

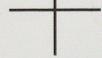
KUDOWA DUSZNIKI POLANICA

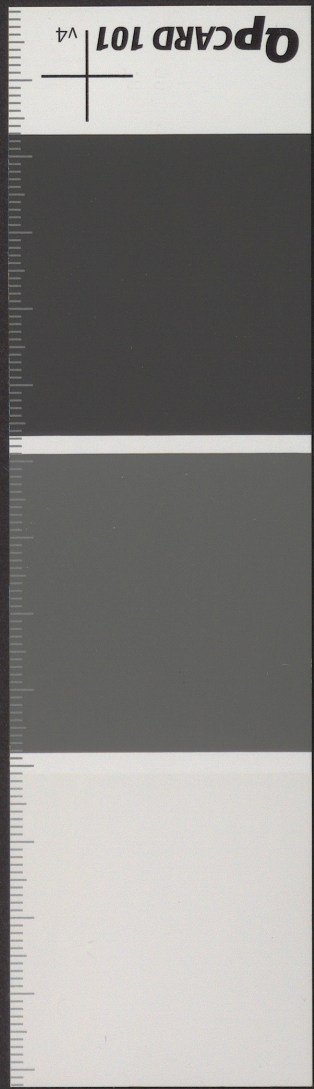
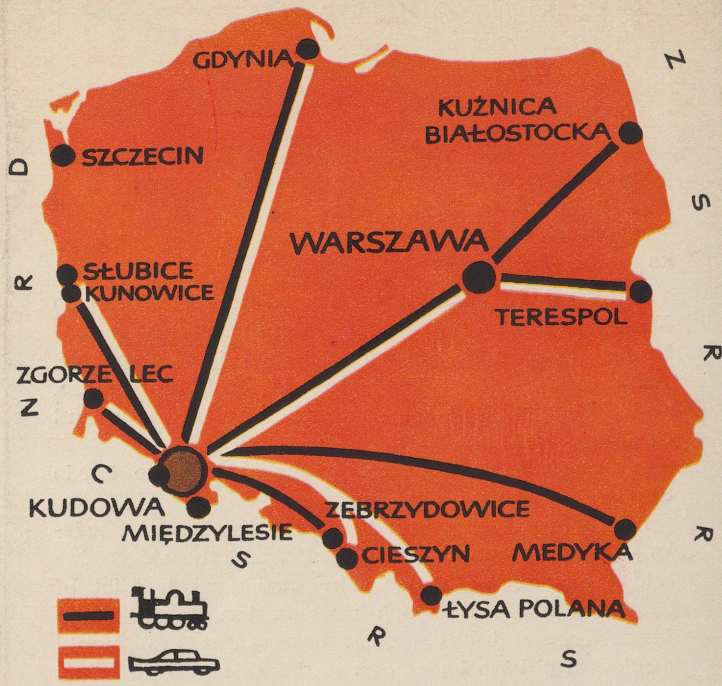
Beautiful Health Resorts in the Sudetes Area

TG-OM-73-6

VISIT POLAND!

OPCARD 101 v4





State Committee for Physical Education and Tourism
 Warszawa, ul. Litewska 2/8

"Sport i Turystyka" Publications
 Warsaw 1961

Printed in Poland

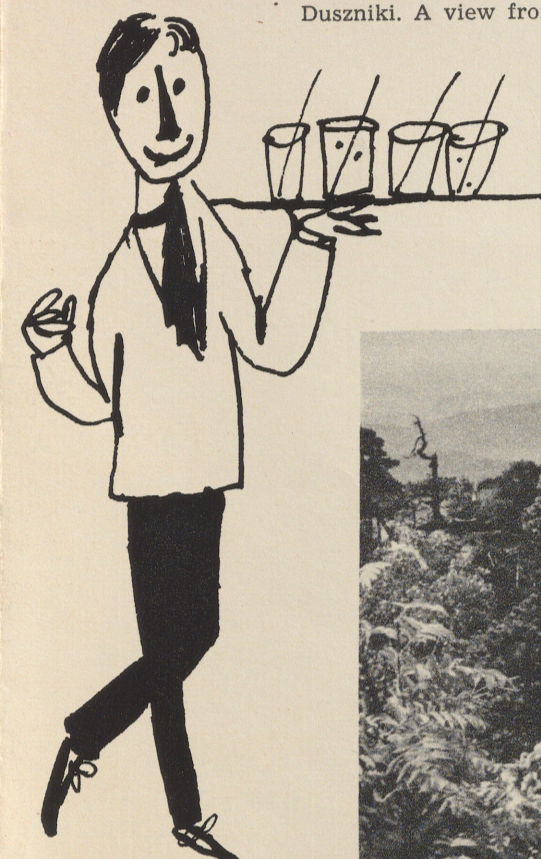
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Polanica. A room in the Spa Hotel.



