



Jelenia Góra

culture and active leisure

G u i d e



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JELENIA GÓRA

SHORT AND LONG CITY SIGHTSEEING TRAILS

- Must-Sees in the city



Coming to Jelenia Góra for a weekend getaway, one should put aside some time for sightseeing the most interesting sites within the city itself. We suggest two routes: Jelenia Góra Short City Sightseeing Trail and Jelenia Góra Long City Sightseeing Trail.

The strict city centre, brimming with historical monuments spanning various epochs can be explored on foot, whereas for the remaining parts of Jelenia Góra, such as: Maciejowa, Czarne, Goduszyn, Sobieszów, Jagniątków or the Cieplice spa district, we would recommend using a car, public transport or a bicycle.

Jelenia Góra Short City Sightseeing Trail



The route starts on **Wzgórze Krzywoustego** (Wrymouth Hill), approx. one kilometre west of the city centre. It is a mere 20 minute walk away from the PKS bus station, where, as the legend goes, Bolesław III Wrymouth ordered a stronghold to be constructed, which later grew into a settlement. Up until the 15th century there was a castle here, however no trace of it survives. Today, Wrymouth Hill is a popular place for walkers, primarily due to the **viewing tower** dating back to early 20th century situated on its summit. It is known as "Grzybek" (Little Mushroom) and those who climb to the top will be able to enjoy a panorama of Jelenia Góra against the backdrop of Karkonosze Mountains, Kaczawskie Mountains and Rudawy Janowickie.



We walk past the remains of city walls and reach **Wieża Zamkowa** (Castle Gate Tower), the only surviving element of Castle Gate which in the past stood watch over the entrance to the town. This 16th century tower used to house a municipal prison, and today there is a terrace on its top with wonderful views.

Next along the trail is **Baszta Grodzka** (Grodzka Tower) on the corner of Podwale and Grodzka street – a 16th century framework structure building, constituting remains of the town's fortifications. In the 18th century it was converted into a residential building.

The **town square** is an obligatory stop during every visit to Jele-

nia Góra. We arrive there after a one minute walk from Castle Gate Tower. Colourful town houses flanking an 18th century town hall are the only surviving row of arcades in Silesia. The restaurants and bars found there are an excellent venue for a time well spent with friends.

The **town hall** silhouette in the centre of the town square is certainly eye catching. This is where city authorities reside. The Neoclassical spatial form of the building is connected via a link bridge at first floor level with the **Dom Siedmiu Mieszczan** (Seven Burghers' House) which originally housed traders' stalls and a pharmacy. Today, together with the town hall, they make up the seat of the City Council. The link bridge was added in early 20th century to make it easier for officials to get from one building to another once trams began running between them. Today a plaque suspended under the passage, part of the tramway and a **tram car** standing right next to the Seven Burghers' House serve as reminders of Jelenia Góra trams.

In 2013 an installation depicting the Jelenia Góra **Jeleniogórski Szczudlarz** (Stilt Walker) was unveiled. Not far off, under the link bridge with the intention of emphasising that street theatre has its roots right here, in Jelenia Góra.

Inside the town hall building, sculptured staircase balustrades by Ernst Rülke are worthy of a closer look. Scenes from Karkonosze Mountain Spirit legends are depicted thereupon. A sculpted plaque featuring a brass cast of Bolesław III Wrymouth's bust made





to commemorate the city's 850th anniversary (in 1958) is also noteworthy. Jelenia Góra residents were involved in obtaining raw materials for the cast through a "great scrap collection". A 12 metre well found on the ground floor of the Seven Burghers' House covered by a pane of glass is also an interesting attraction (access for sightseers during the town halls' working hours).

The 15th century Gothic three nave sandstone **Bazylika Mniejsza pw. Świętych Erazma i Pankracego** (Minor Basilica of

St. Erasmus and St. Pancras) with a characteristic tower and an entrance at its foot is less than a three minute walk away from the town square. A 17th century altar by Tomasz Weissfeld is the most valuable element of the church's interior decor. Initially it was built out of wood and subsequently subjected to marbleisation, it now uncannily resembles marble. The altar is flanked by interesting stalls built in the 18th century – the most prominent city representatives used to sit there.

Leaving the Church Square we head towards Wojanowska Gate and **Kaplica Św. Anny** (St. Anne's Chapel). After a short walk we reach the 18th century chapel, which in the past acted as a defensive bastille. The surviving embrasures (in the shape of an upside-down key) stand testament to its former function. The conciliation crosse (also known as penance crosses), part of its walls are also interesting traces of a medieval legal custom.

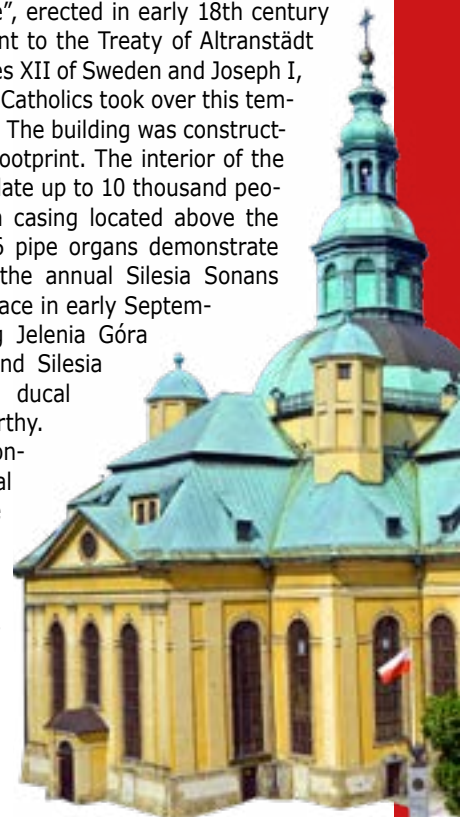
Baszta Bramy Wojanowskiej (Wojanowska Gate Tower) is adjacent to the church. In the past it stood guard over eastern approaches to the city. In the vicinity of the gate and St. Anne's Chapel, the tourist's keen eye will spot signs of foundations which were the base for the medieval Wojanowska Gate – its footprint is traced by cobblestones of different sizes than the rest of the trail.



