

Introducing Tarnów

Eighty kilometres east of Kraków, near the crossroads of two ancient trade routes, lies the charming and hospitable city of Tarnów. Małopolska's second city by size, Tarnów offers visitors the comforts of a small town with the historical and cultural intrigue of a much bigger city. In addition to a well-preserved **Old Town** - which includes a glorious **Cathedral**, **Town Hall**, **market square** and many pedestrian avenues - in Tarnów visitors will discover unique and worthwhile museums, several wooden churches, historic cemeteries, castle ruins and a scenic overlook, as well as dozens of artistic and historical monuments at every turn. Those with a special interest in Jewish history will also discover a town with a deep **Jewish heritage**, many traces of which are still in evidence today.

While the town's nightlife may not have the sizzle of a large city, there are still plenty of bars, cafes and restaurants, the best of which we list here, where you'll find it easy to meet friendly local folks who are proud of their city and eager to present a good impression to foreigners.

For more in-depth info on Tarnów and the surrounding area, visit our website - **lyp.me/tarnow**. Also, explore Tarnów, plus dozens of other destinations across Europe and the world, with our free app - **lyp.me/app**.



Tourist Information Centre

One of the most helpful offices in all of PL, make this your first port of call on arrival. Here (and on their multilingual website, **www.tarnow.travel**) you'll find a wide range of free information on Tarnów and the surrounding region, **free internet**, **bicycle rental**, **luggage lockers**, **souvenirs**, and there's even **accommodation** available upstairs. If you're interested in a gadget-led tour, there's the Tarnów Wooden Architecture App, and an audio tour. The friendly, knowledgeable and enthusiastic English-speaking staff can give you whatever additional information or advice you can't find here, so don't be shy. ► **D-4, Rynek 7, tel. (+48) 14 688 90 90, www.tarnow.travel. Open 08:00-18:00; Sat, Sun 09:00-17:00.**

History

First mentioned in a document dated 1124, Tarnów was granted city rights by King Władysław Łokietek in **1330** – an event celebrated by a monument of the King on ul. Wałowa. It was at this time that the medieval layout the city retains to this day was created. Privately owned until 1787, Tarnów's greatest period of growth came under nobleman **Jan Tarnowski** during the 16th century, when the Old Town was largely reconstructed in the manner that today earns it the accolade of being Poland's **'Pearl of the Renaissance'**. The Tarnowski clan expired without an heir in 1567 and the city was later incorporated into the Austrian-Hungarian Empire during the era of Polish partitions. Tarnów's citizens were quick to join the Polish legions when WWI broke out and the region saw many battles between the Russian and Austro-Hungarian armies, resulting in a trail of **WWI memorial sites** and cemeteries in the area.

In October 1918 Tarnów gained notoriety when it became the **first Polish city to reclaim independence** after 146 years of occupation, and again on August 28th, 1939 when German terrorists detonated an explosive in the city's train station killing 20 people and leading some historians to claim that WWII officially started here in Tarnów. The bombs would start falling from the sky six days later and by September 7th the Nazis had captured the city.

The first Jews settled in Tarnów in the mid-15th century and by 1939 their numbers had reached 25,000 – nearly **half the city's total population**. On June 14th 1940, 728 Tarnów residents (mostly Poles, in fact) became the **first victims of Auschwitz**, of 40,000 Jews crammed into Tarnów's ghetto, over 10,000 were executed and the rest deported to the Belżec death camp. Today no active Jewish community remains.

Tarnów was a stronghold of resistance during Nazi occupation, before eventual 'liberation' into the communist regime on January 17, 1945. The city developed rapidly in the postwar period as the monstrous soviet-era residential blocks in the north-east part of the city became home to over one-third of its 100,000 population in the mid-70s. The rise of meat prices in July 1980 inspired a series of **strikes** in Tarnów, which predated the Gdańsk shipyard strikes (that would eventually lead to the communist regime's collapse) by over a month. Since Poland's ascension to the **EU in 2004**, Tarnów has enjoyed the revitalisation of its Old Town and is increasingly gaining attention as a noteworthy tourist destination.

