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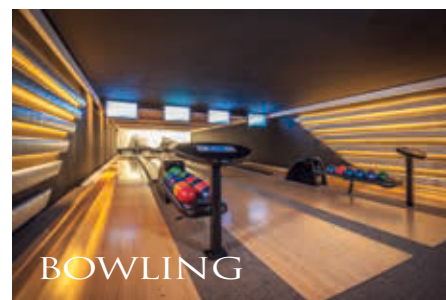
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Ustka – always on the crest of a wave...

On the cover of our guide, Ustka is on the crest of a wave...

Actually, Ustka has always been on the crest of a wave. Many facts from the history of this very locality prove that it has always followed the spirit of the times and kept afloat despite the reverses of fortune.

Already as Stolpmünde, which means the mouth of the Słupia River, the small fisheries village adapted itself well to become the harbour for the city of Słupsk in the 14th century, and in the century to follow, it became the largest harbour of this type in the eastern part of the Duchy of Pomerania. At the beginning of the 19th century, first vacationers appeared in Stolpmünde; they were accommodated in the houses of local fishermen. The town was poetically nicknamed "Pearl of the Baltic Sea". For the following decades, as a result

of a growing number of visitors, residential areas of the town kept developing. The same applied to the harbour: fishing fleet kept growing, and a shipyard was established.

In the 1960s, profiting of the popularity of company vacation packs, the landscape of Ustka became filled with large holiday centres. In the 1980s, the town officially became a spa resort. Today, the little town is nicknamed "the summer capital" of Poland and is well-known all over Europe. Tourists and patients visit Ustka all the year round. Everybody can find here what he or she needs: solace, relaxation, medicinal procedures and healing climate together with grandiose walking, kayaking and biking paths, as well as broad, sandy beaches and the waves of Baltic Sea.



Mermaid in the harbour

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Historical buildings and tourist attractions in Ustka

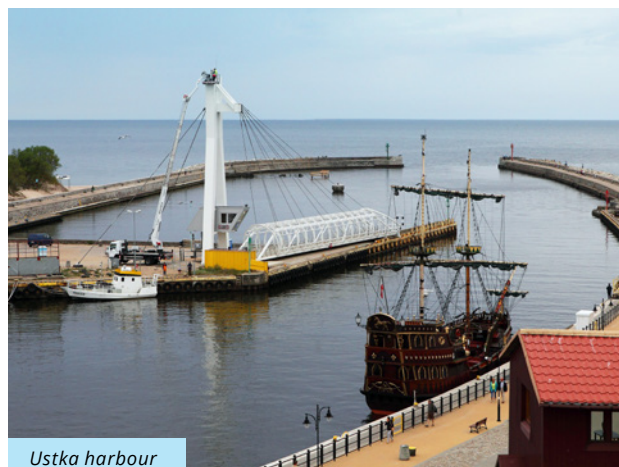
Old town

The centre of the present-day town developed where medieval sailors and fishermen settled their oval village. This oval shape can still be found within the boundaries of the Marynarki Polskiej and Czerwonych Kosynierów streets.

The heart of the ancient village was Saint Nicholas Church, consecrated in June 1356 by a bishop who travelled to Ustka from Kamień Pomorski specifically for this purpose. It is rumoured that the church tower doubled as a lighthouse. There are many mentions in the chronicles that miracles happened there in 17th century (including, for example, self-ignition of candles). For more than 5 centuries, inhabitants of Ustka and various castaways were buried in the graveyard around this church. Nowadays, this place is named John Paul II Square. Formerly it was called "Captain Backstreet". When in 1886 a larger church was built on a dune outside the settlement, the small church was disassembled and its furniture moved to the new temple.



The old settlement is now being subjected to regeneration procedures. As in the past, it starts being filled with fishermen wattle and daub houses, after which the whole Pomeranian region is often nicknamed the "checked land". Wooden dark balls



Ustka harbour

form a skeletal structure, and the spaces in-between are filled with straw, clay, and bleached with lime. The most beautiful example of Pomeranian check in Ustka is Captain Haase's House in Czerwonych Kosynierów Street, just next to the local cultural centre. From the "P.H." inscription above the door we can infer that Peter Haase built this house in 1804.

Harbour

The harbour in the mouth of the Słupia River existed already in the Middle Ages. The city of Słupsk bought it in 1337 for a pair of shoes, which was to be given yearly to the Święca family, the previous owners of the harbour. Formerly, the wharfs were wooden. The two 400-metre long piers were built in the 2nd half of the 19th century from stones brought from Sweden. The harbour in Ustka flourished at the turn of the 19th century, when steamers dominated. It is exactly from this period that the lighthouse in Ustka stems, out of which a beautiful view of the town and its neighbourhood can be admired. In the yard in front of the lighthouse there are rails from 1914 and fragments of wooden ships recovered from the harbour channel. The harbour granaries and storehouses are also interesting. The oldest one is the red building on the eastern side, now housing a restaurant, a disco and Creative Activity Centre. "Tawerna Portowa" restaurant runs its business in one of the grain houses of the former Geiss Company. These buildings still remember the ancient sailing ships.

Eldorado Street (Eldorado-Weg)

In the western part of the town, a street of this name ran parallel to the harbour channel. Funnily enough, it led to a great storehouse of spirits. This massive red brick building is well visible from the eastern harbour wharf.

The landscape of the western harbour channel is dominated by a grey grain elevator with a small wharf crane. Grain was reloaded here directly into ship cargo holds. A spirit warehouse able to house 2.5 million of litres was built on the western side between 1886-1888. Tankers from Hamburg kept coming to Ustka regularly to collect these goods.



Boardwalk

Boardwalk and residential district

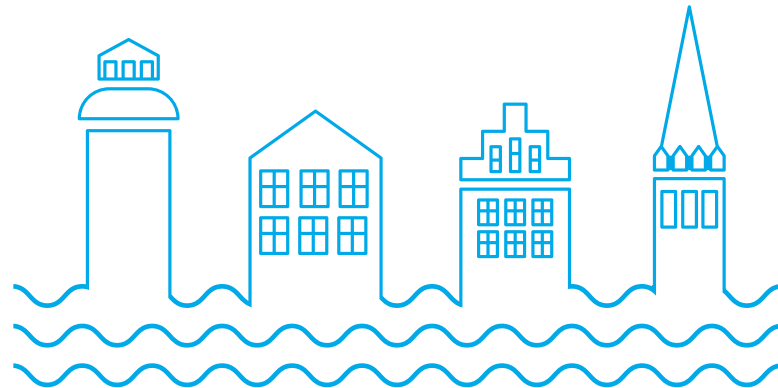
Construction of the Słupsk-Ustka railway and railway station in 1878 caused hundreds, and then - thousands of vacationers to come to Ustka in the 2nd half of the 19th century. The station itself is exceptional because the switch room is downstairs and the cash desks and waiting room are upstairs.

The seaside boardwalk was constructed for visitors around 1875. Remnants of 19th century restaurants and an arbour for musicians playing for walkers can still be found there. The boardwalk has been prolonged a couple of times. Now, it is about a kilometre and a half long. In high season it is full of life.

www.promenada.ustka.pl

In its newer part of the boardwalk, you can find Irena Kwiatkowska's bench. This actress kept coming to Ustka for many years and was often sitting on a bank on the boardwalk. Close to the park you can find a monument of Frederic Chopin, designed by Ludwika Kraskowska-Nitschowa, the author of the Mermaid of Warsaw. There are also two beautiful specimens of black pine with tops formed by wind into the shape of a flag. In the part of the park adjacent to Kopernika Street, there is a bronze statue of "Dying Warrior": a naked, fatally wounded man. He is holding a shield with Ustka's coat of arms. The monument commemorates 76 German inhabitants of Ustka who died in WW1. The author of the sculpture, which was unveiled in 1922, was Joseph Thorak, who later became Adolf Hitler's favourite sculptor.

The Kopernika, Chopina, Żeromskiego, and Mickiewicza streets mark the boundaries of the ancient residential and pension district that started growing east of the medieval settlement in the 2nd half of the 19th century. One of the most beautiful structures is "Villa Red", presumably built for Otto von Bismarck, the Iron Chancellor, who sojourned in Ustka many times. It was built in English Gothic style; in the backyard, a former stable is preserved. In front of the village you can admire Araucaria araucana, commonly called Monkey Tail Tree because of its shape. This evergreen tree from South America is very rare in Poland.



You can find more information about the monuments at www.zabytki-ustka.pl

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Town hall, church, cinema

The structure that houses the present day town hall was erected in 1911 – 1912. In the past, the building housed a school. It was designed for Ustka for free by Mr Engelbrecht, a construction counsellor, who often came here for vacation. The inhabitants returned the favour by offering him silver tableware.

Next to the town hall you can find Saint Redeemer Church. Its interior, kept in Gothic Revival style, was made of wood in the second half of the 19th century by Franz Draheim, a carpentry master and great philanthropist, who in his will endowed the poor children of Ustka with all his goods. In the church, above the altar, you can see a cross, brought here from Saint Nicolas Church, and a stained glass image of Jesus pulling drowning saint Peter from the deep water. Votive images funded by families of sailors who "left for eternal watch" are a peculiarity of this church. The oldest date back to 17th century.

The "Delfin" cinema is a German architectural classic of the Hitler era. It was constructed in 1936 as a cinema-theatre intended for, among others, Luftwaffe soldiers from a garrison which was being created in Ustka back then.

Wilhelm Gustloff

On 30 January 1945, the biggest sea accident in the history of Polish sailing took place. For a short period of time Wilhelm Gustloff was the largest passenger ship of the world. In 1945 it was moored in Gdynia. As a result of Soviet offensive and when Germans retreated from Poland, the ship was used as a freighter to evacuate German civilians and soldiers. At the end of January, it left Hel with almost 10,000 Germans aboard. About 23 sea miles from Ustka it was hit by three Russian torpedoes. Only 1239 passengers were rescued. The wreck is still lying at the depth of 42 metres as a sea tomb. Until 8 March 1945, about 33,000 refugees left towards the West through the harbour of Ustka.

