

Lubuskie

active
holidays



Poland is rightly called a garden teeming with pearls of nature and an abundance of culture. It hosts millions of tourists every year who leave with unique impressions of what they have seen. Its position in the heart of Europe, access and short distance from European capitals, its people's hospitality, high tourism infrastructure quality and its climate conducive to active recreation throughout the year guarantee everyone will find something to suit him. It is land where modernity blends with centuries old traditions, where a longing for adventure and the delights of peaceful recreation far from the bustle of civilisation can be satisfied.



Lubuskie province is one of the most charming regions of West Poland. It lies on the Polish-German borderland, on the road linking east and west Europe, an unusually picturesque land with dense forests, numerous rivers and lakes makes it an ideal place where enthusiasts of active tourism can spend much time. A huge diversity of attractions await tourists in this "green spot" including the beauty of unsullied nature, numerous reserves, attractive hunting grounds, a rapidly growing tourist infrastructure, valuable ancient buildings - witnesses to this region's turbulent history as well as a copious calendar of culture events. Visitors will find something to satisfy their needs in every season of the year.



Welcome!





There are more than 500 water reservoirs and lakes in Lubuskie province. The Odra river, the second largest in Poland, and the Warta, Noteć and Bóbr flow through it offering man navigable routes and ideal conditions to practice water sports and tourism.

Yachtsmen have the waters of Sławskie Lake (a surface of almost 900 hectares), Niesłysz (512 hectares), Treśniowskie and Łagowskie lakes to sail on as well as hundreds of smaller ones. Numerous yachting clubs and marinas are active here, regattas are staged, while yachting courses are available during the holiday season.

Canoeing tourism also finds excellent condition on the wide-flung network of rivers and lakes. Numerous attractive routes have been demarcated along Bóbr and Obra rivers in particular. The most interesting the Lubuskie Water Route more than 200 km long leads from Sława to Skwierzyna passing through many charming lakes: the Sławskie, Chobienickie, Zbąszyńskie and Bledziewskie.



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<http://www.lozz.pl>
<http://mantagorzow.w.interia.pl>

There are several dozen horse riding centres in Lubuskie province, most operating in agrotourism farmsteads, while other are facilities available in boarding houses, hotels and inns delightfully situated among woods and lakes.

A wide scope of services is offered from horse riding lessons by qualified instructors, through various open air events (horse riding expeditions and camps), for the advanced (cross country and steeple jumping competitions) and hippotherapy. Most of these facilities have modern stables, indoor maneges, parcours and can assist in horse transportation. The most important horse riding centres in Lubuskie Province are Lubniewice, Łagów, Ochla, Drzonków, Raculka, Przylep, Kostrzyn, Słubice, Gryżyna, Bronków and Stawy.

<http://www.drzonkow.pl>

<http://www.zkj.pl>

<http://www.stadnina-bronkow.pl>

<http://www.podkowa-ochla.pl>

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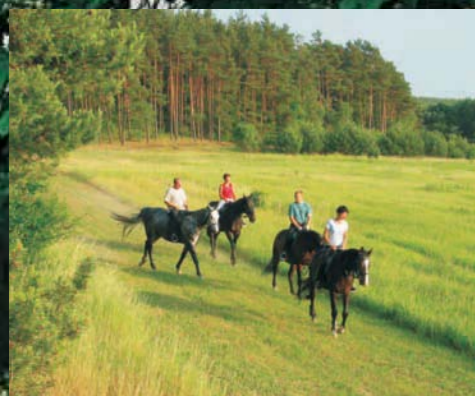
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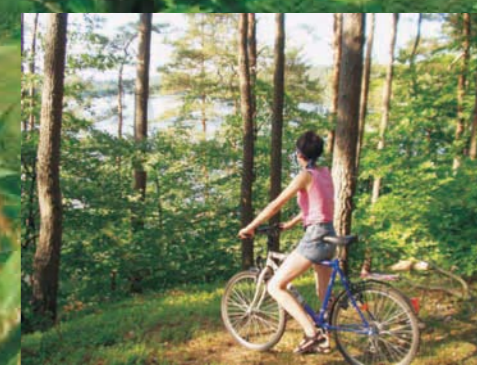


Those who prefer lazy strolls as well as ardent long-distance hikers will find something to their liking among the marked tourist routes almost 1500 km long which run through forests, pastures, lake districts and old river beds.