Museums & Galleries

BWA Tarnów
Tarnów's best contemporary art gallery, inside a 19th century neo-Gothic shooting gallery, set in a handsome park.► **D-2, Pałacyk Strzelecki, ul. Słowackiego 1, www.bwa.tarnow.pl. Open 11:00-18:00; Sat, Sun 12:00-19:00; closed Mon. Admission 3/1zł, Sun 1zł, children under 7 free, Thu free.**

Diocesan Museum
An astonishing collection of religious art from the 15th century onwards, inside some equally wonderful 16th-century houses.► **D-4, Pl. Katedralny 6, www.muzeum.diecezja.tarnow.pl. Open 10:00-12:00, 13:00-15:00; Sun 09:00-12:00, 13:00-14:00; closed Mon. Admission free.**

Galeria Panorama
This gallery at the train station displays the city's fragments of the Transylvania Panorama, plus changing exhibits.► **A-6, Plac Dworcowy 4, www.muzeum.tarnow.pl. Open 08:00-16:00; Sun 10:00-14:00; closed Mon, Sat. Admission 5/3zł, 10zł family ticket.**

Tarnów Cultural Centre
This small cultural centre on the market square regularly hosts art exhibits (particularly photography), concerts (in the basement) and other events.► **D-4, Rynek 5, tel. (+48) 14 688 88 88, www.tck.pl. Open 08:00-18:00; Sat 10:00-17:00; closed Sun. Admission fee depends on the exhibition, check website for details.**

Tarnów District Museum - Main Branch
This small historical exhibit covers Slavic archaeology, Jewish heritage and local heroes Bem, Tertit and Tarnowski.► **D-4, Rynek 3, www.muzeum.tarnow.pl. Open 09:00-15:00; Tue, Thu 09:00-17:00; Sat, Sun 10:00-16:00; closed Mon. Admission 8/5zł, family ticket 16zł, Sun free.**

Town Hall Museum
Glass, silver, ceramics, weaponry, and portraits of outrageous mustaches inside the sumptuous Town Hall.► **D-4, Rynek 1, www.muzeum.tarnow.pl. Open 09:00-15:00; Tue, Thu 09:00-17:00; Sat, Sun 10:00-16:00; closed Mon. From October open 09:00-15:00; Thu 09:00-17:00; Sun 10:00-14:00; closed Mon, Sat. Museum admission 8/5zł, Sun free.**

Sightseeing



1 Market Square & Town Hall

The centre of the city's social life and business trade since early times, Tarnów's market square was conceived in the early 14th century when it was laid out on a sandy hill surrounded by a lower loop of city walls and defensive towers. Although the defensive fortifications no longer remain (with the exception of a few fragments), the medieval layout of the Old Town remains intact to this day. Measuring 74.5 by 89.4 metres, Tarnów's market square includes two reconstructed medieval wells in the north-east and south-west corners, and is surrounded on all four sides by fine Renaissance merchant houses dating from the 16th to the 18th century. Today these buildings host various cultural venues, museums, restaurants and cafes, and in the spring and summer the Rynek comes to life with tables and chairs from the businesses lining it, and has a warm and welcoming appeal.

At its centre stands the Town Hall, a lovely 15th-century building originally constructed in the Gothic style and remodelled at the end of the 16th century in a classic Renaissance manner, topped off with gargoyles and a 30m tower from which Tarnów's 'hejnał' – a short traditional melody – is played every day at 12.00. Rather amusingly, 12:00 depends on which side of the building you're on, as the time displayed by the Town Hall's two clocks (located just below the tower) differs by two minutes. This can be forgiven when one considers that the manually wound clock - whose 10-metre shaft spans the entire building - has otherwise operated flawlessly without being modernised since the 1600s. Today the Town Hall is accessible as a branch of the Tarnów District Museum and worth a visit.► **D-4.**



