

POLAND  
POMORSKIE REGION

*New  
Journey*





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**POLAND.**  
**MANY STORIES, MANY TALES.**  
**YOU PROBABLY KNOW SOME OF THEM.**

But did you know that Poland is also a place where you can get some rest and recover? Surprised? We thought so. Surprise is what most often accompanies those who come to Poland from far away. Because Poland is a modern and well-developing country. It is open, hospitable and full of smiling, creative people.

**JUST TAKE A FLIGHT TO GDANSK**  
**AND BEGIN YOUR ADVENTURE.**

The dynamic metropolis known as Tricity perfectly harmonizes with the land of a thousand lakes in Warmia and Masuria and with Western Pomerania located nearby. Complement your stay in the city with activities selected from a rich tourist and recreation offer. You can recuperate in one of the numerous SPA resorts, go on a shopping splurge and finally enjoy the tastes of regional cuisine. Regardless of what you decide on, you will be positively surprised to find top quality and reasonable prices everywhere in the region. Good transport connections, high-quality services and price competitiveness will turn your trip to Poland into an unforgettable experience. You will keep coming back.



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4-5

GOLF

WWW.POMORSKIE-PRESTIGE.PL

## BE LIKE TIGER WOODS

Fans of this age-old British sport maintain that golf is a beautiful and by no means elite discipline that can be played by whole families and generations. Even though Poland is still establishing its golf tradition, Pomorskie becomes increasingly prominent as regards European golf infrastructure.

**YOU CAN FIND SEVERAL INTERESTING** facilities led by *Sierra Golf Club* in the region itself, and if you add *Sand Valley Golf & Country Club* located in the immediate vicinity of Pomorskie to that group, you get a truly royal offer.

Sierra Golf Club located in Piętkowice near Wejherowo (around 25 kilometres away from Gdansk) belongs to the most prestigious championship golf courses in Europe. What makes Sierra a gem that keeps up with the best ones in the world? The full eighteen-hole championship course is spread on 82 hectares of land (par 72). It is equipped with an up-to-date driving range (26 sites protected from the rain) and a putting, chipping and pitching green. Designed by Cameron Sinclair, a master of his craft, it offers its guests everything they could need from a golf

club. And more. Because the beauty of nature is accompanied here by state-of-the-art electronics. Golf carts are equipped with GPS and 11-inch touch-enabled screens and wirelessly connected to the Internet, thanks to which you can follow results, read advice or simply move around the course comfortably. What is more, the system allows to inform about changes in the weather or to order drinks from the bar. Guests at the club have the luxury and friendly Club House and excellent accommodation facilities at their disposal too. All of the above makes up a perfect place for organizing the biggest sports, business or even family events.

You can find two other high-standard 18-hole courses near Gdansk. Firstly, there is *Postołowo Golf Club*, situated 28 kilometres away from the city. Designed by Jeremy Turner, the course occupies 100 hectares, and the professional route itself is more than 7 kilometres long. The second course, Sand Valley Golf & Country Club, is located in Pasłęk (80 km away from Gdansk, in the region of Warmia and Mazury). Established by a Finnish golf entrepreneur, the centre attaches great significance to such golf traditions as staying close to nature and getting to know the course on one's own. The aim was to create a course that would resemble designs from the early 20th century. Playing here demands that competitors assess the situation carefully and be able to adapt their strategies to particular circumstances.

Pomorskie offers also smaller, 9-hole centres, for example *Tokary Golf Club* and *Golf Club Zajaczkowo*. They are perfect for those who have never had contact with the sport. Both clubs employ excellent instructors who work in accordance with the standards established by the Professional Golf Association and attach importance to not only results but also golf etiquette. You do not have to worry about equipment ei-

ther. You can select and rent it on site with teachers' help. The courses have a great potential and ambitions too. The infrastructure in Tokary is currently being expanded so that the course becomes a full 18-hole one. Tokary is located only 20 kilometres away from Gdansk. It occupies an area of 45 hectares and is worth particular attention due to its unique lay of land characteristic of the Kashubian Switzerland. After lessons supervised by instructors, you can try your hand at more professional tournaments. You need to attend only 10 hours of practice and pass a two-hour theoretical exam in order to obtain the Green Card of the Polish Golf Association. The card authorises to play at golf courses in the whole Poland and participate in tournaments for beginners.

See you on the course. ■

**YOU NEED TO ATTEND ONLY 10 HOURS OF PRACTICE AND PASS A TWO-HOUR THEORETICAL EXAM IN ORDER TO OBTAIN THE GREEN CARD OF THE POLISH GOLF ASSOCIATION. THE CARD AUTHORISES TO PLAY AT GOLF COURSES IN THE WHOLE POLAND AND PARTICIPATE IN TOURNAMENTS FOR BEGINNERS.**

### USEFUL ADDRESSES

#### SIERRA GOLF CLUB

Piętkowice  
WWW.SIERRAGOLF.PL  
KAMILA.PIEPER@SIERRAGOLF.PL

#### SAND VALLEY GOLF & COUNTRY CLUB

Pasłęk  
WWW.SANDVALLEY.PL  
PAWEL.OSIAK@SANDVALLEY.PL

#### POSTOŁOWO GOLF CLUB

Postołowo  
WWW.POSTOLOWO.COM  
OFFICE@POSTOLOWO.COM

#### TOKARY GOLF CLUB

Tokary  
WWW.TOKARYGOLF.PL  
BIURO@TOKARYGOLF.PL

#### GOLF CLUB ZAJĄCZKOWO

Kobylnica  
WWW.GOLFZAJAZD.COM.PL  
RECEPCJA@GOLFZAJAZD.COM.PL

#### GOLF PARK CITY

Gdynia  
GOLFPARKCITY.PL  
INFO@GOLFPARKCITY.PL

### GREEN FEE PACKAGE

WITH ACCOMMODATION AT SIERRA GOLF CLUB

**DETAILS AND PRICES:** WWW.SIERRAGOLF.PL

#### THE PACKAGE INCLUDES:

- ✓ Green Fee for 18-hole championship course
- ✓ Green Fee for Golf Academy (9 holes)
- ✓ covered driving range with a putting and pitching area
- ✓ accommodation at Sierra Apartments
- ✓ two golf simulators
- ✓ renting of golf equipment lockers and clothing lockers in a fully equipped changing room
- ✓ access to restaurant in Club House

### ACCOMMODATION AND GREEN FEE PACKAGE

#### DETAILS AND PRICES:

WWW.SIERRAGOLF.PL  
WWW.SANDVALLEY.PL  
SIERRAGOLF@SIERRAGOLF.PL  
INFO@SANDVALLEY.PL

#### 3-DAY PACKAGE. THE PACKAGE INCLUDES:

- ✓ 2 nights at Sierra Golf Club or at Sand Valley (to choose from)
- ✓ 2x breakfast
- ✓ 3x whole-day Green Fee for 18-hole championship course (including one Green Fee for golf course outside the place of stay)

#### 5-DAY PACKAGE. THE PACKAGE INCLUDES:

- ✓ 2 nights at Sierra Golf Club, 2 nights at Sand Valley
- ✓ 4x breakfast
- ✓ 4x whole-day Green Fee for 18-hole championship course

### TWO-DAY STAY

W TOKARY GOLF CLUB

**DETAILS AND PRICES:** WWW.TOKARYGOLF.PL

#### THE PACKAGE INCLUDES:

- ✓ two breakfasts and dinners at Roda restaurant
- ✓ access to 9-hole or 18-hole golf course
- ✓ access to other sport infrastructure: Pétanque (boules), horse riding, tennis
- ✓ accommodation at Dworek Oleńka in Tuchom, Blick Hotel in Gdynia or Villa BB in Banino



6-13

CUISINE

*FULL  
TABLE*

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**Hungry? Let  
us treat you  
to Pomorskie.**

**TRADITIONAL LOCAL CUISINE, AS THE** expression itself suggests, depends on geography. The more the region is diverse and animal and plant friendly, the more interesting dishes can be found on the local tables. Pomorskie is undoubtedly the winner in this category. It has everything it needs: the sea, lakes, rivers, forests, fields, meadows and people who know how to prepare a meal after they have provided themselves with the right ingredients.

It is not without reason that many associate the region with fish. Teeming with rivers and lakes, it neighbours the Baltic Sea, which is rich in various fish species. This is why traditions of fishing and eating fish are old yet unbroken here. Fish dishes are an important part of menus in almost every restaurant, and they are the ones that are most often looked for by visitors to Pomorskie. So no wonder that Pomeranian chefs specialize in preparing such



**THE MORE THE REGION IS DIVERSE AND ANIMAL AND PLANT FRIENDLY, THE MORE INTERESTING DISHES CAN BE FOUND ON THE LOCAL TABLES. POMORSKIE IS UNDOUBTEDLY THE WINNER IN THIS CATEGORY. IT HAS EVERYTHING IT NEEDS: THE SEA, LAKES, RIVERS, FORESTS, FIELDS, MEADOWS AND PEOPLE WHO KNOW HOW TO PREPARE A MEAL AFTER THEY HAVE PROVIDED THEMSELVES WITH THE RIGHT INGREDIENTS.**

meals. Local tables are most often conquered by herring. Matjes herrings are the most precious ones. They are caught mainly in May and June. The most popular and traditional recipe is for marinated herrings served with onion, oil or cream and jacket potatoes. If you want to try this Kashubian specialty, you can visit for example the *Velvetka* restaurant in Gdansk. And

if you prefer a more innovative approach, Artur Moroz, the head chef of *Bulaj* in Sopot, suggests that you try matjes with carrots and asparagus.

While herring has maintained its popularity for years, it still has not dominated menus in Pomorskie absolutely. It contends with local freshwater fish for gourmets' recognition, especially with eel, pike and vendace caught in Radunia Lakes in Kashubia. Eels and vendaces (called "Kashubian herrings" by Kashubian fishermen) are usually smoked in a barrel, while pikes are prepared in many different ways. You can taste marinated pike at *Bulaj* in Sopot. The restaurant menu includes also dishes made from other local fish: cod carpaccio, Baltic salmon tartare or fish soup. The *Fishmarkt-Restaurant*, on the other hand, which is located close to the Motława River in Gdansk, offers dishes made from salmon, halibut and sea bass. If you look

for traditional and innovative fish dishes, it is also worth visiting restaurants like *Kubicki* in Gdansk, the *White Restaurant* in Bryza Hotel in Jurata, *Czarny Kos* in Borkowo or *Wave* in Hotel Sheraton in Sopot. There is also a great delicacy awaiting every epicure at *Poraj Palace*: trout rolls with horseradish butter, recommended by the distinguished food critic Maciej Kuroń.

Forests are another important chapter on the map of Pomorskie. They provide chefs with both fruit and mushrooms, as well as highly valued game. Local plates are often filled with dishes prepared with the use of bilberries, raspberries, blackberries, wild strawberries, wild roses or rowanberries, which are in fact very popular among guests from the northern Baltic coast. Thanks to the fact that restaurants cooperate with local suppliers, their clients are always treated with top-quality products.