Duszniki. A view from the road.



DUSZNIKI SPA

One of the oldest health resorts in Lower Silesia, situated at 1800 to 1850 ft. above sea level, with a sharp climate, more truly characteristic of levels above 3000 ft. A mile beyond a small, mediaeval town, situated on a hillside, this spa is squeezed into a picturesque valley between the Bystrzyckie and Orlickie chains.

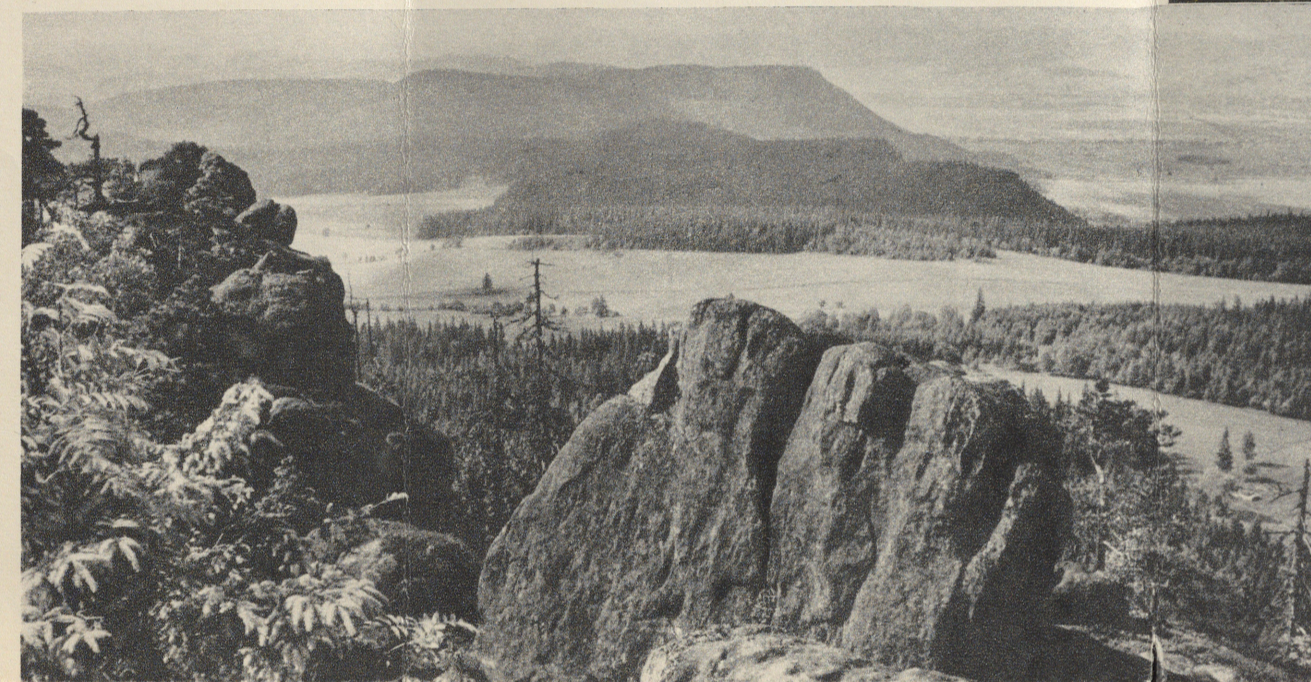
The curative properties of what is called the Cool Spring (*Zdrój Zimny*) have been known from the year 1408.