8 Szczepanik Square

Named after local hero **Jan Szczepanik**, this small public square just north of the Old Town has become a sort of shrine to 'Tarnów's Edison.' Born in 1872 in the small village of Rudnik (now in western Ukraine), Szczepanik started his adult life as an unassuming teacher before discovering his passion and talent for collecting patents, of which he possessed several hundred for the 50-some inventions to his credit over the course of his career. This visionary pioneer of motion pictures, colour television, colour photography, early flying machines, submarines, the wireless telegraph, the bullet-proof jacket and a whole host of other things we take for granted today, moved his workshop from Vienna to Tarnów after falling in love with Wanda Dzikowska, the daughter of a Tarnów doctor, whom he married in Tarnów Cathedral in 1902 and fathered five children with. The sadly overlooked inventor died of liver cancer in his adopted hometown in 1926, but is fondly remembered in this square which features a two-level **fountain** and prominently displays a **monument of Szczepanik** plus an **outdoor exhibit** on his life and inventions, as well as a long curving wall that includes a large mirrored bust of his iconic head, his signature and some important dates from his career. Make a detour in your wanderings to give it a look.► **D-3, Plac Szczepanika.**

9 Poets' Bench

Located on Tarnów's main pedestrian street you'll find the seated sculptures of three popular 20th century Polish literary figures: **Agnieszka Osiecka**, **Jan Brzechwa** and **Zbigniew Herbert**. Created by Jacek Kucaba, the work led to debate over the suitability of the chosen poets when it was unveiled in

Enotourism



More than just a tourism industry catchphrase, Tarnów is known as the 'Polish hotspot' (**Polski biegun ciepła**) due to having the warmest average temperature in the country, the most sunny days, longest summers and least number of windy days. This is especially true of the **Pogórze** region just south of Tarnów, which possesses a microclimate ideal for the cultivation of grapes used for winemaking. Essentially the Polish Napa Valley, if you're an oenophile (or even know what that word means), head south from Tarnów to discover some scenic countryside and the best wines in PL.

Stec Family Vineyard

Just a scenic 15min drive south of Tarnów, this award-winning winery produces a wide range of vintages and has played a major role in the popularisation of viticulture in Poland. Stec patriarch Rafał is president of the Polish Federation of Winemakers, and his wife and sons are all wine lovers and stewards of the family business. Free guided tours are available in Polish and English; follow it up with a **wine tasting** for 30zł - simply call ahead to arrange your visit.► **ul. Wolowa 60A, Tuchów, tel. (+48) 728 49 18 64, www.facebook.com/WinnicaRodzinyStecow. Open by prior arrangement. Admission free.**

Zadora Winery

This excellent local winery produces red, rose and white dry wines and offers English-language tours, tastings, lectures and more. Twelve kilometres from Tarnów, if you don't have a vehicle, you can take a 30min ride on bus 239 from the 'Krakowska - Pl. Kościuszki' stop (B-5) to 'Błonie - Szczepanowice' (3.20zł).► **Szczepanowice 215, Rzuchowa, tel. (+48) 502 71 46 96, www.winnica-zadora.pl. Open by prior arrangement.**



2 Cathedral

Dating from the 14th century with major additions and rebuilds in the 15th and 19th centuries, the Neo-Gothic Cathedral of the Nativity of the Virgin Mary, must rate as one of the most impressive parish churches in Poland. Of note is the 16th-century portal, the impressive several-metre-long monuments to the Tarnowski and Ostrogski families, a number of extraordinary paintings and the impressive, 72-metre tower, a handy point of reference when getting lost since one of Tarnów's many rambling back streets. Some nice recent additions are also evident, including the fabulously ornate sculpted metal doors on the southern side of the building, and a large **monument of Pope John Paul II** outside the entrance.► **D-4, Pl. Katedralny, www.katedra.tarnow.opoka.org.pl. Open 10:00-11:30, 13:00-17:00; Sun 13:00-15:00, 16:00-17:00.**

3 The Old Synagogue Bimah

Between ul. Żydowska (Jewish Street) and Plac Rybny (Fish Square) stood the Old Synagogue, Tarnów's primary place of worship for 45% of its population when WWII broke out. The first synagogue at this site dates back to some time before 1582 and was rebuilt out of brick in 1670. On November 8th, 1939, it was destroyed by the Nazis and later demolished; all that remains today is the brick 'bimah' - a four-pillared podium from which the Torah was read. In 1987 a protective roof was placed over it, and the surrounding area has since been renovated into an appealing public space which hosts concerts during the annual celebrations of the 'Galician Shtetl' - Jewish Memory Days' each summer. Today the bimah is the most visible and perhaps - most important monument to Tarnów's Jewish heritage.► **D-3, Skwer Starej Synagogi.**