Western Ustka - the region of ghosts and soldiers

Already in the 19th century, German army exhibited a liking for areas west of the harbour. These unpopulated dune areas stretching as far as Darłowo served as a training area for Blücher's Słupsk red hussar regiment. Then, before WW2, barracks for 7.5 thousand soldiers (today's Navy Training Centre) and a large antiaircraft artillery range were located here. West of the harbour, where a male bathing beach was located in the 19th century, the Germans also constructed "Blücher" Antiaircraft and Barrage Battery. Four reinforced concrete cannon posts for 105 mm cannons, a command post, and an engine room where a power generating unit was located have survived until today. "Ustka Fortress" Historical Theme Park is now operating here. Scenes from German soldiers' lives have been depicted very realistically in the underground rooms. Mannequins in uniforms, models, photographs and films make visitors more familiar with what happened in Ustka and its neighbourhood



Ustka fortress

during the war. A camouflaged munitions bunker can be found 400 m away from here. In the summer, it is made available for tourists by "Gryf" Historical Exploration Association. In the three-aisle interior you can admire interesting exhibitions and collections of items presented by history lovers.

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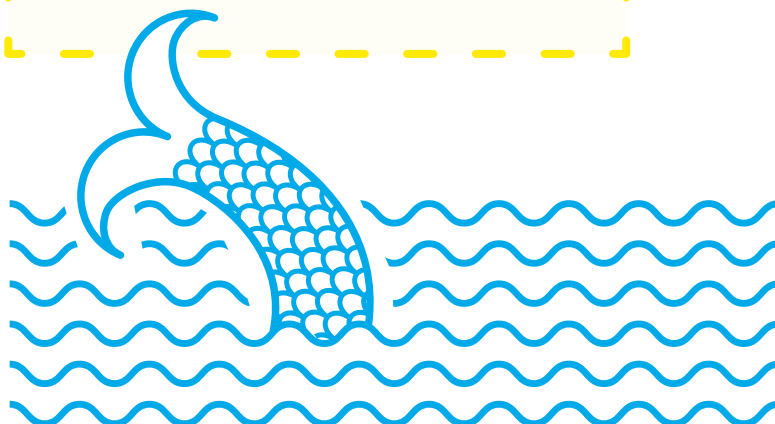
Ustka's attractions also include bunkers constructed in the Stalin period; the forests in the western part of the city are larded with them. Behind the barracks there are facilities which used to belong to the former Stalinist 9th Permanent Artillery Battery "Ustka Lądowo"

Nowadays, these areas are protected and are being renovated by members of Fortifications Lovers' Club in Ustka. It will be possible to visit the battery on selected open days. For more information, visit www.9bas.ustka.pl or www.ustka.travel

Near the broad western beach, there are still virgin areas with beautiful dunes and forests and remnants of former bogs and lakes. Another picturesque landscape, shrouded with legends and nicknamed "Ghost pond", is located near railways, next to Osiedle Kościelnika residential areas and Uroczysko Street, whose name can be translated into English as "secret forest". It is rumoured that a carriage of a landlord from Lądowo drowned here because the driver was deluded by will-o'-the-wisps appearing over the pond at night. Remnants of the construction site of a large harbour, commenced by Adolf Hitler and never completed, are also quite impressive. The so-called "third wharf", penetrating the sea by almost 200 m, and located about 1 km west of the harbour, is particularly impressive. Originally, it was designed as a 1.7 km long wharf, but its construction was abandoned in 1939, when WW2 broke out.

Mermaids

*It is already three thousand years ago that they were treated as embodiment of evil powers. Always beautiful and mysterious, they tempted sailors and fishermen with their heavenly songs and charm to wile them into the depths of the sea. Homer wrote about mermaids in his Odyssey; they haunted in the stories of Argonauts. For the Greeks, mermaids epitomised sea daemons. As the legend has it, our mermaid of Ustka helped a poor widow in need and can therefore be associated only with good spirits. In the latest collection published by the Local Tourist Organization, entitled [Legendy Ustki i Ziemi Słupskiej](#) (*The Legends of Ustka and Słupsk Area*), you can read the tale of the good deed.*





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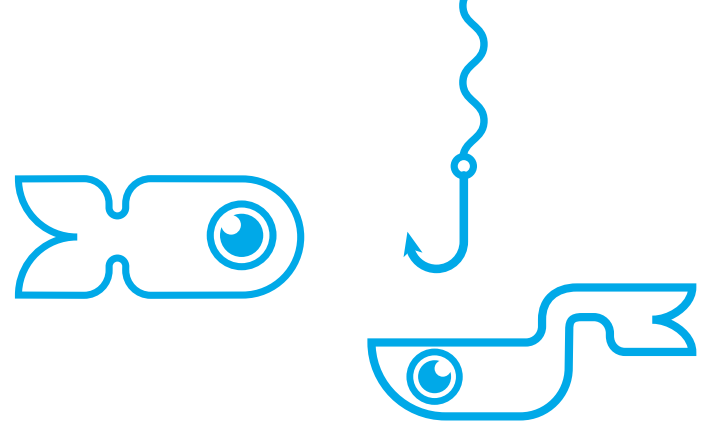
Eating out in Ustka

Eating out attractions in Ustka are twofold. The earliest ones date back to the times of harbour settlement of sailors and fishermen. In the 18th century, there were almost sixty abodes here, including as many as six taverns. This proves that gastronomy in Ustka, based on fresh fish and beverages, enjoyed great popularity even back then.

The second eating out trend in Ustka is connected with the summer resort function of the settlement. Since ca. 1800, vacationers have been coming to Ustka each year. One of them was Otto von Bismarck, a refined gourmet. The iron chancellor loved smoked eel and salmon, marinated herrings, and even sea-gulls' eggs. He enjoyed all these dishes during his vacations in Ustka.

At the beginning there were the fish

Let's be frank: the most popular dish in Ustka back then was flounder boiled with potatoes in a single pot. A guide to German Baltic sea bathing beaches published in 1908 read that, compared with Kołobrzeg or Sopot, "prices in Ustka are moderate" and "the tone is simple". In the 20th century, situation began to change. It is already in WW1 that the fame of Ustka smoked sprats reached France. Today, Otto Von Bismarck would have more than a hundred places to choose from: restaurants, fish-and-chips shops, and pizzerias. A similar number of cafes, ice-cream parlours, wine bars and a teahouse with an art gallery in Marynarki Polskiej Street need to be added to the list.



A couple of restaurants keep operating since pre-war times. These include the "Pod Strzechą" bar in the main street. Today, the bar offers traditional Polish cuisine and good beer. Situated in Darłowska Street, "Stara Pierogarnia" - with its traditional recipes - is also worth a visit.

In Marynarki Polskiej Street, opposite to the church, a pizzeria opened already in the 1970s. It was probably the second pizzeria in Poland (the first was the one operating until today in the "Poranek" bar in Słupsk). Ustka's fish-and-chips bars worth a recommendation include "Columbus", well-known to Ustka's patrons under its former name "Korsarz". Fish have been served here since 1960s. Among others, "Tawerna Róża Wiatrów" near the boardwalk specializes in fish. It offers tasty lunches of fresh Baltic and Mediterranean fish. Along the harbour channel there are many smaller fish-and-chips places offering fresh fish dishes. There are fish shops at the western side of the harbour, near the "Ust-Ryb" and "Alga" restaurants.

Culinary traditions revive in the revitalized quarter between Marynarki Polskiej and Czerwonych Kosynierów streets. The "Pod Dębem" restaurant was created in one

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of the restored facilities. Nearby, "Itaka" smokehouse and restaurant tempts with all possible varieties of fresh fish. "Syrenka", with its original fish dishes, also merits a mention. In 2011 Magda Gessler run her famous Polish version of "Kitchen Nightmares" there. The owner of the local "Złota Podkowa" smokehouse, Henryk Podkowa, graduated from the Łódź Film School and abandoned filmmaking for the art of smoking fish. The "7 Niebo" restaurant is well-known for its refined cuisine. "Dym na Wodzie", housed in Villa Red, is a restaurant run by a participant of the famous TopChef TV programme.

When in Ustka, you definitely need to taste traditional local fudge in "Cafe Mistral". If you are a dessert lover, you should definitely pay a visit to "Góra Lodowa" ice-cream parlour or eat "Lody Usteckie", the Ustka ice-cream. You can taste traditional "Bursztynowe Ciasto", the amber cake, in "Pod Dębem" restaurant. Amateurs of alcoholic beverages would certainly enjoy a visit in "(Nie)winna Piwniczka" and "Herbaciarnia" tea-house in Marynarki Polskiej Street.

A visit in the spacious and brand-new restaurants and bars of the "Grand Lubicz" vacation and spa complex will certainly be an unforgettable experience. They cater for hotel guests and external customers. Culinary masterpieces - both original and traditional ones - are served here in exceptionally beautiful interiors. The place is especially recommended for families, as there is a special menu for kids. A playground is also provided.

The character of the restaurants located in the harbour wharf is totally different. This applies in particular to those housed by historical granaries. In the direct neighbourhood of fishing boats and ships you can have

lunch, dinner or breakfast with a view over the harbour in "Cafe Marina", a place opened last year, but gaining more and more esteem with tourists.

Please note the food which is currently experiencing a major revival, not only in Ustka: herring. It is about this fish that Bismarck wrote that if it had not been so cheap and popular, it would have been treated as the most expensive delicacy. Fried, salted, marinated: it is served as a starter in interesting variants e.g. with champignons, plums, and even with honey.