The musical traditions of Duszniki attract numbers of virtuosos and music lovers. It was here that young Mendelssohn-Bartholdy in 1823, and Frédéric Chopin in 1826, came each for a cure, and gave concerts. On the anniversary of the Chopin performance, there are regularly arranged in Duszniki (and also in Kudowa and Polanica), in the middle of August, Chopin festivals in which eminent pianists from Poland and abroad take part.



The Stołowe Mountains.

Polanica. Fountain in front of the Spa Hotel.



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ACCESS

The Nysa Kłodzka Gorge in the Bardzkie Mts. is the most convenient route from the centre of the country to health resorts in the Kłodzko Cauldron — Polanica Spa, Duszniki Spa, Kudowa Spa, Łądek Spa, and Długopole Spa. From the west, the best route is through the Polish Gateway pass — 2000 ft. above sea level.

From Stone, situated on the frontier, near Kudowa, the Milan-Moscow motor route runs to Wrocław. From Kłodzko to Kudowa, by way of breath-taking serpentine, through tunnels and viaducts runs one of Poland's most beautiful railway routes.

Kudowa, Duszniki and Polanica have direct rail links with Warsaw and Katowice, and in the summer season — with Gdynia and Szczecin. From Warsaw, there is a nightly sleeping car service.

Kłodzko is in direct rail connection with Prague, Wrocław and Cracow. And from the main station at Kłodzko there are plenty of links with all the spas of the Kłodzko land. From Moscow, Prague and Berlin, as well as from Cracow and Katowice, sleeping cars and "couchettes" reach Kłodzko every day.

MISCELLANEOUS

All matters concerning visits to Polish spas are dealt with by the "Orbis" Polish Travel Office, ul. Bracka 16, Warsaw, tel. 6-02-71. Applications, please, at least six weeks before intended arrival and commencement of cure. Information can also be obtained from any travel agency in any country.

Terms. Per day, with full treatment, board, and conveyance from the station to the spa:

First Class Room — \$ 8,
Second Class Room — \$ 7.

Health resort cure cycles start between the 1st and 3rd of every month. The cure may last four weeks or more, but never less than three.

The Kłodzko land comprises the largest and most picturesque cauldron in the Sudetan area.

Climate — mild in winter and a little cooler than in the rest of the country in the summer. Coolest month, mean temperature — 3°C, and heaviest falls of snow — January. Warmest month, mean temperature +15°C, and maximum rainfall — July. Minimum precipitations — February and September, the latter being the sunniest month.

KUDOWA SPA

Some 1300 ft. above sea level, among picturesque hills. Over the spa towers Mount Parkowa, another 200 ft. up. Kudowa has the mildest climate in the Sudetan area. The fact that in the atmosphere, the soil and the waters there is a complete absence of iodine is a feature vital to those seeking cure of excessive thyroid function.

The first bathing installations in Kudowa were inaugurated in 1636.

Curative Resources: mineral waters of the Kudowa spa are arsenical-feruginous bicarbonate waters (the *Sniadecki* spring) and bicarbonate radio-active (the *Marchlewski* spring). Ample arrangements exist for mineral baths, for dry gas baths (CO₂), hydro-photo- and electric-therapy. Sanatoria and diagnostic installations, too, are available.

Recommended for Treatment of: diseases of the circulatory system, diseases of the endocrine glands, diseases of the blood and of the haemopoietic organs, and diseases of the nervous system.

Recreations: Spa Theatre; concert hall and outdoor orchestra pavilion; *Capitol* cinema; International Press and Book Club; cafés dancants — *Piekieleko*, *Kosmiczna*, *Melodia*, *Parkowa*, and *Cyganeria*; ornamental lake, with boats and canoes for hire; swimming pool, with a café and sun-bathing beach; sledge run.

Hotels, Restaurants and Cafés: *Polonia* Spa Hotel, *Zdrojowa* Restaurant; cafés — *Okraglak* and *Lotos*.

Tourist Offices: "Orbis" Polish Travel Office, ul. Zdrojowa 47; and a branch of the Polish Tourist Society (PTTK), ul. 1 Maja.