2004. Today, however, it is one of Tarnów's most popular and photographed sculptures. The boxes beside each writer are intended to contain books authored by them, take a peek to see if you're so lucky.► **D-3, ul. Wałowa.**

10 King Władysław Łokietek Monument

On March 7th, 1330, Polish King Władysław Łokietek bestowed Tarnów city-founder Spycimir Leliwita with a document granting his new city the right to self-govern under Magdeburg Law, in recognition of services rendered to the crown. 678 years later, the citizens were still so grateful that they erected this impressive 3.5m bronze statue of the king to commemorate his gracious act. Towering over a large square in front of a preserved segment of Tarnów's original **defensive walls** off ul. Wałowa, in real-life sculptor Czesław Dźwigaj's subject was much smaller, hence his affectionate nickname of 'Władysław the Elbow-high.' Locals believe that if you rub the king's shoe your wishes will come true...but only if you use your right hand, of course.► **D-4, ul. Wałowa 7.**

11 Koci Zamek

One of Tarnów's most unique architectural monuments, this charming brick building, affectionately known locally as the **'Cat Castle'**, is worth seeking out for its highly eclectic mishmash of architectural styles and ornamental details, including gargoyles, horse heads, turrets, irregular and glazed bricks, and an odd Latin inscription. Designed in 1893 by city architect Szczesny Zaremba, the original owner of this private residence is a matter of speculation. Current owner and local art collector Zbigniew Zarywski plans to some day open the building and its gardens to the public as a museum, but for now you'll have to admire it from outside the gates.► **C-4, ul. Batorego 13.**

Rzuchowa



Local Products Centre

About 10km south of Tarnów on the scenic route to Nowy Sącz you'll find the small village of Rzuchowa and its population of 2000 people, scarecrows, potato fields, haystacks and roadside dogs. If you're feeling the pull of rural Poland, there are also some surprising points of interest to be found, namely the **Zadora Winery** (see Enotourism) and the **Local Products Centre** - a family-friendly attraction aimed at promoting a healthy diet of organic locally-grown crops and products, supporting local farmers, protecting regional farming traditions, protecting the environment and promoting animal welfare.

Built on the 2.5 hectare site of a 13th century manor and park, the modern, multi-functional 333m2 building of the LPC serves as an educational centre with tastings and workshops on regional cuisine (available in English) and other community programmes, while also hosting exhibits, a gallery, library, seed bank, cafe for sampling the local goods and a shop where you can buy them (organic fruit and produce, honey, handicrafts, etc). There's also an educational garden for kids. If you're flirting with the idea of leaving it all behind to toil in the Polish soil, want to fill your trunk with cheap, delicious veggies, or get the kids to think twice about their daily diet of fast food and Facebook posts, this earnest community initiative might be just the thing for you. Guided tours in English can be arranged by calling +48 608 42 46 60. If you don't have a car (or tractor or horse-drawn buggy), you can get there by public bus; buy a 3.20zł ticket, get on bus 213 at the 'Krakowska - Plac Kościuszki' stop (B-5) and hop off at 'Rzuchowa - Centrum.'► **Rzuchowa 1A, tel. (+48) 603 99 56 10, www.cpl.odrolnika.pl. Open Mon-Fri 08:00-16:00, Sat 13:00-18:00, and by prior arrangement.**



4 Józef Bem Monument & Mural

Tarnów's greatest son was without doubt Józef Bem (1794-1850). A national hero of Poland, Hungary and Turkey, Bem fought for independence movements at home and abroad throughout a diverse and distinguished career. Finishing military school in Kraków, Bem participated in the Russian campaign of 1812 under Napoleon, earning France's highest military honour at only 19 years old. He then won PL's highest military honour - the **Virtuti Militari** - during the doomed **November Uprising** (against Tsarist rule in PL) in 1830, survived a Russian assassination attempt in Portugal, and joined the **Hungarian Revolution of 1848**, winning numerous battles while outnumbered against Austrian and Russian troops. Finally defeated, Bem escaped to Turkey and eventually became the governor of Aleppo in today's Syria, where he saved the city's Christian population from massacre by the Muslims. Dying of a fever at age 56, Bem's remains were brought back to Tarnów in 1929, and interred in a grand mausoleum in the middle of a pond in **Strzelecki Park** (D-1).