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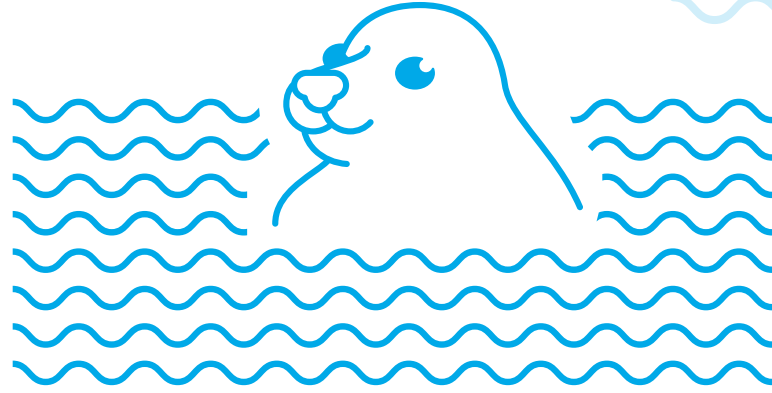
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Spa properties

Already in the Antiquity, there were places that people visited to take baths. This included ritual bathing and spa bathing. One of such places was Pool of Bethesda near Jerusalem, where Jesus Christ revealed one of his miracles. In the same period, the Romans kept building their recreational baths closer to us.

The history of present-day spas dates back to 17th century. In the Pomeranian area, it is Połczyn that is the oldest one; it is well known for its healing resorts. In 1793, the first Baltic Sea bathing resort was established in Heiligendamm (today's Bad Doberan near Rostock). As soon as 10 years later, in 1803, Held's book promoting bathing resorts in the Middle Pomerania region was published. Held wrote that bathing helped overcoming sadness and grief. He added that each bath was worth complementing with a quart of wine.

In Ustka, a list of vacationers appeared shortly after 1830, but first guests had started coming way earlier. In 1800, in the settlement near the mouth of the Słupia River, a pharmacist vacationed and wrote a poem to praise the heroic deeds of Ustka's captain Haase. In 1803, Friedrich Schleiermacher, an evangelical priest



and philosopher, author of many simple and wise sentences, searched consolation in Ustka after his love disappointment. "You shouldn't expect love if you don't love yourself" is one of his golden thoughts. Until the end of WW1, there were two separate bathing beaches in Ustka: one for women, on the eastern side, and one for men, on the western side, which had a park that included the area of the present-day "Blücher" battery bunkers. In 1911, a physiotherapy centre was created: something along the lines of therms, where heated sea water was applied as the first element of medical treatment. Later, saline and peat baths with various kinds of inhalations completed the offer.

Ustka started promoting itself as "Bad" i.e. bath, and its most renowned hotel adopted the name of "Kurhaus", the spa house. As early as in the 1920s, the official name of the town was changed to "Ostseebad Stolpmünde", which translates into Ustka Baltic Sea Bathing Resort. After WW2, many vacationing centres were built here for employees of a couple of dozens of large companies from the whole of Poland. There were also several "Czarodziejka"s - houses of the Polish Employee Vacation Fund. First spas were established in the 1970s.

Officially, Ustka gained spa status in 1988. The Natural healing factors here include climate, famous sea air saturated with iodine, and fossils, i.e. thermal saline and peat.

Diseases of the muscoscelatal and respiratory systems; rheumatic, cardiovascular, metabolic and endocrine diseases are treated here. In low-season, in Ustka you can meet numerous parents with toddlers coming here to heal allergies.

Saint John of Nepomuk

In the place where you can find Ustka's mermaid today, until 2010 there was a sculpture presenting the patron of the drowning: Saint John of Nepomuk, a canon and martyr from Prague. As a result of dispute between kings Wenceslaus IV of Bohemia and archbishop, John of Nepomuk fell into disgrace of the ruler and was imprisoned in 1393 and was thrown from the Charles Bridge into the Vltava River. The first monument commemorating John of Nepomuk can be found on this very bridge in Prague. Other monuments worth a mention include a very impressive monument authored by Bert Gerresheim, which is to be found on the Rhine in Düsseldorf. The chained figure in a habit has the face of a Polish martyr, blessed Jerzy Popiełuszko. The John of Nepomuk monument in Ustka has been moved to the harbour, and is currently placed in front of the Sea Rescue Service building.

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Attractions for kids

On sunny days the beach is teeming with life. Holiday, sun, and seaside: these would already suffice to have fun. Springboards, bouncy castles, slides: kid laughter can be heard all around. Little tourists won't get bored, as it is also outside the beach that many attractions are awaiting them.

"Kids get bored when it's rainy"? Maybe, but not in Ustka. Lack of sun does not need to transform your holidays into a nightmare. We recommend Ustka's playgrounds for cloudy days. You'll find one in the place where the boardwalk meets Trakt Solidarności. They can also be found in Osiedle Kościelnika residential area and in Polna Street. You can also find swings and teeters within the premises of Sports and Recreation Centre, which in high season offers interesting attractions for kids virtually every day.

The Cultural Centre organises all kinds of art games, as well as pottery and music workshops for kids from outside of Ustka. The local cinema is also very active

and offers a couple of screenings a day. Each Monday in July and August, plays for kids will be performed at the stage near the boardwalk at 4 p.m.

When it's rainy, a trip to the bunkers is also worth a recommendation. The underground multimedia gallery offers exceptional experiences; in addition, you can play pétanque, enjoy paintball, ASG and a bow shooting range. Under the supervision of a professional trainer even 4-year-olds can practice some archery. There are also historical cars that you can rent for a trip around the most interesting places in Ustka and the neighbourhood. A trip through the streets of Ustka on a colourful train will certainly provide unforgettable experiences for the youngest kids.

Even if it's rainy, you don't need to give up on baths. There are swimming pools in hotels such as "Grand Lubicz", "Lubicz", "Jantar" and "Royal Baltic". A bit further, in Redzikowo near Słupsk, in Jarosławiec and in Darłowo, there are aqua parks.

In Grand Lubicz Hotel there is also a playroom where kids can actively spend their time if the weather does not allow for frolicking outside.

In the Tourist Information Centre, you can buy a number of books to read on rainy days. The recently published collection entitled "Legends of Ustka and Słupsk Area" by Anna Koprowska-Głowacka presents a perfect opportunity for kids to get familiar with interesting stories of the region. The Local Tourist Organization takes good care of the youngest tourists and publishes numerous didactic materials: games, colouring books, and maps which present the most interesting areas of the region in a playful manner.

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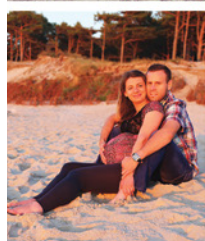
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Recreation and adrenaline

Emotions in Ustka can be graded: from guided walks in the old town to instructed paragliding and diving in the Baltic Sea.

Trips

Free walking guided tours around the old Ustka are organised for individual tourists each Tuesday in high season at 10.00 A.M. (from 28 June to 23 August). The square in front of Saint Redeemer Church is the starting point.

As a novelty, in the Tourist Information Centre you can rent an audio guide.

In summer season, twice a week, on Wednesdays and Sundays, it is possible to see Ustka from aboard a choo-choo train that leaves the stop in Portowa Street to tour the town streets. Tickets are available for sales in the Tourist Information Centre in Marynarki Polskiej Street 71 (phone: +48 59 814 71 70). The Centre provides up-to-date information on other paid tours.

Bike rental

This is a proposal for those who enjoy active recreation. Among others, bike rentals operate in resorts, in the Tourist Information Centre, the Kawisbike bike shop in Darłowska Street, and in the vicinity of Blücher's bunkers. In high-season, every day at 11.30, guided bike tours start at the bunkers. It is possible to join these tours with your own bike (phone: +48 698 669 446).

Canoeing trips

Among others, "Na kajakach" company and "Wir" canoe marine organise single- and multiple-day canoeing trips. We can certainly recommend trips down the Słupia River, with the possibility of visiting "Fishparty" fish manufacture in Niestkowo, where you can learn a lot about preparing fish. The different varieties of herring

canapés are especially tasty. You can also buy them in the Tourist Information Centre in Ustka.

"Na Wydmie" rope course

Courses of varied degree of difficulty await both kids and adults at Trakt Solidarności in the eastern part of the town. They are situated about 150 m away from the beach. If you are not afraid of heights, it's worth giving a try under the supervision of experienced instructors. Before the challenge everybody is briefly instructed on how to use climbing harness. Bike rental is also in offer. Near Ustka, another rope course can be found in Dolina Charlotty.

Paragliding

If you are even more courageous than that, you can get even higher paragliding with an instructor. Waldemar Janiszewski (aquila.net.pl), one of the local paragliders, has a license for gliding with a passenger. You can thus safely enjoy the flight and admire bird view of the cliffs in Dębina, which - under favourable air currents - becomes a true paradise for paragliders.

Diving

A trip into the underwater world provides emotions of a totally different kind. This is possible thanks to Podwodnia Baltic Diving Centre. They organise diving with an instructor - the so-called diving intro. Depending on weather conditions, you can dive in the sea, lake or pool. Everybody wishing to experience an underwater adventure and fit enough for this can leave Ustka with unforgettable memories.



Flight over the beach in Dębina

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Accommodation in Ustka

The accommodation possibilities in Ustka have been developing for years. The oldest pensions still in operation, such as "Villa Red", are 130 years old! Many accommodation possibilities were created in the 1970s, when companies and institutions from the whole of Poland were constructing here numerous vacation resorts for their employees. The majority of these facilities have recently been renovated by their new owners.

Many attractive luxury apartments and flats in modern buildings have been constructed recently. According to data from the Local Tourist Organization "Ustka and Słupsk Area", there are currently more than 11,000 beds available in Ustka. You can find accommodation suitable for you at www.ustka.travel or simply contact the Tourist Information Centre. Advertisements of lodgings whose owners are associated in the organization are subjected to on-going categorization; the accommodation offered is well-tested and worth a recommendation.

Nowadays, there are nine hotels in Ustka that operate all year round; these have nearly two thousand beds.

One of the hotels is five-star; no other hotel between Kołobrzeg and the Tricity has such high standard. "Grand Lubicz", for it is the name of this unique place, has more than three swimming pools. "Hotel Lubicz Wellnes&SPA", "Royal Baltic", and "Villa Red", revitalized 19th century pearls built in English Gothic style, also provide high standards.

In high-season, a double room in the best hotels in Ustka can cost as much as PLN 450, but there are many cheaper options as well. The 26 vacation resorts in Ustka can simultaneously accommodate more than three thousand guests, and the price range is between PLN 30 and 160 per person. In low-season, prices can get even lower than that. The cheapest accommodation opportunities can always be found in guest rooms, private lodgings, cabins, tents, or camping sites. Lower standard translates into a price of ca. PLN 30 per night. Renting a cabin costs PLN 30 to 100 per night, depending on the standard offered. To rent a whole flat, you'd typically need from PLN 120 to 300 per night.