Curative Resources: ferruginous bicarbonate waters with calcium (the *Chopin* spring). There are facilities for mineral baths, for mud baths and poultices, hydro-photo- and electric-therapy, inhalations.

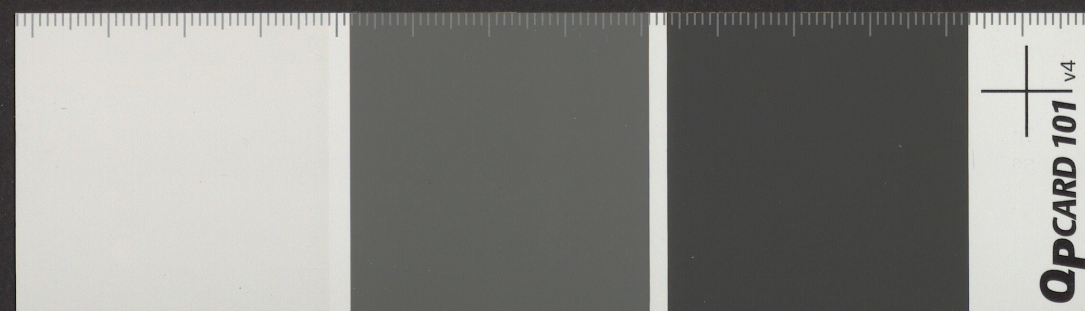
Recommended for Treatment of: diseases of the circulatory system, gynaecological diseases, diseases of the digestive system and of the metabolism, diseases of the respiratory system, diseases of the blood and of the haemopoietic organs.

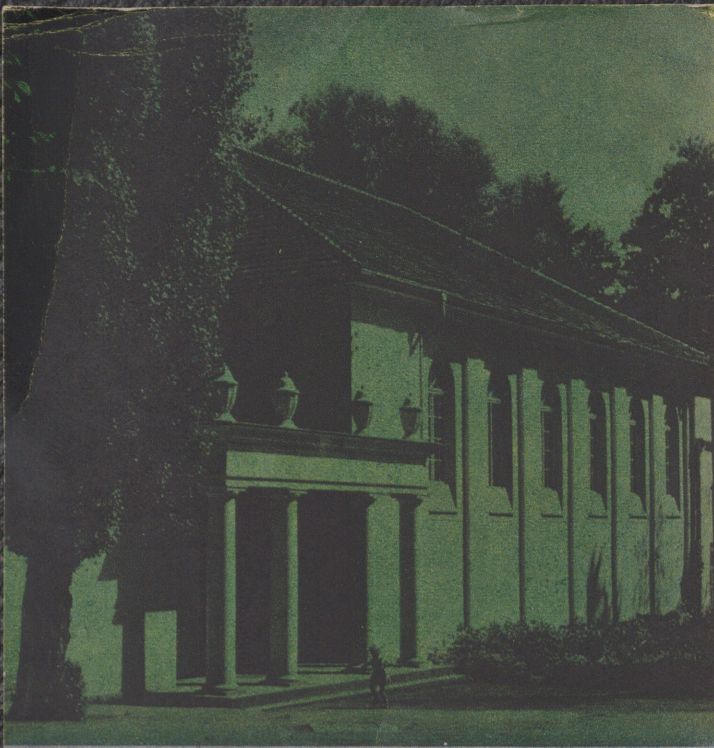
Historic Buildings: a paper mill dating back to 1605; the Town Hall; the Spa Theatre, where Frédéric Chopin gave concerts on 15th and 16th August, 1826; the Frédéric Chopin monument, sculpted by W. Lewandowski, 1897; a house where Frédéric Chopin lived, and a house where Mendelssohn stayed. In the cemetery, the grave stones, dated 1807, commemorating Polish officers of Napoleon's army, are worth seeing, too.

Recreations: Spa Theatre; concert hall and outdoor orchestra pavilion; *Wiarus* cinema; International Press and Book Club; dance clubs — *Kaprys* and *Oleńka*; ornamental lake with boats and canoes for hire; sledge run, and ski jump.