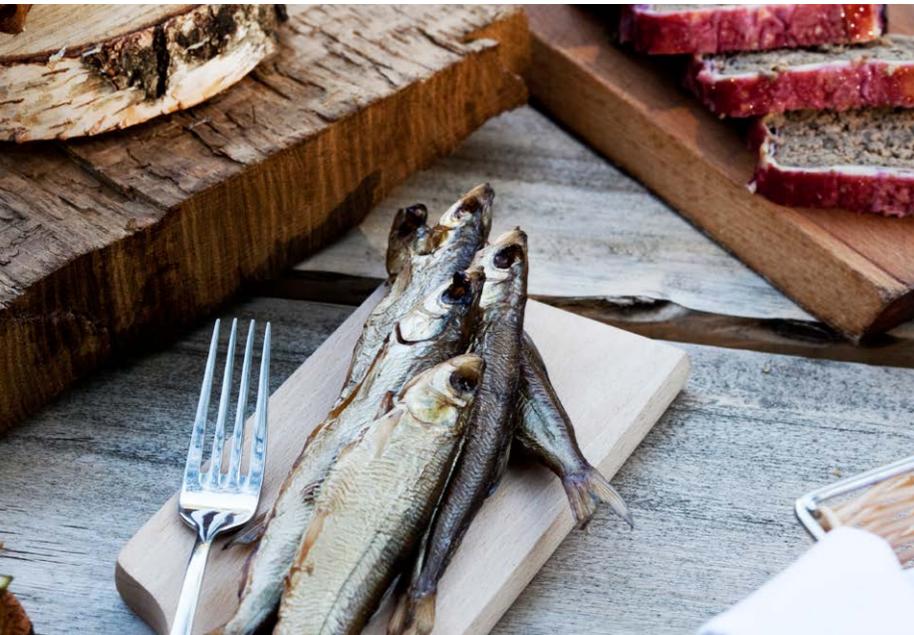
The season for forest fruit does not obviously last for the whole year. After the harvest time, restaurateurs use them to make preserves and juices so that they can later be used even during the winter. It is a similar case with mushrooms: they are dried or marinated in a traditional way. As a matter of fact, many inhabitants of Pomorskie do the same in their homes. One can learn this difficult yet very useful art at the Fumenti Culinary Academy. Forests mean also game. Restaurants located in Tricity and nearby serve wild boar meat and venison. At *Inspiracja* in Pałac Kościeszy in Przyjaźń, you can try venison with crumbled nuts and pieces of crisp multi-seed bread. The meat itself is delicate but distinctive in taste – the addition of aniseed and parsley sauce, pine perfume and six types of taste salt makes it worth coming to Przyjaźń at least for dinner. The bounties of nature are also used by head chefs at Gdansk restaurants: *Filharmonia*, *Kokieteria* in Hotel Hanza and *Szafarnia 10*, where game lovers will surely help themselves to boar ribs marinated in wine vinegar, juniper, thyme, garlic and a bit of oil. You can also attend a meeting with forest fruit at *1906 Gourmet Restaurant* in Pałac Ciekocinko and at *Piano* in Hotel Chopin in Pruszcz Gdański. It is also worth visiting *Poraj Palace* in Poraj in the autumn to try roast meat prepared according to traditional recipes, for example pork tenderloin with plums in the Old Polish manner, Beelzebub's roast beef, wild boar ham, deer leg or boar livers with apple and honey. It is thus clear that forests feed the inhabitants of Pomorskie even in the 21st century.

The cuisine of Pomorskie, just like the cuisine of the whole Poland, is rich in meat. We have been reviving the tradition of dishes made from goose and duck for several years, which is why they are more and more often seen on our tables. Gourmets have noticed that goose

and duck meat has unique taste here because of the fact that local grass is rich in iodine and sea salt. You can experience that yourself when you visit *Thusta Kaczka* in Gdynia. Hidden a bit out of the way in the district of Orłowo, the restaurant offers what is best in duck meat. Trying smoked duck breast with polenta, strawberries, beetroot, raspberries, balsamic vinegar and green pepper is definitely a must-do experience. Duck dishes are also found in the menus of *Velvetka* in Gdansk, *Bulaj* in Sopot and *Kozi Gród* in Pomlewo. As far as goose is concerned, you can ask for it at *Inspiracja* in Pałac Kościeszy, *Kokieteria* in Hotel Hanza and *Nordowi Mól* in Celbowo. *Zielona Brama* in Przywidz offers excellent goose thigh with young cabbage, roast apple, fried pear, pumpkin preserve, dried plums and cranberry.

All those kinds of poultry are still not everything local tables have to offer. Have you





ever tried rabbit? If you would like to taste delicious rabbit meat, visit *Piwna 47 Food & Wine* in Gdansk and try rabbit's leg with cream, peas, caramelized carrots, mint and potato purée. You will find a completely different approach to Kashubian meat at *Delmonico Cut Steakhouse* in Sopot. As the name suggests, it specializes in steaks. They are made from top-quality meat of Wagyu beef (which is often rated beyond the scale as regards its level of marbling). Admittedly, Wagyu is a breed from Asia, but the

herd from Delmonico has found its haven on 240 hectares of forests and meadows in the very heart of Kashubia.

Cheese is the next step on the map of local tastes. Contrary to appearances, it is made not only in the mountains but in fact in the whole Poland. Pomeranian cheeses are usually made from cow or goat milk. The most famous one called "Ślupski Chłopczyk" is a camembert-like cheese produced in Ślupsk since 1925. Another

traditional recipe includes home-made cottage cheese melted in steam with caraway. It is not large plants but small, traditional and often family cheese dairies that lead the way as far as cheese in Pomorskie is concerned. You can visit for example Rakowiec homestead, which produces 15 types of cheese; Osada Burego Misia farm or the family-owned Kaszubska Koza with its handmade cheese produced like in the old days. Dairy coming from those and other producers are also an inspiration for chefs. At *Zielona Brama* in Przywidz, you can try goat cheese with rocket accompanied by raspberry salad with gold guineafowl and sprinkled with pine nuts. The *Filharmonia Restaurant* offers sous-vide lamb with potatoes, parsley and roast tomatoes served with goat cheese emulsion. And *1906 Gourmet Restaurant* in Pałac Ciekocinko will greet you with courgette flowers with goat cheese. But regional cheeses are not used by chefs only. There is no reason why one should not try creating recipes with them or adding them to their breakfasts and snacks. You can simply visit the

**IT IS NOT WITHOUT REASON THAT MANY ASSOCIATE THE REGION WITH FISH. TEEMING WITH RIVERS AND LAKES, IT NEIGHBOURS THE BALTIC SEA, WHICH IS RICH IN VARIOUS FISH SPECIES. THIS IS WHY TRADITIONS OF FISHING AND EATING FISH ARE OLD YET UNBROKEN HERE. FISH DISHES ARE AN IMPORTANT PART OF MENUS IN ALMOST EVERY RESTAURANT, AND THEY ARE THE ONES THAT ARE MOST OFTEN LOOKED FOR BY VISITORS TO POMORSKIE.**

Breakfast Market opened every weekend from May to September in Sopot and Gdansk, the Free Market in Gdansk or Jądostajnia Kolibki in Gdynia and do the shopping.

We recommend that you add honey to your shopping list as well. Local apiarian traditions were noticed and described even in antiquity. Nowadays, there are more than 30,000 hives in Pomorskie, and bees appreciate our cooler climate and luxuriant nature. As a result,



bee-keepers treat us with traditional Pszczółki honeys (we owe their unique taste to the fact that they are gathered from rapeseed fields) and Kashubian mixed flower honeys, gathered from the middle of May to the end of August.

Kashubian strawberry deserves a separate chapter. It is definitely sweeter and more aromatic than fruit from other parts of the country. It is at the same time smaller, has light red skin and tastes a bit like wild strawberry. Everything thanks to different soil and land form and cooler climate found in Kashubia, which is mostly influenced by the vicinity of the Baltic Sea. Strawberries from farms located on the sunny slopes of morainal hills of the Kashubian Landscape are the most valuable ones. It is they that have been registered as a Protected Geographical Indication in the EU. It is a proof of their quality because it demands that strict regulations be observed: only measures based on natural ingredients can be used, and fruit can be harvested only manually.

When the Kashubian strawberry finds its way to local chefs in June and July, it is worth visiting for example *Sztuczka* in Gdynia, where it is served as part of desserts, appetizers and main courses, as well as *Gdański Bowke* in Gdansk, which offers deer tenderloin with Kashubian strawberries, a tone of chilli and asparagus. Consider also the *Old Brewery in Kościerzyna* and its light salad with pink roast beef, strawberries, tomatoes, corn salad, Romaine lettuce, roast sesame and herbal vinaigrette. Its menu features also the traditional ruchanki, that is

Kashubian pancakes with home-made strawberry, raspberry, pear and cranberry preserve, chocolate and strawberries.

It is worth helping digestion after a lavish dinner. The best way to do so is of course to follow traditions. Our region has an interesting selection of alcohols to offer. Two liqueurs demand particular attention: Goldwasser and Machandel. The former is also called the vodka of Gdansk and looks really unique: small flakes of real gold, which are believed to have health-giving properties, flow in thick alcohol. Goldwasser has its roots in the 16th century, which makes it one of the oldest liqueurs in the world. It is worth having a glass of the liqueur at a restaurant meaningfully called *Goldwasser* in Gdansk. Machandel is in turn juniper liqueur made according to an old Netherlandic recipe. It is drunk in the company of smoked Pomeranian plums. If you wish to try it, visit the restaurant *Pod Łososiem* in Gdansk.

We have saved the most popular beverage till last. One could risk saying that there would be no Gdansk without beer. It was produced here even in the Middle Ages; there were more than 400 breweries in Gdansk and the region at the turn of the 14th and 15th centuries. Today, regional products are once again popular. In order to enjoy the true taste of beer from Pomorskie, you should go to the oldest restaurant brewery in Gdansk, *Browarnia*, located right beside the Motława River. Three types of beer are brewed here: light, dark and wheat beer. At *Gdański Bowke*, you can take a sip of natural unpasteurized beer by the same name produced in a family brewery. The *Old Brewery Kościerzyna* has not taken its name out of nowhere either. Beer has been brewed here for more than 150 years!

So, hungry? ■



## THE HISTORY OF BREWING

A PACKAGE FOR BEER LOVERS

### DETAILS:

WWW.HOTELGDANSK.COM.PL  
WWW.BROVARNIA.PL

### THE PACKAGE INCLUDES:

- ✓ an excellent dinner composed of Hotel Gdansk Restaurant specialties: honey pork knuckle cooked in beer with smoked apple sauce, fried cabbage and mustard purée
- ✓ tasting of beer brewed in Brovarnia Gdansk: light, dark and wheat beer (3x 0,3 l)
- ✓ a seminar given by a brewer from Brovarnia Gdansk, who will talk about brewing and present interesting facts about beer
- ✓ a visit in the brewery
- ✓ 2 nights in a double or single room
- ✓ delicious buffet breakfasts with regional specialties at Hotel Gdansk Restaurant
- ✓ rejuvenating and stimulating Beer Massage, which improves circulation and adds energy
- ✓ unlimited access to the exclusive Med Spa Sauna Centre (including a sauna with colour therapy, a steam bath with a starlit-sky effect, a salt and ice cave and a lounge)

## THE SECRETS OF KOSCIERZYNA BREWERY

DETAILS: WWW.STARYBROWARKOSCIERZYNA.PL

### THE PACKAGE INCLUDES:

- ✓ a visit in Old Brewery Koscierzyzna
- ✓ a chance to follow the process of brewing step by step and learn the arcana of a brewer's work
- ✓ tasting of Old Brewery Koscierzyzna specialties: beer, dishes and products that are characteristic of Koscierzyzna

*\*Old Brewery Koscierzyzna is also a hotel\*\*, a regional restaurant, a pizzeria, a pub and a shopping centre*

## A CULINARY TRIP

AND A NIGHT AT PAŁAC KOŚCIESZY

DETAILS: WWW.PALACKOSCIESZY.PL

### THE PACKAGE INCLUDES:

- ✓ a night in a de luxe room at Pałac Kościeszyn in Przyjazn
- ✓ a breakfast at the hotel restaurant
- ✓ a dinner at the hotel Inspiracja restaurant, including an eight-dish tasting menu (fish, seafood, fresh vegetables, meat, desserts)

## A MEETING WITH MENNONITE CUISINE

DETAILS: WWW.HOTELCHOPIN.GDA.PL

### THE PACKAGE INCLUDES:

- ✓ a dinner at the Piano Restaurant at Hotel Chopin with dishes prepared according to original Mennonite recipes and made of products coming from local suppliers (kommst borscht, that is a cabbage and tomato soup cooked with rich meat stock – a traditional recipe from the middle of the 16th century; verenikje, dumplings made of flour ground in the local mill stuffed with grated broad bean; holuptchi – cabbage stuffed with meat, onion and unroasted, white buckwheat; pluma moos – dried fruit soup with thick cream served cold or hot; bubbaht – home-made sausage from a local smokehouse with fried onion baked in leavened dough made of spelt flour)

*\*Offer available for groups of above 10. Accommodation at Hotel Chopin according to rates for groups.*

## CULINARY EXPERIENCE IN TRICITY

DETAILS: WWW.TPOTRAVEL.COM

### THE PACKAGE INCLUDES:

- ✓ 4 nights and breakfasts in a double room at a 3-star or 4-star hotel in the centre of Gdansk
- ✓ 3 lunches
- ✓ 3 dinners at a restaurant (including Kashubian dishes and live music, fish dishes)
- ✓ 1 dinner at a hotel
- ✓ a cruise to Hel
- ✓ a sightseeing tour around Tricity with local guides
- ✓ entrance tickets to planned attractions (including the European Solidarity Centre, the castle of the Teutonic Knights in Malbork)
- ✓ a seminar on brewing; beer keg opening
- ✓ coach transport
- ✓ insurance
- ✓ tax