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Mermaid monument in Ustka

The mermaid of Ustka

The first depiction of Ustka's coat of arms included a mermaid with a salmon in her hand against a background of a sailing ship. You can see this depiction on the shield of the warrior in the monument located in the park by the boardwalk. The monument commemorates the inhabitants of Ustka who died in WW1, and was unveiled in 1922. Wilhelm Granzow, a painter from Ustka, wanted the mermaid to symbolise the charming bathing resort of Ustka. Ustka's coat of arms can also be admired on an obelisk in Alina Skibniewska square.

In 1950s, when Ustka was already a Polish town, Franciszek Fenikowski, a writer from Kashubia, wrote a legend about the coat of arms. He brought into being a creature called Bryzga Rosowa, a mermaid of pure heart, who had pity over Marusza, a widow from Ustka

deprived of any means of support after her son failed to return from a long sea voyage. Each day the mermaid brought salmon to the blind woman. Thanks to this, the widow soon regained her sight and saw a sailing boat, on which her son returned: in good health and wealth.

As it is only Warsaw and Ustka that in Poland have a mermaid as coat of arms, several researchers felt tempted to examine the relationship between the two creatures. It was found that the mermaids were sisters. After a calamity that hit the Mermaid Isle in the Antiquity, sister mermaids spread all over the world. Three of them swam into the Baltic Sea. One of them stayed in Copenhagen, commemorated by the famous monument. The second one swam up the Vistula River and, after many adventures, ended up on the coat of arms of Warsaw. The third one fell in love with the golden beaches in the neighbourhood of Ustka; it is this one who, with her kind heart, helped widowed Marusza.

As you can see, the mermaids of Ustka and Warsaw are siblings. When this relationship was discovered, the sisters started writing letters to one another. In 2010, a group of inhabitants of Ustka, led by Tomasz Laskowski, former president of the Ustka Local Tourist Organization, took two weeks to raft down the Vistula River from Warsaw to Gdańsk and then to Ustka by sea to deliver a letter that the Warsaw mermaid wrote to her sister in Ustka.

Today, when walking on the eastern wharf in the harbour, you can stop by the mermaid, whose eyes are fixed on the sea, and greet your friends from all over Poland thanks to an Internet camera placed on the monument. www.syrenka.ustka.pl

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Onto the sea!

If you really want to feel the sea breeze, you should take at least a short cruise on the Baltic Sea. There are a couple of beautiful tourist ships imitating old sail ships moored in the harbour. On some of them, discos are even organised.

During a short cruise on the Baltic sea, especially on the above-mentioned galleons, you'll feel like an ancient sailor or even a pirate for a moment. It's worth having a glance at Ustka from the side of the sea, as it is this perspective that allows you to fully appreciate sandy beaches and cliffs. Hungry for something more? Take a ride with a super-fast hybrid motorboat! More information is available in TIC or on the eastern wharf, next to the lighthouse.



In the harbour

Angling trips to full sea take much longer than recreation cruises - up to a dozen hours. There are a couple of organisers of such tours, including Sea Angel and Ust-101. During these trips, you will mostly fish for cod. It is a brave predator and can weigh up to a couple of kilograms. Fishermen organising the trips often prepare the fish aboard the boat.

You can also enjoy recreational fishing on the harbour and wave breakers, as well as on the river before the first fixed bridge, after making a payment to the Account of Regional Sea Fisheries Inspectorate in Słupsk. You would need to pay PLN 30 for a week of fishing and PLN 70 for a month. There are substantial reductions for pensioners, retired people and owners of Polish Large Family Card. The permit for angling on the river is much more expensive. In return, however, you may be lucky enough to angle large bream, roach, perch, flounder, herring, and even eel - during warm summer nights.

Apart from angling and sailing, other interesting activities: wind- and kitesurfing are gaining popularity in Ustka. On windy days you'd observe daredevils whizzing on the sea; it is a great opportunity to learn how to start practising these sports.



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7. ul. Grunwaldzka (Lubicz)
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Artists and culture

Captain Haase House - Baltic Cultural Centre

It is located just next to the Cultural Centre. The building, constructed by the famous captain in 1804, has recently been renovated. In its exhibition rooms not only works of art are shown, but also various interesting collections.

Creative Activity Centre

It is located in the old granary at No 2 Zaruskiego Street, in direct vicinity of the harbour. Recently, the whole building has been adapted for the needs of the Centre, which is the first place of this type in Poland. It was created with artists and local community in mind. It has a lecture hall and an exhibition room. A modern accommodation facility with a cafe is ready for artist-in-residence stays. Interesting exhibitions and workshops in sculpture, ceramics, as well as in computer- and film graphics are organised there.



Captain Haase's house

Cultural Centre

It is located in No 19 Czerwonych Kosynierów Street. It organises numerous concerts and recitals; it also features an exhibition room where paintings and photographs are shown. The centre also organises classes for kids and various competitions.

City library

It is located in No 22 Kopernika street. Apart from renting books, it organises meetings with artists, classes for kids and youth, and interesting temporary exhibitions. It houses a substantial collection of local publications.

General Sosabowski Roundabout

In 2010, to commemorate the 66th anniversary of the battle of Arnhem, an obelisk with a portrait of general Stanisław Sosabowski, commander of the First Independent Parachuting Brigade, which took part in this operation, was unveiled near the roundabout at the crossing of Jagiellońska and Grunwaldzaka streets. "A Bridge Too Far", a well-known super-production about the Market Garden operation, featured Gene Hackman as general Sosabowski.

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Gallery in Herbaciarnia Tea House This place in 14 Marynarki Polskiej Street is perfect for talking about art with a cup of tea or glass of wine in hand. The Nagórny family, owners of the place, exhibit works by befriended artists from - both Poland and abroad.

Alina Skibniewska Square

She was born in 1911, in the Mazovia region, in a landowner's family. She graduated from a high school in Warsaw and then she majored in pharmaceutical studies in Poznań. Shortly before the war, she started working in a pharmacy, which she continued during the German occupation. Once the war finished, she was relegated to Słupsk, and later to Ustka, where she was the first pharmacist. She lived here until her death in 2007.

Alina Skibniewska was a very kind and serene person who did a lot of good for the local community. She received a number of awards for her work, including Knight's Cross of the Order of Polonia Restituta. She also got appreciated by the authorities and inhabitants of Ustka, who named the place at the junction of Marynarki Polskiej and Czerwonych Kosynierów streets after her name. You can find a fountain there with banks encircling it and a granite stone with Ustka's coat of arms.

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1 - 2 July - Lech Fire Festival - spectacular light and sound shows by the best firework show companies. Performers: Róże Europy and Golden Life.

9 July - Smiling Ustka - family event for families with kids. The agenda includes theatre shows and activities for kids, and an entertainer show.

15 - 16 July - "Shanties on vogue" festival - concerts of leading Polish shanty bands, and games with sailing-related themes.

23 - 24 July - Bielsko Biała and the Beskids in Ustka
Presentation of highland traditions and culture, a stand with Beskid regional cuisine, and performances by folk groups.

30 July - City game - on this day, western Ustka will turn into a great gaming board. Discovering dark mysteries will mean loads of fun - both for families and lone explorers.

5 - 7 August - the Beach Project - TVN beach town, activities with celebrities for the old and the young.

13 August - Polish Amber Panning Championship
search for the gold of the Baltic Sea on the beach.

14 - 15 August - Fish Harvest, Ustka Day - culinary workshops and shows, free fish sampling, fish market, and activities for children. Performers: Strachy na Lachy.

20 August - Finals of Amber Miss Poland



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Attractions of the Ustka Commune

Just as a pearl shines bright only when fixed in a diadem, Ustka enchants even more thanks to the beauty of the Pomeranian landscape of its commune. The Ustka commune stretches along the seaside from Rowy in the east to the Modła Lake and Zaleskie Bagna marsh reserves in the west. It also covers farming villages in the coastal strip, 10 km into the land. Beautiful beaches, forests, dunes, lakes, meadows and turfs, together with well-preserved ancient architecture, encourage biking, walking, horse riding, and canoeing trips.

Beaches

The commune is divided in two by the Słupia River. Unfortunately, access to the beaches on the western side is limited by military grounds. However, a picturesque passage to the sea has recently been opened near the village of Modlinek. The path leads along an old, post-German railway embankment at the foot of the mysterious Ognica hill.

In Ustka and east of the Słupia River, there is nothing that would block access to beaches. You can thus walk the beach from Ustka to Rowy, passing the picturesque mouth of the Orzechówka creek and the so-called King's Throne in Orzechowo Morskie. A couple of gloomy legends are connected with the creek. Medieval pirates are rumoured to have killed their hostages here - hence the brook's informal nickname is "Cadaver Creek". King's Throne, on the other hand, is a high hill

Amber mine

At the border of the Możdżanów village, near the present-day road to Słupsk, an amber mine was founded in 1782 with permission of the King of Prussia. It was managed by a Mr Lippmann, a merchant from Słupsk. In this very city, just before 1477 - that is before the founding of the guild in Gdańsk - one of the first amber working guilds in the Pomeranian region was founded. Modern research conducted in the area of Możdżanów confirms the presence of amber deposits at the average depth of 5 to 17 metres; the resources are estimated to amount to about 20 tons.

from where you can admire a beautiful view to the sea. One of the attractions of Orzechowo is a view tower, made available by State Forests, and a nature trail leading through the Orzechowo Dune.

