



The mountainous terrain of the poviat also provides ideal conditions for rock climbing. Climbing aficionados will find suitable rocks near the Bialka River gorge, and also in the vicinity of Nowa Biala, Krempachy and Nowy Targ. Less experienced climbers can try their skill at special climbing walls mounted in Nowy Targ at the TOP Climbing Centre and the town swimming pool.



Lovers of water sports can try rafting on mountains rapids, taking extreme trips in boats or pontoons. Mountain kayaking will bring an extra rush of adrenaline. The attractive natural terrain of Nowy Targ Poviát also provides the background for air sports: parachute jumping and paragliding. To experience unforgettable moments, take a trip in a plane, glider or balloon.

for history buffs

History buffs will appreciate Nowy Targ Poviát for its many exceptional sites, extraordinary historic monuments and priceless works of art that would be sought for in vain elsewhere. The best known of those are the famous Dunajec Castle, a 14th-century fortress in Niedzica, and the nearby ruins of the Czorsztyn Castle. Historic architecture also includes the complex of wooden Goral huts

in Chocholów, dating back to the turn of the 18th and the 19th centuries, and also the structures preserved at the Orava Ethnographic Park Museum in Zubrzyca Górna. Nowy Targ Poviát also boasts numerous sacred monuments, including wooden churches such as the 13th-century Church of St. Anna in Nowy Targ and the Church of St. Michael the Archangel in Dębno Podhalańskie (which is on the UNESCO heritage list). Major religious sites in the region include the contemporary Rosary Garden at the Marian Sanctuary in Ludźmierz, a special reminder of the rosary prayer held together with Pope John Paul II during the latter's visit to Poland in 1997.



for gourmets and folklore fans

The cultural richness of Nowy Targ Poviát will also amaze those interested in the original traditions and exceptional folklore of the region. Local religious sites house hundreds of sculptures created over many generations, and highlanders' houses are adorned with beautiful glass paintings and hand-made clay utensils. The folk music and dance traditions cultivated in the region can be appreciated at numerous folk events, the largest of which, for instance, include the summer Mountain Children's Holiday International Festival in Rabka-Zdrój and the Špisko Watra Festival in Niedzica. Highlander music is also played in inns serving traditional regional dishes, with flavours catering to all gourmets.



The most famous delicacies of the region, inscribed on the Traditional Products List, include the Podhale cheeses made from sheep or cow milk: the salty oscypek and gołka, the slightly sour bundz, and bryndza podhalańska (minced and salted bundz). The cheese-making process also yields the traditional drink known as żentyca.



The region is also famous for its excellent meats: the delicate and juicy lamb meat and sausages of Podhale, as well as its delicious bread, such as the Orava bread on cabbage leaf, the rye bread from Lipnica and the flour pancakes known as moskole. It is also worth tasting the delicious soups of the region: the Oravian krzonówka with its intense horseradish flavour and the sauerkraut-based kwaśnica.



One of the culinary attractions of Nowy Targ, capital of Podhale, are the famous Nowy Targ ice-creams based on a recipe preserved from the 1950s.

Those with a sweet tooth will also love the natural honeys and delicious Oravian wedding cakes, i.e. baked croissants filled with poppy seeds, marmalade or cottage cheese.



NOWY TARG POVIAT



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NOWY TARG POWIAT

Nowy Targ Powiat comprises five exceptionally interesting historical and geographical regions. Abundant in nature and culture, they offer direct exposure to pristine scenery and encourage relaxation and leisure, providing a host of attractions



for families with children and a dose of extreme experiences for thrill seekers. A stay in Gorce, Orawa, Podhale, Pieniny or Spisz means unforgettable memories from mountain recesses, a magic atmosphere of the most precious heritage sites of southern Poland, and the flavours of centuries-old traditional dishes.

The powiat is located in the southern part of the Malopolska Voivodeship and centres around the town of Nowy Targ, a venue for famous Thursday markets, an academic centre with the Podhale State College of Applied Sciences, and the hometown of "Podhale" Nowy Targ, the most acclaimed ice hockey team in Poland.