Hotels, Restaurants and Cafés: Spa Hotel, Municipal Hotel, *Słowianka* Restaurant, *Pod Muflonem* hostel with restaurant, picturesquely perched above Duszniki (now being rebuilt after a fire); cafés — *Parkowa* and *Oaza*.

Tourist Offices: "Orbis" Polish Travel Office, in the park pavilion; and a branch of the Polish Tourist Society, Market Place.





Polanica. The Mieczysława Ćwiklińska Theatre.

POLANICA SPA

A health resort situated some 1200 ft. above sea level, on the Bystrzyca Dusznicka mountain stream, at the foot of the Stolowe Mts. and the Bystrzyckie Mts. This resort consists of boarding houses and pavilions, picturesquely dispersed over the mild slopes. Its sunny situation gives it a very temperate climate.

The Polanica mineral water springs were discovered in the first half of the 17th century.

Curative Resources: ferruginous bicarbonate waters with calcium (the *Wielka Pieniawa* spring). Facilities for mineral baths (CO₂), mud packs, hydro- photo- and electric-therapy, massage.

Recommended for Treatment of: diseases of the circulatory system, diseases of the digestive system, of the liver and of the biliary ducts; diseases of the blood and of the haemopoietic organs, and cases of exhaustion.

Recreations: Spa Theatre; concert hall and outdoor orchestra pavilion; *Światowid* cinerama; International Press and Book Club; *Domino* Club; cafés dansants — *Parkowa* and *Colombina*; swimming pool, and skating rink.

Hotels, Restaurants and Cafés: Spa Hotel, *Polonia* Hotel, Polish Tourist Society (PTTK) hostel; restaurants and cafés — *Pod Zieloną Latarnią* (The Green Lantern), *Polonia*, *Kolorowa* and *Krokus*.

Tourist Offices: "Orbis" Polish Travel Office, in the park pavilion; and a branch of the Polish Tourist Society, ul. Zdrojowa 15.

PLACES OF INTEREST

The Kłodzko land is dotted with curiosities of nature, and interesting specimens of architecture.

Szczeliniec Wielki — the highest peak of the Stolowe (Table) Mts., close on 3000 ft. above sea level. Nature reserve of rocks and plants. A conglomeration of rock formations in phantastic shapes, for instance — Camel, Mammoth, Hen, Pulpit, Devil's Kitchen, and Cloth Pile.

