and marinas**. It begins in Ognica on the Odra River and continues through Dąbie Lake and Szczeciński lagoon to the Baltic and along the seaside as far as to Darłowo. Those longing for sea journeys may keep on sailing to Gdańsk or even to Scandinavia.

West Pomeranian Sailing Trail makes it possible to choose longer or shorter trails. The distance between marinas does not exceed 20-30 nautical miles, so you can come back to the port any time. It is an unquestionable advantage for families with small children and less experienced sailors.

Yacht harbours within the trail are equipped with **rich infrastructure** – well prepared stay spaces, water, electricity, toilets, equipment rentals and camping grounds. It is a perfect place for relax under the sails.





West Pomeranian lake areas are another perfect place for sailors.

Drawsko, Miedwie, Klukom, Morzycko, Lubie, Trzeciecko as well as Myśluborskie and Barlineckie lakes are the reservoirs which offer perfect sailing conditions.



WEST POMERANIA

ON WATER

Canoes

West Pomerania hides **charming rivers and beautiful lakes**. It is worth to try them and go on a canoeing trip. Many companies offering equipment rental and canoe transport make the organization of a kayak trip as easy as pie.



Try your hand at the following rivers:

1 ODRĄ – the landscape of the area called Międzyodrzie is really impressive. But you need to be careful in order not to get lost – the trail goes through a maze of channels, so a good map is a must.

2 PŁONIA – as it flows through Miedwie Lake and reaches Dąbie Lake, it constitutes a paradise for both canoeists as well as SUP fans.

3 INA – we recommend the trip on “Ina meanders” trails, which begins in Bącznik and continues through Goleniów to Dąbie lake. Developed infrastructure in the form of marinas, slips, platforms and camping grounds will make your trip easier.

4 REGA – one of the longest rivers flowing into the Baltic Sea. It is accompanied with well-developed infrastructure creating favourable conditions for canoeing trips.

5 PARSEŃTA – it will undoubtedly make your trip interesting. For beginners, the trail from Karlino to Kołobrzeg constitutes the best option.

6 DRAWA – this river guarantees a trip in fabulous nature as it flows through Drawski Landscape Park and Drawieński National Park.

7 PIŁAWA – a very picturesque river, whose initial section flows through charming lakes of Drawskie lake district, then through Nadarzyckie lagoons to the village Szwecja. On its way it passes the remnants of the Pomeranian Wall fortifications.





Canoes and bikes?

Why not!

Those who like spending their time actively will for sure admire the opportunity to combine canoeing with biking. Such trips are really interesting!

We can begin our trip by taking a bike trail along the Rega river. We start in Łobez and head towards Resko. The route is surrounded by charming forests and fields. On our way we will try West Pomeranian culinary delicacies and in Starogard Łobeski we will see a very interesting timber framing church as well as the ruins of the von Borcke family palace.

In Resko we change our bikes into canoes and start the trip on Rega river. Depending on our capacities we choose the appropriate distance. After about 7 km we can finish our trip by Żerzyno powerhouse. But if we have more time and energy, we continue in order to finish in the village of Płoty. Here it will be a good idea to go for a short walk to see two castles.

A total? **25 km on bike, 7 km or even 20 km in a canoe**, a lot of beautiful views, a great dose of good fun and a day spent in a very active way!



WEST POMERANIA

ON WATER

Other activities

Searching for other activities? **West Pomerania has much more to offer!**



Water skiing and wakeboarding

In Szczecinek, on Trzesiecko Lake, one of the longest lifts designed for this type of sports is located. You can also find wake parks in Szczecin, within the Water Valley in Koszalin as well as on Morzycko Lake in Moryń.

Diving

Thanks to good visibility in clear waters of Miedwie Lake, divers may see a sunken German Torpedo Testing Station and a shipwreck, while the bottom of Morzycko Lake hides a plane wreck. Divers also appreciate Siecino Lake situated within Drawskie Lake District.

Windsurfing and kitesurfing

The Baltic is not the only place which offers perfect conditions for these sports. We recommend a visit to Czarnocin in order to try your hand on the waters of Szczeciński lagoon.

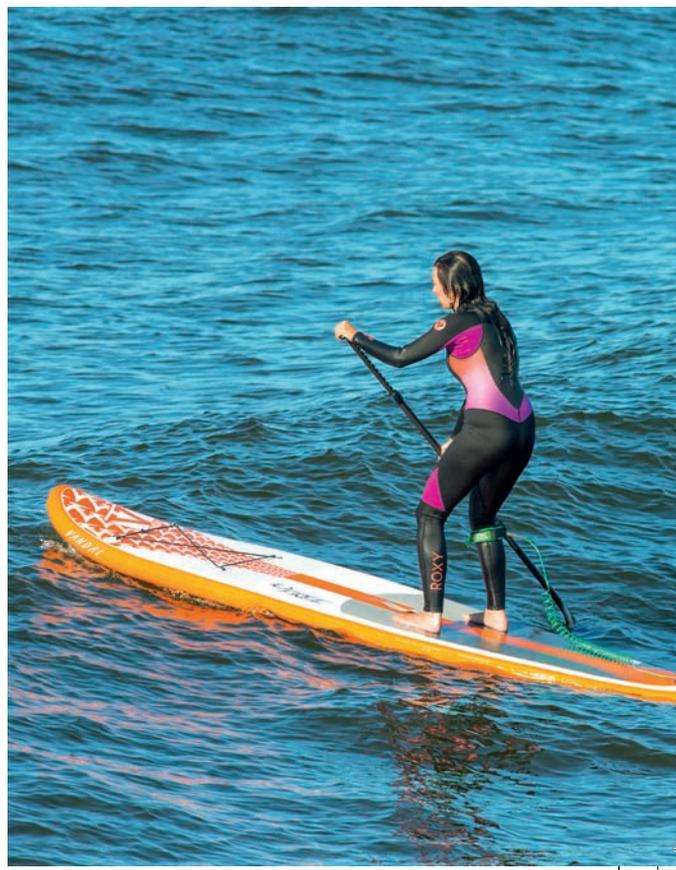
SUP

The waters of Szczeciński lagoon and Dąbie Lake are perfect for SUP trips. The amateurs of this discipline will also like virgin areas of Międzyodrze.

Sea fishing

Would you like to live the adventure of your life? Get up at dawn and go cod fishing. Fisherman from Darłowo and Kołobrzeg will take you on a cutter trip and show you how to catch and gut fresh fish.





WEST POMERANIA

ON LAND

On a bike

The multitude of green areas as well as unique West Pomeranian flora and fauna encourage tourists to shorter and longer bike trips. **Well marked trails together with developed infrastructure** make this form of activity available not only for advanced bikers, but also for beginners.



One of the most interesting bike routes of the region is the **Velo Baltica Trail**, forming part of international bike route EuroVelo 10. It goes along West Pomeranian coastline.