## LIVE COOKING AT THE WHITE RESTAURANT

DETAILS: WWW.BRYZA.PL

### THE PACKAGE INCLUDES:

- ✓ accommodation in standard rooms or apartments at the Bryza Hotel in Jurata
- ✓ breakfasts with a view over the sea
- ✓ buffet dinners combined with live cooking\* (fried fresh fish, smoked fish, shrimps, grilled dishes)
- ✓ a voucher worth of PLN 25 for one person for randomly chosen spa treatments or massages
- ✓ free attended car park

*\*from the last weekend of June to the end of August live cooking takes place at the Markiza Restaurant*

## TASTING AT DELMONICO CUT STEAKHOUSE

DETAILS: WWW.DELMONICOCUT.PL

### THE PACKAGE INCLUDES:

- ✓ tasting of one of the available three tasting menus: [1st menu: appetizer, soup, main course additions, 3 types of steaks made of Wagyu beef, desserts; 2nd menu: appetizer, soup, main course additions, 7 types of steaks made of Wagyu beef, desserts, wine, cigar; 3rd menu: appetizer, soup, main course additions, lamb leg and chops, desserts, wine, cigar] – all tastings are led by the cook who tells his guests about the dishes and explains the secrets of breeding and the genetic specificity of cattle and sheep from Delmonico
- ✓ a chance to see the breeding farm
- ✓ accommodation in Kashubia (PLN 80/person) or at Hotel Opera in Sopot

## USEFUL ADDRESSES

### 1906 GOURMET RESTAURANT, PAŁAC CIEKOCINKO

Ciekocinko  
WWW.PALACCIEKOCINKO.PL  
RESTAURANT@PALACCIEKOCINKO.PL

### WHITE RESTAURANT (BIAŁA), HOTEL BRYZA

Jurata  
WWW.BRYZA.PL  
RECEPCJA@BRYZA.PL

### BIAŁY KRÓLIK BIAŁY KRÓLIK, QUADRILLE CONFERENCE & SPA

Gdynia  
WWW.BIALY-KROLIK.PL  
RESTAURACJA@BIALY-KROLIK.PL

### BROVARNIA, HOTEL GDAŃSK

Gdańsk  
WWW.BROVARNIA.PL  
INFORMACJA@BROVARNIA.PL

### BULAJ

Sopot  
WWW.BULAJ.PL  
BIURO@BULAJ.PL

### CZARNY KOS

Barkowo near Żukowo  
WWW.CZARNYKOS.PL  
INFO@CZARNYKOS.PL

### DELMONICO CUT STEAKHOUSE

Sopot  
WWW.DELMONICOCUT.PL  
REZERWACJE@DELMONICOCUT.PL

### FILHARMONIA

Gdańsk  
WWW.RESTAUACJAGDANSK.PL  
BIURO@RESTAUACJAFILHARMONIA.PL

### GDAŃSKI BOWKE

Gdańsk  
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INFO@GDANSKIBOWKE.COM

### INSPIRACJA, PAŁAC KOŚCIESZY

Przyjaźń  
WWW.PALACKOSCIESZY.PL  
REZERWACJA@PALACKOSCIESZY.PL

### KOKIETERIA, HOTEL HANZA

Gdańsk  
WWW.RESTAUACJAKOKIETERIA.PL  
INFO@RESTAUACJAKOKIETERIA.PL

### KOZI GRÓD

Pomlewo  
WWW.KOZIGROD.PL  
KOZIGROD@KOZIGROD.PL

### KUBICKI

Gdańsk  
WWW.RESTAUACJAKUBICKI.PL  
KONTAKT@RESTAUACJAKUBICKI.PL

### NORDOWI MÓL

Celbowo near Puck  
WWW.NORDOWIMOL.PL  
MARKETING@NORDOWIMOL.PL

### PAŁAC PORAJ

Wicko  
WWW.PALACPORAJ.PL  
PORAJ@PORAJ.ORG

### PIANO, CHOPIN HOTEL

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WWW.HOTELCHOPIN.GDA.PL  
RECEPCJA@HOTELCHOPIN.GDA.PL

### PIWNA 47 FOOD&WINE

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### ZAMKOWA RESTAURANT, THE CASTLE IN KROKOWA

Krokowa  
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### OLD BREWERY

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RESTAUACJA@SZAFARNIA10.PL

### SZTUCZKA

Gdynia  
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### WAVE, HOTEL SHERATON

Sopot  
WWW.SHERATON.PL/SOPOT  
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### ZIELONA BRAMA

Przywidz  
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# CULINARY PACKAGES



14-17

AMBER

WWW.POMORSKIE-PRESTIGE.PL

## AT THE RIGHT END OF THE ROAD

**Hundreds or even thousands of years have passed, and the great value of the Baltic amber has always been an undeniable fact. It has not changed to this day so if you do not know how much that precious material has to offer and why Pomorskie is famous for it, you should definitely catch up on your backlog.**

**WE ARE NOT GOING TO EXPLAIN WHAT EXACTLY** amber is and how it looks as its fame spreads far beyond the scope of our magazine. But we would like to draw your attention to several places on the map of Pomorskie where you can learn much more about amber, see how it is extracted and processed, how much you can create from it and how to use it to improve your health.

Pomorskie is located at the very end of the Amber Road, a route covered by merchants and miners from the whole Europe in order to reach the Baltic Sea, which abounds in “the gold of the north”. The Polish A1 highway (marked as E75 in Europe) is a memento of that route. Known as AmberOne, it starts by the Baltic Sea and is supposed to end at the other side of the continent, by the Adriatic. Amber was extracted in

**IN GDANSK, THE CAPITAL CITY OF POMORSKIE VOIVODESHIP, AMBER HAS BEEN PROCESSED FOR CENTURIES. THE OLDEST TRACES OF AMBER WORKSHOPS LOCATED IN THE CITY DATE BACK TO THE 10TH CENTURY. TODAY THE CITY IS KNOWN AS THE WORLD CAPITAL OF AMBER AND IS RESPONSIBLE FOR MORE THAN 70% OF THE WORLD PRODUCTION OF JEWELLERY AND OTHER OBJECTS MADE OF AMBER.**

Pomerania already in the Neolithic, 4500 years ago. This is where unprocessed stones and valuables started their journey, carried by merchants to the whole Europe and beyond. Little has changed today. Amber is present in practically every sphere of life in Pomorskie: from fashion through gastronomy to medicine.

In Gdansk, the capital city of Pomorskie Voivodeship, amber has been processed for centuries. The oldest traces of amber workshops located in the city date back to the 10th century. Today the city is known as the World Capital of Amber and is responsible for more than 70% of the world production of jewellery and other objects made of amber. It is also the host of the most important fairs in the amber industry: Amberif (which includes also a Fashion and Amber Gala that presents the latest trends in the use of the precious resin in fashion) and Ambermart, as well as the Amber Road Cities Forum and sessions and seminars of the World Amber Council. Gdansk is also famous for the “Amber Fifth Avenue”, which consists of the following streets: Mariacka, Długa, Długi Targ and Długie Pobrzeże. It is precisely those four streets that are home to the biggest number of shops and galleries selling unique jewellery and home decor objects and accessories made with the use of amber. Many of them give you a chance to watch the best craftsmen process amber. What is more, you can visit galleries to get to know how to distinguish between real Baltic amber and fakes. The local Academy of Fine Arts features an Amber Studio led by the highly regarded designer and professor Sławomir Fijałkowski. Every year, the studio publishes Trendbook, which sums up and presents current trends. Moreover, amber is present in such important and characteristic events as St. Dominic’s Fair or the Feast of Mariacka Street. Gdansk is connected with

amber at the administrative level too. It is here that the Amber Ambassador is nominated. His task is to popularize the advantages of amber in Poland and in the whole world. In such a city, you will of course find the Amber Museum, the most innovative museum in Gdansk. It familiarizes its visitors with the origin, value and extraction and working techniques of amber. Exhibitions devoted to amber can be found in the Archaeological Museum in Gdansk, the Archaeological Education Centre “Błękitny Lew” and the Museum of Amber Inclusions, which is located at the Faculty of Biology of the University of Gdansk and exhibits above 5500 amber lumps with 13,000 animal inclusions. Even the football stadium in Gdansk is inspired by amber. Situated in the district of Letnica, the object was one of the most beautiful stadiums of Euro 2012. It can be admired from close up, from the inside and as an element of the panorama of Gdansk. In the latter case, it resembles a large, beautiful piece of amber washed ashore.

Manufaktura S&A, the biggest amber company in Poland, has its seat in Gdynia. Not only does it lead the way at the production of amberware, but it has also opened a workshop for organized groups. Tourists can take part in the Amber Emotions programme and listen to stories and curiosities about the treatment of amber, learn how to differentiate Baltic amber from fakes and finally familiarize themselves with its healthful properties. You can find amber in Orłowo, the artistic district of Gdynia, too. Students at the Complex of Schools of Fine Arts, which is situated right by the beach, learn to take microscale photographs of amber.

Located between Gdansk and Gdynia, Sopot naturally cannot do without amber either. After all, it is a city of artists and design. During the famous Sopot festival, authors and perform-

ers of the best songs are awarded the Amber Nightingale statuettes, designed by Bogdan Mirowski, who lives precisely in Sopot. Sopot is also home to Lucjan Myrta, an artist specializing in the use of amber to create monumental objects filled with sculptures and paintings. In order to find resinous inspirations, it is worth taking part in Sopot Fashion Days: everyone fond of the gold of the north will not be disappointed.

Slupsk is another city of long and rich amber traditions. This is where one of the first Pomeranian guilds for amber craftsmen was located (it was older even than the one in Gdansk). They were called “Paternostermacher”, meaning “rosary makers”. With the passing of time, apart from rosaries, they started making cutlery handles. It is worth mentioning that Slupsk has a unique symbol, the Lucky Bear, which today most often takes the form of a mascot giving sweets to children in the centre of the city. But the origin of the bear lies in an amber figurine of that animal. You can visit stores in Slupsk and buy replicas of the original charm, which was probably a bear hunter’s talisman created six thousand years ago. The original bear can be found in the Historic Museum in Stralsund.

Jantar, a village located in the commune of Stegna whose name could be literally translated as “amber”, is one of the most interesting places on the amber map of Pomorskie. It is the host of the World Championships in Amber Collecting, which have been organized here every year since 1999. What is interesting is that many inhabitants of the commune do it for a living. In the nearby Stegna, on the other hand, you will find the Museum of Amber – the Amber Room. Its exhibition features amber lumps and inclusions coming from its owner’s private collection, including an interesting tree dripping with amber.

One of the biggest collections of amber is located in the Malbork Castle Museum. The huge stronghold of the Teutonic Knights is home to an exhibition of objects made of amber over the centuries. When in Malbork, it is worth remembering about the exhibition, which can be found in the Middle Castle.

Amber is an important part of the history of Pruszcz Gdański too, which once featured a trade centre called “faktoria”. Situated at the intersection of various trading routes, the city started making big money on amber trade and soon filled with numerous craftsmen’s workshops. A reconstruction of the old trade settlement was opened in 2011. It gives its guests a chance to see how the lives of the old inhabitants of Pomerania looked and to participate in lessons on historical arts and crafts.

The above-mentioned attractions are of course only an example of the presence of amber in the everyday life of Pomorskie. The gold of the north influences its every sphere. It is present for instance in gastronomy or SPA services. Pomeranian head chefs draw inspirations from amber when they devise recipes for delicious food or create menus for their restaurants. Amber is present in SPA centres too. Thanks to its healthful properties, it has become one of the most important ingredients in the production of various cosmetics. It is also used during numerous rituals and treatments. The truth is you just need to take a look around Pomorskie to notice interesting places, attractions and curiosities connected with amber, which could be a perfect complement to your stay in the region.

Almost every town and city in Pomorskie has traces of amber in its history. Many of them are inhabited by amber collectors or craftsmen who process the precious resin. After all, it is here that such masterpieces as the legendary Amber Room or the amber altar in St. Bridget’s Church in Gdansk were created. Where else could you look for the most beautiful amber objects and the best information about the gold of the north? Only in Pomorskie! ■

## AMBERMODA

**DETAILS:**  
AMBERMODA  
MG@AMBERMODA.COM  
WWW.AMBERMODA.COM

An author’s gallery and workshop that lets its guests peep at goldsmiths and amber craftsmen while they design, cut and solder jewellery. Ambermoda organizes exhibitions of goldsmithery and amber handicraft produced by highly regarded designers and of jewellery and objects created by the gallery owners.

## BECOME AMBER LORD

**DETAILS:**  
JOYEVENT.PL / TRAVEL & EVENT AGENCY  
JOYEVENT@JOYEVENT.PL  
WWW.JOYEVENT.PL

The urban game “Amber Lords” is a unique way to learn the history and properties of amber. Its participants play medieval merchants whose aim is to collect amber and deliver it at a given place on a given hour to Russian merchants heading towards Aquileia along the Amber Road. They have to perform particular tasks, solve riddles and find liaisons who will share valuable information with them. “Amber Lords” has been awarded by the Gdansk Tourist Organization as one of the best tourist products in Gdansk.