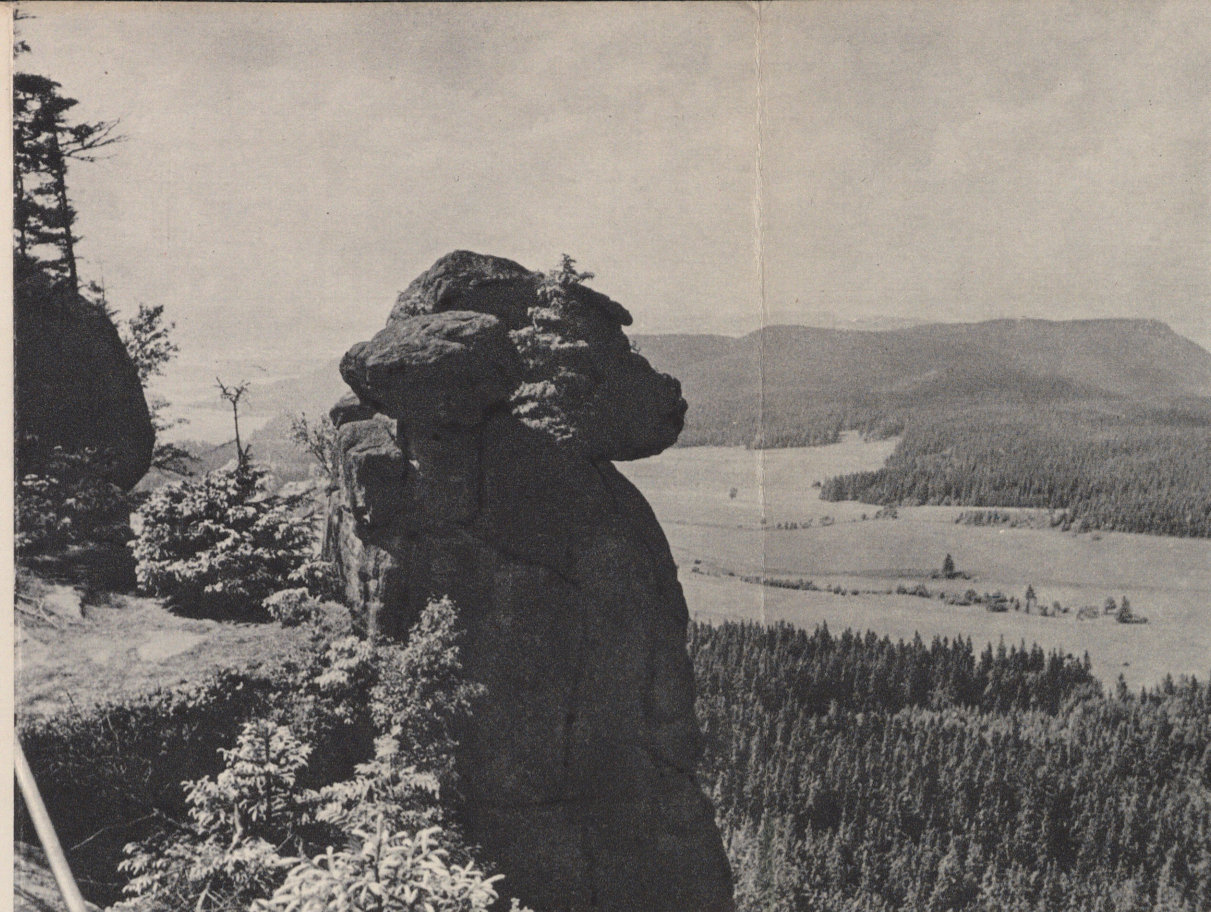
Amid the rock labyrinths lie the fallen trunks of enormous trees. From the higher terraces there is a splendid view on to Czechoslovakia and the Radków Valley.

The climb up **Szczeliniec Wielki** is by 665 steps cut in rock.

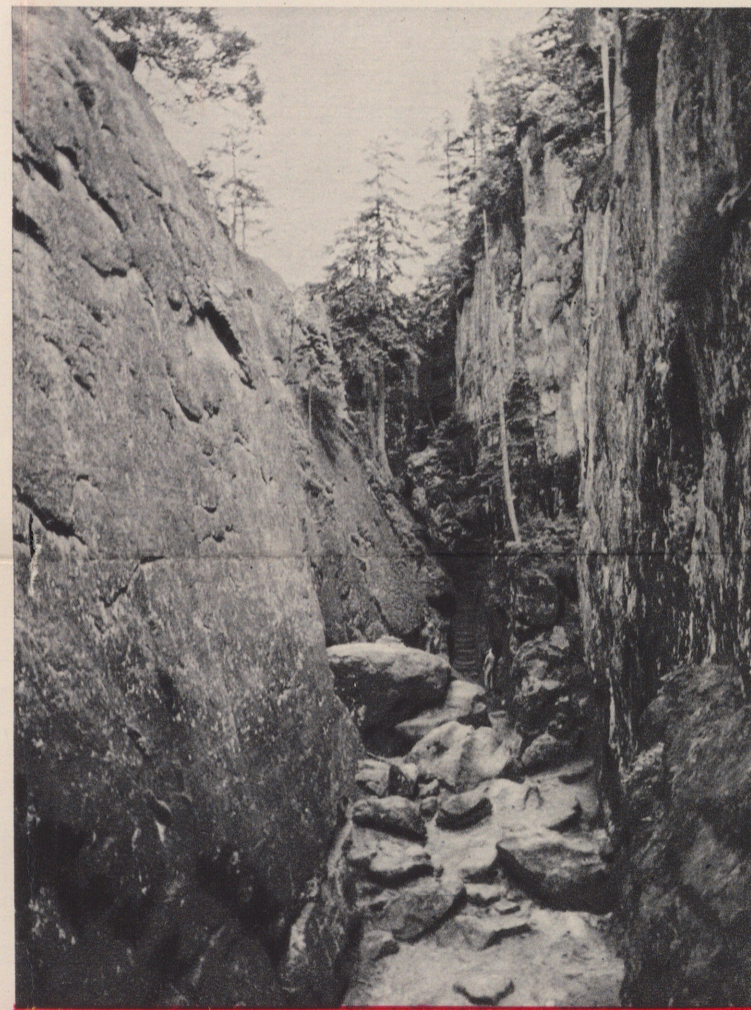
On the mountain top is a hostel (twenty beds), open from April to September. At the foot of **Szczeliniec**, in Karłów, is another hostel.