Other recommended routes in West Pomerania are: Trasa Pojezierzy Zachodnich (Western Lake Districts Route), Szlak Templariuszy (Templar Trail), Szlak Bursztynowy (Amber Trail), Trasa Lubinusa (Lubinus Route), Trasa Polodowcowa (Post-glacial Route), Trasa Szesnastego Południka (16th Meridian Route), Szlak Echa Wikingów (Vikings' Echoes Trail).





BIKE SYSTEMS AND RENTAL:



- **Szczecin City Bike** – use the Bike_S system and visit the capital of West Pomerania
- **Koszalin City Bike** – new bike stations will satisfy both citizens as well as tourists
- **Kołobrzeg City Bike** – get on the bike and visit the entire resort, you just need Internet access
- **Rewal Bike System** – Pobierowo, Rewal, Niechorze... Rent a bike and go on a seaside trip
- **Baltic Bike** – partner of the UsedomRad Uznam bike system in Świnoujście. You can rent a bike in Poland and return it in one of the German resorts
- **Szczecinek CityBike** – with self-service bike rental in Szczecinek you can visit not only the centre of the town, but also get to Mysia island



WEST POMERANIA

ON LAND

On horseback

West Pomerania is a perfect place for horse riding. Different studs, horse riding centres and agrotouristic farms make a horse ride possible nearly in all corners of the region. **Drawskie Lake District Horseback Trail** is the longest and it connects many horse riding centres. **Central Pomerania Horseback Trail**, with the length of nearly 140 km, is only a little shorter.



WHAT ABOUT A HORSEBACK TRIP?

Near the town of Barwice one can find several studs which offer not only horse riding skills development in a riding hall, but also all-day trips in the neighbourhood.

From a chosen stud we head towards the village of Trzemienko, from which a horseback trail marked with a black horseshoe leads us to Strzeszyn. Here we can stop and take a break by the sandy shore of the lake Brody, at the foot of a 19th century manor. Having relaxed we continue on horseback route, going on the side of a stone road, then on asphalt through the village of Liszkowo.

The trail continues in South-Eastern direction, on an unsurfaced road. We continue our ride, admiring the beauty of a maple alley. On our way we have to go through a ford on the Piława river, and there remain only 2 kilometres to our destination. Having completed nearly 30 kilometres we can relax in a chosen horse riding centre.



WEST POMERANIA

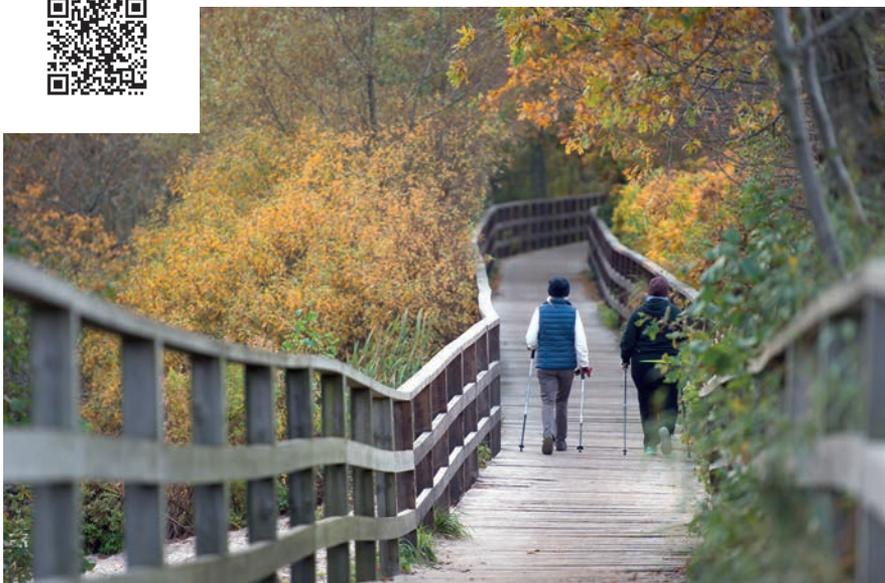
ON LAND

Nordic walking



Barlinek, European Capital of Nordic Walking, is located in West Pomerania region. Over 50 km of routes for practicing this activity have been marked here. Here we can also find the biggest and the smallest Nordic walking sticks. The huge ones are 11.5 m high, while the small ones – 17.5 mm.

Apart from Barlinek, **Borne Sulinowo is another perfect place for Nordic walking fans**. Here you can find the network of well-marked trails.



WEST POMERANIA

ON LAND

Golf courses

Visit the most charming **golf courses** in West Pomerania:



1 Binowo Park Golf Club

– Binowo near Szczecin
– golf course with 9 holes, masters 18-hole course, training courses (driving range, putting green). Club building includes a restaurant and equipment rental.



2 Amber Baltic Golf Club

– Kołczewo near Międzyzdroje
– golf course with 9 holes, masters 18-hole course, training course (driving range), chipping area, pitching area, 2 putting greens. Club building includes a bar with a terrace and equipment store.



3 Kamień Country Club

– Grębowo near Kamień Pomorski
– master's 18-hole course, training course (driving range). Club building includes a café.



4 Modry Las Golf Club

– Raduń near Choszczno
– golf course with 9 holes, masters 18-hole course (designed by world's renowned designer – Gary Player), training facilities. The club also includes a club house and accommodation premises.





WEST POMERANIA

SANATORIUMS AND SPA

West Pomerania these are not only beautiful landscapes and tourist attractions. The region is rich in mud and brine sources, while sea breeze contains large quantities of iodine. These substances, so beneficial for our health, have decided about the development of diversified sanatorium facilities **offering health and rehabilitation** treatments as well as SPA and Wellness services.

SANATORIUMS



1 Kołobrzeg

The biggest seaside resort in Poland famous in particular for its mud and brine sources. What is interesting, it can receive as many as 7 thousand bathers at the same time!



2 Świnoujście

This sanatorium resort is famous for its clean climate and air rich in iodine. Here you can take a deep breath on one of the widest beaches in Poland. Developed local offer of healing water treatments is admired by those tourists who would like to increase both their physical as well as mental wellbeing.



3 Kamień Pomorski

Apart from natural therapeutic resources, specially prepared sanatorium buildings as well as a beautiful park, tourists can find here unique monuments concentrated around the Old Town.



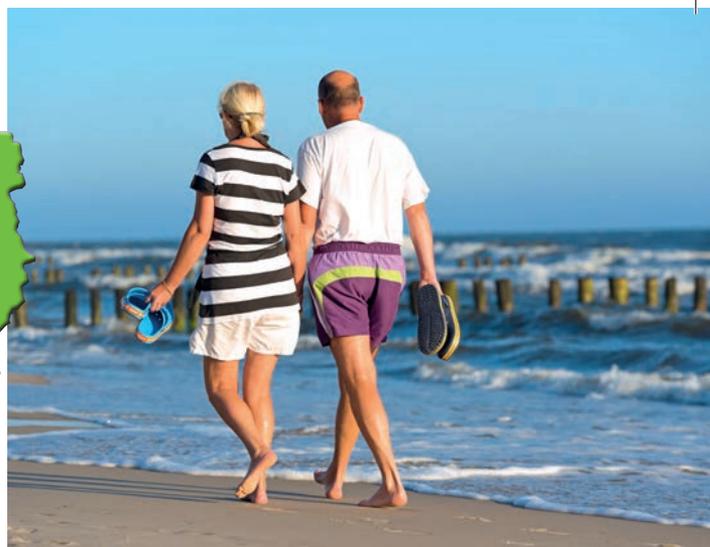
4 Połczyn-Zdrój

It is one of the most attractive sanatoriums in Poland, famous in particular for its unique park. Local mud and brine sources were discovered already in the 19th century.