Continuing along 1 Maja street we pass a sculpture of a **fawn** by Lewan Mantidze, a Jelenia Góra resident to arrive at **Cerkiew Św. Apostołów Piotra i Pawła** (St. Peter and Paul's Orthodox Church). The temple, rebuilt following the 1634 fire according to a design by Kaspar Jentsch, was then a Blessed Virgin Mary Roman Catholic chapel. In 1948 it was handed over to the Jelenia Góra Eastern Orthodox parish. Today visitors can enjoy frescos by Jerzy Nowosielski and Adam Stalony-Dobrzański in its interiors. Its exterior walls include two conciliation crosses with murder weapons inscribed thereupon.



After a 10 minute walk we reach the catholic church **Podwyższenia Krzyża Świętego** (Triumph of the Holy Cross) – once one of the six evangelical temples known as "Churches of Grace", erected in early 18th century across Silesia, pursuant to the Treaty of Altranstädt signed between Charles XII of Sweden and Joseph I, Holy Roman Emperor. Catholics took over this temple after World War II. The building was constructed on a Greek cross footprint. The interior of the church can accommodate up to 10 thousand people. An original organ casing located above the main altar with its 76 pipe organs demonstrate their abilities during the annual Silesia Sonans festivals which take place in early September. Figures depicting Jelenia Góra (in a mural crown) and Silesia personifications (in ducal headgear) are noteworthy. The vigilant tourist, pondering over large burial chapels around the church will spot a point on the church square – a symbolic middle of the city.



Jelenia Góra Long City Sightseeing Trail



Download maps of the Jelenia Góra Long and Short City Sightseeing Trails



We set off again and head towards **Wojska Polskiego avenue** with its Art Nouveau buildings.

After a 20 minute walk we come to the **Teatr im. Cypriana Kamila Norwida** (Cyprian Kamil Norwid Theatre), a large Art Nouveau structure. It was erected according to a design by Alfred Daehmel in early 20th century using



Jelenia Góra residents' donations. Today a number of compelling events are associated with the Jelenia Góra theatre, and these include the International Street Theatre Festival. It was here that the adventure with street theatre began more than 30 years ago – and now they are a distinctive feature of the city. We should also mention that stars like Adam Hanuszkiewicz, Franciszek Pieczka and Wiesław Gołas worked with the Jelenia Góra theatre.

The Short City Sightseeing Trail ends by the **Muzeum Karkonoskie** (Karkonosze Museum), known for Poland's largest glass art collection. Visitors can also enjoy the "From the history of Jelenia Góra and the region" exhibition. And from the Karkonosze Museum it is only a few strides to the Time Gates (for more information see page 27).



We recommend starting in the centre of **CIEPLICE**, with the **Ewangelicki Kościół Zbawiciela** (Evangelical Our Saviour Church). The 18th century building, with its most important interior decor elements made by Jelenia Góra residents, is one of the most valuable Baroque era protestant structures in Silesia. Its impressive interior, predominantly white, is worthy of a visit, made even more alluring by the sound of organs which have retained their original romantic sound. In front of the church one should not overlook the Remembrance Streetlamp, which marks the site of a former necropolis.



On exiting the church we head right to reach the **Pałac Schaffgotschów** (Schaffgotsch Palace) – a former residence of the house of Schaffgotsch, who presided over estates in Karkonosze and Jelenia Góra Valley. The three storey building façade is more than 80 m long and the building itself has as many windows as there are days in a year.

Leaving the palace behind we arrive at **Zespół Klasztorny Zakonu Cystersów** (the Cistercian Order monastery complex) and **Kościół pw. św. Jana Chrzciciela** (St. John the Baptist Church).

Its free standing bell tower can be seen from afar.



The church altar is adorned with a piece by Michael Willmann, known as "The Silesian Raphael", entitled *Mary the Queen of Heaven* surrounded by Cistercian saints. The church interior and its decorations are predominantly Baroque and Rococo. Schaffgotsch family tombstones can be found in the courtyard. The former Cistercian complex is home to the **Muzeum Przyrodnicze** (Natural History Museum), with its numerous exhibitions and the **Wirtualne Muzeum Barokowych Fresków na Dolnym Śląsku** (Lower Silesia Baroque Frescoes Virtual Museum). A beautiful interior park sits between the Natural History Museum and the **Długi Dom** (Long House), where Cieplice Spa visitors can find accommodation.

A historic **Park Zdrojowy** (Spa Park) lies two minutes walk away from the former Cistercian complex. The main avenue was established in late 18th century and the entire park dates back to mid-19th century. At the entrance to the park, on the right hand side sightseers will see the "Doll" spa pavilion with the "Edward" spa pavilion a little further on, a wooden acoustic shell and the 19th century **Teatr Animacji** (Spa Animation Theatre) building where the cultural life of Jelenia Góra's spa district flourishes.