Depending on the arranged tasks, both children (school groups) and adults (tourist groups, integration and company events) can take part in the game. It is a game that uses the urban sphere as its board and the participants themselves as pawns.

## AMBER MUSEUM

**DETAILS:**  
AMBER MUSEUM  
BURSZTYN@MHMG.GDA.PL  
WWW.MHMG.GDA.PL/BURSZTYN

Located in the historic Długa Street Gatehouse Complex, the Amber Museum is the most innovative museum in Gdansk and offers one of the most interesting exhibitions of amber in the region. Its visitors can learn about the origin, advantages and working techniques of amber as well as admire contemporary pieces of art made of the precious resin.

## ARCHAEOLOGICAL MUSEUM IN GDANSK

**DETAILS:**  
ARCHAEOLOGICAL MUSEUM  
MAG@ARCHEOLOGIA.PL  
WWW.ARCHEOLOGIA.PL

The permanent exhibition “With Amber through Millennia” was the first exhibition of that kind in the post-war Poland. It contains natural amber forms, unique varieties of amber and inclusions. Moreover, it illustrates the Amber Road and several archaeological finds it has yielded. The oldest objects in the collection include fragments of ornaments from the Palaeolithic Period and amulets related to the cult of fertility and hunting magic from the Mesolithic Period. The exhibits are unique in their simplicity and ingenuity and prove the development of imagination and skills of amber craftsmen throughout the history. The exhibition ends with contemporary handicraft from Gdansk.

## MANUFAKTURA S&A

**DETAILS:**  
MANUFAKTURA „S & A”  
WWW.S-A.PL

A 45-minute tour around Manufaktura S&A gives a chance to learn the contemporary amber working techniques and methods used to produce amber jewellery. Its programme includes a visit in the polishing facility and in the handicraft department and an exhibition of ready-made objects. The offer of guided tours is addressed to organized groups (of 10 and more) with prior booking by phone.

## STYL GALLERY

**DETAILS:**  
STYL GALLERY  
GALERIA@AMBERSTYL.PL  
WWW.AMBERSTYL.PL

Located on Długie Pobrzeże street, the gallery owned by Zbigniew Strzelczyk, a Master Amber Craftsman, Master Goldsmith and Master of Handicraft rolled into one, offers not only an exhibition of amber jewellery but also presentations of the arcana of amber crafting. Groups of less than 10 can take part in lectures about amber and crafting shows (cutting, polishing, faceting and sculpting), as well as see microscopic shows of amber inclusions and learn how to recognize real ambers. The staff is more than willing to share their knowledge on folk medicine using amber or the rules of jewellery design. One can also try cutting amber individually.

# AMBER PACKAGES

## + USEFUL ADDRESSES

**AMBER MANUFACTURE MICHEL**  
*Gdańsk*  
WWW.AMPMICHEL.COM.PL  
MICHEL@AMBERMANUFACTURE.COM.PL

**AMBERMODA**  
*Sopot*  
WWW.AMBERMODA.COM  
MG@AMBERMODA.COM

**“TOURS IN GDANSK” TRAVEL AGENCY**  
*Gdańsk*  
WWW.TOURISMGDANSK.PL  
INFO@TOURISMGDANSK.PL

**“MOJA FORMA” GALLERY**  
*Gdańsk*  
WWW.MOJAFORMA.COM  
LISTY@MOJAFORMA.COM

**“STYL” GALLERY**  
*Gdańsk*  
WWW.AMBERSTYL.PL  
GALERIA@AMBERSTYL.PL

**AMBER GALLERY**  
*Gdańsk*  
WWW.AMBERGALLERY.PL  
OFFICE@AMBERGALLERY.PL

**“PRESTIGE” AMBER GALLERY**  
*Gdańsk*  
WWW.GALERIAPRESTIGE.PL  
KONTAKT@GALERIAPRESTIGE.PL

**JOYEVENT.PL TRAVEL&EVENT AGENCY**  
*Gdańsk*  
WWW.JOYEVENT.PL  
JOYEVENT@JOYEVENT.PL

**MANUFAKTURA „S&A”**  
*Gdynia*  
WWW.S-A.PL  
ASYSTENT@S-A.PL

**AMBER MANUFACTURE IN MUSEUM OF AMBER**  
*Gdańsk*  
WWW.S-A.PL  
MANUFAKTURA.BURSZTYNU@S-A.PL

**“FAKTORIA” INTERNATIONAL BALTIC CULTURAL PARK**  
*Pruszcz Gdański*  
WWW.FAKTORIA-PRUSZCZ.PL  
BIURO@FAKTORIA-PRUSZCZ.PL

**MUSEUM OF AMBER “AMBER ROOM”**  
*Stegna*  
WWW.BURSZTYNOWAKOMNATA.COM  
INFO@BURSZTYNOWAKOMNATA.COM

**ARCHAEOLOGICAL MUSEUM**  
*Gdańsk*  
WWW.ARCHEOLOGIA.PL  
MAG@ARCHEOLOGIA.PL

**MUSEUM OF AMBER**  
*Gdańsk*  
WWW.MHMG.GDA.PL/BURSZTYN  
BURSZTYN@MHMG.GDA.PL

**MUSEUM OF AMBER INCLUSIONS**  
*Gdańsk*  
WWW.MUZEUM.GDA.PL  
BURSZTYN@BIOL.UG.PL

**MALBORK CASTLE MUSEUM**  
*Malbork*  
WWW.ZAMEK.MALBORK.PL  
INFO@ZAMEK.MALBORK.PL

**“AMBERMART” AMBER FAIR**  
*Gdańsk*  
WWW.AMBERMART.PL  
EWA.RACHON@MTGSA.COM.PL

**TEJA TUR**  
*Sopot*  
WWW.TEJA.COM.PL  
TEJA@TEJA.COM.PL

## AMBER TRIPS

**DETAILS:**  
TOURIST AGENCY “TOURS IN GDANSK”  
BIURO@SZCZYPYASWIATA.COM.PL  
INFO@TOURSINGDANSK.PL  
WWW.SZCZYPYASWIATA.COM.PL  
WWW.TOURSINGDANSK.PL

The tourist agency “Tours in Gdansk” offers a special package of amber-related trips around Pomorskie arranged for both organized groups and individuals. All trips are led by the best guides who, apart from Polish, speak English, German, Spanish and Russian.

## IN PURSUIT OF AMBER

**DETAILS:**  
TEJA TUR  
WWW.TEJA.COM.PL

An urban game that familiarizes its participants with the history of amber and Gdansk. It is set in the past. The players have to solve the mystery of amber deposits disappearing from Gdansk. They play a group of investigators who are engaged in pursuit of amber. They head towards various places in Gdansk in order to find pieces of a map and amber lumps, at the same time gathering more and more information about the history of the city. Having collected all the pieces of the puzzle and put them together, they obtain a map with the coordinates of the amber thieves. The participants have to answer questions to obtain additional amber lumps. The team that collects the biggest number of ambers wins.

## AMBER MANUFACTURE MICHEL

**DETAILS:**  
AMBER MANUFACTURE MICHEL  
WWW.AMPMICHEL.COM.PL

Amber Manufacture Michel is a company that manufactures amber jewellery. Its products are displayed in its gallery located on Długie Pobrzeże in Gdansk. The gallery presents how amber jewellery is produced following both traditional and contemporary methods, explains the history of amber and the Amber Road, exhibits amber inclusions and offers interesting pieces of information on the precious resin.

## FAKTORIA INTERNATIONAL BALTIC CULTURAL PARK

**DETAILS:**  
FAKTORIA INTERNATIONAL  
BALTIC CULTURAL PARK  
BIURO@FAKTORIA-PRUSZCZ.PL  
WWW.FAKTORIA-PRUSZCZ.PL

A reconstruction of a trading post located in Pruszcz Gdański between the 1st and 5th centuries CE. It features a museum exhibition called the Chieftain’s Hut, a Market Hall where visitors can see living archaeology and reconstructions of the Amber Jeweller’s Hut and the Blacksmith’s Hut, both of which use unique methods to combine new technologies and the abundance of archaeological artefacts with the beauty of amber exhibits.

## MALBORK CASTLE MUSEUM

**DETAILS:**  
MALBORK CASTLE MUSEUM  
INFO@ZAMEK.MALBORK.PL  
WWW.ZAMEK.MALBORK.PL

The Malbork Castle Museum hosts a permanent amber exhibition. It features objects made of amber in various ages: from prehistoric times to the present day. A large part of the exhibition is devoted to 17th-century and 18th-century coffers, altars, cutlery, candlesticks, figurines and jewellery. The exhibition can be found in the basement of the east wing of the Middle Castle and belongs to the largest ones in Poland and the whole world.

## AMBER GALLERY

**DETAILS:**  
AMBER GALLERY  
WWW.AMBERGALLERY.PL

A prestigious gallery with many years of experience in selling the most interesting amber jewellery. Apart from classical design, the gallery offers innovative solutions and modern compositions, for instance amber combined with diamond. It organizes lectures about the origin of amber or methods of its extraction, as well as lessons on distinguishing between real Baltic amber and fakes.



18-23  
HEALTH

## FOR HEALTH AND BEAUTY

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Although it was perhaps a bit unexpected, Pomorskie has recently become one of the most important regions as far as medical and health tourism is concerned.



#### TOURISTS FROM PRACTICALLY THE WHOLE

world come to Pomorskie. Many of them visit our region not only to do some sightseeing and spend several days sunbathing or sometimes inhale a bit of iodine, but also to recuperate a little or enhance their beauty. And no wonder: local clinics and medical centres offer both top-quality services provided with the use of the most innovative equipment and attractive prices.

#### RETURN TO FITNESS

As a matter of fact, a surgery or treatment is just the beginning of a long recovery process. Rehabilitation, which lasts much longer, is equally important. Both doctors and patients are aware of that simple truth, which is why the best rehabilitation centres enjoy continuing success.

Clinics in Pomorskie focus on comprehensive rehabilitation, which means not only getting patients back to physical fitness but also taking care of the emotional, social, mental and professional spheres of their lives. This is why they hire the best doctors, nurses, physical therapists and rehabilitators, as well as psychologists and dieticians.

Patients choose particular centres to return to form after orthopaedic, surgical and neurosurgical treatments and after burns and neurological problems. This is why many facilities offer specially prepared simulations of home

settings, thanks to which convalescents are perfectly able to return to their normal lives. In order to make it possible, each rehabilitation plan is developed with the participation of the patient and his or her family.

The location of rehabilitation centres in Pomorskie is their great advantage, thanks to which rehabilitation processes are not limited to exercising only but complemented with a chance to rest in the bosom of nature or on the beach. After all, each doctor knows that a patient's positive attitude is half the battle.

*Krojanty Clinic* in the village of Krojanty near Chojnice is one of the leading rehabilitation facilities. Located on the edge of the Tuchola Forest, around 2 hours away from Gdansk, the centre specializes in the treatment of spinal and motor organ diseases and headaches, and its treatment system is largely focused on increasing the body's resistance to stress. Moreover, specialists working in Krojanty offer rehabilitation after orthopaedic surgeries and fractures, pre-surgical rehabilitation, biological regeneration with an anti-stress programme or activation of older people.

*The Centre for Rehabilitation and Recreation "Neptun"* in Jantar (around 40 km away from Gdansk), on the other hand, offers for example two-week rehabilitation sessions for the disabled. During those 14 days, its guests are provided with meals, accommodation, medical and rehabilitation care, treatments, optional activities (for example cooking evenings or karaoke) and a chance to use the recreation infrastruc-

ture available at the centre. "Neptun" offers for instance an indoor swimming pool, a cryogenic chamber, a salt cave, hydrotherapy, physiotherapy, massages, kinesitherapy, phototherapy and balneotherapy.

When you look at the rehabilitation map of Pomorskie, pay closer attention to the five-star *Grand Lubicz Hotel* located 150 km away from Gdansk in Ustka. The recreation and health resort has prepared 25 rooms offering balneotherapy, hydrotherapy, thermotherapy, phototherapy, electrotherapy and kinesitherapy services, as well as massages and inhalation. It treats orthopaedic and traumatic diseases, rheumatologic, cardiologic and nervous system diseases and hypertension. Moreover, it offers rehabilitation for women after mastectomy and treatment of diabetes, endocrine disorders, osteoporosis and occupational diseases. Ustka is also famous for brine waters and therapeutic peat, which, combined with the seaside, iodine-rich climate, can work miracles.