5 Dąbki

The youngest West Pomeranian SPA centre offers everything that bathers need – sea climate, air rich in iodine, healing mud and chloride-sodium deposits, which help in the treatment of numerous illnesses and conditions.





SPA

You prefer **calm relaxation in spa** rather than active holidays? West Pomerania offers numerous options which will for sure satisfy your expectations.

Spa & wellness facilities have included in their service range not only standard treatments and jacuzzi or sauna packages. You can come here with your family, friends or your loved one. What is more, the offer of spa centres is enriched by packages for special occasions, such as Saint Valentine's Day, long weekend, Saint Andrew's Day, Saint Nicolas' Day or New Year's Eve.

Numerous spa & wellness facilities are situated by the sea, but you can also find them in other parts of the region.

Visit West Pomerania
to relax.





WEST POMERANIA

TRAILS

Apart from bike, canoe and horse riding trails, West Pomerania is proud of its **theme trails**. They are particularly interesting, so it shouldn't surprise anybody that they attract many tourists.

The amateurs of historical monuments and architecture will appreciate the unique **European Brick Gothic Trail**.

Those who admire militaria will get interested in the **fortification trail**, where they will find the remnants of Prussian fortifications or the elements of the Pomeranian Wall. **The Pomeranian Way of St. James**, connecting with other James' ways, will lead directly to Santiago de Compostela.

History lovers won't get deceived either, as the region offers them the **Templar Trail**, the **Cistercian Trail** as well as **Griffins Trail**. West Pomerania is also the paradise for automotive fans. **Marked Light Blue Car Tourist Trail**, **West Pomeranian Lake Districts Car Trail** and **Lighthouses Trail** constitute a perfect chance to discover numerous touristic attractions of our region.

Camino de Santiago, i.e. the Way of St. James, is a network of trails leading from Lithuania, through Poland, Germany and France to Santiago de Compostela in Spain – the place where St. James, one of the twelve apostles, was buried.

The Way of St. James is important not only from the religious, but also cultural point of view. On the way we will find numerous interesting sacral objects, appreciated by the lovers of historical monuments. Following the trail does not only mean admiring the monuments, but also having contact with the people, history and culture of the region. West Pomeranian fragment of the trail passes along the coastline and connects the **cathedrals in Koszalin, Kołobrzeg, Kamień Pomorski and Szczecin**. Yellow shell on blue background constitutes the symbol of the Way of St. James.

It is a good idea to take with you your pilgrim's passport – collected stamps confirm completing subsequent fragments of the way and obtaining the badge.

On your way visit The Museum of Polish Arms in Kołobrzeg. You will find there medieval pilgrim's shell discovered during archaeological works.



The Pomeranian Way of St. James



The Fortification Trail

As West Pomerania witnessed many warfare hostilities, numerous fortification elements can be found in the region. This area is particularly interesting for the lovers of history and militaria. Military events constitute a unique touristic attraction, as they offer the chance to see military vehicles and equipment as well as experience the unforgettable.



Świnoujście





The Museum of Polish Arms (outdoor exhibition), Kołobrzeg



Angel's Fort, Świnoujście

ATTRACTIONS WORTH VISITING:



■ Forts in Świnoujście

Gerhard's Fort from the Museum of Coastal Defence, Angel's Fort and Western Fort from the Museum of Świnoujście Fortress History

■ Underground Town on Wolin Island

A maze of underground corridors connecting several coastal shelters

■ V3 Bunker in Zalesie-Wicko

Remnants of German V3 rocket launcher

■ Underground Szczecin

Corridors of air-raid shelter the entrance to which is situated next to the Szczecin Główny train station

■ Municipal Fortification Trail in Kołobrzeg

Wilczy Szaniec, Kamienny Szaniec, Ujście Fort with lighthouse, Reduta Moras, Reduta Solna

The Museum of Polish Arms will be a perfect final of the walk.

■ Bunker in Podborgo – Cold War Museum

Military complex which remained top secret and subject to particular protection for nearly 50 years as heavy load nuclear warheads used to be kept here.

■ Pomeranian Wall fortifications

from the period of WW2 – among others in Szczecinek, Wałcz and Strzalin

■ Borne Sulinowo

The town which did not exist on official maps until the 1990s. Today it is the mecca of military events