Strzelecka and **Sołtysia Hill** with **Viewing Tower** ruins. The trail starts in the centre of Cieplice at Piastowski Square and heads towards Malinnik with a twin summit peak – Strzelecka and Sołtysia Hill. In its heyday this site with ample tourist facilities was very popular and often visited. After the 18th century it was one of the most in-demand viewing spots on account of the tower upon its top. In the vicinity there was a restaurant with a dance hall, a sports shooting range, a piste with a ski lift and even a ski jump. To this day one can find plenty of old paths around the hill used by tourists to walk in a park established in this area. The Panorama viewing point is located in direct vicinity of the hill. Continuing on our journey we come to the "Eye of the Sea", another viewing point and then we can enjoy Oak Avenue, Norwegian Park, Spa Park and Cieplice Boulevard.



Along the trail we will also have the pleasure of an enchanting view from the Eye of the Sea across **Zamek Chojnik** (Chojnik Castle) and Szrenica, as well as the beauty of the two parks: Spa Park and Norwegian Park.

These are just some of the attractions one comes across on the Main Cieplice Walking Trail.

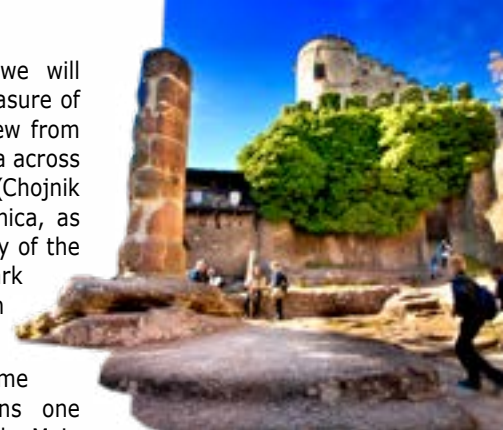
More information will shortly be available on <https://szlakcieplicki.pl>. An interactive, constantly updated trail map will also be available on that website.

We suggest the use of a bicycle, car or bus which goes to Sobieszów. You can alight at the bus terminus or leave your car at a free car park at the foot of Chojnik Mountain (right by the Transborder Active Tourism Centre). Approach the castle via the black, red or green trails.



Its stone structure dates back to mid-14th century. Ever since a fire caused by a lightning strike in the 17th century it has remained in permanent ruin. Within the castle courtyard one can listen to a castle legend and admire breath-taking views from its tower stretching across Jelenia Góra Valley and the surrounding mountain chains.

Intrepid walkers will enjoy taking the green trail to **JAGNIĄTKÓW**. Motorised tourists will return to the car park and drive to the **Muzeum Miejskie "Dom Gerharta Hauptmanna"** ("Gerhart Hauptmann's House" City Museum) in Jagniątków. The Art Nouveau villa constructed in early 20th century is noteworthy due to its location, park designed by Hauptmann himself and original wall paintings by J.M. Avenarius in the building's hall. After taking in the exhibition devoted to the memory of the 1912 Nobel Prize winner, one can have a well-earned rest in the park whilst admiring the mountain panorama.





Jelenia Góra from a mountain

Viewing towers are typical of Central Europe. There are at least a dozen or so of them in Jelenia Góra itself, the surrounding areas and Czech villages in the vicinity – and thus we recommend a trip along a trail of viewing towers.

In Jelenia Góra the tower dating back to 1911 on Wrymouth Hill, 16th century Wieża Bramy Zamkowej (Castle Gate Tower) and Jelenia Góra's most elevated viewing tower – Zamek Chojnik (Chojnik Castle) bergfried standing atop a hill rising to 627 m a.s.l. and bearing the same name are worthy of a visit.

Those seeking beautiful panoramas will not be disappointed by the local **viewing points**. Within the city itself these include: vicinity of the Millennium Cross in Zabobrze, Góra Szybowcowa (Glider Hill), Wilhelm

Rocks near Czarne estate, Panorama rocks at the Widok estate in Cieplice or the hills in Goduszyn. It is not far to Gapy Hill from the centre of Jelenia Góra – the approach to the forest line already affords beautiful views, and on the summit, from the behind safety railings on Sośnik rock, one can admire a panorama of the city and Jeżów Sudecki.

Castle Gate Tower is open for sightseeing every day of the week:

IV-VIII - 10.00-19.00

IX-X - 10.00-18.00

XI-III - 10.00-16.00

Wrymouth Hill Tower

IV-X - 8.00-20.00

XI-III - 10.00-16.00

Chojnik Castle

IV-X - 8.00-20.00

XI-III - 8.00-16.00

View Tower on Sołtysia Hill

I-XII - 8.00-20.00

Castles, palaces, gardens...

Dolina Pałaców i Ogrodów (Valley of Palaces and Gardens) is a tourist product delivering castle and palace architecture historical sites in Jelenia Góra Valley. There are nearly 30 residences spread over an area of less than 100 sq. km. These include medieval strongholds, keeps, Renaissance manors, Baroque and 19th century palaces erected by the most prominent architects of the epoch. Some estates are surrounded by extensive landscape parks with abundant garden structures. Karłonosze and Rudawy Janawickie landscapes combined with artistic visions of artists from centuries gone by gave rise to an exceptional cultural landscape across the entire region, which is further enhanced by valuable old town complexes in Jelenia Góra and Kowary, numerous spa architecture monuments in Cieplice as well as regional and sacral architecture. The following can be found in the city itself: Renaissance Czarne Manor, Chojnik Castle, 19th century Paulinum Palace encompassed by a park and the aforementioned Schaffgotsch Palace in Cieplice. The last two sites are part of the List of Historic Monuments under "Palaces and landscape parks of Jelenia Góra Valley".



For more information see www.dolinapalacow.pl



City parks

Jelenia Góra's picturesque location and the city's abundant greenery means that Jelenia Góra is a city where a less active weekend is also very attractive. A visit to Jelenia Góra parks is an idea for just such an occasion.