You can expect miracles at *Kuracyjny Hotel* in Gdynia too. Competent professionals familiar with the latest rehabilitation methods and up-to-date equipment ensure excellent services. Apart from orthopaedic rehabilitation, the hotel offers gynaecologic rehabilitation, backache treatment and therapies for patients with degenerative arthritis and children with posture defects. There are also various programmes available, including the relaxing one for everyone exhausted by their professional activities. The Rehabilitation and Biological Regeneration Centre located at the hotel proposes 7-day and 14-day rehabilitation sessions: it is worth considering them if you plan coming to the seaside.

#### PERFECT SIGHT WITHOUT ROSE-COLOURED SPECTACLES

Sight defects can be successfully cured in Pomorskie as well. You can often meet foreign patients at local ophthalmologists' offices. They are attracted by prime quality of treatment and low prices.

Practically all kinds of eye and sight defects are effectively treated in Pomorskie. Specialists deliver first-class services regardless of whether

it is just about basic eye tests and selecting the first pair of glasses or contact lenses or specialist diagnostics and precise surgical treatments.

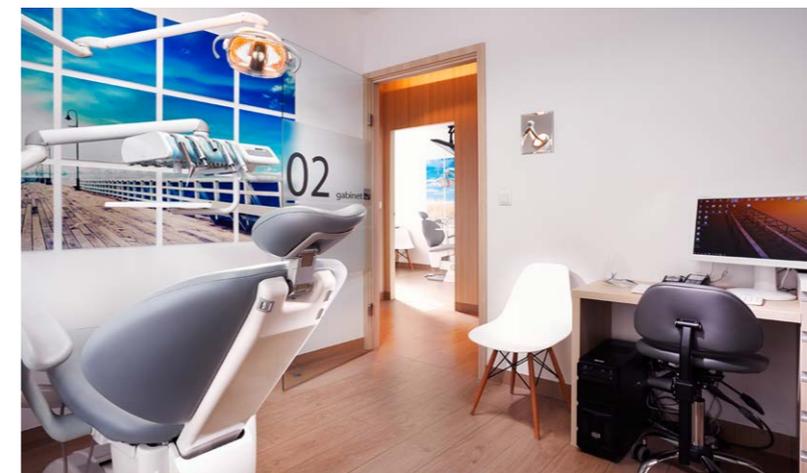
Ophthalmologists and surgeons will successfully treat a cataract, glaucoma and corneal diseases and perform laser eye surgery; they also specialize in neuro-ophthalmology, cosmetic eye surgery and refractive surgery. Furthermore, one can receive effective treatment of a squint or retinal diseases here. Everything with the use of state-of-the-art equipment.

But ophthalmology means also post-treatment care. The owners of eye clinics and their staff have seen to it that recovery rooms and supervision over the recovery process be of the highest quality possible.

Patients coming to Pomorskie to treat their sight are satisfied with the services they receive at the *Professors' Ophthalmology Centre* in Gdansk. The Centre offers a full range of various ophthalmological treatments, treats eye disorders, helps to select soft and hard contact lenses and finally provides treatments and perform examinations as far as children's ophthalmology is concerned.

#### BITE INTO POMORSKIE

In order to bite into Pomorskie (or anything else as a matter of fact), you need something you can do it with. Everyone who has ever had toothache realizes that it is better to take care of one's dentition in advance. All the more so because tourists are tempted with a whole host of regional



dishes and tastes one simply has to try. Perhaps this is the reason why dentistry constitutes an important part of medical tourism, which keeps flourishing in Tricity and the region.

Again, the latest equipment and the best professionals are a mark of not only rehabilitation and ophthalmology but also dental offices.

It is not without reason that one of the top-rated dental clinics is called the *European Implant and Aesthetic Centre*. Patients from the whole Europe seek treatment at *Vivadental* in Gdansk, which is the centre in question. Vivadental specializes in practically everything connected with teeth: implantology, bone regeneration, dental surgery, prosthodontics, endodontics, periodontics, hygiene services, orthodontics, teeth whitening and paediatric dentistry. Thanks to its wide range of services, it offers comprehensive treatment: patients do not have to visit three different offices and use services provided by several different doctors of various specializations.

**TOURISTS FROM PRACTICALLY THE WHOLE WORLD COME TO POMORSKIE. MANY OF THEM VISIT OUR REGION NOT ONLY TO DO SOME SIGHTSEEING AND SPEND SEVERAL DAYS SUNBATHING OR SOMETIMES INHALE A BIT OF IODINE, BUT ALSO TO RECUPERATE A LITTLE OR ENHANCE THEIR BEAUTY. AND NO WONDER: LOCAL CLINICS AND MEDICAL CENTRES OFFER BOTH TOP-QUALITY SERVICES PROVIDED WITH THE USE OF THE MOST INNOVATIVE EQUIPMENT AND ATTRACTIVE PRICES.**

What is more, treatment plans are devised individually for each patient with his or her needs in mind. The whole process is painless thanks to the use of local or regional computer anaesthesia. Vivadental has virtually unlimited diagnostic, technological and therapeutic possibilities, thanks to which you can completely change your smile in only one place. It is worth adding that Vivadental does not only treat but also carry out scientific research on implants, which is why doctors working at the Centre have constant access to the latest techniques and technologies.

The *Perfect Smile Dental Clinic* is another leading facility in Gdansk. From its very beginning, its founders, dental implantologists Marek Markiewicz and Tomasz Zarański, have aimed their efforts at treatment that is effective and as non-invasive and quick as possible. Perfect Smile is one of the few facilities that provide interdisciplinary treatment, which is not focused on one tooth only but on the whole dentition and its role

in the patient's health and appearance. It is possible thanks to the use of innovative and at the same time simple cosmetic and treatment methods.

#### PERFECT LOOK FOR THE SUMMER

Pomorskie is also rich in reputable aesthetic medicine and cosmetic surgery clinics and centres. It should not be a surprise to anyone because beautiful beaches have always been accompanied by plastic surgery. Local cosmetic surgeons have thus taken the idea of making people happy to heart and decided to help them achieve their own ideal of beauty.

Aesthetic medicine clinics in Pomorskie place particular emphasis on the client's satisfaction, which is achieved by not only the result of the treatment but also its whole process: from the first appointment to postoperative care. Treatment plans are obviously once again prepared together with the patients so that their individual expectations are met. Many clinics have comfortable and cosy recovery rooms with specialist and modern equipment. They also offer wireless Internet and twenty-four-hour care.

**Perfect Medica** from Gdansk holds excellent reputation in the sphere of aesthetic medicine. It has been on the market for more than ten years already. Many satisfied clients left the walls of the clinic during all those years. Doctors from Perfect Medica consider increased patient's self-esteem and improved quality of their lives their biggest success. It is worth mentioning that the majority of treatments provided there are administered in outpatient centres and demand that the patient stay in the recovery room only for several hours, although it is of course possible to stay in one of the comfortable rooms for a longer time.

Cosmetic surgeons from Pomorskie are up to date with the latest cosmetic and reconstructive surgery achievements. They provide facial, neck, breast and abdomen surgery. They efficiently and safely remove scars, tattoos and skin cancer, as well as perform liposuction and provide cosmetic gynaecological treatments. Moreover, such clinics treat hyperhidrosis, shape lips and soften wrinkles. All those treatments demand that doctors have not only great manual skills and imagination but also perfect approach to their patients and understanding of their situations and needs. The treatments are administered with the use of top-quality equipment in perfectly adapted conditions, which gives patients a safety guarantee. All doctors and technicians employed in aesthetic clinics are experts in their fields of interest and are able to manage every task they face. Nurses and rehabilitators who take care of patients after treatments know their jobs perfectly as well: they understand that the first several days after a surgery are crucial for the whole recovery process.

Weight is a separate issue as regards health and appearance. Obesity belongs to diseases of afflu-



ence. Not everyone knows how to deal with overweight without professionals' help. Fortunately, the latter can be easily found in Pomorskie. And it is definitely worth asking for their aid because it is not only a matter of appearance: obesity may cause many cardio-vascular, joint or liver diseases and cancers or blood clots.

Obesity treatment needs to be approached reasonably. One should lose weight in a controlled way, under the supervision of dieticians, bariatric surgery specialists, psychologists and physical therapists. Each patient is different, which is why one has to assess risk and benefits individually and select appropriate treatment methods that would at the same time cure other diseases related with obesity. In other words, one should entrust their health to professionals. **Hotel Wieniawa** in Rekowo Górne (ca. 50 km away from Gdansk), which offers weight-loss holidays, is one of the best experts in the field. Taking such holidays, you will not only lose a few kilograms but also easily maintain the desired weight.

#### EVERYTHING IN ONE PLACE

The above-mentioned solutions are certainly still not everything Pomorskie has to offer for your health. There are various possibilities, and they are all available within the borders of practically one geographical region. If you want to choose the one that suits you best, read about all of them. In order to find your perfect solution, visit the website [Trendmed.eu](http://Trendmed.eu), where you can buy the offer you find perfect.

It only remains for you to reach for health. ■

#### DETOX PACKAGE

AT SPA WIENIAWA IN REKOWO GÓRNE

**DETAILS AND PRICES:**  
OFFICE@TRENDMED.EU  
WWW.VISITPOLAND.SE

The packages feature 5-day or 7-day detoxifying sessions with full board at the four-star SPA Wieniawa in Rekowo Górne.

##### THE PACKAGE INCLUDES:

- ✓ medical consultation
- ✓ body composition analysis
- ✓ individual, carefully selected detox diet featuring regional, organically grown products
- ✓ programme of physical activity with coach: swimming, Nordic walking, yoga, gymnastics
- ✓ whole body massages (2 massages in 5-day session, 3 massages in 7-day session)
- ✓ welcome pack with Polish products
- ✓ transport to and from airport/ferry terminal

#### CARDIAC REHABILITATION

IN JANTAR

**DETAILS AND PRICES:**  
MEDYK@MIERZEJA.PL  
WWW.KLINIKA-MEDYK.PL

##### THE PACKAGE INCLUDES:

- ✓ 7-day, 14-day or 21-day stay in a sunny, modern double room or in a comfortable apartment of 60 sq m with full board
- ✓ access to a wide array of treatments: kinesitherapy, hydrotherapy, physiotherapy and massages (altogether 8 rehabilitation treatments per day 6 days a week)
- ✓ access to gym and salt cave
- ✓ participation in lectures on diseases of affluence and lifestyle changing
- ✓ consultation with specialist in internal medicine
- ✓ constant nursing care
- ✓ non-invasive cardiological diagnosis echocardiogram, cardiac stress test on treadmill, Holter ECG, twenty-four-hour blood pressure monitoring
- ✓ safe physical training adjusted to patient's needs

#### BREAST CORRECTION

AT CLINICA MEDICA IN GDYNIA

**DETAILS AND PRICES:**  
OFFICE@TRENDMED.EU  
WWW.TRENDMED.EU

##### THE PACKAGE INCLUDES:

- ✓ blood test, chest X-ray and breast ultrasound
- ✓ appointment with specialist in cosmetic surgery and anaesthesiologist qualifying for surgery
- ✓ surgery with general anaesthesia
- ✓ twenty-four-hour stay at hospital (if needed) under constant supervision by nurses and anaesthesiologist
- ✓ post-operative instructions
- ✓ follow-up appointment
- ✓ stitches removal one week after treatment
- ✓ 8 nights in comfortable, air-conditioned room at 3-star, 4-star or 5-star hotel located 10 minutes away from hospital
- ✓ breakfasts and dinners at hotel

#### DENTAL PACKAGES

AT PERFECT SMILE DENTAL CLINIC

**DETAILS AND PRICES:**  
WWW.PERFECT-SMILE.PL

##### THE PACKAGE NO. 1 INCLUDES:

- ✓ scaling, sandblasting plus fluoridation
- ✓ dental check-up and consultation
- ✓ digital panoramic X-ray

##### THE PACKAGE NO. 2 INCLUDES:

- ✓ scaling, sandblasting plus fluoridation
- ✓ dental check-up and consultation
- ✓ digital panoramic X-ray
- ✓ 3D CT scanning for the purpose of implant treatment planning

##### THE PACKAGE NO. 3 INCLUDES:

- ✓ scaling, sandblasting plus fluoridation
- ✓ dental check-up and consultation
- ✓ digital panoramic X-ray
- ✓ 2x cavity filling

##### THE PACKAGE NO. 4 INCLUDES:

- ✓ scaling, sandblasting plus fluoridation
- ✓ dental check-up and consultation
- ✓ digital panoramic X-ray
- ✓ 2x cavity filling
- ✓ in-clinic teeth whitening with a lamp