Poddąbie at the seaside

Poddąbie is located midway between Ustka and Rowy. In the past it was called Nowy Strąd, from the German word "Strand" meaning beach. This relatively young village was founded in the second half of the 18th century by Prussian King, Frederick the Great. Nowy Strąd took the "Poddąbie" name from the old medieval settlement of "Poddamp", which ended its existence in 1914 after a heavy storm. The settlement was located



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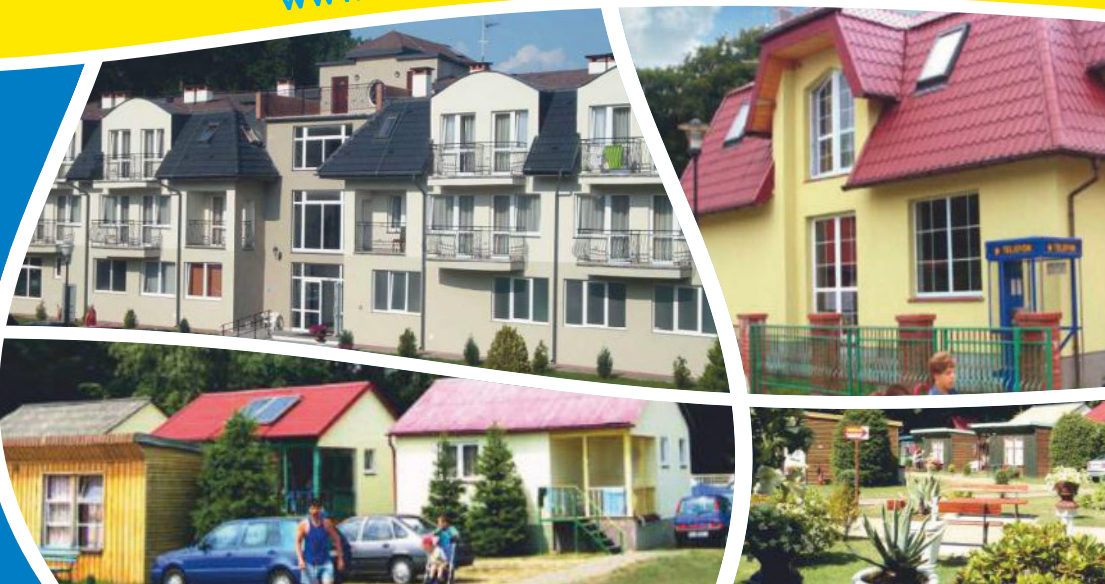
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at the edge of a gorge curved by a small creek about 1 km to the west from present-day Poddąbie. Next to the place where this settlement was once located, there is a footbridge connecting both edges of the gorge.

Dębina

Dębina is famous for its cliffs exceeding 20 metres in height. It's a paradise for paragliders who, under favourable winds, climb into the air from here. In the past there were glassworks in Dębina. Until today you can find green, transparent glass clods in the soil. In the communist period, there was a top-secret on-shore missile station in Dębina. Ruined military facilities on the high cliff are what has remained of the station.



Beach in Poddąbie

Rowy

This place is bustling with life especially in the summer, as it is one of the most popular Baltic Sea bathing resorts. For many years now, nudists have enjoyed the beach east of Rowy. The Łupawa River, which leaves the Gardno Lake before Rowy, flows into

the Baltic Sea just here. In the mouth of this river, there is a small picturesque harbour with small concrete wave breakers. www.port-rowy.pl

The Łupawa River is a paradise for anglers, whom you can meet all year round along the river banks on both sides of the bridge. If you prefer staying active, we recommend canoeing, walking or cycling trips to the Słowiński National Park, which begins just here. Even a shortest walk - about 2 km long - to the vantage platform near the Gardno Lake provides an unforgettable panorama of the lake and the Rowokół hill.

In high-season, in Rowy you'll see plenty of stuffed teddy bears, crocodiles and frogs and a rather largish grasshopper, similar to the one which you can see in the coat of arms of the Ustka commune. This is because Polish Soft Toy Rallies® are organised here every year. Survey of Wind Instrument and Parade Orchestras is another event organised here cyclically.

There are also open-air painting and sculpture workshops for amateur artists. Grand sculptures in wood, donated by the artists after the open airs, decorate many streets in Rowy. They are thematically connected with legends and with the daily life of the locals.

Wound up rails

South of Gąbino and Dominek, two railway routes joined in the past. The railway track from Słupsk to Smołdzino, covering 33 kilometres, was opened in 1895 and was served by 4 locomotives, 5 passenger cars and 43 cargo cars. In 1912, these trains transported 107,000 people and 62,000 tons of goods. The other connection, from Dominek to Słupsk, was opened in 1913. The trains were circulating up to 5 times a day. All the railways were disassembled (wound up) by the Soviets in 1945. What has remained until today is the reinforced picturesque embankment, currently serving as a bike- and walking path. The Ustka - Rowy stretch of the R-10 International Baltic Cycling Route coincides with the "Wound up rails trail".

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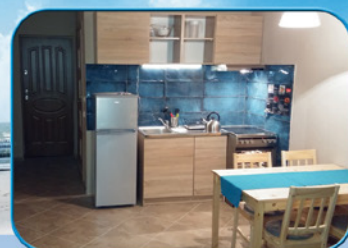
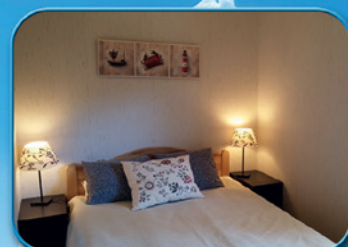
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The slightly hilly landscape invites walking and cycling - Poddąbie is a perfect starting point for trips. It is exactly here that the Słowiński National Park, entered into the UNESCO World Heritage List, starts - explore its moving dunes, the Gardno Lake, the lighthouse in Czołpino, and the beautiful walking trails.

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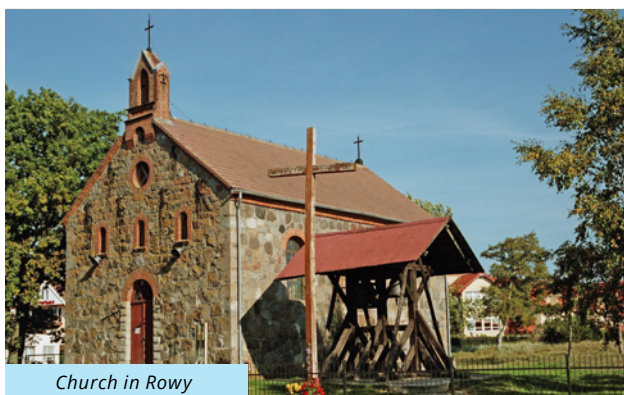
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Mysteries of the church in Rowy

The oldest church in Rowy was located on a hill between the village and the lake. There was also a graveyard where castaways from various countries were buried. The present-day church was built from ashlar in the 1940s. One of the stones is black and is rumoured to get damp when the weather changes - in this way, the stone warns fishermen against possible storms. A legend says that the stone is black because it was dropped by the devil; in fact, it is vein quartz, a rare erratic distinguished by its exceptional hardness. They say that someone tried to break it and then caused a crack by heating the stone in the fire - to no avail, and hence the black colour.



Church in Rowy

Interesting places

Przewłoka settlement and village

It borders Ustka from the East. There are many pensions and agro-tourism farms here. The region has a rich history. In the 1970s, in the Przewłoka settlement, a Pomeranian culture burial ground, aged nearly 2500 years, was discovered. Przewłoka itself was first mentioned as Preuloca, a fishing settlement on the shore of a lake. The lake was situated between the Przewłoka settlement and Ustka, in a peculiar basin, where nowadays therapeutic peat can be found.

In 2015, the seat of the Słowińska Fisheries Group was built here, together with an outdoor gym. In the village there are also playgrounds and a multifunctional pitch.

Near the very border with the town, there is a very characteristic Holy Virgin Mary Star of the Sea Church, built on a hexagonal star plan. A "papal oak" grows in front of the church. At the junction of Armii Krajowej and Ustecka streets, in front of the church square, there is Monument of Polish Underground State.

Machowino

It features a Gothic Revival church of 1892, with an interesting location and the oldest tombstone in the Słupsk district; the tombstone dates back to 1596 and was moved here from an ancient temple. In all probability, it commemorated Lorenz von Schwabe, owner of Machowino. An old evangelical graveyard with characteristic, cast iron crosses has also survived. Machowino and Machowinko are places where you can still admire the parks and palaces of the ancient Prussian Junker families. Currently, nursing homes operate in both palace buildings.

Extreme Rope Course in Rowy

It's a perfect place for people who, after basking on a sunny beach, would like to move a bit and feel the thrill of emotions. There are four courses available: training, kid, medium-difficulty, and difficult. Each of them has as many as 60 obstacles, including zip lines.

Objazda and Bałamątek

In Objazda, take a look at one of the oldest wattle and daub churches in the Pomeranian region: the church under the auspices of Holy Mary of Częstochowa. The building was funded in 1606 by an heir of Objazda. Behind the church, you can enjoy a walk in the palace park. Not far from here, in Osieki Słupskie, there is a park where, as rumor has it, edible chestnuts grow. From Osieki it is already very close to Dominek, a village in whose vicinity Gabel was located. Gabel,

Stone bells

*In the forest, about 150 m of the dirt road from Poddąbie to Dębina, there are two relic stones which are under archaeological protection. Probably they mark the place of cult burials of the Goths - Vikings' ancestors - who sailed to the Pomeranian region from Scandinavia in 1st century. In the 1930s, the stones were stuck vertically in the ground. The locals called them **Stone Bells**. It was rumored that the stones were in fact bells from the church in Rowy. The bells sounded so perfect that an owner of the castle in Wytowno, a village that constitutes a separate parish, ordered the bells to be taken from Rowy and transported to him. However, when the horsewagon with the bells reached the border between the Rowy and the Wytowno parishes, the load fell from the wagon and turned into stones. According to the legend, the ringing of these ancient bells can sometimes be heard in the forest.*



Zagroda Śledziowa, the Herring Farm, is located on the outskirts of the Starkowo village (10 km away from the sea), in a harmonious and romantic landscape. Here, you can relax in peace and calm, but if you wish, we can also offer meetings with music, barbecue and common feasting.



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which translates as “fork”, is the German name for the railway station which was located in the fork of local railways from Smółdzino and Słupsk. When driving from Objazda in the direction of Rowy, you will reach a locality called Bałamątek, which was previously called Alte Mühle - Old Mill, as a water mill used to be here. It is the stones of this mill that served as building blocks for the church in Rowy.