One of the largest, located near the city centre is the park on **Wzgórze Kościuszki** (Kościuszko Hill) – spanning an area of more than 24 hectares, with walking paths, a playground, outdoor gym and a 1:5000 scale geological cross-section of West Sudety comprising rocks which Sudety are actually made of. An interesting nature and history trail runs across the park. One of its stops is by ruins of a city gallows.

Once in Jelenia Góra one cannot afford not to visit the

Spa Park and Norwegian Park in Cieplice.

Signs of spa architecture can be found in the former whilst the latter includes a wooden Norwegian Pavilion as well as a picturesque pond with a stone bridge.

Borowy Jar (Borowy Ravine) is an exceptionally attractive and popular recreational area, conducive for active leisure. It extends to the north west of the city centre along Bóbr river towards Siedlecin. Lying within the Bóbr Valley Landscape Park it includes picturesque viewing points, technological monuments as well as unique landscape forms. This area is ideal for walking, cycling as well as climbing.



Culture

CYPRIAN KAMIL NORWID THEATRE

Al. Wojska Polskiego 38
58-500 Jelenia Góra, tel. no.: +48 75 642 81 10
widownia@teatrnorwida.pl • www.teatrnorwida.pl

ANIMATION THEATRE

Park Zdrojowy 1, 58-560 Jelenia Góra – Cieplice
tel. no.: +48 75 755 76 90, +48 512 219 907
scenaanimacji@teatr.jgora.pl • www.teatr.jgora.pl

ART EXHIBITION OFFICE (BWA)

ul. Długa 1, PO BOX 431, 58-500 Jelenia Góra
tel. no.: +48 75 75 26 669
www.galeria-bwa.karkonosze.com
galeria-bwa@karkonosze.com
opening hours: Mon-Fri: 8.00-17.00, Saturday: 10.00-14.00

JELENIA GÓRA CULTURE CENTRE

ul. 1 Maja 60, 58-500 Jelenia Góra
tel. no.: +48 75 64 23 880 (881)
jck@jck.pl
Jelenia Góra Culture Centre auditorium
ul. Bankowa 28/30, 58-500 Jelenia Góra
tel. no.: 75 64 78 884
impresariat@jck.pl

NATURAL HISTORY MUSEUM AT THE FORMER CISTERCIAN COMPLEX

ul. Cieplicka 11A, 58-560 Jelenia Góra – Cieplice
fax, tel. no.: +48 75 75 515 06
www.muzeum-cieplice.pl
muzeum@muzeum-cieplice.pl
opening hours: Open: May-September – Tuesday-Sunday:
9.00-17.00, October-April – Tuesday-Sunday:
9.00-16.00
Permanent exhibitions:

- The colorful world of birds
- The mysterious world of mushrooms
- The amazing world of insects
- It was the treasury of Silesia
- Horns and antlers
- Baroque frescoes depicting fragments from the life of Saint Bernard from Clairvaux



"GERHART HAUPTMANN'S HOUSE" CITY MUSEUM

ul. Michałowska 32, Jelenia Góra – Jagniątków
tel. no.: +48 75 755 32 86, fax: +48 75 755 63 95
www.muzeum-dgh.pl, kontakt@muzeum-dgh.pl
opening hours:

V-IX – Tue-Sun: 9.00-17.00

X-IV – Tue-Sun: 9.00-16.00

Wed – free entry (does not apply to organised groups)

permanent exhibitions:

- "Łąkowy Kamień" villa history with reference to the life and work of Nobel Prize winner Gerhart Hauptmann
- "Gerhart Hauptmann in the vortex of history" multimedia exhibition



KARKONOSZE MUSEUM

ul. Jana Matejki 28
58-500 Jelenia Góra
tel. no.: +48 75 752 34 65
www.muzeumkarkonoskie.pl
sekretariat@muzeumkarkonoskie.pl
opening hours: Tue-Sun: 9.00-17.00
free entry on Wednesdays
permanent exhibitions:

- glass art exhibition
- interior of a rural cottage
- "From the history of Jelenia Góra and the region"

HISTORY AND ARMAMENT MUSEUM

ul. Sudecka 83, 58-500 Jelenia Góra
tel. no.: +48 75 699 989 090
www.militaria-muzeum.pl
opening hours: V-IX – 9.00-17.00
X-IV – 9.00-16.00
free entry on Wednesdays
permanent exhibitions:

- heavy weapons exhibitions

BOLKOW CASTLE MUSEUM

ul. Zamkowa 1, 59-420 Bolków
tel. no.: +48 75 741 32 97

GERHART AND CARL HAUPTMANN HOUSE

ul. 11 Listopada 23, 58-580 Szklarska Poręba
tel. no.: +48 75 717 26 11

THE SYMPHONY ORCHESTRA IN JELENIA GÓRA

ul. Józefa Piłsudskiego 60, 58-500 Jelenia Góra
tel. no.: +48 75 753 81 65 (ticket office)
www.filharmonia.jgora.pl
sekretariat@filharmonia.jgora.pl

"LOT" CINEMA

ul. Pocztowa 11, 58-500 Jelenia Góra
tel. no.: +48 75 76 76 370
www.kino-lot.pl

"HELIOS" CINEMA

Aleja Jana Pawła II 51
58-506 Jelenia Góra
tel. no.: +48 75 769 38 65



See **EVENTS CALENDAR**

Venue with disabled access



Jelenia Góra in KARKONOSZE

– or ways to spend your free time

For further information please download
the free publication: **Active Jelenia Góra.**

Cycling trail and Nordic Walking suggestions from:
www.turystyka.jeleniagora.pl

On a bike

JELENIA GÓRA is an ideal place to start a cycling trip in Jelenia Góra Valley or Karkonosze. There are abundant **cycling trails** of various difficulties the region, suitable for families with children as well as those for more extreme adventure-marked euro-regional cycling routes run through the city: ER-2 (route length: 167 km) and ER-6 (route length: 122 km) as well as other cycling trails which, combined with local trails provide an opportunity to discover the region from the seat of a bike. Jelenia Góra as the regional cycling hub is a venue for interesting annual cycling events, such as: Jelenia Góra Trophy Maja Włoszczowska MTB Race or Bike Parade.



