***Title: ŁOMNICA WITH A THING FOR SPA WATER SPRINGS***

***Walking to the Sources***

**Theme:** the questing trail will take you across traces of mineral water springs, introducing selected tropes of locations with ties to Łomnica’s past.

**Where it is:** Łomnica-Zdrój is a picturesque village of mediaeval origin in the Beskid Sądecki mountains, perched across southern slopes of the Jaworzyna Krynicka range. In administrative terms, it is part of the Piwniczna-Zdrój municipality, Nowy Sącz county, Małopolska voivodship.

**How to play and find the Quest Treasure:** follow rhyming clues carefully by bicycle or on foot to reach your final destination. Don’t forget to bring an empty bottle!

**Start line:** the walk begins at the *“Kąty”* bus stop: first from the crossroads, third on the road from Piwniczna-Zdrój to Łomnica. You will be walking up the village. GPS co-ordinates: 49.425817, 20.740839

**Quest trail length:** 4.5 km

**Walking time:** 2.5 h

**Cycling time:** (help us out – we didn’t cycle the trail)

1. To muster your strength, on the bench you can sit –

then, dear Explorer, for our Quest you’ll be fit!

We schoolchildren will guide you – it’ll be a blast –

telling as we go stories of the past.

1. Off we go. Walk up – old ruins you will see:

the Old Baths – cool, wouldn’t you agree?

Mineral ***BATHS*** were taken health to renew – B-7, H-14

Łomnica Spa treatments were the thing to do!

1. Doctor Ziarko was the owner of the facility,

destroyed in World War II. The place was so pretty…

Baths surrounded with a park dressed in green,

After their treatment, ladies rested like queens.

1. Turn left before the bridge, leave the place behind.

Proceed to the village, the short path does not wind.

*“U* ***WILCOKÓW****”* (at the Wilcoks) is your first spring, W-17, O-5

third on the panel. Think you can swing

1. it? sure you can! The panel’s your guide.

It contains a rule, one you must abide:

All springs you can drink from have been marked green**.**

*“Pod* ***PASONIOM****”* ’s one of them: number fourteen. N-11, I-22

1. Go to the spring and enjoy a drink.

Fill your water bottle, it won’t take a blink.

Walk down the field path right along the stream,

Take the third bridge right, follow the scheme

1. that will take you to the street. Pace yourself now,

much lies ahead. Walk on the left to allow

a large school to be reached, the one we attend.

Next generations classroom time will spend

1. there too. Ms. Ksawera Gromala was headmistress here,

working hard to build the school year upon year.

Thanks to loyal locals she would not be thwarted,

by volunteers through all construction works supported.

1. Higher up, near the school – a memorial to troops,

***TATAR*** (named below the tree) led the whole group. T-1, A-18

It was his wartime alias, no need to even ask.

Now: what date **[*1939*]** is on the left-hand highlander axe? **1-28**

1. A large slab nearby tells a fateful story

of wartime and its heroes, in all their woeful glory.

Some names we’ll revisit – they’re worth a memory,

Having gone down in Łomnica’s history.

1. An old building stands across from the school,

For years now it has been part of the pool

of local accommodation. It belongs to the order

of the Redemptorist Society. Clear is the border

1. between the upper wood and lower brick design –

can you read the home’s name? **“*MARIANUM”*** reads the sign. I-10, N-23

At the monastery’s foot there’s also a spring.

Don’t enter the garden – just look at the thing.

1. Walk down a few steps for another clue and test:

Two houses, *“*DW ***ŚWIT****”* and *“Łomniczanka”*, are part of the Quest. T-13

The local river’s tied to the second villa’s name.

The Quest map features it. See? It’s called the same!

1. Each house was held by a state-owned enterprise

in socialist times, and designed to comprise

employee and children’s holiday accommodation,

the previous system’s attempt at normalisation.

1. Continue up the village till a bridge you reach,

a community centre across the river, favouring each

free minute to be spent inside its cosy walls.

Everybody’s welcome – come one and come all.