These routes which are both easy to cover, also those requiring no small effort, suburban, for nature lovers, promenades, landscape enthusiasts and regional. They pass near interesting historical objects like the 23-kilometre Żagań to Żary route or the 60-kilometre route from Gościkowo to Świebodzin. Several of these are ideal for Sunday excursions others are designed for longer excursion with rucksack and tents.

<http://www.zielonagora.lasy.gov.pl>, <http://www.ktpnaszachata.w.interia.pl>,
<http://www.zielona-gora.pl>, <http://www.omzgora.pttk.pl>, <http://www.gorzow.pttk.pl>





Lubuskie Province is ideal for cycling. Competitive sportspersons can travel over the excellent network of roads around the region, while those who prefer a less strenuous kind of cycling can use tourist routes and the many cycling paths which have been created with European Union assistance. Some, e.g. lead along the crowns of floodbanks while others lead along lakes and through forest glades. Cyclists will find numerous forest camping sites in Lubuskie region, also agrotourism farmsteads and hostels. Bicycles can be borrowed in many of these without any problem.

Such forest routes allow those who so wish to get away from the madding crowds of large cities for many days, while easy cycling trails are available to those who have no such requirements.

<http://www.regionkozla.pl>, <http://www.rowery-lubuskie.pl>, <http://www.ziemia.lubuska.pl>,
<http://gorzow.pttk.pl>, <http://omzgora.pttk.pl>, <http://miedzyrzecz.pttk.pl>, <http://nowasol.pttk.pl>,
<http://www.sulecin.pl/turystyka/pttk.html>

Lubuskie province boasts conditions allowing various forms of active leisure to be practiced, while also favouring family recreation. Its large number of woods and forests and clean lakes make it a region of particular attraction as a place for adult and child recreation. Leisure centres with recreation and sports equipment exist on the beaches of almost every lake. In addition there are hotels, inns, boarding houses and agrotourism farmsteads, while nature buffs can spend a holiday with family at one of the many campsites. Tennis courts, saunas and solariums have appeared in many objects while bicycles can be borrowed there, horse riding learned as well as the possibility of riding in a horse drawn carriage.



Many towns in Lubuskie Province have modern swimming pools also adapted to the needs of the youngest, e.g. Gorzów, Świebodzin and Żary.

Children will be delighted with a visit to Poland's only Safari Zoo where the several hundred animals which live there can be seen from a bus or one's own car.

The Ethnographic Museum also has much to offer - the open air museum in Ochla near Zielona Góra. Apart from visiting the village seemingly transported from centuries gone by you can personally try to make butter, mill grain or model clay utensils. When a tiring day comes to an end you can walk along the Zielona Góra promenade and sit in one of the charming little cafés.

<http://www.slowianka.pl>, <http://www.zoo-safari.com.pl>,
<http://www.muzeum-etnog.zielman.pl>



Przylep, a Zielona Góra suburb, is the centre of Lubuskie airborne tourism. This is where an airport and the headquarters of the Lubuskie Flying Club are located. The club performs aviation schooling, hotel and catering services and includes airplane, parachuting, gliding, modelling, motor hang-gliding, balloon and paraglider sections. Should you want to admire a birds-eye view of the charms of Lubuskie region you can sign on to a course, attend training camps or may be tempted to a tourist flight in a balloon or glider.

The Flying Club offers a wide range of entertainments to tourists. It has a bar, pub and restaurant on the spot, also a camping field and a hotel with sauna and fitness unit. There is also a tennis court. The Flying Club cooperates closely with the horse riding centre situated in the direct vicinity.