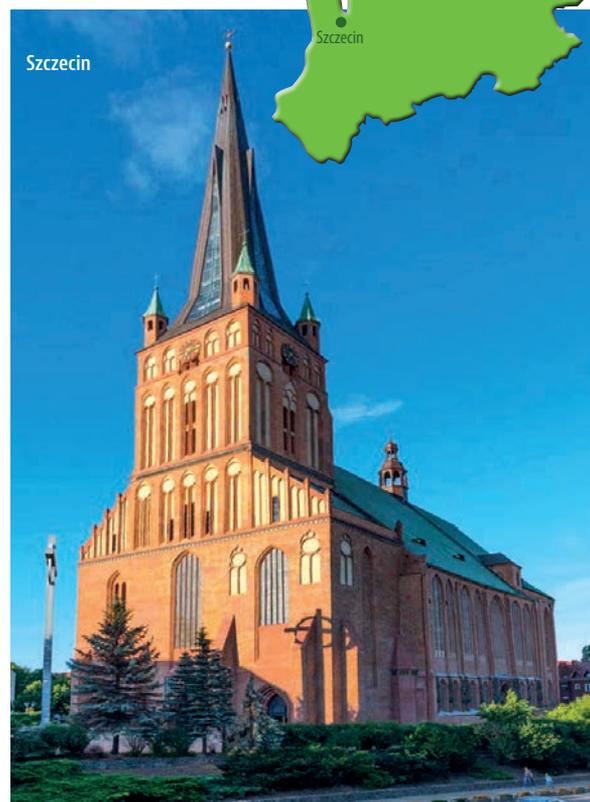
■ Kluczewo near Stargard

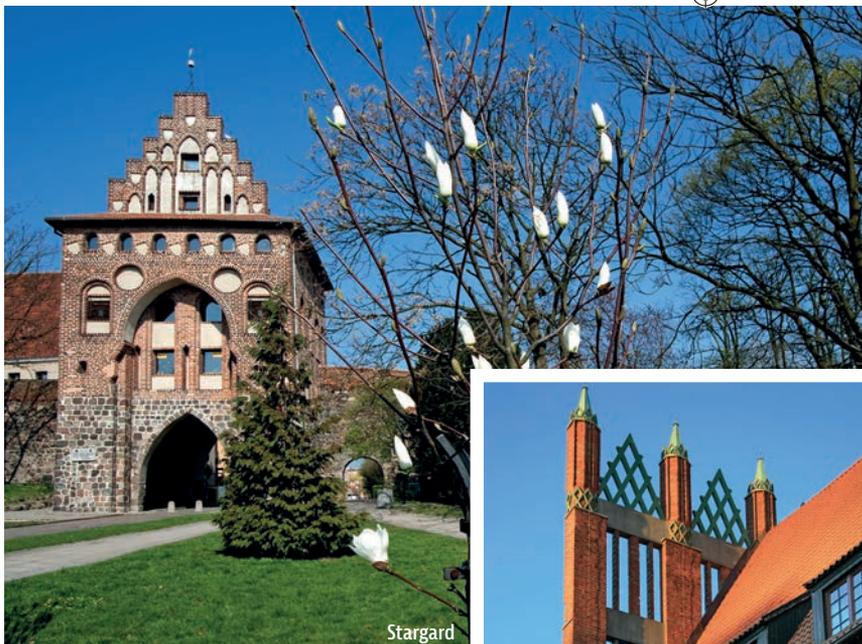
Airport where military vehicles events are held: Czerwone Lotnisko (Red Airport) as well as OldTown Festival – the biggest post-apocalyptic festival in Europe – role playing game set in the reality of the world destroyed by nuclear war.

The Brick Gothic Trail



A fragment of **European Brick Gothic Trail**, connecting hanseatic countries situated by the Baltic Sea, passes through West Pomerania. As the cities connected with Hansa enjoyed wealth, impressive Gothic red brick sacral, merchant and military buildings were being erected there. It is worth to visit Szczecin, Stargard, Kamień Pomorski as well as Sławno in order to see the buildings constituting unique cultural heritage of the region.





Stargard



Szczecin



Kamień Pomorski

Szczecin

St. James' Archcathedral Basilica is the highest building in West Pomerania, second highest in Poland. It constitutes one of the greatest brick Gothic works of art, created in cooperation with Hinrich Brunsberg, prominent medieval architect.

Old town hall catches the eye on the background of Szczecin landscape. It is located at Sienny Market Square. This lacy building is also characterized by slight inclination, what can be noticed at first glance while talking a walk on castle grounds.

Stargard

While visiting West Pomerania you definitely can't do without seeing genuine Gothic jewel – Saint Mary's collegiate in Stargard. It is one of the most beautiful sacral buildings in this part of Europe.

Stargard town fortifications are also worth noticing. A lot of them have been preserved here – medieval defence walls, Gothic gates and towers will please the eye of every history lover. What is more, in the Stargard bastille we can take part in one of the most exciting escape rooms in Poland.

Kamień Pomorski

Saint John the Baptist's co-cathedral basilica with Gothic cathedral patio is a must-see on the map of every West Pomeranian tourist. What is more, we will find here Gothic-style town hall, gate and tower.

Sławno

The entire Old Town area was inscribed on the list of monuments. Local representatives of Gothic style are town fortifications – defence walls together with two impressive gates: Koszalińska and Słupska.

The Templar Trail



The trail following Templars' footsteps, present also on West Pomeranian grounds, is a special treat for all history lovers.

Medieval knights dressed in robes with big red crosses settled here in the 13th century. Today we can still admire the remnants of their activity. Templars' Chapel in Chwarszczany is the best preserved building. Other interesting buildings are the chapel in Rurka and the church in Banie.

Mysterious chequer boards on the temples in Dolsko, Moryń or Lubiechowo. They are also considered to be the activity of Templars.



Cistercian order and its presence in West Pomerania constitute another interesting issue attracting tourists.



West Pomeranian trail, constituting part of the **European Cistercian Trail**, passes through as many as 10 villages, towns and cities in which Cistercian activity was recorded.

A journey following Cistercian footsteps will constitute the occasion not only to learn about the history of this order and outstanding sacral architecture, but it will also ensure a lot of spiritual experience in the places surrounded by the aura of mysticism.

West Pomerania monasteries belonged both to the male as well as female line of the Cistercian order. The biggest and the best preserved one is a huge monastic complex in **Kołbacz**. We can see here a unique finely created rosette placed on the church's Western wall. The second impressive object is the monastery in **Bierzwnik**.

The premises of former religious house of Cistercian nuns in **Marianowo**. This is where Sidonia von Borcke, accused of witchcraft, spent about 15 years. Other places where we can see the remnants of medieval monasteries are **Cedynia**, **Pełczyce** and **Koszalin**. **Winniki** (Węgorzyno commune) are another village situated on the trail in which the religious house of contemporary Cistercians is located.



The Cistercian Trail



Bierzwnik



Kołbacz

The Griffins Trail



Szlak Gryfitów



Pomeranian Dukes' Castle, Szczecin

Ducal dynasty of Griffins ruled the Duchy of Pomerania for **over 500 years** (12th – 17th century), thus becoming one of the longest continuously ruling dynasties in the whole Europe! A griffin (half eagle, half lion), to which the name of the dynasty refers, has for 800 years been the symbol of Polish and German Pomerania as well as of several regions in Scandinavia, presenting common cultural heritage.

Within the territory of West Pomerania, the Griffins Trail includes places which have a very interesting narration including historical elements as well as legends, anecdotes or preserved material legacy in common.

On the trail we will learn among others how the great wedding of Duke Bogislaw X with Polish princess Anna Jagiellonka in the Szczecin castle looked like, how one of the most impressive maps of the 17th century Europe was created as well as we will visit the cell of Sidonia the witch, whose curse was supposed to contribute to the dynasty dying out. Or maybe we will set off for the search of the treasure of Eric of Pomerania – great king of the entire Scandinavia and a Baltic pirate?



Holy Spirit Chapel, Trzebiatów



Baroque organ, Kamień Pomorski



Pomeranian Dukes' Castle, Darłowo

Following the Griffins Trail we will among others visit:



■ **Szczecin** – Pomeranian Dukes' Castle as well as National Museum with a great exhibition "Golden age of Pomerania", presenting the glory days of this ducal dynasty under the sign of a griffin.

■ **Kamień Pomorski** – Saint John the Baptist's cathedral, one of the first ducal necropolis with magnificent equipment funded by the last representative of the Griffins ducal ancestry (among others impressive Baroque organ).

■ **Sowno** – in this small village church we will see the work of art by the 16th century woman woodcarver, so called Ducal Altar, as well as epitaph board of duke's jester Mikołaj, according to the legends killed with a... sausage!

■ **Trzebiatów** – in the 16th century, in the local Gothic Holy Spirit chapel, Griffins introduced the Reformation in Pomerania.

■ **Darłowo** – Pomeranian Dukes' Castle, where Eric of Pomerania, the king of Norway, Denmark and Sweden, was born.