This 2.5 metre tall **bronze monument** was unveiled in 1985, and depicts Bem in a Hungarian uniform. On the wall nearby is a **mural** of the General with his staff at the Battle of Sibiu in 1849. The image is from a fragment of the famous **Transylvanian Panorama** by Jan Styka - an epic 120 x 50 metre panoramic painting from 1897 which was cut into pieces, scattered and lost for 70 years. Today 21 of these fragments can be seen in Tarnów's **Galeria Panorama** in the train station (A-6). A special **Józef Bem Trail** can be followed in Tarnów, which takes in his Mausoleum, birthplace (Pl. Gen. J. Bema 8, D-4) and more; visit the Tourist Info Office for details.► **D-3.**



12 Székelys Gate & Petőfi Square

Referred to by some as Tarnów's 'Hungarian district,' this public square is entered via the decorative Székelys Gate - a wonderful example of traditional Szekler wood carving. Featuring a shingled roof and floral folk motifs, the gate is a symbolic portal connecting Poland and Hungary in kinship and respect; the inscription reads, "Peace to those who enter, blessings to those who exit." One of only three such monuments in all of Poland, the gate was a gift to the city from the Székelys (or 'Szekler') people - a Hungarian ethnic group from the Carpathian Mountains. During the Hungarian Revolution of 1848, the Székelys comprised **General Józef Bem's** main fighting force, and won several victories over the Austrian Empire before the Russian Army entered the war and overpowered them. Among Bem's officers was **Sandor Petőfi** - the Hungarian poet and revolutionary, who died at the Battle of Segesvár; his bust can be found in this square, which is named in his honour.

Beyond the gate can be found additional examples of traditional Székelys wood carving in the form of several **'kopjafa'** (*kopjínki* in Polish) - wooden totems erected on the graves of heroes who fell in battle. Each kopjafa is unique, and its decorative motifs convey different meanings about the deceased. In 2004 a kopjafa was erected for **Furgon Mihály** - a Hungarian lawyer, historian and soldier who was injured during the 1914 Siege of Przemyśl and brought to Tarnów, where he died of his wounds. In 2008, a second kopjafa was erected in honour of **Norbort Lippóczy** - a Hungarian who settled in Tarnów to run a family winery and became a notable folk art collector, local philanthropist and founder of the Tarnów Friends of Hungary Society.► **C-4, Plac Petőfiego.**

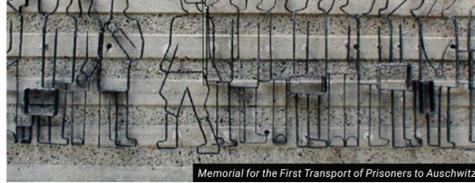
Dębno



Dębno Castle

Located a mere 22km west of Tarnów, just off of road 94 - the former main road from Kraków to Tarnów, Dębno Castle is an easy and worthwhile detour for anyone travelling between Małopolska's main cities. This late-Gothic knight's residence was built between 1470 and 1480 by Jakub Dębiński, the Castellan of Kraków. At that time, the emphasis was beginning to shift from protection to prestige, as indicated by the beautiful brick and stone exterior enhanced by towers with lovely bay window trusses and door and window frames embellished with organic, geometric and heraldic motifs. Though remodelled several times as it passed through the centuries and the hands of several Polish noble families, the castle at Dębno has maintained its original appearance of four two-storey wings connected by wooden interior arcades. Since 1976 the castle has been home to the **Museum of Antique Interiors** and its sumptuous displays of historic period furniture and domestic items, paintings, weaponry and religious objects. A short walk around the castle also offers the chance to see a few monuments, the village church, and a picturesque graveyard. Overall, Dębno is the perfect 90-minute diversion, and ideal for stretching the legs or having a picnic.