Single tracks are an attractive option for cyclists – one way, off-road mountain biking trails closed to pedestrian and vehicular traffic. These trails are being built in the slopes of Żar and Sobiesz hillocks for example, and connected with trails in Podgórzyn and Piechowice communes offer 70 km of cycling routes.

Pump tracks await those seeking even more thrills – specially built short circuits catering where riders can train. Pump tracks are also used by skaters, skateboarders and scooter riders. This attraction can be found in Jelenia Góra's Zabobrze, near Sudecka Gallery and Leroy Merlin store.

Zabobrzańska Bicycle Station: Pumptrack, Skatepark, Traffic Town, Bicycle Paths
ul. Wojciecha Kilara, 58-500 Jelenia Góra

Dirt Park
ul. Lubańska 25, 58-560 Jelenia Góra



Cycling Giants



From Jelenia Góra into the mountains

On account of convenient communication between Jelenia Góra and towns and villages in Karkonosze, it is ideal as the starting point for a weekend trip to Karkonosze, Izera Mountains, Rudawy Janowickie or Kaczawskie Mountains. Glacial cirques are one of the most striking destinations for weekend trips to Karkonosze – and one such cirque, Czarny Kocioł Jagniątkowski (Jagniątków Black Glacial Cirque) can be reached via the blue trail Korallowa Ścieżka (Coral Path) from Jagniątków – Jelenia Góra’s district lying at the highest elevation. Czeskie Kamienie (Czech Rocks) and Śląskie Kamienie (Silesian Rocks) at 1416 m a.s.l. and 1413 m a.s.l. respectively are sites at the highest elevations within the city’s administrative boundaries. As such they are also outstanding viewing points. We also suggest a look at Karkonosze through the perspective of their geodiversity – the Karkonosze National Park has constructed an interesting geo-tourism trail.

Jelenia Góra’s Jagniątków is an attractive holiday destination with ample accommodation and numerous walking and cycling trails.



To discover more about the Karkonosze National Park visit www.kpn.gov.pl

Nature and Education Center Karkonosze National Park Sobieszów Palace

In the center you can visit two interactive exhibitions: „Climatic Karkonosze” in the Great Stable building and „Sobieszów Palace” on the ground floor of the Palace building with the educational path „Become the manager of the Schaffgotsch estate” in the palace park. There is also a conference room for 150 people and meeting rooms workshops. After the renovation of the granary, there will be exhibitions on regional construction and cultural heritage. The exhibitions can be visited from Tuesday to Sunday, from 9:00 a.m. to 5:00 p.m. (last entry at 4:00 p.m.).

Nature and Education Center
Pałac Sobieszów
ul. Cieplicka 196a
58-570 Jelenia Góra
<https://kpn.gov.pl/cpe>
+48 75 609 91 00



In a kayak

Kayaking trail along Bóbr river is also part of Jelenia Góra’s tourist attractions. One of the trail’s most beautiful sections passes through the Bóbr Valley National Park and starts near the centre of Jelenia Góra. One should bear in mind that Bóbr river has been classified by the Tourism and Recreation Board, Polish Kayaking Association and by the PTTK Executive Board’s Kayaking Tourism Committee as a mountain river along its section between Kamienna Góra and Żagań. Make sure you are suitably prepared for a kayaking trip. On account of water level fluctuations March, April, May and July are most attractive for kayakers. The trail from Kamienna Góra to the Odra river confluence is almost 250 km long and it takes between 7 and 10 days to complete it.

For more details of the trail visit www.pttk-jg.pl/kajakiem
Daily information on water levels: www.imgw.pl





350 kilometres on horseback

The Sudety Equestrian Trail passes through the city – it starts in Łądek-Zdrój and runs all the way to Kliczków, spanning more than 350 km. The trail crosses picturesque Sude-ty mountain chains. It traverses 13 Mountain Equestrian Tourist Centres, which also provide accommodation for those on the trail. The western stage of the trail starts in Western City in Ściegny near Karpacz, then continues onto Podgórzyn, through Cieplice (Cieplice dry floor reservoir), Sobieszów and Piechowice towards Izera Moun-tains.

Stables in Jelenia Góra

Gostar Centre
ul. Goduszyńska 61
58-500 Jelenia Góra Goduszyn
tel. no.: +48 600 912 826
stajnia.gostar.jg@gmail.com

Mufion Schack
ul. Słoneczna 27
58-508 Jelenia Góra
tel. no.: +48 601 581 357
mufion@agroturystyka.org
www.szalasmufion.pl



For more details on the trail visit
www.pttk-jg.pl/konno

From the air

Jelenia Góra Flying Club provides an interesting opportunity to admire a pan-orama of the city and the en-tire Jelenia Góra Valley from the air. Most notable pilots, parachute jumpers, model builders and representatives of other aviation disciplines, such as Mirosław Hermaszewski began their aeronautical adven-tures here. It is a well-known “dia-mond mine”, with favourable land for-mation and the so called “Karkonosze wave”, conducive to pilots from all over the world completing record braking flights, reaching impressive heights of even up to... 9000 m!