Footbridge over the gorge in Poddąbie

Beech forest by the Słupia River

The fragments of a virgin beech forest behind the Wodnica village, between Słupia and the Ustka-Słupsk railway, are subject to strict protection. The “Beech forest by the Słupia River” nature reserve is located here. It covers an area of almost 19 hectares on the right bank of the river, which meanders here picturesquely. The difference in altitude between the bottom and the edge of the valley reaches 12 m. There is a wooden, nicely located bridge leading to the reserve from a road in Wodnica.

Grabno and Zimowiska

On the road from Słupsk to Ustka, there are connected villages of Grabno and Zimowiska. A legend says that inhabitants of Ustka moved there for winter to protect themselves from storms. This would explain the name “Zimowiska”, which translates into English as “winter camp”. The small 16th century austere brick Saint Nicolas Church was once the seat of a parish which also covered Ustka. Today, it is the other way round: the main parish is in Ustka. In a 15th century underground crypt, there still are the remains of von Winterfeld knights, including that of Borchard von Winterfeld, who was beheaded in Sławno in 1485 for road robberies. Winterfelds’ tombstone has been preserved until today, and so has a millstone, built into the outdoor wall at

church entrance. This is likely to be the place where convicts were chained to a pillory as a punishment for their misdeeds.

Checked land

The western part of the Ustka commune, separated from the sea by military grounds, is still more agricultural than touristy in character. Paradoxically, this has facilitated the survival of many relics of ancient local architecture. In Wodnica, Starkowo, Pęplin, Moźdzanowo, and other villages east of the Słupia River, there still are many authentic rectangular farms with original wattle and daub structures. Some of them are nearly 200 years old. Rectangular farms were built-up from all four sides, with the house in the back of the farmyard, the cowsheds and stables on the sides, and a barn with an entry gate on the side of the street. Wattle and daub structures are made of black wooden skeletal beams, and the spaces in-between are filled with clay and whitened with lime. This gives an image similar to checker - hence the region is nicknamed “Checked land”.

Among the most interesting wattle and daub structures are church buildings - don’t forget to visit the churches in Charnowo and Wytowno.

Duninowo and Zaleskie

The settlement was created near a lagoon, whose remnant is the present-day Modła Lake. The most interesting sight in Duninowo is the 14th century church reconstructed in baroque style in 1878. The property once belonged to von Krümmel knights. According to a legend, one of the knights, named Wulff, killed a priest in the church; they say that he did it to punish the vicar for his greed. In the porch, you can still admire the von Krümmel family tombstone, with a bizarre curse inscribed upon it, and two knight lancets, which have survived until today. The owners of Duninowo changed several times. Interestingly, among its owners was the von Frankenstein family, to whom Duninowo belonged around 1843.

When in Duninowo, it is worth making a trip to the nearby Modła Lake and the bird reserve. Go there with a camera or binoculars. In the past, the lake was much larger. In the times of Romans and in the Middle Ages, metallurgical furnaces smoked on the sides of the lake. Turf ores were smelted into iron for arms and agricultural tools. This gave rise to “Zaleskie” - the name of this place. Despite what you may think, this does not mean a settlement placed “behind a forest”



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Starkowo

Since 2015, you can visit "Śledziowa Zgroda", the herring farmstead, here. The picturesquely located historical farm serves all possible varieties of herring. You can also see exhibitions on fishing techniques, herring accessories, the preparation and processing of herring, as well as on the role that this popular fish has played in literature. The place offers the possibility to bake bread and smoke fish in a traditional way. In a specially designed room, you can taste herring with a beverage that goes perfect with it. Employees of "Śledziowa Zagroda" guide both individual tourists and organised groups. You cannot live without herring!

the present-day form may imply to a native speaker of Polish, but - presumably - an old metallurgical centre called "Żelaskie" (from the Kashubian word "Żeleśczę"). If you are here, you definitely have to see the 16th century church with a cross commemorating inhabitants buried in the medieval graveyard, and the manor of the von Below family. It is this place that Gerda von Below, a German poet, frequently wrote poems about. From Zaleskie, you can follow a dirt road to the seaside until you reach the place where a settlement called Zaleski Strąd was once located. The fishing locality which, as legend has it, was founded by Swedish castaways, existed until 1958. In the last phase of the settlement's existence, a Polish community of Benedictine - Samaritan nuns lived here, who run a centre for disabled children. The centre went into liquidation as the nearby military territory expanded.

On a canoe

The Słupia River flows through the commune and flows into the Baltic Sea in Ustka. Słupia is a very interesting



Rope course in Rowy

water course. Whole-day canoeing trips are organised from Słupsk and Bydliń. There are also shorter trips, lasting a couple of hours, from Charnowo and Wodnica. While it's not the only possibility to get to know these places, you will certainly fall in love with the view from your canoe over the villages of Charnowo and Niestkowo, located opposite to one another on the banks of the Słupia River. The views are truly charming. In Charnowo, you can admire a well-preserved post-German dairy and a 15th century church with sepulchral crosses of local evangelical priests.

When canoeing between the bends of the Słupia River, you will have an opportunity to admire rare animal species, especially water birds. The areas around Ustka are also very attractive for anglers. Those who are lucky happen to angle specimens of bulltrout and salmon weighing as much as several kilos.

On bike

The Ustka commune offers attractive areas for bike tourism. Among others, you can choose the so called "Wound up rails" trail from Ustka to Rowy (about 20 km), which is a fragment of the R-10 International Baltic Cycling Route. The trail leads along an ancient railway route and its most picturesque stretch leads through a fragment of a beech forest where the embankment reaches the approximate height of a dozen metres. Each year, general Polish bicycle rally is organised here to traditionally inaugurate the summer season. There are also other, shorter trails from Ustka and Rowy suitable for bike lovers. Information and guides are available in TIC in Ustka.

Duninowo

This locality is distinguished by its large number of historical and peculiar places. In the village, there is a granite obelisk commemorating inhabitants of the village who died in WW1. The obelisk has been transported by rail from Bavaria. Unloading and transport of the obelisk from a nearby railway station took two days. What is also intriguing is that under the church you can find the 19th century tomb of Frankenstein and his wife. An heir living in this village was holding this name, nowadays associated with one of the greatest horror films of all times.

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Saint Jacob Route existed once in the Southern Baltic Region, leading from Königsberg, via Gdańsk and Szczecin to Rostock, and further West. Currently, a project is underway whose aim is to restore this special route and connect the existing heritage with a wider European network. In 1987, Saint Jacob Route was added to the UNESCO Cultural Heritage List.

A fragment of the Pomeranian Saint Jacob Route passes through the Ustka commune; this fragment is marked with a characteristic symbol of a shell. In 2015, Marek Kamiński, a polar explorer, was passing this place as he pilgrimaged to Santiago de Compostella to explore his metaphorical Third Pole.



"Sea Land" playground in Poddąbie

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The Ustka Commune Useful addresses

OFFICES, SERVICES, INSTITUTIONS

Tourist Information Spot, Rowy

open during school holidays

phone: +48 59 814 18 18

Ustka Commune Office

Dunina 24

Ustka

phone: +48 59 814 60 44

Communal Guard of the Ustka Commune

Dunina 24

Ustka

office open Mo-Fri

7.30 AM - 3.30 PM

phone: +48 59 815 24 60

phone: +48 59 815 24 62

Commune Police – field patrols

on duty:

7.30 AM - 3.30 PM

10.00 AM - 6.00 PM

12.00 PM - 8.00 PM

6.00 PM - 2.00 AM

phone: +48 518 530 580

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Postal Agency

Możdżanowo 37

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Zaleskie Healthcare Centre

Zaleskie 8, 8.00 AM - 12.00 AM

phone: +48 59 814 13 33

Limited service pharmacy

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phone: +48 59 843 96 78

Rowy

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INTERNET

Library Spots in Charnowo and Duninowo and Communal Library in Objazda

MUSEUMS

Museum Branch in Rowy

Parkowa 1

Rowy

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www.slowinski.pl

LIBRARIES AND CULTURAL CENTRES

Cultural Centre of the Ustka Commune, Darłowska 3 B

Ustka, phone: +48 515 135 677

www.kulturaustka.pl

Communal Public Library

Objazda 77 and Library

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Water Equipment Rental

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Rowy

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phone: +48 691 380 262

www.splywykajakowe.tp2.pl

Holy masses

Rowy - Saint Peter

and Paul Church

Sunday: 9.30 (VII - VIII)

Objazda - Holy Mary

of Częstochowa Church

Sunday: 8.00, 11.00 (VII - VIII)

Poddąbie

Sunday - 17.00

Wytowno - Saint Francis

of Assisi Church

Sunday: 8.00, 12.00

Charnowo - Finding of the

Holy Cross Church

Sunday: 12.00

Rowy - Saint Nicolas Church

Sunday: 10.00

Duninowo - Holy Mary

of Częstochowa Church

Sunday: 8.00, 14.00

Events in the Culture Centre of the Ustka Commune

21 - 25, 21 - 28 june - Polish Painting and Sculpture

Open-Air Workshop - "Rowy in the eyes of an artist"

25 june - 3rd Nordic Walking March - Conquest of the

Orzechowska Dune

29 june - 1 july - "Summer Favourites" International Festival in Rowy

2 july - 21st Polish Bike Rally "Along the Wound up Rails"

9 july - park in Rowy the colorful and joyful way

16-17 july - 10th Polish Soft Toy Rallies® in Rowy

23 july - Flavours of the Sea - Shanties in Rowy

27 july - Beach Volleyball Championship in Rowy

30 july - Prevention Day in Rowy

6 - 7 august - 9th Polish Survey of Wind Instrument

and Parade Orchestras in Rowy

13 - 14 august - "Enjoy the Folk Style!" in Rowy

The calendar is subject to change.

