



Time for Podlaskie

IN TOUCH WITH NATURE

SUWAŁKI REGION



SUWAŁKI REGION

AUGUSTÓW FOREST AND RAJGRÓD LAKE

BIEBRZA AND NAREW VALLEY

KNYSZYN FOREST

BIĄŁOWIEŻA PRIMEVAL FOREST AND THE BUG VALLEY



Podlaskie Regional
Tourism Organisation

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Suwałki Region

If you appreciate the most beautiful things, you need to visit the Suwałki region. Its landscape combines features of foothills with lowland lake areas. Its northern part boasts an exceptionally varied topography and its riches are protected by the Suwałki Landscape Park – a mountainous area which, in certain sections, resembles Bieszczady mountains, with dozens of scenic lakes nestled among the hills. It is the oldest landscape park in Poland – it was established in the late 1970s. It is home to Lake Hańcza – a true haven for divers and the deepest lake in Poland (108.5 m) and Lake Szelment Wielki – a paradise for anglers and enthusiasts of rowing, sailing and water skiing; the largest rivers in the Suwałki Region: Czarna Hańcza and Szeszuła – must-see items on the list of every canoeist; the beautiful views from the Cisowa and Zamkowa mountains and unusual landscape of the Bachanowo Reserve, famous for its hundreds of „scattered” boulders. Where have these extraordinary landscapes come from? A glacier moved there 10,000 years ago, all the way from what is now Scandinavia.

SUWAŁKI LANDSCAPE PARK

Tourist Information Centre of
the Suwałki Landscape Park
Malesowizna 24
16-404 Jeleniewo
(+48) 87 569 18 01
www.spk.org.pl



Tourist Information Centre
of the Wigry National Park
Krzywe 82
16-402 Suwałki
(+48) 87 563 25 62
www.wigry.org.pl

Wigry Museum
Stary Folwark 50
16-402 Stary Folwark
(+48) 87 563 01 52
www.wigry.org.pl

photograph: Krzysztof Mierzejewski

The mists wrapping the meadows, floating over the rivers and wandering at the edge of the forests are a unique spectacle there. They appear in the morning and in the evening. Hundreds of photographers have fallen in love with these beautiful Suwałki landscapes, capturing the fleeting moments just before sunrise or sunset. The mists of Suwałki can hide many mysteries. So, look around carefully - you can often spot a moose or roe deer walking among them.

The Suwałki region is also home to a stunning lake landscape, concentrated mostly in the Wigry National Park. Its water ecosystems cover a total impressive area of over 2700 hectares! While the local lakes are frequently adjacent to each other, their sizes, shapes and even water colour vary considerably, which makes the surrounding landscapes even more attractive. Lakes Samle Duże and Małe nestled deep in the forest, Klonek with its funny shape (somewhat heart-shaped), Białe Wigierskie with its beautiful blue colour – these are only a few examples of the artistic vision of the once wandering glacier. Among them, however, reigns Lake Wigry – one of the largest, cleanest and most beautiful lakes in Poland, with perfect conditions for water sports, including canoeing and sailing surrounded by nature. Its curvy coastline, numerous islands and bays are the habitat of many protected wildlife species, including the park's symbol – the beaver.

It is there, in Krzywe near Suwałki, where the Suwałki Tourist Organisation operates, bringing together entities interested in promoting the region as well as supporting and initiating projects important for its development.

Wigry National Park is also about education offered by the Wigry Museum in Stary Folwark. A trip there is an amazing journey through time and space that you cannot miss! You can see the mysterious depths of the lake at close distance, take a look at a real beaver lodge and dam, and even step into the middle of the glacier that shaped the area.

The park also offers a broad range of educational trails, including the „Forest” trail, leading around Suchar 1 lake, featuring forest habitats, which will soothe you with the rustle and scent of the trees. Put on a pair of comfortable shoes, grab your poles and choose one of the many nordic walking routes, or explore the Park by bike. The cycle routes have been set out so that everyone can appreciate the beauty of the surroundings.

„Around Wigry”, the route, where you will find wooden footbridges, observation towers and art installations, as well as the Green Velo Eastern Cycling Trail and the Podlasie Stork Trail – these are some ideas of active leisure in the surroundings of Podlasie nature.