Jelenia Góra Flying Club
ul. Łomnicka – Lotnisko
58-500 Jelenia Góra
tel. no.: +48 75 752 60 20
aeroklubjg@jg.home.pl

Tandem parachute jumps – an unfor-gettable experience for anyone; a large dose of adrena-line and complete safety guaranteed. Jumps under the watchful eye of an instructor are avail-able every weekend – advance booking required.



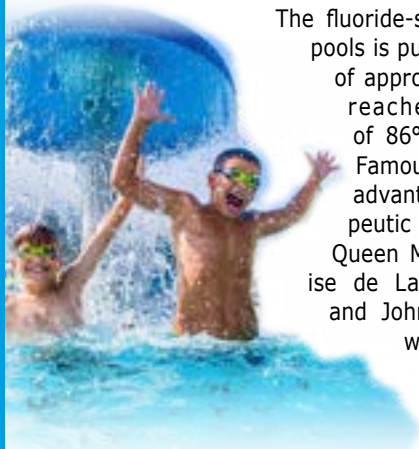
Tandem parachute jumps
tel. no.: +48 788 025 035
skoki@tandemowe.pl
www.tandemowe.pl
/rezerwacja

**Balloon flights in Karkonosze-
Balloon Expedition**
Izabela Borkowska-Barnaś
Ubocze 300, 59-620 Gryfów Śląski
tel. no.: +48 600 310 310
kontakt@wyprawabalonem.pl
www.wyprawabalonem.pl

Cieplice Baths

Are you going to Jelenia Góra? The Cieplice Baths are an essential part of the trip. A modern complex of thermal swimming pools designed for families with children, those looking for some exercise as well as those only wishing to relax. A visit to the baths is an excellent way to regenerate after a day spent on mountain trails. The baths are also an excellent destination in themselves.

The complex features a 25 meter pool with 4 swimming lanes, 2 paddling pools with slides and water jets, a recreational pool with water attractions such as: a water swing, rapids, hydromassage, water curtain, water couches, water jets. Two pools with thermal waters (Norwegian and Spa) are extremely popular – both provide an opportunity to swim outside regardless of the time of year or air temperature.



The fluoride-silicon water in the pools is pumped from a depth of approximately 2 km and reaches a temperature of 86°C at intake depth. Famous individuals took advantage of its therapeutic properties such as Queen Marie Casimire Louise de La Grange d'Arquien and John Quincy Adams – who was later to be elected President of the United States.

The water facilities are complemented by the opportunity to relax in the **SPA zone** with a number of treatments available, saunas (steam, dry, infrared), jacuzzi and a snow grotto. In summer visitors can take advantage of an outdoor pool with additional slides. Various events and concerts are organised, such as Night Swimming, Picnic and many others.

Water surface spanning nearly 1200 m², convenient changing rooms and a free car park all add up to guarantee comfortable and well-earned rest. Apart from swimming and SPA zone treatments, the Cieplice Baths also provide an opportunity to hire a squash court, take part in functional training or general fitness sessions. Its location at the foot of Karkonosze and proximity of two historic parks are just the cherry on the proverbial cake. The facility is open daily from 8.00 to 22.00.

Squash & Fitness Zone at Cieplice Baths

Cieplice Baths are an ideal place for individuals who wish to look after their health and stay fit. It is the only facility in Jelenia Góra with a **squash court**, fitness and functional training sessions, a pool complex and a SPA zone under one roof.

Squash is a game which is enjoying growing popularity on account of its numerous benefits. It is an excellent fat burner. An hour of squash at an intermediate intensity level is sufficient to burn approx. 500 calories.

A fitness room with a range of sports activities: trampolines, yoga, tabata, healthy spine, pump, step, ABT etc.

The functional training zone can accommodate personal training sessions and is an excellent place to warm up before a game of squash.



Termy Cieplickie Sp. z o.o.
(Cieplice Baths)
Park Zdrojowy 5
58-560 Jelenia Góra Cieplice
tel. no.: +48 75 754 69 01
bok@termycieplickie.pl



Cieplice Health Resort

Cieplice is the oldest resort in Poland. First records of it date back to 1281. Today it is a spa district of Jelenia Góra. Therapeutic thermal waters are its biggest treasure. The sub-mountainous climate, with ample sunlight throughout the year and not much rainfall stimulates and toughens up one's body.

Uzdrowisko Cieplice Sp. z o.o. – PGU Group
ul. Piotra Ściegiennego 5/7, 58-560 Jelenia Góra Cieplice
Bookings: tel. no.: +48 75 753 31 43; +48 75 755 10 03-05;
helpline: 801 011 859, kontakt@uzdrowisko-cieplice.pl
www.uzdrowisko-cieplice.pl

"Marysieńka" Spa resort
ul. Piotra Ściegiennego 5/7, 58-560 Jelenia Góra Cieplice
spamarysienka@uzdrowisko-cieplice.pl, tel. no.: +48 75 642 65 70

Cieplice therapeutic waters reaching temperatures of nearly 90°C (the only such waters in Poland) are used for treating musculoskeletal system disorders (rheumatology, orthopaedics, neurology, osteoporosis), urinary system disorders (urology, nephrology) and in ophthalmology. The waters prevent uric acid from crystallising

and the formation of kidney stones, improve bone mineralisation, have antibacterial properties, prevent tooth decay and are thoroughly warming.