Ducal Altar, Sowno

WEST POMERANIA

Car trails

West Pomeranian voivodeship was marked with over 200 tourist road signs on commune, country and regional roads. **Light Blue Car Touristic Trail**, **West Pomeranian Lake Districts Car Trail** as well as **Lighthouses Trail** constitute a great chance to discover numerous touristic attractions of our region. The trails pass through famous places as well as the villages of which nearly nobody has ever heard. On our way we can visit many different attractions, such as for example Slavs and Vikings Center in Wolin or the cathedral in Kołobrzeg.



LAKE DISTRICTS CAR TRAIL



LIGHT BLUE CAR TRAIL



West Pomeranian Lake Districts Car Trail passes through the following towns and villages:

Stargard – Mielenko Drawskie – Drawsko Pomorskie – Siemczyno – Szczecinek – Wałcz – Mirosławiec – Tuczno – Drawno – Recz – Choszczno – Bierzwnik – Pełczyce – Przelewice – Pyrzyce – Myślibórz – Chwarszczany – Mieszkowice – Cedynia – Zatoń Dolna

Light Blue Car Touristic Trail passes through the following towns and villages:

Stepnica – Wolin – Świnoujście – Międzyzdroje – Kamień Pomorski – Trzebiatów – Kołobrzeg – Domacyno – Karlino – Białogard – Dobrzyca – Sławno – Bobolice – Tychowo – Połczyn-Zdrój – Świdwin – Gryfice – Goleniów

Lighthouses, which for centuries served the seamen as indicators of the way to the seaport, nowadays constitute a perfect touristic attraction not only for children, but also for adults. The trail also constitutes a fully marked car trail. Get a **lighthouse lover passport** and start collecting stamps and visiting the trail will become even more fun!

1 Lighthouse in Świnoujście

- the highest lighthouse on Polish seaside and the highest brick lighthouse in the world

year of construction 1857

height 64.8 m

light level 68 m a.s.l.

2 Kikut lighthouse (Wiselka)

- the fact of erecting it on a 76 m high cliff made the smallest West Pomeranian lighthouse the highest located one in Poland

year of construction 1962

height 18.2 m

light level 91.5 m a.s.l.

3 Lighthouse in Niechorze

year of construction 1866

height 45 m

light level 62.8 m a.s.l.

4 Lighthouse in Kołobrzeg

year of construction 1946

height 26 m

light level 36.5 m a.s.l.

5 Lighthouse in Gąski

year of construction 1878

height 49.8 m

light level 51.1 m a.s.l.

6 Lighthouse in Darłowo

year of construction 1885

height 21 m

light level 9.7 m a.s.l.

7 Lighthouse in Jarosławiec

year of construction 1838

height 33.3 m

light level 50.2 m a.s.l.



Lighthouses Trail



WEST POMERANIA

THE GATES OF TIME

Apart from active tourism, visiting cities and towns as well as SPA treatments, West Pomerania also offers journeys in time! The Gates of Time is a project which will make it possible for you to take a close look at each era in history. Apart from specially prepared objects, tourists will meet here re-enactment groups who will introduce them into the world of the past ages. Visiting these places is a perfect "live" history lesson.



Within The Gates of Time we can see:

1 Slavs and Vikings Center in Wolin

Would you like to discover everyday life of the Slavs? In the open air museum in Wolin you will travel back in time to early Middle Ages. You will learn about the work of ordinary inhabitants of the village – a potter, a minter, a jeweller and a fisherman, you will watch the fights of historical warriors and take a look inside a medieval hut.

Different events are held in the museum all over the year, with the most spectacular being the biggest Slavs and Vikings Festival in this part of Europe. Reenactors from all over the world gather here in order to play the scenes straight from the Middle Ages. A battle between two warrior camps constitutes the part of the festival that everybody is waiting for. We really recommend seeing it!

2 Medieval Gord in Moryń

The gord in Moryń will be a special treat for the fans of a little later Middle Ages. We will see here the castle grounds, the houses of masters in historical professions, a festive hall and a fencing zone. We will also take part in outdoor games, historical events and workshops.

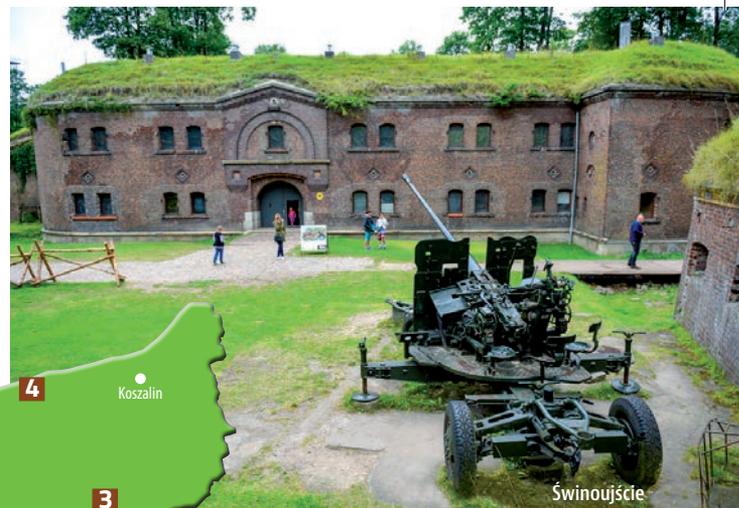
3 Castle in Siemczyno

The castle in Siemczyno, erected in the early 18th century, is a perfect place to go on a journey in time back to the Baroque era. Reenactors and guides will introduce the visitors into the world of Baroque ladies and noble Sarmatians.





Wolin



Świnoujście



4 Ethnographic Park – Baltic Fishing Open Air Museum in Niechorze

The open air museum is located in the vicinity of the lighthouse in Niechorze. We will see here fishermen's huts, a post mill, sheds for fishermen's boats, bread stove as well as a smokehouse which are as close as possible to historical originals.

5 Gerhard's Fort in Świnoujście

Are you ready for a drill under the careful eye of a uniformed Prussian soldier? It is possible in Gerhard's Fort. Local reenactors will introduce you to the world of 19th century militaria and also check if you are an appropriate candidate for the army.



Siemczyno

wrota
czasu



Wolin



WEST POMERANIA

FLORA AND FAUNA

Unique West Pomeranian flora and fauna surprises in particular by its diversity.

Here we will find everything we need – **Baltic shore** with wide sandy beaches, vast **lake districts** with beautiful water reservoirs, charming **moraine hills** reaching nearly 250 m a.s.l. It is all surrounded by **amazing forests**, rich in such goods as mushrooms or blueberries.

The region is distinguished by the multitude of protected fauna and flora species – in particular birds. West Pomerania includes **2 national parks**, **7 landscape parks** as well as an impressive network of protected areas, among others **Natura 2000** and numerous **reserves**. We can find here also **dendrological gardens** and theme gardens.

1 Lower Odra Valley Landscape Park

Protection area of unique fauna and flora of Międzyzdrze wetlands and peat bogs, in particular birds.