WOSiR Szelment is a recreation and active leisure centre, located in a picturesque town at the foot of Góra Jesionowa, by the Szelment Wielki Lake, in a quiet zone. In summer you can use the water ski lift, wakepark, climbing wall or mini golf course, and in winter you can enjoy skiing on the local slopes.

Szelment Regional Sports
and Recreation Centre
Szelment 2
16-404 Jeleniewo
(+48) 87 568 30 07
www.wosir-szelment.pl



This is the location of the treasure of Suwałki and Wigry National Park – the Post-Camaldolese Monastery, which has been towering over Wigry Lake for several hundred years. As you stroll through the narrow streets between the buildings of the monastery complex, you will feel like you are in a time machine. You can listen to stories about the life of the Camaldolese monks, admire the view of the lake from the clock tower, visit the crypts, where the remains of the monks are buried and visit the papal suites, where pope John Paul II stayed... or simply soak up the magic of the place at your own pace. It is a place where you do not want to rush. You can stay overnight in the hermitages where monks once lived. They are unquestionably one of the most stylish places to stay in the entire region!

Post-Camaldolese Monastery in Wigry
Wigry Pro Foundation
Wigry 11
16-402 Suwałki
(+48) 87 566 24 99
www.fundacja.wigry.pro

POST-CAMALDOLESE MONASTERY IN WIGRY





If you travel, make it memorable. Discover the cultural and historical heritage of the Suwałki region with Ela-Travel Travel Agency. The route includes: Studzieniczna, Wigry, Stańczyki and the beautiful Suwałki.

„Ela-Travel” Travel Agency
ul. Rynek Zygmunta Augusta 15 lok. 2
16-300 Augustów
(+48) 87 643 55 00
www.ela-travel.pl



Grab a paddle and embark on a unique adventure with SZOT Tourist Company. Choose individual rafting and let yourself be carried away by the Rospuda – a river with a swift current and changeable character, or plan an organised trip with friends and get to know the Czarna Hańcza meandering lazily among the meadows and forests. Then, when you have finished rafting, relax at Villa Skomanda – the perfect place for anyone who loves relaxing close to nature.

SZOT Tourist Company
ul. Konwaliowa 2
Augustów 16-300
(+48) 87 644 67 58
www.szot.pl www.villaskomanda.pl



photograph: SZOT Tourist Company

Suwałki



However, the Suwałki Region is not only about exceptional moments in the bosom of nature. It is also about culture, history, sports and recreation, as well as the culinary imagination of the local chefs. All of this is condensed in the vibrant heart of the region – Suwałki. It is a truly serene city, which celebrated its 300th anniversary in 2020! This place will make you realise that your life is not only about work and responsibility, that activity and rest definitely can go hand in hand, and that a short break and relaxation in a „slow” rhythm is something everyone deserves.

We recommend starting your stroll around Suwałki at Chłodna Street, surrounded by historic tenement houses, the pedestrianised character of which will make you realise that the city centre does not have to be filled with the incessant noise of car engines, and that the ever-present passers-by in a hurry are not such an obvious phenomenon. It is a place with many restaurants, tempting visitors with the aromas of delicious potato dumplings and smoked fish. If you feel hungry, you might decide to cross the threshold of one of them. Then, after you have finished your meal, you can set off in the direction of the nearby Park Konstytucji 3 Maja. Relax on a bench there and enjoy the unique vibes of Suwałki, or take a stroll through the well-kept park alleys and try to find the Freedom Oak, planted there on the 3rd of May 1923.