The Physiotherapeutic Facility performs 80 types of treatments within the scope of hydrotherapy, peloid therapy, inhalations and kinesiotherapy, light and electrotherapy based on:



therapeutic mineral waters (fluoride-silicon, hypotonic, low mineralised, alkali) and high peat. Professional medical and rehabilitation staff guarantee effective therapies. The Cieplice Spa is the only one in Poland to apply thermal water based mineral aerosols to eyeballs. The treatment improves vision comfort, eye moisturisation, nourishment and eye blood supply.



Swimming pools in the city

Indoor pool by Karkonosze
State High School
ul. Lwówecka 18
58-500 Jelenia Góra
tel. no.: +48 75 645 33 40

Bathing Pool Complex
ul. Sudecka 59
58-500 Jelenia Góra
tel. no.: +48 75 712 31 34
Open during the summer season





Active winter

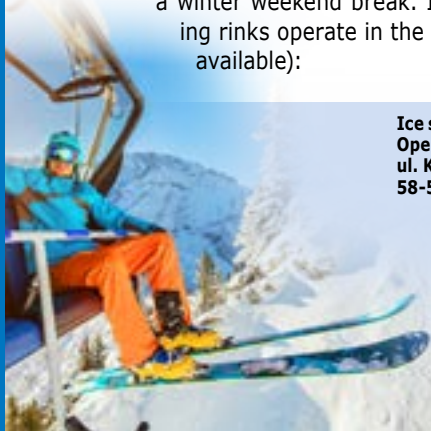
Jelenia Góra provides ample opportunities for active winter breaks. Within the picturesque Chojnik hill scenery one will find a 2 km long, 2.5-3 m wide roller skating ski trail as well as cross country skiing trails: easy, approx. 4 km long, 500 m long trail for young children on a meadow at the foot of Chojnik hill; an all year asphalt roller skating ski trail (2 km long and 3 m wide) as well as a 2.5 km long, 3 m wide extreme trail. Guests will find a free car park and bathrooms at the Transborder Active Tourism Centre.

In winter cross country skiing fans can also take advantage of forest ducts leading towards Zachełmie, Podgórzyn and Jagniątków.

**Transborder Active
Tourism Centre**
ul. Bronka Czecha 14
tel. no.: +48 75 619 99 50
biuro@tcta.com.pl

The vicinity and good transport infrastructure between Jelenia Góra and Szklarska Poręba, Karpacz as well as other winter sports centres in the region make the city an ideal place to begin a winter weekend break. In winter, ice skating rinks operate in the city (ice skate hire available):

Ice skating in Jelenia Góra
Open in winter
ul. Kilińskiego 12
58-500 Jelenia Góra



DISCO SKATES

An opportunity to go wild on a professional skating rink accompanied by music. Beginners can polish up their skills under the watchful eye of an instructor. Skates and accessories can be hired on site.

ul. Os. Robotnicze 38
58-500 Jelenia Góra
tel. no.: +48 506 739 572
discowrotki.pl



TIME GATES

Jelenia Góra Vaults

This attraction brought Jelenia Góra Vaults under Kościuszko Hill back to life. The Arado company, known for its underground tourist trail in Kamienna Góra or Wrocław's Movie Gate under Salt Square, presents the history of Jelenia Góra therein. Tourists walking along corridors cross subsequent space-time gates. Here one can enter a story or the film world. Apart from guides along the route, who enact historic roles, there are also other actors. The performances are accompanied by special effects such as light and sound.

ul. Chełmońskiego 3
58-500 Jelenia Góra
tel. no.: +48 602 779 229
biuro@timegates.pl

Golf Club Jelenia Góra Area
by ul. Golfowa
"Golf Club Jelenia Góra"
Sports Association
tel. no.: +48 691 385 828
kontakt@golf.jgora.pl,
www.golf.jgora.pl

**Model Workshop
Jelenia Góra**
ul. Legnicka 2,
58-506 Jelenia Góra
Tel.: + 48 880 004 008
www.kolejkowo.pl



Energy Vr

Something for computer game freaks and amateurs of virtual cosmic flights and exploration of the ocean depths, but also for those who from flying, from Teleportation or three-dimensional Dreaming of drawing. All this is thanks to the expanded VR system possible.

ul. Jana Kilińskiego 19
58-500 Jelenia Góra
tel. +48 608 708 640
energyvr.pl
biuro@energyvr.pl

Wild Junp

Wild Jump trampoline park is a place for people at all ages, regardless of their sports abilities

- everyone will find something for themselves, because what counts is fun. Our facility is equipped with an area of 620 m2, consisting of trampolines of various types degrees of inclination and displacement. The attractions include: 22 trampolines and two large inflatables pillows, sponge pool, interactive cardio wall game, climbing wall and many others.

We invite you!



WILD JUMP - Park Trampolin
Ul. Sobieskiego 23
58-500 Jelenia Góra
Tel. +48 798 706 004
info@wildjump.pl
www.wildjump.pl

Attractions for children

HAPPY KIDS ACADEMY

al. Jana Pawła II 20a, 58-506 Jelenia Góra
tel. no.: +48 75 642 20 22
salazabaw.akademiahappykids.pl
sekretariat@akademiahappykids.pl

STONOGA CHILDREN'S INDOOR PLAYGROUND

ul. Złotnicza 14, 58-500 Jelenia Góra
tel. no.: +48 603 782 604, stonogajg.pl/o-nas/

FUN PARK at "NOWY RYNEK" SHOPPING CENTRE

ul. Podwale 25, 58-500 Jelenia Góra
tel. no.: +48 534 146 115
nowy-rynek.com/zakupy/fun-park/