Not far from **Szczeliniec Wielki** is **Błędne Skaly**, another peak with a rock labyrinth.

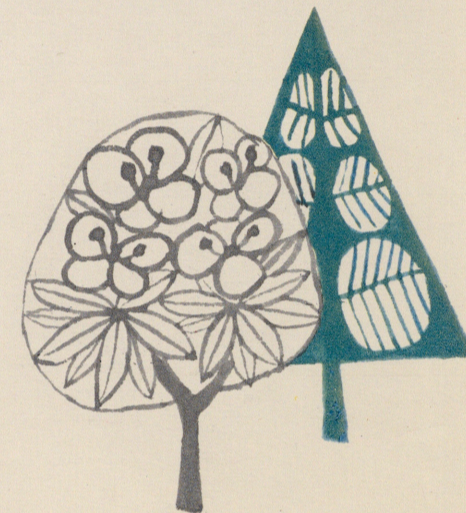
Approach to both these mountains is by bus from Kudowa or Polanica to Karłów.



Kudowa. The Stolowe Mountains. "Mammoth".



Szczeliniec Wielki.



Duszniki. The Chopin Pieniawa Spring.

An African Savannah, in miniature, on a panning of the lower levels of the Stolowe Mts., first began to emerge 50 million years ago. In that era, the climate steadily changed from desert to tropical. Rains and winds eroded the soft rocks, leaving only the harder, individual projections on a flat surface, where high grass grows, and occasional, umbrella-like pines. The landscape is strikingly reminiscent of the African park savannah.

Approach by bus from Kudowa or Polanica to the stop at *Łężno* hamlet.

Central European Tundra — *Topieliska* Nature Reserve, 2300 ft. above sea level. This is a peat bog on a high plateau in the Bystrzyckie Mts., close on 300 acres of marshy ground overgrown with typical tundra flora, a relic of the glacial era. Here grow the dwarf silver birch, dwarf pine, and marshy plants.

Approach from Duszniki by the road running along the bottom of the Bystrzyca Dusznicka Valley.

Stalactite cave, near *Radochów*, the largest cave in the Sudetan area. It has a number of corridors, beautiful stalactites and stalagmites, and an underground lake.

Approach by bus and train from Kłodzko.



Stefan Żeromski Waterfall on River Wilczka, at *Międzygórz*. The stream running through a canyon falls from a height of 30 m.

Approach by bus from Kłodzko and Bystrzyca Kłodzka to *Międzygórz*.

The Nysa Kłodzka Gorge. The mountain river Nysa Kłodzka creates a picturesque gorge through the Bardzkie Mts. From a lofty escarpment there is an extensive, magnificent view on to the townlet of *Bardo Śląskie*, an old fortress, the site of an ancient Polish castle, and over the entire environs.

Approach from Kłodzko by bus or train to *Bardo Śląskie*.

Also worth seeing are: the ancient relics of **Kłodzko** — a castle, underground vaults, and the old Gothic bridge on the *Młynówka*. The mediaeval townlet of **Bystrzyca Kłodzka**, which rises in terraces over the River Nysa and has ancient town gates and an old mediaeval pillory. **Łądek Spa** — the oldest health resort on the Kłodzko land. **Lewin**, the ruins of an old stronghold of the Knight Bandits, capping a height over the Polish Gateway (Polskie Wrota) pass; arsenic mines (closed down) in **Złoty Stok**.

Kudowa. Interior of the mineral water pump room.



Kudowa. In the foreground the mineral water pump room. In the background the *Polonia* Spa Hotel.



Duszniki. The Frédéric Chopin Theatre.