<http://www.azl.pl>



Due its ideal natural conditions, Lubuskie Province attracts enthusiasts of off-road driving. The forest obstacles, field roads and roadless tracts are where participants in the International Polish-German Friendship Berlin-Wrocław Rally and the Rally Championships of 4x4 Vehicles compete. Some 100 vehicles compete yearly in the latter event, as well as several dozen trucks, motorcycles and quads driven by competitors from all Europe. They have to travel 1500 km within six days.

Motor vehicle rallies in the Lubuskie region have long-standing traditions. Events are staged here for both professionals and amateurs who are attracted by the country's largest military training grounds which create ideal conditions for staging spectacular competitions. Tourist, family rallies and several devoted to the region's geography and culture are held, all of which are favoured by the province's structure, omnipresent forests and the population density relatively small on a national scale.

<http://www.akgorzow.republika.pl>, <http://www.autoklub.zgora.pl>, <http://www.yellowdream.pl>



Forests account for almost a half of the region's surface, largely covered by nature reserve or landscape conservation. Visitors can be met from the whole of Poland drawn by the large amounts of mushrooms and forest fruits, while the large population of animals is a great attraction for Polish and foreign wild game hunters.

The wild game includes fallow, roe and red deer, boars and a wide range of birds. The best stag antlers bagged in 1982 came from these grounds. A frequent effect of hunting is medal-winning bucks and boars.

Hunter's lodgings and agrotourist farmsteads are available in hunting precincts throughout the whole year. Lubuskie hunters guarantee help in arranging transport, accommodation and employing experienced guides.

<http://www.zielonagora.lasy.gov.pl>

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In the summer Lubuskie Province becomes a Mecca for Polish and foreign anglers. Vendace, trout, graylings, amurs, brown trout, tench, pike, sheatfish, roach, bream, bass, pike-perch, eels, rudd and many other species live in the pure water of the region's lakes.

The Łagowskie and Trześnowskie lakes and the surroundings of Ośno Lubuskie, Pszczew, Krosno Odrzańskie, Kargowa, Lubrza are great favourites among anglers. There is a huge number of lakes and rivers to choose from. For example, a 22-kilogram amur and a 32-kilogram sheatfish were caught in Odra River, while the largest trout were taken from the Bóbr river and tench from Borek lake near Kosarzyn

Anglers will find lodgings in many recreation centres in local tourist localities and can also count on the hospitality of the Polish Angling Union which runs many hostels near fishing grounds.

<http://www.pzw.gorzow.pl>, <http://www.pzw.zgora.pl>



Lubuskie Province does not only mean nature, extensive forests and unique historical objects. It also boasts many cultural events and concerts held throughout the whole year in various localities

In the spring the Zielona Góra Philharmonic Orchestra hosts the International East-West Music Meetings, one of the most important music festivals on the borderland. In late June the Lubuski Film Festival takes place in Łagów, Poland's oldest film festival devoted to the cinema industry in east and central Europe.

The holiday period is a very special time, turning Zielona Góra into the world's largest amphitheatre. It comprises many concerts, theatre and street spectacles, exhibitions, art varnishing days, folk art presentations, film shows and dances. The city is visited by more than 300 Polish and foreign artists.

The annual Woodstock Stop, Europe's largest music event, is held annually at the turn of July during which hundreds of thousands are attracted to Kostrzyn on Odra to enjoy themselves under the motto: "Love, Friendship, Music". This is a festival with a highly unusual organisational framework without entry tickets, gates, fences and battalions of security staff but teeming with positive energy and mutual kindness.

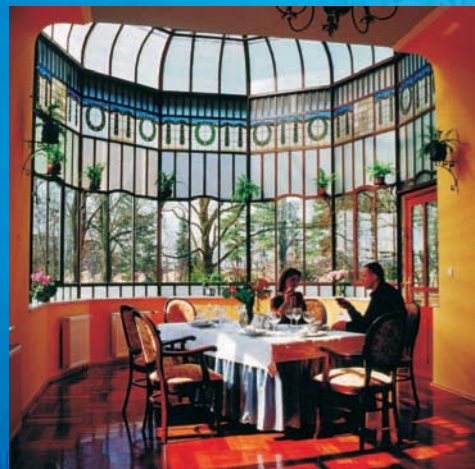
Gipsy culture enthusiasts regularly visit Gorzów Wielkopolski during the "Romane Dyvesa" International Meeting of Gipsy Ensembles.