#### 8 DAYS

AT GRAND LUBICZ WELLNESS & SPA IN USTKA

**DETAILS AND PRICES:**  
WWW.TRENDMED.EU  
OFFICE@TRENDMED.EU

##### THE PACKAGE INCLUDES:

- ✓ 7 nights at hotel room
- ✓ buffet breakfasts
- ✓ buffet dinners
- ✓ treatment package at Medical Centre: 2x classic underwater massage and classic massage max 15 minutes, 2x power shower max 5 minutes, 2x bubble bath max 10 minutes, 2x classic massage max 10 minutes, 5x aqua gymnastics max 20 minutes
- ✓ aromatherapy sessions in salt cave with graduation tower
- ✓ 10% discount for remaining treatments at Spa Centre
- ✓ access to sports pool and recreation pool with slide, lazy river and paddling pool
- ✓ access to whirlpool
- ✓ access to sauna and steam bath
- ✓ access to herbal bath
- ✓ access to infrared sauna
- ✓ access to brine pool with pool outside

#### USEFUL ADDRESSES

##### ALL POLAND SP. Z O.O.

Gdańsk  
WWW.ALL-POLAND.TRAVEL  
TOUR@ALL-POLAND.COM

##### ANNA DENTAL CLINIC

Gdańsk  
WWW.ANNADENTALCLINIC.COM  
GABINET@ANNADENTALCLINIC.COM

##### MEWA REHABILITATION CENTER

Sopot  
WWW.REHABILITACJASOPOT.PL  
INFO@REHABILITACJASOPOT.PL

##### CLINICA MEDICA

Gdynia  
WWW.CLINICA-MEDICA.PL  
KKACZOR@CLINICA-MEDICA.PL

##### KURACYJNY HOTEL

Gdynia  
WWW.HOTELKURACYJNY.PL  
REZERWACJA@HOTELKURACYJNY.PL

##### LUBICZ HOTEL

Ustka  
WWW.HOTEL-LUBICZ.PL  
RESERVATION@HOTEL-LUBICZ.PL

##### WIENIAWA HOTEL

Rekowo Górne  
WWW.HOTELWIENIAWA.COM  
BIURO@HOTELWIENIAWA.COM

##### IMPLADENT

Gdańsk  
WWW.ZIEMLEWSKI.PL  
REJESTRACJA@IMPLADENT.EU

##### KROJANTY CLINIC

Krajant  
WWW.KROJANTY.COM.PL  
KLINIKA@KROJANTY.COM.PL

##### KLINIKA MEDYK

Jantar  
WWW.KLINIKA-MEDYK.PL  
MEDYK@MIERZEJA.PL

##### MEDICALTRAVEL

Katowice  
WWW.MEDICAL-TRAVEL-POLAND.COM  
INFO@MEDICAL-TRAVEL-POLAND.COM

##### NOVA DENTIS

Gdańsk  
WWW.NOVA-DENTIS.PL  
GDANSK@NOVA-DENTIS.PL

##### ORIENTTOURS

Stockholm  
WWW.VISITPOLAND.SE  
INFO@VISITPOLAND.SE

##### PERFECT MEDICA

Gdańsk  
WWW.PERFECTMEDICA.PL  
REJESTRACJA@PERFECTMEDICA.PL

##### PERFECT SMILE

Gdańsk  
WWW.PERFECT-SMILE.PL  
REJESTRACJA@PERFECT-SMILE.PL

##### OPTIMUM PROFESSORS' OPHTHALMOLOGY CENTRE

Gdańsk  
WWW.OKULISTYKA-TROJMIASTO.PL  
REJESTRACJA@OKULISTYKA-TROJMIASTO.PL

##### SWISSMED

Gdańsk  
WWW.SWISSMED.COM.PL  
SWISSMED@SWISSMED.COM.PL

##### THE POLISH ASSOCIATION OF MEDICAL TOURISM

Gdańsk  
WWW.PAMT.ORG  
OFFICE@PAMT.ORG

##### TREND MED.

Gdynia  
WWW.TRENDMED.EU  
KONTAKT@TRENDMED.EU

##### VELCURE

Gdańsk  
WWW.VELCURE.COM  
INFO@VELCURE.COM

##### VIVADENTAL

Gdańsk  
WWW.VIVADENTAL.PL  
VIVADENTAL@VIVADENTAL.PL

##### MULTI-SPECIALIST JANTAR HOSPITAL

Jantar  
WWW.SZPITALJANTAR.PL  
REJESTRACJA@SZPITALJANTAR.PL



24-29  
SPA

## *RELAXATION FOR YOUR MIND AND BODY*

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To say that we live more intense and stressful lives would be a simple platitude. We all realize that all the time when we do ours outmost at work and in everyday lives. How to recuperate and charge our batteries?

needs. Hotel owners remember about them too. This is why you do not have to worry that your kids will get bored to death while you will be receiving relaxing treatments.

Several years ago, unique place was opened in Sopot, the centre of Tricity. *Mera Hotel & Spa* quickly joined the leading, most popular and most highly regarded places of that kind in Poland. The modern complex is situated right

**THE RANGE OF SPA SERVICES OFFERED IN Pomorskie is increasingly wider.** In order to facilitate your choice, we would like to provide you with several tips, which seem perfect especially for the oncoming season. It turns out that even such a field as spa & wellness is ruled by fashion and trends. It is dominated by all kinds of massages, but reflexology is becoming more and more popular too. It consists in stroking and pressing against feet, which has a beneficial impact on the whole body. A growing number of clients decide on hydrotherapy and brine baths. What is interesting is that we can notice a division into treatments given in winter and those administered in summer. In summer, we seek relaxation and cleansing, and in winter we look for a chance to warm our bodies up. That's when SPA resorts start offering heating masks, moisturizing and nourishing treatments and those administered with the use of amber, which will help your skin survive chilly days. But when you are planning a weekend stay in a SPA resort, you should also take into account your children's

at the beach, which is an attraction in itself. But Mera has much more to offer than lazy days on golden sand. It includes a SPA & Wellness Zone, which consists of 35 treatment rooms and 4 pools inside the building and one located on its roof. The infrastructure, experienced staff and a wide array of treatments available in Mera make up a well-trying recipe for successful recuperation.

You can also visit the four-star *Hotel Hanza* located several kilometres away, in the very heart of Gdansk by the Motława river. It is an

excellent base for trips around the old part of Gdansk thanks to the vicinity of Olowianka island with the museum ship Soldek moored to its bank and the majestic building of the Polish Baltic Philharmonic located across the river, and the famous Gdansk crane and the Long Market, the heart of this part of the city. Hanza is appreciated as regards its SPA services as well. It features massage rooms with qualified spe-

**IN SUMMER, WE SEEK RELAXATION AND CLEANSING, AND IN WINTER WE LOOK FOR A CHANCE TO WARM OUR BODIES UP. THAT'S WHEN SPA RESORTS START OFFERING HEATING MASKS, MOISTURIZING AND NOURISHING TREATMENTS AND THOSE ADMINISTERED WITH THE USE OF AMBER, WHICH WILL HELP YOUR SKIN SURVIVE CHILLY DAYS.**

cialists in the field, a sauna and a gym. Moreover, the hotel is famous for its excellent offer of face and body treatments, manicure and pedicure.

There is yet a different atmosphere in Dwór Oliwski, which you will find in the middle of the beautiful and picturesque district of Oliwa in Gdansk. Situated in the sheltered Valley of Joy, the five-star hotel ideally matches the aura surrounding the old Oliwa. Except for peace and quiet, delicious cuisine and the vicinity of nature (you can easily find a stork roaming around the hotel garden), the hotel offers a wide range of SPA and wellness treatments. Their menu features for example rejuvenating treatments with the use of hyaluronic acid, tea, honey and orange extract. *Dwór Oliwski* is remarkable for its intriguing SPA rituals, which take hotel guests on a spiritual journey to the depths of the Mediterranean Sea, the Far East, the Polynesian islands or Africa. Finally, there is the famous swimming pool, where guests can relax and recuperate.

Although the offer in Tricity itself is rich and diversified, it is also worth visiting other places on the map of the region. You can start with Jurata on the Hel Peninsula, where you will find *Bryza Resort & Spa* (ca 90 km away from Gdansk). It is considered one of the most



modern SPA centres in Poland. Surrounded by magnificent views and the gentle wafts of sea breeze, the hotel will take care of both your body and soul. At sunset, you can have an excellent dinner with a view over the sea. Interestingly, *Bryza* offers amber and brine treatments administered right by the Hel shoreline and a package of treatments for men only, which is a true rarity.

Another place worth a visit famous for its excellent offer, *Dom Zdrowoty Jastarnia*, is located only around 85 from Gdansk. Its SPA

menu includes nourishing and lifting treatments administered with the use of cosmetics produced from natural ingredients, most of which come from the depths of the sea or are connected with the sea, for example marina algae or caviar.

As far as Kashubia is concerned, its most highly valued facilities include *Bazuny Hotel & SPA* (60 km away from Gdansk) near Koscielzyna. Its offer is based on the gifts of the forest. Even though the hotel is modern and equipped with the latest technological devel-



opments, it makes its guests feel at home. Such a perfect atmosphere is possible thanks to details, for example the fact that oils and brines are served in vessels produced in a local workshop and decorated with Kashubian patterns. Treatments offered by the hotel are based on cosmetics produced from juniper, Kashubian strawberries, flax and goat milk. Consider paying a visit to the five-star *Grand Lubicz Hotel* too. Situated right next to the sea in the SPA part of Ustka, that is around 150 km away from Gdansk, the hotel in its Medical Zone combines brine baths with the healthful properties of peat and, of course, sea climate rich in iodine. On an everyday basis, the hotel offers therapies for various conditions. But the offer of *Grand Lubicz* is much more than that so you will certainly find something for yourself.

If charging up your batteries is not enough, and you would like to learn a bit of history, there is no better place than *Hotel SPA Wieniawa* in Rekowo Górne. The facility is located in a renovated 19th-century palace surrounded with a three-hectare garden. The complex has been quite recently complemented with a cosy SPA resort. You will find all that less than half-hour's drive away from Gdynia and several minutes from the sea.

Finally, we would like to recommend visiting the famous *Dolina Charlotty* in Strzelinko near Slupsk, ca 145 km away from Gdansk. The facility is famous for the Rock Legends Festival organized in the Charlotta Valley every year and for its excellent Bali Hai Spa. Its name was inspired by Balinese culture, whose influence is visible in both the decor, the array of unique treatments and the therapists themselves, who received education from Balinese masters. The rituals offered by *Dolina Charlotty* include all kinds of massages (for example with warm shells from the Pacific Ocean or a buffalo horn), exfoliating treatments, baths in aromatic oils or finally body treatments with extracts of pearls, mint and aloe and a conditioning ritual with the use of 24-karat gold.