1. Continue down the pavement. Soon a church you’ll see.

Built in **[*1913*]** – the building’s history **9-29, 3-30**

comprises its construction followed by expansion,

the renovated church concealing the old mansion.

1. A fire station down the street from the church and its mission,

Beyond the station – a bridge, in somewhat poor condition.

Walk across it. To your left – a few buried stairs,

In the trees look for paths. Trust us, they are there.

1. Now you’ve reached a place we all call *“the Mound”*.

A multi-tiered monument is here to be found.

Different information contained in every section,

Each piece in the puzzle certainly worth inspection.

1. The one beneath the cross may be new to you:

the eagle of Poland. The date? [***NINETEEN EIGHTY-TWO***]. T-19, E-8, H-9, O-26

The monument is inscribed with many fateful dates,

With homage to Saint Mary, God, and many great

1. fellow countrymen. This place was once essential,

witnessing events considered consequential.

Another black bas-relief recalls more history:

***SIX HUNDRED*** years of Jasna Góra – a monastery. X-6, H-25, E-28

1. Walk down *“the Mound”*, and go up the river now

to the waterfall – a brief walk will allow

a view of falling water, following a tarmac short spell.

You’ll see a natural monument – we’re sure you’ll like it well.

1. An information panel waits with a familiar name,

the rock and the river – they all sound the same.

***“PRZYRODY”*** – “of nature” – reads the second word. R-21, D-12

On the nearby stone memorial the letters are blurred,

1. but a sprig of oak ***LEAVES*** in the upper right corner E-3, E15

are for human memory an adequate adorner.

Walk up the hill: our first school was here,

Since 1881 teaching kids from far and from near.

1. The second school stands today on the other side,

near the street. The land’s been bought – that’s a downside,

but you can take a look. Close by, near a hill, is a barbecue,

pass it – and you’ll see a bridge with a view.

1. Cross the ***BRIDGE*** and continue along wooden railings, B-4

once past them, you’ll see a row of trees without failing,

then a handful of houses. Cross the courtyard

and a green gate. Walk up, the going won’t be hard.

1. Walk onto the tarmac. There’s a shop, and a sports ***FIELD***, E-20

Keep walking up – the landscape other beauties will yield.

A wondrous old chapel atop a little ***HILL***… H-2

what ancient mysteries can it harbour still?

1. The old farmer Dziedzina lived across the road,

His son was very pious, as we are now told,

and talented at carving effigies in wood.

People said they looked as if they would

1. come alive any minute. The father one day

sat upon a stone, sighed, and passed away.

His son built a chapel on that very spot,

A token to his father, a forget-me-not.

1. Walk up from the chapel, where posts of concrete

and an old barn will help you defeat

any doubts with regard to the way ahead:

to a path along the river you will be led.

1. Near the river: *“Pasoń”*, *“Maryniaki”* – two springs.

A drink of water energy and respite will bring

to your body. Once you feel again like a dynamo,

back to the tarmac road you should go.

1. Walk up again, and look to the right.

A woodsy place will soon come into sight.

Walk among the spruces and the tall firs,

Two large panels will again your curiosity stir

1. near the river. *“Pod Lichoniem”* was their original name,

yet new appellations came with new frames.

One panel’s photograph shows a ***WATERFALL*** L-27

A monument to nature. To complete it all

1. find the fourth element on the other panel

listing water composition. This information channel

tells you that ***MAGNESIUM*** reads 51.7. G-24

got it? To the tarmac! We know it’s no heaven –

1. but soon another spring called *“Stefan”* you will see,

walk ahead three hundred metres, easy as can be,

to the local playground. Your password is ready!

The treasure is yours! It’s the end already!

(Add a zero to the clue-based date, dear Explorer,

To end up with Łomnica’s major history scorer:

This was when pursuant to the local law

The suffix *“Zdrój”* was added, making us a spa.)

1. *Ah wull punt ye cheerio the nou in oor local speak*

*Mah wurds wull be lik' a winch oan th' cheek.*

*Ye'v gobbed oor sour cooncil juice, a promise o' health near,*

*'n' ye loue traivelin! eternal weans is gear!*

PASSWORD:

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Date: 1930