If you don't have a car, you can also get to Dębno by catching a bus, which run about twice an hour from the 'Tarnów ul. Sikorskiego - Huta' stop outside the Swit shopping centre (B-5). The journey costs 4.50zł, takes 30-35mins and drops you off within walking distance of the castle.► **Dębno 189, tel. (+48) 14 665 80 35, www.muzeum.tarnow.pl. Open 09:00-16:00; Sat, Sun 10:00-16:00; closed Mon. From Nov open 09:00-16:00; Sun 10:00-16:00; closed Mon, Sat. From Dec open 09:00-16:00; closed Mon, Sat, Sun. Admission 12/8zł, weekends 15/10zł, family ticket 26zł.**



5 The Former Mikvah & Auschwitz Memorial

Tarnów's ritual Jewish bathhouse was designed in the Moorish style (very fashionable at that time) by local architects Franciszek Hackbełł Sr. and Michał Mikoś, and opened in 1904. In use by the local Jewish community until Nazi occupation, during WWII Tarnów's mikvah was used as a temporary detention centre for prisoners bound for the concentration camps. Famously, 753 convicts from the local prison (mostly non-Jews) were locked in this building overnight, then washed, disinfected and escorted under gunpoint to the train station on the morning of June 14th, 1940, from whence they were sent to Oświęcim to become the **first inmates of the Auschwitz concentration camp**. Not yet a death camp, these inmates from the Tarnów area were given the camp's lowest prisoner identification numbers. Only about 200 managed to survive the war, and a communist-era monument opposite the mikvah honours the memory of the victims of Auschwitz.

After the war, the building of the mikvah was used as a public bath, and various shops, restaurants, nightclubs and other businesses have all occupied it since. In May 2017, a restaurant on the building's first floor was the subject of Polish celebrity chef Magda Gessler's culinary show *Kuchenne Rewolucje* ('Kitchen Revolutions'), resulting in its transformation into **Stara Łaźnia** - now one of Tarnów's premier dining destinations. The menu of traditional Galician and Polish Jewish dishes offers a taste of pre-war Tarnów; choose from ala carte dishes like cholef (traditional Jewish stew), latkes with goulash, and Jewish-style carp, or go for Miss Magda's signature 6-course set menu for 90zł.► **E-3, Pl. Więźniów Oświęcimia 1.**



13 The Organ Grinder

This whimsical monument plays hurdy gurdy tunes upon approach - an homage to the street performers who were a common sight during the 19th century at the 'Burek' market where it now stands.► **D-4, Pl. Bema.**

14 St. Mary's Church

Known locally as the 'Church by the Burek', this beautiful little Gothic larch wood church was consecrated in 1462, and is home to a painting of the Virgin Mary and Child to which numerous miracles are attributed. If you can get yourself inside, the first thing you'll notice is the extraordinary smell of wood, a miniature organ, painted things on the ceiling and a few remaining touches of the original wall paintings. Lovely.► **D-5, ul. Najświętszej Marii Panny 1, tel. (+48) 14 621 31 75, www.mbsz.diecezja.tarnow.pl. Open 08:00-19:30.**

15 The Old Cemetery

A haunting yet strangely serene testament to Tarnów's rich cultural past, the city's primary Catholic cemetery dates from 1790 and features over 4,000 graves as well as several memorials, namely to the local insurgencies of 1831 and 1863, and another to the victims of the 1846 peasant riot. Also, just outside the main gates (D-5) is a large and austere, but expressive, two-part memorial to those who lost their lives between 1939 and 1945, which features a crying child (symbolising life's grief after the loss of loved ones) and three kneeling martyrs. Located between St. Mary's and the Holy Trinity church, those following the Wooden Architecture Trail can actually cut through the Old Cemetery to get from the former to the latter.► **D-5/6, ul. Narutowicza.**

Zalpie



Felicja Curyłowa Farmstead Museum

This small village some 35km north of Tarnów is synonymous with **Polish folk art**, and one of the most photogenic places in PL. Since the late 19th century the residents of Zalpie have been painting their homes inside and out with **floral folk patterns** - a custom borne in the days before chimneys, when the smoke from cottage hearths would slowly blacken the interior walls; to brighten them up the wives of each household would repaint them with lime and embellish them with floral motifs. By the time this practice became unnecessary, it had not only stuck, but evolved into a unique art form.