2 Iński Landscape Park

Created in order to preserve unique dynamic and "fresh" relief of postglacial landscape.

3 Drawski Landscape Park

The most precious fragment of Drawskie Lake District, including 77 lakes, has been subject to protection.

4 Cedyński Landscape Park

The park includes numerous small hills from which we can admire unique landscapes of the Odra river valley.

5 Barlinecko-Gorzowski Landscape Park

The park, situated between two regions, includes as many as 5 unique nature reserves.

6 Szczeciński Landscape Park

It is situated within local Beech Forest and beautifully sculpted Beech Hills.

Landscape parks



West Pomerania trivia:



■ "Love Valley" Park

Even if it has not been awarded with the status of a landscape park, it constitutes a unique place. This historical park with a romantic name is a perfect idea to go for a walk when we have some free time. From here we can admire beautiful views on the Odra river.

■ "Crooked Forest" near Gryfino

This area does not have the status of a landscape park either. It is the only such mysterious and weird forest in the entire Poland. Here we can find pines with their trunks growing crooked against the laws of nature.

National parks



Woliński National Park

Its area includes coastal waters of the Baltic, an archipelago of islands, regressive delta of the Świna River, part of Szczecin lagoon as well as numerous cliffs and moraine hills.

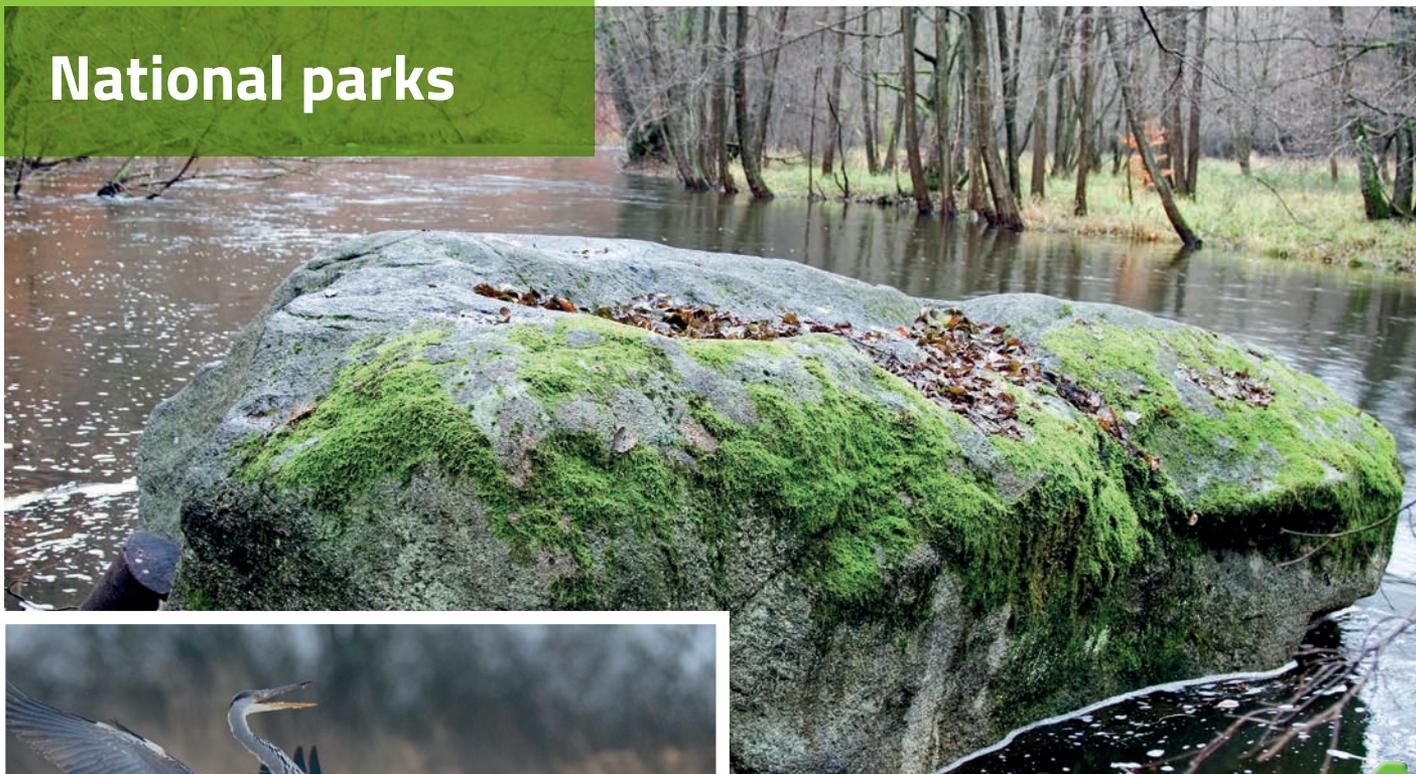


Local beech forests amaze with their mysterious character and the view from the Zielonka hill on a number of islands forming the delta of the Świna River is literally breath-taking.

Tourists will for sure get interested by the Bison Showcase Enclosure as well as Educational and Museum Centres. These places are perfect to get in touch with nature. Hiking enthusiasts will for sure admire picturesque touristic trails. Red trail "Along the Baltic shore" is a path leading along the coast through the viewing point on Kawcza Mountain, sandy beaches up to Kikut lighthouse and Koprowo Lake. Blue trail "By Szczecin Lagoon" passes along the waters of the lagoon through V3 weapons field, Turquoise Lake, interesting viewing points and the cliff shore.



National parks



Drawieński National Park

The park including Drawa and Płociczna rivers valleys together with the lakes Ostrowiec, Płociczno, Marta and other.



It is a virgin area, where human activity is practically absent – no one removes fallen trees from the river courses. What is interesting, Drawieński National Park is the place where we can find naturally growing sundews and orchids. Tourists will for sure get interested by numerous natural and educational paths, e.g. "Międzybór" as well as touristic trails. The park is also full of attractions for the lovers of canoe and bike trips as well as horse riding.



Dendrological gardens



West Pomeranian dendrological gardens will amaze not only the lovers of nature, but also those who would like to relax far from the city turmoil and get closer to nature.





Dendrological Garden in Przelewiec

It is the biggest garden in West Pomerania and one of the most famous and appreciated in Poland. Initially it served the function of a palace park and nowadays, it is admired by numerous tourists who visit it. Conrad von Borsig, member

of German Dendrological Association, was the creator of current composition of the garden.

We will find here over 1000 species of trees and bushes, arranged in extraordinary compositions. The uniqueness of the garden in Przelewiec consists in the combination of architectural elements with surrounding plants, thanks to which this place is full of amazing visual values. Different zones were separated within the garden – Japanese Garden, Heath, Gorge of conifers, Spring area, Rock Garden and many other.

Species growing here which deserve particular attention are Brewer spruces, European white elm, blue bean plant, eucommia or dove-tree. What is interesting, regional Przelewiec honeys are produced basing in particular on the nectar of local flowers.