After a visit in a good SPA resort, your body will have enough energy for you to start conquering the world again. ■



# SPA PACKAGES

## MED SPA

AT GDANSK HOTEL

### DETAILS AND PRICES:

WWW.HOTELGDANSK.COM.PL  
SPA@HOTELGDANSK.PL

### THE PACKAGE INCLUDES:

- ✓ 2 nights in double room with breakfast
- ✓ journey into land of relaxation in Sauna Centre
- ✓ "Exclusive Regeneration" for women: ritual consisting of soothing full body peeling, elements of massage and intensely moisturizing mask
- ✓ beer massage for men: full body massage with hop extract

## SLIMMING AND REVITALIZATION

AT GRAND LUBICZ HOTEL

### DETAILS AND PRICES:

WWW.GRANDLUBICZ.PL  
RECEPCJA@GRANDLUBICZ.PL

### THE PACKAGE INCLUDES:

- ✓ 9 nights in comfortable rooms
- ✓ board according to rules formulated by medical dietician Aleksandra Panasiuk overseeing the stay [2 breakfasts a day, dinner, supper]
- ✓ meeting with dietician: body composition analysis, enquiry, assigning energy value
- ✓ diet consultation: body composition analysis and discussion of results, formulating nutritional recommendations
- ✓ 5x morning exercises in brine pool [20 min., from Monday to Friday]
- ✓ 3x individual exercises with equipment under therapist's supervision [20 min., from Monday to Friday]
- ✓ 3x Nordic walking along the seashore and forest paths with coach [1.5 hr, from Monday to Friday]
- ✓ 2x cupping massage [30 min.]
- ✓ 3x power shower [max 10 min.]
- ✓ 1x classic full body massage [50 min.]
- ✓ access to Wellness Centre (recreation pool with slide and lazy river, 4-lane competition pool, paddling pool, 12-person whirlpools, VIP pool with brine water of healthful properties, steam and herbal baths, Finnish and infrared saunas)

## DISCOVER THE SECRET OF THE MOMENT

AT SHERATON SOPOT

### DETAILS AND PRICES:

WWW.SHERATON.PL/SOPOT  
SPA.SOPOT@SHERATON.COM

### THE PACKAGE INCLUDES:

- ✓ 3 nights at Sheraton Sopot Hotel in superior room and breakfasts in Wave Restaurant
- ✓ 2 Half Board vouchers to Wave Restaurant
- ✓ manicure and pedicure
- ✓ AA treatment: Sensational System of Rich Skin Moisturizing
- ✓ Swedish massage [25 min.]
- ✓ access to SPA relaxation zone
- ✓ access to Spa Experience zone at Sheraton Sopot (swimming pool, hydrotherapy pool, Hammam steam bath, sauna, brine bath, ice bowl, rain caves, tepidarium with heated loungers, gym)

## BALTIC COLLAGEN WEEKEND

AT NADMORSKI HOTEL

### DETAILS AND PRICES:

WWW.NADMORSKI.PL  
REZERWACJA@NADMORSKI.PL

### THE PACKAGE INCLUDES:

- ✓ 2 nights in high-standard single or double room
- ✓ consultation with cosmetologist and selecting
- ✓ appropriate collagen treatment based on the unique Baltic Collagen available in the hotel Genesis Institute only
- ✓ individually selected collagen therapy consisting of treatments with the use of Baltic Collagen preparations
- ✓ a set of Baltic Collagen cosmetics for everyday use
- ✓ fit menu featuring breakfasts enriched with bio products
- ✓ buffet dinners served in hotel restaurant
- ✓ access to premium package movie channels and VOD premieres
- ✓ access to steam bath, sauna and gym
- ✓ bike rental and Nordic walking poles rental
- ✓ free diet consultation and assessment of metabolic age, body hydration and energy requirementorganizmu oraz zapotrzebowania kalorycznego.

## BALI

AT DOLINA CHARLOTTY

### DETAILS AND PRICES:

WWW.DOLINACHARLOTTY.PL  
SPA@CHARLOTTA.PL

### THE PACKAGE INCLUDES:

- ✓ welcome sweet Balinese snacks
- ✓ 2 nights in comfortable room at Dolina Charlotty Resort & Spa
- ✓ 2 buffet breakfasts and 2 dinners at hotel restaurant
- ✓ SPA treatments: Balinese Ritual: Balinese full body massage combined with traditional Balinese welcome, which consists of washing and gently massaging feet [75 min.], aromatic full body peeling [15 min.], relaxing facial treatment combined with revitalizing hands treatment [50 min.], rest in relaxation room and refreshment: Nectar of the Gods with lemongrass
- ✓ 5% discount on additional massages and treatments in Bali Hai Spa

- ✓ free and unlimited access to Recreation and Wellness Centre (swimming pool, paddling pool, sauna, steam bath, aromatic bath, sanarium, whirlpool, fitness room)

- ✓ free monitored parking area

- ✓ Internet access

## RENDEZVOUS

AT DWÓR OLIWSKI

### DETAILS AND PRICES:

WWW.DWOROLIWSKI.PL  
SPA@DWOROLIWSKI.PL

### THE PACKAGE INCLUDES:

- ✓ all-day access to Spa & Wellness zone (swimming pool, world of saunas, whirlpool, "sunny beach", cardio zone)
- ✓ sensual and relaxing partial body massage and face massage for couples in a room with sparkling wine and strawberries
- ✓ intimate candlelit dinner in Dwór Oliwski gardens, on terrace with view over Tricity Landscape Park or in 17th-century wine cellar with special Head Chef's Tasting Menu
- ✓ night in stylish room favouring romantic moments
- ✓ five-star breakfast in prestigious 1611 Restaurant

## BAZUNY HOTEL & SPA

Kościerzyna  
WWW.HOTELBAZUNY.PL  
SPA@HOTELBAZUNY.PL

## DOLINA CHARLOTTY RESORT & SPA

Strzelinko  
WWW.DOLINACHARLOTTY.PL  
SPA@CHARLOTTA.PL

## DWÓR OLIWSKI

Gdańsk  
WWW.DWOROLIWSKI.PL  
SPA@DWOROLIWSKI.PL

## DOM ZDROJOWY HOTEL

Jastarnia  
WWW.ZDROJOWY.COM.PL  
DOM@ZDROJOWY.COM.PL

## GDAŃSK HOTEL

Gdańsk  
WWW.HOTELGDANSK.COM.PL  
SPA@HOTELGDANSK.COM.PL

## GRAND LUBICZ HOTEL

Ustka  
WWW.HOTEL-LUBICZ.PL  
RESERVATION@HOTEL-LUBICZ.PL

## HANZA HOTEL

Gdańsk  
WWW.HOTELHANZA.PL  
HOTEL@HOTELHANZA.PL

## KURACYJNY HOTEL

Gdynia  
WWW.HOTELKURACYJNY.PL  
REZERWACJA@HOTELKURACYJNY.PL

## NADMORSKI HOTEL

Gdynia  
WWW.NADMORSKI.PL  
RECEPCJA@NADMORSKI.PL

## WIENIAWA HOTEL

Rekowo Górne  
WWW.HOTELWIENIAWA.COM  
BIURO@HOTELWIENIAWA.COM

## MERA SPA HOTEL

Sopot  
WWW.MERASPAHOTEL.PL  
SPARECEPTION@MERASPAHOTEL.PL

## ORIENTTOURS

Sztokholm  
WWW.VISITPOLAND.SE  
INFO@VISITPOLAND.SE

## PALAC CIEKOCINKO HOTEL RESORT & WELLNESS

Ciekocinko  
WWW.PALACCIEKOCINKO.PL  
RESERVATION@PALACCIEKOCINKO.PL

## BRYZA SPA RESORT

Jurata  
WWW.BRYZA.PL  
RECEPCJA@BRYZA.PL

## SHERATON SOPOT HOTEL

Sopot  
WWW.SHERATONSOPOTSPA.PL  
SPA.SOPOT@SHERATON.COM

## SOFITEL GRAND SOPOT

Sopot  
WWW.SOFITEL.COM  
H3419-RE@SOFITEL.COM

## TRISTAN HOTEL & SPA

Katy Rybackie  
WWW.TRISTAN.COM.PL  
HOTEL@TRISTAN.COM.PL

## WELLNESS HILTON GDAŃSK

Gdańsk  
WWW.HILTONGDANSK.PL  
GDNHG\_HOTEL@HILTON.COM

tour operator

## WEEKEND WITH FAMILY ENERGY

AT MERA SPA HOTEL

### DETAILS AND PRICES:

WWW.MERASPAHOTEL.PL  
SPARECEPTION@MERASPAHOTEL.PL

### THE PACKAGE INCLUDES:

- ✓ 2 nights in modern and comfortable family room at MERA SPA HOTEL with view over park
- ✓ breakfasts in restaurant with view over the sea
- ✓ dinner on Friday and Saturday
- ✓ dressing gown, slippers and set of towels for SPA
- ✓ relaxing aroma massages for parents
- ✓ bubble bath adventure for children or fruity back massage for teenagers
- ✓ unlimited access to swimming pool and saunas
- ✓ additional paid activities: bike rental, Nordic walking session with coach and free water aerobics session on Wednesdays, Thursdays and Saturdays [earlier reservation required]

## TIME FOR US

AT BAZUNY HOTEL & SPA

### DETAILS AND PRICES:

WWW.HOTELBAZUNY.PL  
RECEPCJA@HOTELBAZUNY.PL

### THE PACKAGE INCLUDES:

- ✓ 2 nights in comfortable double room breakfasts with selection of Polish and Kashubian cuisine
- ✓ romantic dinners in candlelight selected from narrowed menu of Malena Restaurant
- ✓ relaxing aromatherapy full body massages with essential oils for couples administered in candlelit double treatment room
- ✓ for men to choose between relaxing, cleansing and aromatic Kashubian herbal bath, and deeply relaxing head massage improving skin condition
- ✓ for women to choose between unique, revitalizing eye treatment that tones the skin up, leaves it smooth and firm and makes it look refreshed and healthy, and face, body and neck massage that reduces stress, calms emotions, relieves tension and prevents wrinkles
- ✓ access to Wellness Zone with whirlpool, steam bath and sauna
- ✓ 5% discount on retail cosmetics and remaining treatments and massages offered by Bazuny SPA Centre not included in the package
- ✓ access to Aqua Centre located 700 m away with competition and recreation pools, slides, umbrellas and power showers
- ✓ one hour of bowling in Bazuny Club
- ✓ 20% discount on Bazuny Club offer during Happy Hours between 6 and 8 pm

## PREMIUM SPA DE LUXE PACKAGE

AT HOTEL BRYZA

### DETAILS AND PRICES:

WWW.BRYZA.PL  
SPA@BRYZA.PL

### THE PACKAGE INCLUDES:

- ✓ welcome bottle of Moët champagne and fresh strawberries
- ✓ 2 nights at luxury apartment with view over the sea
- ✓ 2 breakfasts with view over the sea or served to the apartment
- ✓ dinner in restaurant at VIP table
- ✓ lunch à la carte at VIP table
- ✓ dinner with dedicated menu and glass of wine served to the apartment living room
- ✓ 3 SPA de luxe treatments for each guests (face treatment, body treatment and full body massage) and 10% discount on additional treatments
- ✓ access to Wellness zone (sunny meadow with heated loungers and view over the sea, relaxing music and the scent of essential oils lingering in the air; complex of swimming pools with beds and canopies; sauna and steam bath, gym, table tennis, all-terrain bikes)
- ✓ concierge service
- ✓ play area for children
- ✓ free attended car park

## REST IN ŁEBA

### DETAILS AND PRICES:

WWW.HOTELLEBA.COM.PL  
RECEPCJA@HOTELLEBA.COM.PL

### THE PACKAGE INCLUDES:

- ✓ 4 nights with breakfast in double room at Hotel Łeba for 1 person
- ✓ 4 dinners for 1 person
- ✓ conditioning facial treatment adapted to skin needs
- ✓ relaxing face and neck hot stone massage
- ✓ manicure and pedicure
- ✓ conditioning chocolate full body massage
- ✓ harmonizing treatment that leaves skin smooth and firm and improves its condition
- ✓ bath in goat milk and honey
- ✓ bike for 2 hours
- ✓ access to Kids' Club for children
- ✓ 10% discount on additional SPA treatments
- ✓ unlimited access to pool zone (swimming pool, paddling pool, sauna, steam bath, infrared sauna)



30-31

SHOPPING

WWW.POMORSKIE-PRESTIGE.PL

## COME SHOPPING

Time for a moment of truth - shopping has become an intrinsic part of everyday life. Everyone wants to taste, look well and feel special. Tricity's shopping malls spoon-feed us in that manner, tempting with new and exclusive brands. It is impossible not to give in! As Tammy Faye Bakker put it: "shopping is cheaper than a psychiatrist."

**WE CAN BEGIN OUR TRICITY SHOPPING** spree in from the Madison shopping center, located near Gdańsk Główny train station. Many different brand perfumeries are located in the neighborhood, together with numerous clothes shops and groceries in the City Forum. The three-story Galeria Bałtycka in Gdańsk-Wrzeszcz boasts of 200 shops, 15 restaurants that encourage lavish shopping. If by any chance your shopping list is still incomplete you can wrap it up quickly in the nearby Manhattan mall. For sales and substantial discounts go to Fashion House Outlet, which is part of Morski Park Handlowy. Regular prices for brand names are lower by up to 70%.

Gdynia is another place worth visiting. At heart of Gdynia shopping is the market hall – several hundred stands will provide you with

**WHILE SHOPPING IT WORTH PAYING ATTENTION TO POLISH EXCLUSIVE BRANDS, AS WELL AS THOSE THAT MAKE USE OF THE REGION'S UNIQUE NATURAL RESOURCES. PARTICULARLY INTERESTING IS AMBER JEWELRY, WITH SURPRISING MODERN FORM AND DESIGN. FOR MEN, WE RECOMMEND EXQUISITE TRADITIONAL ALCOHOL. GDAŃSK IS FAMOUS FOR ITS HERBAL GOLDWASSER AND THE JUNIPER MACHANDL.**

local, as well as exotic specialties: fruit, vegetables, fish, meat, dairy, mushrooms or flowers. You will find fresh fish straight from night fishing, eggs, fruit and vegetables straight from local farmers. Even in the period of the most severe supply shortages, during the socialist period in Polish history, everything was avail-

able here – mainly because of private import of local sailors. Today, merchants have unlimited and broad access to various supply sources but, at the same time, strong competition from large market chains.