Due to the lowest average annual temperatures (except for the mountains), the Suwałki region is called „Poland's cold pole”, which can be seen on a huge cold thermometer hanging on the wall of a tenement house at Chłodna Street. You will not find polar bears here, but don't be surprised if you meet a dwarf on your way! They are a reference to the fairy tale entitled „On the dwarfs and the orphan girl Mary” and are guides to the tourist trail, which leads through the most interesting places in Suwałki. You can also explore the city's most important architecture on the „Classicist Trail”, which includes churches, the town hall and charming tenement houses from the 19th and 20th century. As you scroll further, along Adam Mickiewicz Street, you will reach a place extremely important from the perspective of the locals – the complex of cemeteries of seven faiths at Bakalarzewska Street and Zarzecze Street. Suwałki is a place where different cultures, traditions and religions have met and mixed for centuries. We therefore recommend that you stop there for a moment of reflection, but also take an interest in the vibrant history of Suwałki and the people who created it. Suwałki is also a place of culture at the highest level. The Suwałki Culture Centre is active there and guarantees access to high quality art for Suwałki residents and tourists alike all year round. Apart from the centre's ongoing cultural and educational activities, a place of honour is held by the famous Suwałki Blues Festival – the largest event of its kind in Poland, which turns the town into the blues capital of Europe for several July days and nights. The festival is open and each of its participants has a chance to meet almost face to face with the best performers, who present their skills on several stages set up around the city or in local bars and pubs. You don't need to be an expert to appreciate the gentle and refined sounds that perfectly fit the character of this city.

Suwałki Culture Centre
ul. Teofila Noniewicza
16-400 Suwałki
(+48) 87 566 42 11
www.soksuwalki.eu

Suwałki Culture Centre
ul. Papieża Jana Pawła II 5
16-400 Suwałki
(+48) 87 563 85 10
www.soksuwalki.eu

photograph: Krzysztof Mierzejewski, Suwałki City Hall

SUWAŁKI CULTURE CENTRE





BLUESMAN'S BENCH IN SUWAŁKI

„STARA ŁAŻNIA” ART GALLERY



photograph: Izabela Muszczyńska

Don't worry if you miss the biggest blues festival in Poland – Suwałki is ready for it all year round! You can get a dose of delicious spiritual nourishment at the Art Gallery of the Suwałki Cultural Centre „Stara Łaźnia”, located in a building from the 1930s on Andrzej Wajda Street. Once a city bathhouse, a place for socialising and relaxing – today a place where you can see great works of contemporary art, as well as works by Andrzej Strumiłło, a Honorary Citizen of Suwałki, who decided to settle permanently in the Suwałki region in the 1980s.

If you find yourself close to Tadeusz Kościuszko Street, be sure to visit the Suwałki District Museum. This institution is engaged in educational and publishing activities, but exhibitions and museum collections are the most valuable things it has to offer. It presents to you the oldest history of the Suwałki region and the work of the outstanding Suwałki painter, Alfred Wierusz-Kowalski.

It is only a several minutes' walk from the District Museum in Suwałki and its extremely important branch, the Maria Konopnicka Museum in Suwałki. This outstanding writer, famous for her fairy tales dedicated to children, was born in Suwałki, and the Museum building was once her family home. Today it houses permanent and temporary exhibitions related to the artist's life, and the youngest visitors will certainly enjoy the museum events and the educational activities held in the Dwarf Alley located on the Fairy Tale Trail.

„Stara Łaźnia Art Gallery
ul. Andrzeja Wajdy 3
16-400 Suwałki
(+48) 87 565 11 30
www.csw-as.org

Maria Konopnicka Museum
Branch of the Suwałki
District Museum
ul. T. Kościuszki 31
16-400 Suwałki
(+48) 87 566 41 33
www.mk.muzeum.suwalki.pl

District Museum in Suwałki
ul. T. Kościuszki 81
16-400 Suwałki
(+48) 87 566 57 50
www.muzeum.suwalki.pl



photograph: Krzysztof Mierzejewski/Suwałki City Hall

ARKADIA RESERVOIR

When you have absorbed the history of Suwałki and its inhabitants, tasted the local sweets, among which the baumkuchen and the so-called „anthill” prevail, when you have found a piece of yourself in the local culture – you deserve a rest. Active relaxation in one of the many facilities of the Sports and Recreation Centre in Suwałki. Aquapark Suwałki is one of the most modern attractions of its kind in north-eastern Poland. Apart from recreational and sports facilities, it offers a complex of baths and saunariums as well as a fitness club and a restaurant. Sport releases endorphins, so accept the challenge and climb the 165 m2 climbing wall made of panels imitating real rock surfaces with

