Now continue along the vellow tourist trail down a tree-lined alley, till you find without fail

the "Świetlana" questhouse on a little hill. A bridge across from it. Use your eyes and skill to find a forest gateway beyond the stairs you know. and marvel at local nature. It is time to go

into the Spring Forest Park, a gem that's truly rare. One of Poland's largest, by that statement we can swear. Pick another trail colour. This time it will be blue. You've made it to Mount Kicarz - the map says. Good for you.

Stop for a while at the first bridge. Just look around. The beauty of the vista everyone astounds. Once you've filed it for a memory of your own, Look down and seek out a wall made of stone

How many stones are prominent? Count them. There are

Put down your answer. Soon you will arrive At the next bridge. Not far now to the finishing line. the trail unravelling like a ball of twine.

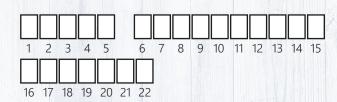
Have you read the Polish words in our Piwniczna guest? Paryja for a steep slope, and drapa is the best Black Highlander name for the Bystra peak. Once you hear them, know this: it's the local speak.

Once you reach the end of the forest road, take a left again, let your pace be slowed at the intersection, and look to the woods: An outline of an old ski jump. That's where it stood.

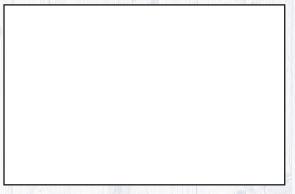
Go ahead and walk in the former direction, You're about to reach the final Treasure section! Just a few steps upwards to the end of your Quest -Each year the "Limba" welcomes many guests.

Pass the sanatorium gate now without delay, to recite the answer you built along the way. This password you will to the reception bring: Welcome, dear visitors, to





# Treasure (stamp):



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Zdobywaj odznakę PTTK Questy -Wyprawy Odkrywców









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QUEST- Wyprawa Odkrywców

# A Walk Around the Springs of Piwniczna



### Theme:

The quest trail around Piwniczna-Zdrój will take you around key locations associated with the health resort and its history. The walk includes local nature- and culture-related snippets of the town's fascinating story.

# How to search for treasure:

Go to Start. Read all clues. Solve all riddles. Once you reach the end of the itinerary, you will have an answer leading you to the treasure – a commemorative stamp!

### Start line:

The walk begins at Krynicka No. 6, next to the parking lot of the "OGNIWO" Sports Club in Piwniczna-Zdrój. GPS: 49.43365, 20.71068

**Walking time:** approx. 2 h



### Discover the treasures of Poprad highlanders!

Also referred to as Black highlanders, Poprad highlanders live in the River Poprad Valley near Piwniczna-Zdrój and Rytro, mountain hamlets included. This is the only region where men wear black hołośnie (trousers), parzenicas replaced with red trouser stripes as protection against malicious intent.





You are in Piwniczna, a resort for health. nutrition for souls, and for bodies great wealth. The locations you'll visit will be like hefty meals expect positive energy surges to feel. It's time to set out, so bear that in mind: the hike is a way to yourself to be kind. In today's times of pressure to be fit and the best there's nothing like joining a trail and a Quest. Look for a sports field with its turf so green, where matches are played and athletes are seen. Put on comfy shoes in the parking lot, look towards the centre for your first questing spot. Leave a brown wooden villa behind. setting out for your trail and riddles aligned. and a blue river with green bridge arches spanned. That's your first pointer - one of many planned. Cross the river named \_ \_ \_ | | \_ many years ago by people guarrying rock from the hills to your left. Go slow and find the replacement: the Wegielnik park, the lookout tower above a distinctive landmark. Look for wooden houses, an entire section that's your next clue for the right direction. The picturesque walkway has been named for a king: - of Casimir the Great many praise would sing. When walking down the royal name hailing street, Let us not forget the Constitution passing feat. May 3rd 1791 - that was Poland's first basic law date. Turn left onto May 3rd street. Further clues await! Walk ahead until you reach a flight of several stairs. Look for Spring of John - "Źródło \_ Look, it's right there. Take a sip of water. Turn around. Back to the road. Take a left at the turn, don't let yourself be slowed. Now you're back on the street that King Casimir hails.

Perched upon a hill, he was a source of hope

To believers. Now look right for a change.

POPRAD It's as it should be - that's the route of the trail. A brief look to the left will show you the pope.

Come here to arrange your train tickets. Noticed by film-makers. "Winter Twilight" was shot here, a true standard breaker.

> Behind the tracks - a footbridge, crooked and old. When was it constructed? For truth to be told. You need to align with the willow and streetlamp. Five steps upwards. Got it? Well done, questing champ. nineteen

Cross the river- easily done! - to the other side. Several dozen years ago you had to take in stride the fact that rafts were the only option. Before World War II. Great flooding ripped the wooden structure, to smithereens it blew.

> Walk the lovely arched bridge, listen to the river. Take the zebra crossing, a true safety giver. More riddles await the town's secrets to share. Walk up by climbing the nearby spiral stairs.

Moving away from where river waters foam, Reach an area patterned all with honeycomb. Look left, and follow the horizon line. There's a faraway hill, all covered with pine.

The Black Highlanders know it as their local climb. In local speak: drapa, its official name (Bystra) mimes its steep slopes. A famous production plant at your feet: mineral water bottler's seat

When you reach the intersection, stop to look again: take the road requiring no winter chains. Walk the incline to discover what the trail will bring. It's not far to go to visit our mineral springs.

When passing a hill spanned with a wall, You'll see a house with carved patterns. They're all wondrous, like the formwork, pure joy to be seen. The abode's number? See it?

At an "X"-shaped intersection to further explore leave to your left the post with dot number four. You'll pass a wooden house, in its gable a

You need to be mindful the creature to see.

Now follow the direction of the largest trees. The path grows narrow here, so be careful, please. Enjoy the route, pay attention - it's an easy thing -Walking among trees you'll reach one of local springs. You've reached our pump house! Not its front though Since you've walked this far, right inside you go! Try mineral water for experience and health it's good for the body and soul, it's pure wealth

Nutrition aside, it's a place of art. Local exhibitions a joy for the heart. In the pump house the spring is right in the middle auench your thirst before moving to the next riddle.

> Drink to your heart's fill! It's crucial to say that there is no fee. You don't have to pay for this healing water. It's our claim to fame, Locals have given it its "sour water" name.

Everybody in Piwniczna, not to mention our neighbours know: endemic waters sour were studied by Gasiorowski. his first name. The wondrous views and fountain are part of the game.

> Walk down the pavement now as the river flows it will point to further clues, and tell you where to go.

Follow the trail. Very soon you'll spot a copper dome, this pump house called the "basilica" for its shape. It's home to another spring, interesting and old Mineral water's been flowing here just like liquid gold

This water's all health and taste, as the inscription reads: \_\_\_ i smak" in Polish. A gaze upwards leads

to the quote. Also, Explorer, there are six panels each an information and sound knowledge channel

Once vou've drunk sour water till vou can no more. Look around and find a game - the local chessboard Pick a square. Any square! 3E will do just fine. You'll be a living chess piece, on the board aligned.

Now you'll need to turn. Mind your front and back. Face the knights that are like our Highlanders - black. If you want to win at this healthy game,

One on 8, the other on B8 must stand. That's the aim.

Beautiful the surroundings - yet you should not dally. Up the River Poprad, pick any of the alleys. Beyond the park near the sports field there are many trees, behind them - a yellow building, its signage with these

ters upon it: DOM _		
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- Children's Holiday Home! It opened in the 1940s.