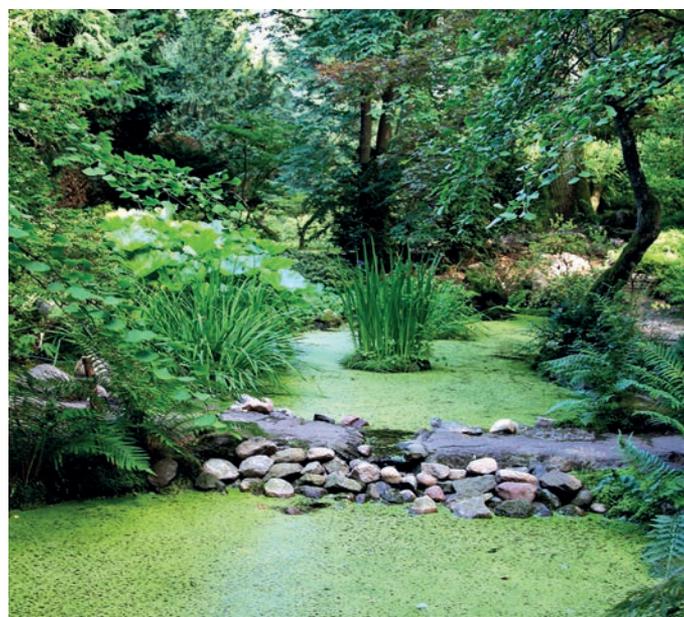
Dendrological Garden in Glinna

Established in the 19th century on the edge of the Beech Forest, near Szczecin, the garden still enjoys equally high interest of tourists. This is a place with rich aesthetic values, which we can admire in master's plant compositions.

What is more, it serves the educational function.

It is worth to visit this place during different seasons of the year in order to admire the beauty of the local flora to the fullest. We will find here over 600 species and varieties of trees and bushes from all over the world.

The garden pleases the eyes with unique specimens such as the collection of spikenards, magnolias and maples as well as grand fir, Atlantic white cedar and many other.



“Hortulus” Theme Gardens in Dobrzyca

Located in Dobrzyca near Koszalin, this complex of 28 theme gardens is a special treat for the lovers of nature, but also a great attraction for families with children. Apart from classic gardens – Japanese, and French – we will find here sensory gardens devoted to colours, scents and even sounds, utility gardens – with vegetables and herbs, a stone garden or a water garden.

Another place we recommended is “Hortulus Spectabilis”, the garden located at the distance of 2 kilometres. A genuine magnet attracting tourists to this place is a huge live fence maze as well as a tower with a viewing terrace, inspired by DNA double thread.



WEST POMERANIA

TASTES OF THE REGION

West Pomeranian nature these are not only landscapes. This is also the unique flora and fauna which gives us its best.



Diversified water reservoirs – the Baltic Sea, Szczeciński and Kamieński Lagoons, many rivers and lakes are rich in different fish species. For this reason, **fish dishes** are the specialty of the region – fish soup, fried and smoked fish. Both on the coast as well as in lake districts we can without any problems buy fresh fish coming directly from the sea or hot freshly smoked fish.

It would be impossible not to mention here **paprykarz szczeciński** (Polish canned fish spread made from ground fish, rice, tomato paste, vegetable oil and spices). This dish was prepared from African fish, tomatoes imported from Hungary or Romania and Nigerian “pima” spice. Nowadays paprykarz, still associated with the city of Szczecin, is no longer produced in its original place, but many restaurants offer this dish prepared according to their original recipes.

Typical Szczecin dish are for sure its **pasties (paszteciki)**. They are made of stuffed yeast dough kneaded in a special frying machine. The history of this product dates back to the 1960s, when Społem Szczecin Cooperative received a machine used for its production from the Soviet Union. In December 2010, Szczecin pasties were inscribed on the Traditional Products List. Don't hesitate, try them!

Another specialty of West Pomerania are its **honeys** – linden, multi-flower, rapeseed and buckwheat. Drahim Honey is the most famous of them, being the regional product of Drawskie and Szczecineckie lake districts.

Local alcohols also deserve particular attention. **Starka** from Szczecin is a unique product; it is a strong alcohol made from rye, stored in oak barrels. Its recipe is top secret! Nearby village of Baniewice is another place worth visiting. **Turnau Vineyard** is located here, together with a wine house situated in a renovated 19th century building. Local wines are appreciated not only by tourists, but also by sommeliers.





There are more products of this kind in West Pomerania. It is worth to take a closer look on the Traditional Products List, on which apart from paprykarz and Szczecin pasties we will find smoked vendace from Drawskie lake district, lake pickled cucumber from Kalisz Pomorski, poppy seeds strudel from Choszczno, beer soups from Bełczna, mushrooms marinated with a cone and many other.

What is more, the region is proud of its local enterprises inscribed on the Western Pomeranian Culinary Heritage List. It includes companies, farms and restaurants representing West Pomeranian flavours in Europe.



**1. Centrum Informacji Turystycznej w BARLINKU**

ul. Paderewskiego 7, 74-320 Barlinek
Tel. 95 746 28 74, it.barlinek@wp.pl
www.it.barlinek.pl

2. Informacja Turystyczna w BIAŁYM BORZE

ul. Tamka 3, 78-425 Biały Bór
Tel. 94 373 94 66, it@bck-bialybor.pl
www.bck-bialybor.pl

3. Centrum Informacji Turystycznej w BOBOLICACH

pl. Zwycięstwa 5, 76-020 Bobolice
Tel. 94 316 71 55, citbobolice@o2.pl
www.cit.bobolice.pl

4. Centrum Informacji Turystycznej w BORNEM SULINOWIE

ul. Bolesława Chrobrego 3, 78-449 Borne Sulinowo
Tel. 94 373 41 66, it@bornesulinowo.pl

5. Punkt Informacji Turystycznej w CEDYNI

pl. Wolności 4, 74-521 Cedynia
tel. 91 431 78 31, muzeum@cedynia.pl
www.cedynia.pl

6. Informacja Turystyczna w CZAPLINKU

ul. Rynek 1, 78-550 Czaplonek
Tel. 94 375 47 90, turystyka@czaplonek.pl
www.czaplonek.pl

7. Centrum Informacji Turystycznej

Polsko-Niemieckie Centrum Kultury i Sportu w CZŁOPIE
ul. Osiedlowa 9, 78-630 Człopa
tel. 67 258 28 38, promocja@czlopa.pl
www.czlopa.pl

8. Centrum Obsługi Turystycznej w DARŁOWIE

ul. Pocztowa 6, 76-150 Darłowo
Tel. 519 303 032, cot@darlot.pl
www.darlot.pl

9. Punkt Informacji Turystycznej Drawieńskiego Parku Narodowego, Przystań Wodna w DRAWNIE

ul. Kolejowa 18, 73-220 Drawno
Tel. 95 768 23 95, pit.drawno@dpn.pl
www.dpn.pl

10. Centrum Informacji Turystycznej w „Spichlerzu”

ul. Jeziorna 2, 73-220 Drawno
Tel. 95 768 21 99, cit.drawno@gmail.com, cit@drawno.pl
www.drawno.pl