their shape and texture. You can also use the perfectly equipped outdoor gym, street workout equipment and even the skate park! If you are a sports fan, however, you will be impressed by the Suwałki Arena, where the Suwałki volleyball team, MKS Ślepsk Malow Suwałki regularly play their matches in the Plus League, or you can visit the Suwałki Beach Arena – a modern facility which houses a full-sized beach football pitch and three full-sized beach volleyball courts. OSiR in Suwałki also has a well-equipped bicycle rental facility, allowing you to test the extensive and constantly developing Suwałki cycling infrastructure (55 km of cycling routes and 32 km of pedestrian and bicycle paths), as well as a

water equipment rental facility, which opens the door to unforgettable water adventures. You can start the adventure immediately. You are by the Arkadia reservoir – an artificial water body fed by the waters of Czarna Hańcza, perfectly integrated into the landscape of Suwałki. The clean water, which fills an area of approximately 11 hectares, provides an excellent habitat for many species of animals. There’s enough for you, too. You can cross the surface of the reservoir by a water bike, boat or canoe. Use the wooden footbridge to reach the green island in the centre, from where you can admire sunrises and sunsets. In the summer, hit the town beach, plunge into the water or hire

a deckchair and relax in the sun. Your safety will be monitored by professional lifeguards – employees of Suwałki OSiR and the Suwałki Volunteer Water Rescue Services – but don’t forget to be responsible on the water. Instead, you can forget about everyday worries for a while and replenish yourself with positive energy, which is guaranteed by the very city of Suwałki and the entire Suwałki Region.

If you're looking for the perfect place to stay, you don't need to look far. Right by the Arkadia reservoir there is Wigry Hostel – a facility tailored to your needs. It offers comfortable rooms and studios. You can also rent one of the three professional football pitches for training, matches or children's games for a fee. If you have arrived in the Suwałki region in a camper van, you'll probably want to leave it at one of the 42 parking spaces provided by Eurocamping Suwałki. It is a safe and fenced area and its well-maintained caravanning and moto-caravanning spaces with electric connections, as well as tent sites, encourage visitors to stay there. It is the most modern camper van parking facility in Podlaskie province, so there are showers, washing machines and clothes dryers as a standard. You can use its Wi-Fi network and pay for everything you buy with card. The facility is adapted to the needs of people with disabilities.

Tourist Information
Centre in Suwałki
ul. Hamerszmita 16
16-400 Suwałki
(+48) 87 735 10 99
www.pogodnesuwalki.pl

Wigry Hostel
ul. Zarzecze 26
16-400 Suwałki
(+48) 87 566 72 20
www.hostelwigry.pl

OSiR in Suwałki
ul. Wojska Polskiego 2
16-400 Suwałki
(+48) 87 566 32 82
www.osir.suwalki.pl

Eurocamping Suwałki
ul. Zarzecze 26
16-400 Suwałki
(+48) 87 567 33 07
www.osir.suwalki.pl

photograph: Suwałki City Hall



One of the guides of the Regional Branch of the Polish Tourist and Sightseeing Society in Białystok will take you on an amazing journey around the Suwałki region!

Polish Tourist and Sightseeing Society
Regional Branch in Białystok
ul. Sienkiewicza 53 lok. 3/3
15-002 Białystok
(+48) 85 74 45 650
www.bialystok.pttk.pl



THE SANCTUARY OF OUR LADY OF SEJNY



The Sejny region is nestled in the furthest corner of north-eastern Poland and surrounded by the deep greenery of the Augustów Forest and the Wigry National Park. Post-glacial hills, rustling old forests and groves, and an impressive number of lakes and rivers contribute to the distinctive appearance of the area, whilst rare species of animals and plants find a safe haven there. It is a place with interesting culture and history, greatly influenced by the proximity of Lithuania and Belarus. The local art centre named „Borderland: of Arts, Cultures and Nations” guarantees encounters with high-level culture all year round. The nearby Lake Hołny and Mejer Manor nearby guarantee a unique holiday in a quiet forest grove.

Mejer Manor Recreation Centre of the
Białystok University of Technology
ul. Hołny Mejera 3A
16-500 Sejny
(+48) 87 517 22 08
www.dwormejera.pl

Suwałki City Hall
16-400 Suwałki
ul. Mickiewicza 1
(+48) 87 562 80 00
www.um.suwalki.pl

Suwałki Tourist Organisation
Krzywe 91
16-402 Suwałki
(+48) 87 566 20 79
www.sot.suwalszczyzna.eu