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The Smołdzino Commune

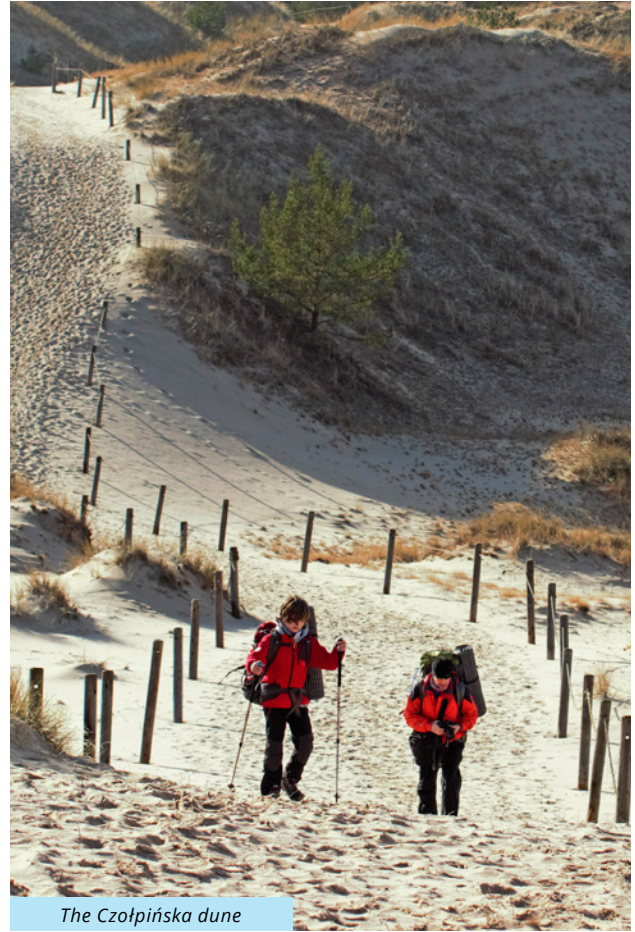
This is a true paradise for lovers of active tourism; it's all here - sandy beaches, moving dunes creating landscapes taken directly from Sahara, two large coastal lakes, the Łupawa River and the incredible history of the Slovincian people. All of this makes this region one of the most attractive tourist destinations not only in Poland, but also in the whole of Europe. It is in this commune that you will find the Słowiński National Park, which is included in World Network of Biosphere Reserves.

www.slowinski.pn.pl

The Slovincians, after whom the park was named, were descendants of Pomeranian Slavic people who settled here in early Middle Ages or even earlier. Slovincians were a true sensation; they retained their language, which sounded like 14th century Polish, until the end of the 19th century. It is because of them that, since 1850, Russian, German, and Polish ethnographers have been coming here, aiming to research the people's language and culture. The memories of Slovincians have survived not only in the local open air museum, but also in legends, names of places, rivers, and forest areas.

Kluki

The open air museum in Kluki was founded in the former village of Slovincians, who lived here since 18th century until the beginning of 20th century. The settlement is located on the shore of the Łebsko Lake. Three old wattle and daub farms have given birth to the Museum of Slovincian Countryside, founded in 1963. The remaining buildings have been moved from other villages and equipped with tools bought from Slovincians. The open air museum comprises about 20 facilities, including seven houses, two barns, two bread furnaces, a storehouse for boats, and



The Czołpińska dune

a fishermen shelter with equipment. Employees of the museum cultivate memories of daily life, customs and history of the Slovincian people. Half a century after the opening of the museum, memories of the last fifteen Slovincians - indigenous inhabitants of the "checked land" - were recorded. The oldest of these people were reaching their nineties. Some admitted that they felt Polish; others claimed that they were German. What they all uniformly agreed on was that they were Slovincians.

Czołpino

When heading for the beach, it's worth taking a look at the remnants of an ultra-secret Polish Army missile unit. A little bit further you can find an old building made of red brick. Called "czerwona szopa" ("red shed"), this place was a sea rescue service station. It was built in the 19th century by German Maritime Search and Rescue Service. There are other such buildings that have survived in Rowy, Ustka, and Jarosławiec.



The open-air museum in Kluki

Attractions of the Smołdzino Commune

Wild beaches and dunes

Beaches here are wide. They have never been touched by a human hand. In summer, you can find plenty of space here at any time of day. The beaches delight with their velvety sand, which has been polished by the waves of the Baltic Sea for thousands of years. Moving dunes are a sensation on a pan-European scale. There are many walking trails leading through this Polish Sahara. The dunes cover more than 327 km² and stretch between Rowy and Łeba, mostly on the spit between the Łebsko lake and the sea. The highest dune, Łącka Góra, rises to 35 m above sea level.

Gardna Wielka

One of its attractions is Devil's Stone - a huge erratic close to the old fishing harbour. Once you get there, you will have a chance to learn the legend associated with the stone.



Seals in Słowiński National Park

Bikes and Łupawa

In the Smołdzino commune, bikes take the lead as a means of transport. This region is a true paradise for those that prefer off-road sightseeing. On a bike, you can get almost everywhere here. The majority of private lodgings, farms, agricultural centres and places visited by tourists are equipped with bike racks; this also applies to shops.

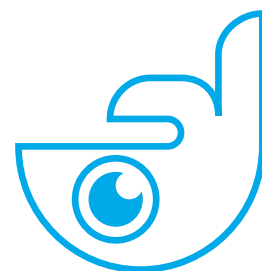
The network of attractive bike paths crossing this region includes, among others, the R-10 International Baltic Cycling Route, the "Golden Sand Path", and many connection roads. The total length of the paths in the commune exceeds 200 kilometres. There are two bike rentals operating here; in addition, many lodging owners also have their own bike fleets.

The Łupawa River, typically lowland and with a lot of meanders, offers interesting recreation possibilities. Canoeing trips are not the only attraction it invites you to. There is a walking and bike path running along its bends. Thus, be it on foot or on bike, you can admire the river's oxbow together with its beaver habitats. When on a bike, take a look on the open-air gallery stretching from Smołdzino to Łokciowe, entitled "I'm carved by my bike". Massive sculptures depict people in 1:1 scale in various poses.

Once a year, in mid-July, extreme "meandering" - a swim for lovers of the rushing current of the river - is organised on the Łupawa River. Participants are recommended to wear swimming wetsuits. The Łupawa River also offers numerous and rich angling grounds.

Close to the nature

Due to the close neighbourhood of the Słowiński National Park, the forests are full of horned cattle and deer. Birds, in their great variety, can be observed virtually anywhere. Birdwatching has been gaining popularity over the recent years. A couple of private lodgings are equipped with professional equipment. Observation safaris are also organised. The Eastern part of the Gardno Lake is included in Strict Protection Zone "Gardnieńskie Łęgi", the "Nesting Sites of Gardno". Near Smołdzino, you are highly likely to hear the characteristic calling of cranes - a sound which is one of the most popular field noises here. The area has many natural attractions, including 16 beeches grown together, and deer rutting areas in Kluki and on the meadows of Gardno.



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"Black wedding party" in Kluki

Culinary attractions

Smółdzino, Gardna Wielka and the neighbourhood make up an area which is particularly interesting for gourmards. You can buy natural products directly from farmers in the villages. Bazaars, where local producers of bio-food offer their products, are organised in the summer. You definitely mustn't miss the sour soup (żurek) served in "U Dargoscha" inn in Kluki, the game in "U Bernackich" inn in Smółdzino, Jasia's dumplings (pierogi), the home-made lunches in "Po drodze", and the traditional liquors prepared by ladies from the "Słowiniec" association. In Gardna Wielka, we wholeheartedly recommend the local bakery, as well as Zbyszek Przysiecki's smokehouse with an open-air company store. Here, you can savor smoked salmon or trout, served straight from the furnace.

For history lovers

If you enjoy discovering traces of the past, you'll certainly fall in love with the Smółdzino commune. In each village area, protestant graveyards have survived - these have recently been revitalized. You would certainly enjoy visiting the 17th century palace and park in Żelazo, once the property of the Prussian von Bandemer family. The present-day church in Gardna Wielka was erected in 1852, in the place where the previous, 13th century Saint Stanislaus Church stood, and which was probably one of the oldest churches in the region. At the same hill as the church, a stronghold ("gród") was located;

this is where Gardna took its name from. In front of the church, there are a couple of obelisks and graves. The obelisk that commemorates the most tragic event is the one built in the honour of casualties of the crash of two boats on the Gardno lake. The crash happened on 18 July 1948, and 22 female participants of a scout camp from Łódź died in it.

In 1632, princess Anna von Croy initiated renovation of the church in Smółdzino. The church itself is frequently associated with pastor Michał Mostnik (Pontanus), who printed religious books in the language of the Slovincian people in the 17th century. The relics retained in the church are less-known. These are remnants of Saint Castus and Emilius, Christian martyrs from the 3rd century, coming from the region of ancient Carthage in North Africa. The Catholic Church commemorates them on 22nd May. The Smółdzino hydroelectric power plant, propelled by the current of the Łupawa River, was mostly built by Russian prisoners-of-war, captured by Germans during the campaign in the Masuria region in WW1

Retowo

Today, it's a water sports centre. During WW2, a reserve launching station for German Kriegsmarine seaplanes was located here.



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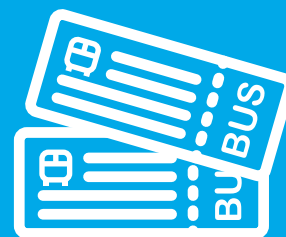
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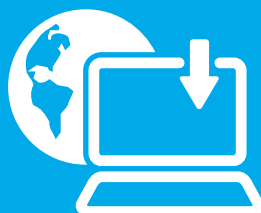
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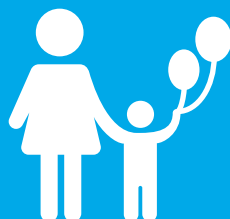
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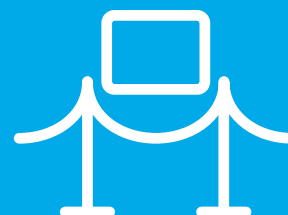
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DARŁOWO

King Eric's Castle is waiting for you!