"Night of the Water Lilies" really must be seen an enchanting night-time show staged on the water of Lake Goszcza in Lubrza. The European Rally of Fortification Enthusiasts is also held nearby with an accompanying parade of military vehicles and battle scene displays.

The Lubuski cultural season concludes with a Grape Gathering event in September in Zielona Góra a 10-day happening which, down the centuries, signifies the beginning of grape picking. An International Folklore Festival takes place at the same time with hundreds of artists from the whole world presenting their national culture.

<http://www.zetozg.pl/filharmonia>, <http://www.lagow.pl>,
<http://www.wosp.pl>, <http://www.amfiteatr.zgora.pl>,
<http://www.wosp.pl>, <http://www.zielona-gora.pl>,
<http://www.gorzow.pl>, <http://www.lubrza.pl>





The Lubuskie region was lucky in that many still enchanting, beautiful castles, palaces, mansions and churches survived the region's turbulent history.

Many valuable objects are hidden in tiny localities and villages, to mention but the palaces in Drwalewice, Brody, Lasocin, the Łagów castle and the mansion in Miłaków. Astounding structures can be admired in Kożuchów, (the longest defence walls in Europe), Żary and Żagań. The mighty ruins of Siedlisko castle are also worth visiting.

Magnificent objects of sacral architecture are omnipresent. The monastic group in Gościkowo-Paradyż, an architectural pearl on a national scale, really must be admired. The small wooden churches in Klępsk and Chlastawa are also charming objects as are the Franciscan church in Wschowo, the Augustinian monastic group in Żagań and the post-Cistercian monastic group in Obra.

A keen observer will be interested in the large number of mediaeval penitentiary crosses scattered throughout the province.

Devotees of contemporary and earlier history will be interested in the many Lubuskie museums, including the Archeology Museum in Świdnica, Museum of Lubuski Region in Zielona Góra, the surprising exhibits in the Military Museum in Drzonów, Regional Museum in Międzyrzecz, the J.Dekert Lubuskie Museum in Gorzów Wielkopolski, Lubuskie Fire Fighting Museum in Kęszyca Leśna and the Ethnography Museum in Ochla which holds many unique exhibits of old rural architecture.

<http://www.zgora.pl/muzeum>, <http://www.bunkry.pl>,
<http://www.lwkz.zgora.pl>, <http://www.bunkry.lubrza.pl>,
<http://www.muzeumlubuskie.pl>,
<http://www.muzeum-etnog.zielman.pl>



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Though the construction of the Międzyrzecz Fortified Region (MRU) was never finished, it surely is one of Europe's largest and most interesting fortification systems. The many kilometres of underground labyrinths, reinforced concrete bunkers ingeniously hidden among woods and pastures, the system of obstacles, drawbridges and canals have for years astounded observers with the flourish and quality of engineering solutions used in their construction

The MRU stretches between the Odra and Warta rivers. It comprises more than a hundred bunkers of which several dozens are connected with underground tunnels of a total length exceeding 30 kilometres. The deepest fortifications reach as much as 40 metres below ground: barracks, stations, transport junctions and warehouses, while on the surface there are huge steel domes over bunkers and long lines of "dragons' teeth" as anti-tank barriers were called.

Short excursions along the underground corridors can be made with a guide, or many hours spent admiring their mind-reeling enormity over longer routes. Yet another attraction which awaits tourists is Europe's largest bats reserve. Official estimates claim that more than 30,000 of these nocturnal flying mammals hibernate here in corridors each winter.

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Lubuskie province



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Archives of Marshal Office in Zielona Góra
Archives of City Hall in Lubrza
Archives of City Hall in Żagań
Archives of City Hall in Żary