Local artist **Felicja Curyłowa** (1904-1974) was an ambassador for Zalpie's folk art traditions, often visited by tourists and passersby. Upon her death, her property was transferred to the Tarnów Regional Museum. Several other local buildings have been moved to the farmstead, and today they constitute an **open-air museum of folk architecture and art**. Most impressive, however, are the interiors - filled with original furnishings, farm tools, folk costumes and paper crafts; to see them you must join a guided tour (in Polish) which depart every hour, on the hour.► **Zalpie 135, tel. (+48) 14 641 19 12, www.muzeum.tarnow.pl. Open 08:00-16:00; Thu, Sun 09:00-17:00; closed Mon. Admission 8/5zł, family ticket 16zł.**

In addition to the Curyłowa Farmstead, you'll see other painted homes, barns, wells and more as you explore Zalpie; seek out the **Painters' House** (Zalpie 128A) and **St. Joseph's Church** (Zalpie 160). Everything is within walking distance, but pack a lunch - there are no restaurants or shops. Use **e-podroznik.pl** to find connections from Tarnów if you don't have a car.



6 Memorial for the Victims of Stalinism

Just 200 metres from the Memorial to the Victims of Auschwitz, you'll find this large monument dedicated to the victims of Stalinism in the years 1939-1956. Unveiled in 2000, it was the first monument in Poland to explicitly memorialise in public space the Soviet crimes in Katyń, Charków, Twer and other execution sites, as well as those members of the Home Army and other Polish independence organisations condemned to death or imprisonment in PRL courts. Standing 6 metres high, the design of Stefan Daus and Dr Wojciech Kosiński depicts a woman (symbolising Poland) from which three eagles are flying away, atop a cracked granite pedestal (symbolising the division of PL after the outbreak of WWII).► **E-3, Plac Ofiar Stalinizmu.**

7 The Jewish Cemetery

A 10-minute walk north of the Old Town, this cemetery was established in the early 1580s and is one of the oldest and largest in Poland. With several thousand gravestones, the Jewish Cemetery is a haunting albeit necessary part of any visit to Tarnów. Though still overgrown in some areas, millions of złoty have been invested in the cemetery's restoration in recent years. Near the entrance is a large memorial to the Jews of Tarnów, built from one of the columns of the city's destroyed synagogue, and there are signs in English marking a few of the graveyard's more eminent souls. The cemetery's original gates are now in Washington DC's Holocaust Museum, and their replacements are kept firmly locked, however it is possible to borrow a key by leaving a 30zł deposit at the Tourist Information Centre at Rynek 7.► **E/F-2, Junction of ul. Słoneczna & ul. Matki Bożej Fatimskiej.**



16 Holy Trinity Church

Consecrated in 1597, if you can get inside this Gothic wooden church you'll be surprised by the sumptuous interiors of the modestly-sized space, including the bright blue ceiling and gilded altar. Created in the late-Renaissance, take a close look at the altar's extraordinary painting the Throne of Grace, which depicts God with six fingers on his left hand - representing the number of days it took Him to create the Earth.► **D-6, ul. Tuchowska 5, www.tarnowterlikowka.diecezja.tarnow.pl. Open during mass only or on request.**

17 St. Martin's Hill

This 384m high hill on the southern end of Tarnów is considered the northernmost point of the Carpathian Mountains, and it was here that the **Tarnowski Castle** stood for many centuries. First built in 1331, it was adapted into a Renaissance-style palace by hetman Jan Tarnowski in the 16th century, but after his son died childless in 1567 - a mere six years after his own death - the castle was neglected and eventually abandoned in 1723. Today all that remains are ruins, but they serve as a popular hiking destination for locals who enjoy the panoramic views of the Old Town. En route to the top you'll pass **Podzamcze** - a perfectly decent dining option, and also a recreation centre with two large **outdoor swimming pools**. On the eastern side, about a 15min walk from the castle ruins near a tall TV transmitter, you'll find one of Tarnów's wooden churches: **St. Martin's**. Built in Gothic style in the 15th century, it stands on the site of Tarnów's first parish, established in the 12th century. To get there you can take a cab for about 15zł (call +48 601 519 919), or catch bus 31, getting off at 'Góra Św. Marcjina' 10mins later.

Ciężkowice



The perfect day trip some 40km south from Tarnów, Ciężkowice is home to **Stone City** - a **15 hectare nature preserve** encompassing the **largest sandstone formations in the Polish Carpathians**. Riddled with magnificent rock outcroppings, a scenic hiking trail winds you through the highlights of the forested landscape. A natural playground, what could be as short as a 40min hike can easily turn into a day's outing depending how enthusiastic you are about exploring every tunnel, cave and cranny along the route.