LUPPO PUPPO INDOOR PLAYGROUND at SUDETY GALLERY

al. Jana Pawła II 51
58-500 Jelenia Góra
tel. no.: +48 606 769 402
galeriasudecka.pl/marka/luppo-puppo-sala-za-bawdla-dzieci

NOWOLANDIA

ul. Mostowa 2
58-500 Jelenia Góra
tel. no.: +48 531 934 686
nowolandia.jelenia-gora.pl/oferta

Playgrounds

City centre
ul. Okrzei; Osiedle Robotnicze
ul. Wolności (Primary School No. 13)
ul. Morcinka (Primary School No. 10)
Kościuszeko Hill; ul. Lipowa
ul. R. Weigla; Plac Energetyka
Plac Kościuszki; ul. Forteczna
ul. Lwówecka; ul. Zaulek
Park Żizki; Dębowa Wyspa
przy ul. Wiejskiej

Osiedle Łomnickie
Plac Różany

Czarne
ul. Okrężna; ul. Czarnoleska

Zabobrze
ul. Noskowskiego 6; ul. K. Komedy-Trzcńskiego
ul. Kiepury / Wilkomirskiego
ul. Paderewskiego 13 (Primary School No. 8)

Cieplice
ul. Cieplicka (Primary School No. 6)
ul. Zjednoczenia Narodowego 10
Osiedle Orle; Norwegian Park

Sobieszów, ul. Dembowskiego (Primary School No. 15)

Goduszyn, a playground with a sports field





Transport

How to get to Jelenia Góra

There are convenient bus connections between Jelenia Góra and all Jelenia Góra Valley towns and villages which lie along bus routes. For timetables consult the internet or visit:

www.rozklad-pkp.pl
www.pks.jgora.pl
www.e-podroznik.pl
www.jakdojade.pl

Moving around Jelenia Góra



Public transport
 City Transport Office
 ul. Wolności 145
 58-500 Jelenia Góra
 tel. no.: +48 75 764 87 36
 Current timetable and ticket prices:
www.mzk.jgora.pl

Car hire

Jel-Car Sp. z o.o.
 ul. Spółdzielcza 38
 58-500 Jelenia Góra
 tel. no.: +48 75 640 60 20
www.jelcar.pl

KAREX
 ul. M. Skłodowskiej-Curie 1
 58-500 Jelenia Góra
 tel. no.: +48 500 799 300
autokarex.pl

MaxCar
 ul. Złotnicza 14 1st floor
 58-500 Jelenia Góra
 tel. no.: +48 75 641 30 10, 503 111 099
www.wypożyczalniamaxcar.pl

Vivacar
 ul. Spółdzielcza 27
 58-500 Jelenia Góra
 tel. no.: +48 602 137 237
www.vivacar.pl
biuro@vivacar.pl

Car parking in the city

Monitored car parks:
 ul. Sudecka ("Mercure" hotel)
 ul. Armii Krajowej ("Europa" hotel)
 ul. Kraszewskiego ("Fenix" hotel)
 ul. Grottgera

Tourist coach car parking sites:

- ul. Podwale
 (MZK bus stop – on both sides)
 – interchange station 10 min. away
- ul. Bankowa (stop next to MZK towards Cieplice) –
 interchange station 10 min. away
- ul. Wojska Polskiego (opposite Netto) – interchange station
 10 min. away
- MZK Jelenia Góra ul. Wolności 145 – payable
- ul. Sudecka 63 ("Mercure" hotel) – payable
- Transborder Active Tourism Centre in Sobieszów,
 ul. B. Czecha – free
- Car park at the start of the route to Chojnik Castle – payable
- ul. Michałowicka 32 – Gerhart Hauptmann's House City
 Museum – free
- ul. Podgórzńska (close to Norwegian park) – free
- ul. Św. Jadwigi (coach entrance from ul.
 Sobieszowska) – free



Parking meters in Jelenia Góra

Parking fees apply from Monday to Friday between
 8:30 and 18:00. Car parking is free on Saturdays, Sun-
 days and public holidays.

Jelenia Góra TAXIS

A&A Sudety Radio Taxi Jelenia Góra
 tel. no.: +48 75 196 60
 Stowarzyszenie Radio Taxi Mercedes 96-26
 tel. (75) 196-26, 501 209 626, 75 76 76 550,
 75 75 36 864
 Radio Taxi Śnieżka tel. no.: +48 75 196 21
 Radio-Taxi 9191 tel. no.: 191 91, +48 75 767 55 55
 Radio-Taxi 9622 tel. no.: 19622, +48 75 752 27 77
 Euro-Taxi 196-25 tel. no.: 196-25, +48 800 123 000
 Itaxi Taxi Jelenia Góra tel. no.: +48 737 73 77 37



From Jelenia Góra, the Karkonosze capital, it is also close to:



City Toy Museum – Karpacz
 Dino Park – Szklarska Poręba
 Summer tobogganing run – Karpacz
 Story Park – Karpacz
 Karkonosze Secrets – Karpacz
 Adopted Doll's House – Karpacz
 KPN Karkonosze Ecological Education
 Centre – Szklarska Poręba



Western City – Ściegny
 Cyrkland – Miłków



Karkonosze National Park In-
 formation Centre – Karpacz



Kalevala Lapland Village –
 Borowice





Jelenia Góra Town Hall

ul. Jasna 11, tel. +48 601 507 885
e-mail: it@jeleniagora.pl

Jelenia Góra Cieplice

ul. Plac Piastowski 36,
tel. +48 661 566 226
e-mail: itcieplice@jeleniagora.pl



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C. Wiklik, iDotum, Vento Studio and arch.: Cieplice
Baths, Cieplice Spa, Jelenia Góra Town hall, Pałac
Wojanów sp. z o.o.