Świętojańska street, which is located nearby, is the main and favorite shopping precinct of Gdynia's citizens that changes together with the city. From a "one-story shopping mall", for many decades unmatched, it has recently transformed into an extremely interesting "culinary route". The number of shops has decreased through the years and instead many restaurants, pizzerias, crêperies, cafes, patisseries and pubs have opened. They offer fast and slow food for all palates and wallets. Their stylish, intriguing interiors are an additional incentive to a visit. Side streets also hide different places with tasty, sometimes exotic, menus. All you need to do is go out there and explore.

BATORY Shopping Center is located at 10 Lutego street, its name being a proud tribute to one of the great Polish kings. It catches the eye with its remarkable architectural features. It was built to resemble the hull of a giant docked ship, and it is no coincidence - Batory was also the name of a Polish transatlantic ship that used to travel on the route between Gdynia and New York.

For the last 18 years Orłowo, the most beautiful (and most exclusive) districts of Gdynia, has been home to one of the most elegant shopping malls in Poland – KLIF. It stands out with its choice of luxury brands, both Polish and international and is appreciated for its unique, private surroundings. Its name brings to mind the neighboring sea cliff – part of a natural preserve. Both KLIF and the cliff possess "magical" power to lure Gdynia's citizens and guests alike.

Gdynia shopping route also includes the newly-founded Riviera shopping center – currently the largest complex of this type in the North of Poland. It is impressive not only because of numerous brand shops, but also modern and bold architecture. Among many interesting shops and stands one in particular catches the eye. The Coffe Factory is a Scandinavian-style face, where industrial austerity is mixed with warm and cozy accents. A perfect place for a traditional fika after an entire day of shopping spree.

While shopping it worth paying attention to Polish exclusive brands, as well as those that make use of the region's unique natural resources. Particularly interesting is amber jewelry, with surprising modern form and design. For men, we recommend exquisite traditional alcohol. Gdańsk is famous for its herbal Goldwasser and the juniper Machandl.

Regardless of whether we decide upon local or global products, Tricity is every shopper's paradise. ■

### + USEFUL ADDRESSES

#### GALERIA BAŁTYCKA

Gdańsk  
WWW.GALERIABAŁTYCKA.PL  
GALERIA@GALERIABAŁTYCKA.PL

#### MADISON SHOPPING MALL

Gdańsk  
WWW.MADISON.GDA.PL  
INFO@MADISON.GDA.PL

#### MANHATTAN SHOPPING CENTRE

Gdańsk  
WWW.GCHMANHATTAN.PL  
BIURO@GCHMANHATTAN.PL

#### CITY FORUM

Gdańsk  
WWW.CITY-FORUM.OKAZJUM.PL  
INFO@PROJEKT-ALFA.COM

#### BATORY SHOPPING CENTRE

Gdynia  
WWW.BATORY.COM.PL

#### KLIF FASHION MALL

Gdynia  
WWW.GDYNIA.KLIF.PL

#### RIVIERA SHOPPING CENTRE

Gdynia  
WWW.CENTRUMRIVIERA.PL  
BIURO@CENTRUMRIVIERA.PL

#### FASHION HOUSE OUTLET

Gdańsk  
WWW.FASHIONHOUSE.PL  
RECEPCJA.GDANSK@FASHIONHOUSE.COM

#### ORIENT TOURS

Stockholm  
WWW.VISITPOLAND.SE  
INFO@VISITPOLAND.SE

tour operator

### BEAUTY & SHOPPING IN POLAND

#### DETAILS AND PRICES:

WWW.VISITPOLAND.SE  
INFO@VISITPOLAND.SE

#### THE PACKAGE INCLUDES:

- ✓ beauty treatments [non-invasive medicine]
- ✓ shopping expeditions with special discounts
- ✓ transfer and journeys
- ✓ 2 nights at affiliate hotels
- ✓ full coordination in Swedish, English or other languages if needed
- ✓ travel insurance



32-35  
SAILING

## LIKE *SEA DOG*

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Nature has been extremely generous to Pomorskie, especially as regards water sports.

**THE COAST OF GDANSK AND PUCK BAYS IS** known in the whole Europe as one of the best places to practise kitesurfing and windsurfing. Several dozen kilometres of the Polish coast are enough to encounter both calm waters, ideal for beginners, and gusty winds, which pose a challenge for more advanced surfers, quite a large number of whom visit our shoreline every season. Those who begin their adventure with surfing can attend windsurfing and kitesurfing schools and rent equipment in special centres. Located in Rewa, Aloha belongs to the first three schools in Poland that became members of the International Kiteboarding Organization. Beginners can practise on almost empty beaches and a sandy, one-kilometre-long spit with still water on its one side and waves on the other. Thanks to perfect conditions, it is possi-

ble to surf regardless of the direction of the wind. The school runs training courses for beginners and intermediate and advanced surfers with classes held from the beginning of May to October. After a whole day spent on the water, one can rest in a hammock during group meetings and watch kiteboarding photographs and films. Board & Kite is one of the oldest Polish kitesurfing schools. It was established by Łukasz Koński, a two-time Polish kitesurfing champion. The school is located 2 km away from Władysławowo at the Małe Morze campsite. Its equipment features safe training kites and boards by Cabrinha. Every participant who finishes the course receives an international IKO certificate. What if there is no wind? No problem, the school organizes parties in the evening and wakeboarding or standup paddleboarding classes during the day.

**SEVERAL DOZEN KILOMETRES OF THE POLISH COAST ARE ENOUGH TO ENCOUNTER BOTH CALM WATERS, IDEAL FOR BEGINNERS, AND GUSTY WINDS, WHICH POSE A CHALLENGE FOR MORE ADVANCED SURFERS, QUITE A LARGE NUMBER OF WHOM VISIT OUR SHORELINE EVERY SEASON.**

Pomorskie is obviously a perfect place for sailing trips too. The region is one of the world's centres of yacht manufacturing, which is why it is easy to charter or even buy one's own vessel here. When on a cruise, it is worth visiting marinas in Gdansk (in the very heart of the historic part of the city) and in Sopot (at the longest pier in Europe). Gdynia, on the other hand, is famous for being the regional capital of international sailing events. Of course you can moor for a moment or longer in smaller centres too. Practically every larger town located by the sea offers a bigger or smaller marina with full infrastructure.

An increasing number of people is interested in yachting. It is visible for example in the growing popularity of Premium Yachting, a company that rents out top-quality vessels to companies

and individuals. Premium Yachting organizes corporate cruises during which the crew has to learn cooperation on board. The company provides a vessel steered by the captain and prepares scenarios for such sailing events. Yachts are often chosen as a venue for training courses, for instance Jeanneau Sun Odyssey 42 DS is a perfect vessel for conferences with several participants. As we have mentioned earlier, the offer of Premium Yachting is addressed to individual clients too. They can rent a yacht and set out on a several-hour-long cruise to almost every port on the Polish coast. The offer includes both daytime and night cruises, which can be combined with a romantic dinner. Boats are also an unconventional place for a good party: a stag or hen party, a birthday party or a wedding ceremony. Such events can be organized for as many as

120 people and take place on yachts that feature a dance floor, a place for the band and cooking facilities. In each case the crew on board is accompanied by the captain, who watches over the whole cruise.

Not only cruise liners, cargo ships and yachts can be seen on Gdansk Bay, but also lots of vessels offering short, family trips: ferries, hydrofoils, fishing boats, water trams (which are a kind of attraction in itself but also a means of transport running between Tricity and the Hel Peninsula) or replicas of pirate ships, which are particularly popular among children (but who would actually deny themselves a short cruise on the bay under a flag with a skull and tibiae?). Families (and not only) can also rent motorboats on their own and set out on cruises on the Vistula Delta and the Żuławy Loop. The route Rybina – Elbląg – Malbork – Gniew – Tczew – Gdańsk – Rybina is approximately 200 km long and provides the crew with unforgettable experiences on the water and a lot of attractions along the way. Moreover, it is ideal for a 7-day-long holiday. You can rent a boat even if you do not have a yachtman certificate. You just have to attend a comprehensive, several-hour-long training in the Rybina marina before the cruise or hire a skipper. All vessels rented in Rybina are practically self-sufficient: they are equipped with toilets and showers, hot water, heating and even bicycles for adventure tourism.

The above water-related attractions are accompanied by numerous events connected with sailing. They include Baltic Sail in Gdansk, the biggest international sailing event, and Operation Gdynia Sails, which attracts fans of larger vessels. There is also the Tri-City Sailing Cup organized each year in the three marinas of Tricity, as well as Volvo Gdynia Sailing Days and Sopot Match Race, both of which are attended by the best competitors fighting for the ISAF Sailing World Cup. ■

### ONE-WEEK-LONG KITESURFING OR WINDSURFING TRAINING WITH THE BEST INSTRUCTORS

**DETAILS AND PRICES:**  
LOCO TRAVEL  
WWW.LOCO-TRAVEL.PL  
BIURO@LOCO-TRAVEL.PL

**THE PACKAGE INCLUDES:**

- ✓ 7 days on the Hel Peninsula: accommodation in trailers with kitchen or in mobile homes with kitchen, toilet and bathroom (with optional board: 3 meals per day)
- ✓ group training activities for children, students and adults
- ✓ courses led by the best instructors, including Victor Borsuk (a seven-time Polish Kitesurfing Champion), organized on the client's request
- ✓ at least 18 hours on the water
- ✓ theoretical classes
- ✓ rental of the best surfing equipment and wetsuits, harnesses, vests and helmets
- ✓ additional attractions: wakeboarding, SUP surfing, springboards, volleyball
- ✓ PZU Sport accident insurance – up to PLN 10,000
- ✓ qualified counsellors' care of underage participants

### 7-DAY-LONG CRUISE "ŻULAWY LOOP"

**DETAILS AND PRICES:**  
WWW.VISTULACRUISES.EU  
OFFICE@VISTULACRUISES.EU

**THE PACKAGE INCLUDES:**

- ✓ motorboat (houseboat) for 6-7 people chartered by the client on their own (No yachtman certificate needed. It is possible to hire a skipper. Each yacht is equipped with sleeping bags and blankets.)
- ✓ 7-day cruise in the Vistula Delta on the route Rybina – Elbląg – Malbork – Gniew – Tczew – Gdańsk – Rybina (ca 200 km)
- ✓ training in marina authorizing to cruise on the yacht on one's own
- ✓ set of maps and sailing directions in Polish, English and German with organizational and travel tips
- ✓ vessel insurance, third-party insurance for the leader, accident insurance for the crew
- ✓ bicycle rental for the crew to explore the region after reaching the shore

### HALF-DAY OR ALL-DAY CRUISE WITH PREMIUM YACHTING

**DETAILS AND PRICES:**  
WWW.PREMIUMYACHTING.PL

**THE PACKAGE INCLUDES:**

- ✓ cruise on the planned route (within Gdansk Bay; the route can be adapted to the client's needs)
- ✓ meeting with a skipper and training
- ✓ lunch and dinner in restaurants of the client's choice

### + USEFUL ADDRESSES

**ALOHA**  
Rewa  
WWW.ALOHA.PL  
INFO@ALOHA.PL

**MAŁE MORZE CAMPSITE**  
Władysławowo  
WWW.BOARDANDKITE.PL  
INFO@BOARDANDKITE.PL

**KITECREW**  
Chalupy  
WWW.KITECREW.PL  
PRZEMEK@KITECREW.PL

**GDAŃSK MARINA**  
Gdańsk  
WWW.MOSIR.GDA.PL  
MARINA.GDANSK@MOSIR.GDA.PL

**GDYNIA MARINA**  
Gdynia  
WWW.GDYNIASPORT.PL  
MARINA@GDYNIASPORT.PL

**SOPOT MARINA**  
Sopot  
WWW.SOPOT-MARINA.PL  
HARBOURMASTER@SOPOT-MARINA.PL

**ŻULAWY LOOP**  
Żuławy  
WWW.VISTULACRUISES.EU  
OFFICE@VISTULACRUISES.EU

**PREMIUM YACHTING**  
Warszawa  
WWW.PREMIUMYACHTING.PL  
KONTAKT@PREMIUMYACHTING.PL

**TAKEOFF KITE&SURFING**  
Jastarnia  
WWW.TAKEOFF.PL  
MARIUSZ@KITENATION.PL

**VISTULA CRUISES**  
Jaworzno  
WWW.ZEGLUGAWISLANA.PL  
LUKASZKRAJEWSKI@ZEGLUGAWISLANA.PL