He was just 15, and already with three crowns on his head: Swedish, Norwegian, and Danish. He was neither Swedish, nor Danish, nor Norwegian, but a prince of the Slavic House of Griffins baptised with the name of Bogusław. The long life of **Eric of Pomerania** (1382 – 1459) was full of tumultuous events. He was nicknamed the Emperor of the North, the Last Viking of the Baltic Sea, but also the Pirate King because, once deprived of king's dignity by his enemies, he took revenge on them, plundering seaside towns and ships. He was born and raised in the Castle in Darłowo, to which he returned to spend the last 10 years of his life, supposedly with the legendary pirate treasures. These remain hidden in a secret place, still waiting to be discovered...

Museum of the House of Pomerania invites you to visit Darłowo, and to experience a lesson about unknown history. It's only a **40 minute** drive from Ustka!

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The Darłowo Harbour also offers trips to Bornholm. The most beautiful of the Baltic isles, Bornholm is often nicknamed the "Green Isle", or the "Mallorca of the North".



lubie darłowo

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Vantage points

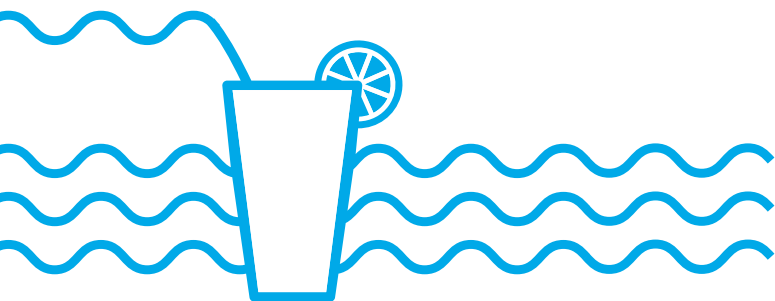
The lighthouse in Czołpino is situated 1000m away from the coast, on a 56-metre high dune covered with forests. The lighthouse first entered service in 1875. In summer, you can enjoy the views of the moving dunes and the lakes Łebsko and Gardno from here.

On the Rowokół Mountain, called the Holy Mountain of the Slovincian people, there is a tower. The mountain rises up to 115 metres above sea level. In the past, this was a place of worship for both heathens and Christians. Until 1530, there was a chapel under the auspices of Saint Nicolas.

The Łącka and Czołpińska dunes are called the "Crown of Smołdzino". Góra Łącka mount, on the Łeba Spit, rises up to 30 metres above sea level. From the hill, you can enjoy a beautiful view to the spit itself, the sea, and the Łebsko Lake. The Czołpińska Dune is located on the red trail, ca. 2 km from Czołpino.



Lighthouse in Czołpino



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Kościuszki 3, Smołdzino

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Police Station in Smołdzino

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Sunday: 10.00

Gardna Wielka**Visitation Church**

Sunday: 8:45, 12:00

(VII - VIII 7.30, 11.15)



Crossroads in Smołdzino

Ustka on the crest of a wave

Maciek Rutkowski

A twelvefold Champion of Poland, Junior Champion of Europe, and twofold Junior World Champion. Currently, he is the only Pole running in PWA World Cup (Professional Windsurfers Association). He is, moreover, the only windsurfer in the world who runs in three different disciplines at the same time: Slalom, Wave, Formula Windsurfing.

We are meeting on a beach in Ustka. It seems that we aren't here by accident...

Not by accident - this is an understatement! The beach in Ustka is only 15-20 minutes away from my family house in Słupsk, so it is exactly here that I kept coming after classes. Today, when in Poland, it is in Ustka that I still practise. Apart from the fact that I live very close to Ustka, I and my colleagues are of the opinion that it is the., best place for doing water sports in Poland.

For how many years have you been visiting Ustka?

I'm 24, so I guess it is for 23 years and a half (laughter). Truly, I have no idea when I came to Ustka for the first time. This place has always been present in my life. It has always been this way, and it always will.

What do you associate with Ustka and what do you like most in here? Do you have any particular memories connected with Ustka?

My freshest memories definitely include winning Wave Polish Championship in autumn 2015. In 2010 I was second in this discipline and since that time was unable to compete. This was either because of injuries, or because of the fact that the dates of the Championship overlapped with those of international competitions; so I really had an enormous appetite for this title. I managed to do it in Ustka, which made the victory even sweeter. When it comes to earlier years, I would mention an innumerable number of wonderful autumn water sessions - very often just with my brother.

Where in Ustka are the conditions for surfing the best?

When it comes to beginners, if the wind is from the East, the West beach will be better, and if the wind is from the West, and it is this wind that dominates here, the better one will be the East beach. I personally spend a lot of time on the so called "third wharf", as even in the summer you can avoid crowds there. But when a storm comes, all I think about is the quality of my swimming, so I come to the other side of the harbour and swim on the eastern side.

It seems you have a lot to tell when it comes to the "Ustka on crest of a wave" project, don't you?

Really? I thought I only contributed with my image to this! (laughter) I know that in reality the slogan was already



planned well before any talks between me and the town council started. However, when the idea sprang, none of the parties seemed to think twice. The project is just ideal to start cooperation! Apart from promoting Ustka, my task includes supporting the development of the town and the beach as a centre of Polish water sports. The challenge is rather big, but I wouldn't be myself if I didn't take the bull by the horns (laughter).

You have already appeared in various places in the world with stickers promoting Ustka on your sails. What was the reception of this abroad?

Most of all, it was curiosity about what Ustka actually was. When I explain that it is the summer capital of Poland, a beautiful town with an even more beautiful beach which is going to be used more and more extensively for sea activities, then everybody responds with a hint of jealousy that they would love to experience so much goodwill as I have.

If not Ustka, then what?

It's pretty rare that the direction of wind is unfavourable in Ustka, but when the Southern "arrow" dominates, I typically choose Rowy or the Gardno Lake. It's only recently that I have realized how lucky I am indeed to be living in such a region.

What are your sport plans for the nearest future?

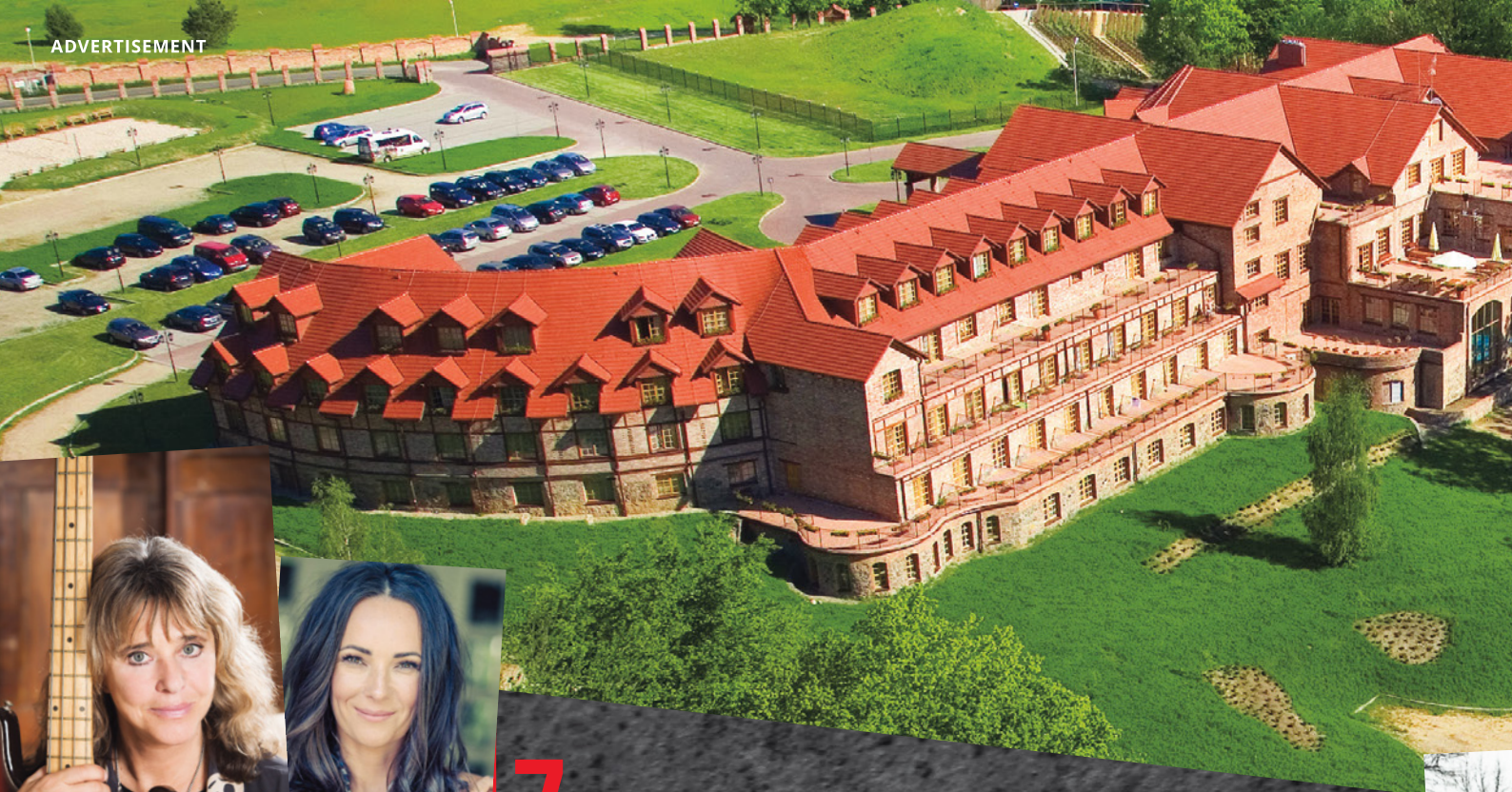
World Championship cycle, which starts mid-May in Korea.

When will we see you in Ustka again?

Basically during any break between competitions, which is the beginning of June, the beginning of July, of August, and September. Let's hope you'll be able to see me in action during windsurfing competitions in Ustka. Oops, I probably shouldn't have said this! Sorry! (laughter)

What should I wish you for this season?

Good winds, a composed mind, and fun! If these three factors are in place, then "sky is the limit"! Of course, you should always wish me that I stay on the crest of a wave.



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