11. Informacja Turystyczna w DRAWSKU POMORSKIM

ul. Kolejowa 1, 78-500 Drawsko Pomorskie
Tel. 94 363 25 03, informacjaturystyczna@drawsko.pl
www.it.drawsko.pl

12. Informacja Turystyczna w DZIWNOWIE

ul. Reymonta 10, 72-420 Dziwnów
Tel. 91 321 89 57, it@mosik.pl
www.dziwnow.com.pl

13. Centrum Informacji Kulturalnej i Turystycznej w GOLENIOWIE

pl. Brama Wolińskiej 1, 72-100 Goleniów
Tel. 91 418 95 90, cit@turystyka.goleniow.pl
www.goleniow.pl

14. Centrum Informacji Turystycznej w GRYFINIE

ul. Nadodrzańska 1, 74-100 Gryfino
Tel. 91 852 31 83, turystyka@gryfino.pl
www.osir.gryfino.pl

15. Gminny Punkt Informacji Turystycznej w KALISZU POMORSKIM

ul. Toruńskiej 3, 78-540 Kalisz Pomorski
Tel. 783 402 171, promocja@kaliszpom.pl
www.kaliszpom.pl

16. Informacji udziela Urząd Miejski w KAMIENIU POMORSKIM

ul. Stary Rynek 1, 72-400 Kamień Pomorski
Tel. 91 382 39 63, um@kamienpomorski.pl
www.kamienpomorski.pl

17. Centrum Informacji Turystycznej w KARLINIE

ul. Szymanowskiego 17, 78-230 Karlıno
Tel. 94 311 35 09, promocja@karlıno.pl
www.karlıno.pl

18. Miejska Informacja Turystyczna w KOŁOBRZEGU

ul. Armii Krajowej 12 (Ratusz), 78-100 Kołobrzeg
Tel. 94 354 72 20, 94 355 13 20
it@um.kolobrzeg.pl, www.klimatycznykolobrzeg.pl

19. Informacja Turystyczna**Lokalna Organizacja Turystyczna Regionu KOŁOBRZEG**

ul. Dworcowa 1, 78-100 Kołobrzeg
Tel. 94 352 79 39, turystyka@home.pl
www.lotkolobrzeg.pl

20. Regionalne Centrum Informacji Turystycznej w KOSZALINIE

ul. Dworcowa 11-15, 75-201 Koszalin
Tel. 94 346 24 40, rcit@ko-pomerania.pl
www.it-pomorze.pl

21. Punkt Informacji Turystycznej w ŁOBNIE

w Hali Sportowo-Widowiskowej
ul. Orzeszkowej 7, 73-150 Łobez
Tel. 91 397 09 51, hala@lobez.pl, www.lobez.pl

22. Lokalna Organizacja Turystyczna Powiatu ŁOBESKIEGO

ul. Drawska 6, 73-150 Łobez
Tel. 608 826 800, lot@turystykałobeska.pl
www.turystykałobeska.pl

23. Punkt Informacji Turystycznej w MANOWIE

Urząd Gminy Manowo 40, 76-015 Manowo
Tel. 94 318 31 49, promocja@manowo.pl
www.manowo.pl

24. Informacja Turystyczna w MIĘDZYDZROJACH

ul. Promenada Gwiazd 2, 72-500 Międzyzdroje
Tel. 91 328 27 78, informacja@mdkmiedzyzdroje.com
www.mdkmiedzyzdroje.com

25. Biuro Informacji Turystycznej w MORYNIU

Pl. Wolności 2, 74-503 Moryń
Tel. 697 029 064, bit@moryn.pl
www.moryn.pl

26. Punkt Informacji Turystycznej w POLANOWIE

Czytelnia biblioteki, ul. Wolności 7, 76-010 Polanów

Tel. 94 318 85 00, biblioteka.polanow@wp.pl
www.biblioteka.polanow.pl

27. Gminne Centrum Informacji w POŁCZYNIEM-ZDROJU

Pl. Wolności 5, 78-320 Połczyn-Zdrój
Tel. 94 366 24 04, gci@polczyn-zdroj.pl
www.polczyn-zdroj.pl

28. Punkt Informacji Turystycznej REWAL

Hala Sportowa CIPR
ul. Szkolna 1, 72-344 Rewal
Tel. 91 386 26 29, cipr@rewal.pl, www.rewal.pl

29. Gminna Organizacja Turystyczna w SIANOWIE

ul. Armii Polskiej 30, 76-004 Sianów
Tel. 94 318 67 35, promocja@sianow.pl
www.sianow.pl

30. Centrum Informacji Turystycznej w STARGARDZIE

Rynek Staromiejski 4, 73-110 Stargard
Tel. 91 578 54 66, startur@wp.pl
www.cit.stargard.com.pl

31. Centrum Informacji Kulturalnej i Turystycznej (Zamek) w SZCZECINIE

ul. Korsarzy 34, 70-540 Szczecin
Tel. 91 489 16 30, cikit@zamek.szczecin.pl
www.zamek.szczecin.pl

32. Punkt Informacji Turystycznej na Dworcu Głównym PKP w SZCZECINIE

ul. Kolumba 1, 70-035 Szczecin
Tel. 91 434 04 40, cit@zegluga.szn.pl
www.zegluga.szn.pl

33. Centrum Informacji Turystycznej w SZCZECINKU

ul. Bohaterów Warszawy 6a, 78-400 Szczecinek
Tel. 94 372 37 00, cit@sapik.pl

34. Centrum Informacji Turystycznej i Gospodarczej w ŚWIDWINIE

35. Informacja Turystyczna w ŚWINOUJŚCIU
Pl. Słowiański 6/1, 72-600 Świnoujście
Tel. 91 322 49 99, 91 327 16 29

cit@um.swinoujście.pl, www.swinoujście.pl

36. Centrum Informacji Turystycznej w WAŁCZU

Pl. Ześląńców Sybiru 3, 78-600 Wałcz
Tel. 67 381 95 60, wck.info@wck.info.pl
www.wck.info.pl

37. Punkt Informacji Turystycznej w WĘGORZYNIE

Miejska Biblioteka Publiczna
ul. Kościuszki 29, 73-155 Węgorzyno
Tel. 91 397 14 55, biblwno@wp.pl
www.wegorzyno.pl

38. Punkt Informacji Turystycznej w WOLINIE

Muzeum Regionalne im. A. Kaubego
ul. Zamkowa 24, 72-510 Wolin
Tel. 91 326 17 63, muzeum.wolin@wp.pl
www.muzeumwolin.pl

39. Centrum Informacji Turystycznej w ZŁOCIENCU

ul. Stary Rynek 6, 78-520
Tel. 94 712 88 80, it@zlocieniec.pl, www.zlocieniec.pl