MALOPOLSKA VOIVODESHIP



We invite you to explore the beauties of Nowy Targ Powiat!

It is also worth visiting the Babia Góra massif (1725m above sea level), designated as a UNESCO biosphere reserve, and known as the Queen of Bad Weather on account of the unpredictable conditions that prevail on its summit.



The powiat is also ideal for cycle tourism. It boasts a number of easy trails for families with children, alongside more extreme biking paths for those who crave a challenge. Seasoned bikers can, for instance, take advantage of the Big Loop that runs through the picturesque recesses of the Polish Spisz, a trail that leads from the centre of Krościenko nad Dunajcem through the Droga Pienińska all the way to the Slovakian Červený Kláštor (Red Monastery) with its historic monastery complex; or a demanding bike trail meandering through mountainous areas that begins in Zubrzyca Górna and ends in Podwilk in the Orawa region. It is worth taking a eisurely ride along the completed section of the trail that begins in Nowy Targ and criss-crosses Podhale to reach Slovakia. When commissioned, the trail will consist of more than 250km of bike paths, making it possible to cycle around the entire Tatra Mountains, the highest mountain range in the Carpathians.



for leisure seekers

Every year, Nowy Targ Powiat attracts tourists hoping to relax and cultivate inner peace in its exceptional spas.

Rabka-Zdrój is renowned for its beneficial microclimate and its famous brine: used in treating diseases of the respiratory tract and the circulatory system, and employed in relaxation and beauty treatments offered in spas and beauty centres.



Szczawnica also stands out for its famous waters rich in minerals and microelements that, for more than 200 years, have served to treat conditions affecting the respiratory and motor systems. The local health resort comprises three sanatoria and a mineral water pump room.



When visiting the powiat, it is also worth taking advantage of the indoor and outdoor hot springs in Szafłary and Chocholów, where thermal water is used for hydro massage, offering relaxation and multiple health benefits.



for nature lovers

Those seeking a perfect leisure spot right in the lap of nature will appreciate Nowy Targ Powiat for its picturesque landscape full of unique natural assets, including the vast Lake Czersztyn, mountain ranges, atmospheric spas, interesting local villages and nature reserves, as well as three National Parks: the Babia Góra National Park, the Gorce National Park and the Pieniny National Park.

The extremely diverse and beautiful natural landscape of the powiat offers perfect conditions for leisurely strolls and demanding treks across the mountain slopes, too. The gentle, thickly forested Gorce Mountains, with the highest peak of Turbacz (1310m above sea level), invite visitors for a trek along tourist trails of varying difficulty; the enchanting Pieniny Mountains (the highest peak of Wysoka at 1050m above sea level), on the other hand, abound in ravines and extraordinary river gorges, famous all over Europe for traditional wooden raft trips down the Dunajec River gorge.



Attractive trips with picturesque vistas are also available to cross-country skiers; professional trails are prepared every year in Nowy Targ, Rabka Zdrój and Obidowa.



Lovers of downhill skiing will find ideal conditions for active leisure, too; there are approximately 20 ski lifts around the powiat suitable for both beginners and advanced skiers.

The most difficult trails can be found at the Palenica ski station in Szczawnica; other stations offer easy and medium trails.

for adventurers

The youngest visitors to Nowy Targ Powiat will be delighted by the "Rabkoland" Family Leisure Park in Rabka-Zdrój, with its merry-go-rounds and moving figures that create charming lanes full of movement, colour, and original characters. The venue also houses the Order of the Smile Museum and the Museum of Records and Curiosities, and holds unusual annual competitions: the national championships in milking artificial cows and the bubble-gum bubble-blowing championships.

The leisure parks in Krościenko nad Dunajcem, Niedzica and Zubrzyca Górna offer activities guaranteed to bring good fun and adrenaline. Visitors will enjoy challenging rope courses, interesting miniature parks, as well as countless attractions for the little ones, such as water balls, bouncy castles and obstacle courses.

