

Culinary stations of Suwałki region and Mazury

Kuyavian-Pomeranian Goose Culinary Trail

The Trail of Tastes of the Land of Loess Gorges

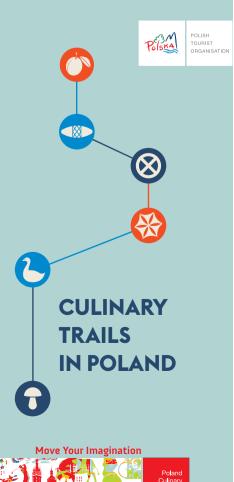
Subcarpathian Region Food and Wine Trail

A picturesque city nestled in the north of Poland right on the Baltic Sea, Gdynia is the first stop on the Culinary Route, which starts in the City Center. Long known for its historical importance in ending the Soviet activity in the eastern block, the city is now experiencing a renaissance as old warehouses and waterfront industrial buildings are converted to loft style apartments, art galleries and nightclubs. Foodies, gourmands and gastronomes are flocking in the restaurants, carefully selected to participate in the Culinary Route project. These destination restaurants, already well known for their fare, are doing their part in promoting the city as a culinary capital. Several restaurants host many various events throughout the year such as: concerts, exhibitions, workshops. Because of its location in the center of Gdynia, several restaurants are at proximity of the city's thriving nightlife and daytime attractions, and most of them are within walking distance of one another. The restaurants can be described as a reflection of Gdynia's maritime culture basing on their interior decors, through many other details such as the ingrediends offered in their cuisines; featuring modern takes on local Kashubian delicacies or putting a uniquely Gdynian twist on popular dishes from around the world. The Culinary Route culminates in September at the Culinary Weekend in Gdynia.

Location: **Gdynia** www.kulinarnagdynia.pl



Gdańsk – Pomorskie Culinary Prestige As culinary tourism has taken off with gastro tourists drawn by the allure of seafood and offerings from the surrounding farmland, the hospitality industry has grown to accommodate new visitors to the area, the Gdańsk – Pomorskie Culinary Prestige was created as a platform to support restaurateurs and the supply chain for locally sourced ingredients. In the chain to its work supporting farm to table experiences, the Gdańsk-Pomorskie Culinary Prestige holds a number of events and ongoing activities throughout the year: including a Night of Restaurants, Sopot from the Kitchen, the Slow Food Festival, the Festival of Asparagus, the Cranberry Festival, and the Pomuchla Festival. Standout restaurants in the seaside region offer culinary experiences at places such as: the Bulaj



in Sopot which has received enormous accolades from critics, the Gothic Inn in Malbork castle which serves up food in a medieval setting, and Tłusta Kaczka in Gdynia which means "Fat Duck". Chefs at these world-class restaurants offer guests a true taste of the region, ascribing to a philosophy of slow-cooked preparation with local ingredients like fish, breads, mushrooms, wild game and cheeses. Information about the restaurants concerning the Pomorskie Culinary Prestige and the events included can be found on a dedicated blog www.pomorskie-prestige.eu.

Location: Gdańsk, Sopot, Gdynia, Kościerzyna, Kwidzyn, Ustka, Słupsk, Gniew, Borcz, Swołowo, Przyjaźń, Pomlewo, Pruszcz Gdański www.pomorskie-prestige.eu



Culinary stations of Suwałki region and Mazury

Healthy, locally sourced ingredients, as well as centuries of folk heritage make up the unique cuisine of the Suwałki region and the Mazury Garbate. As an area of Poland which shares a border with neighboring countries, the region has been influenced over the years by other cultures and by foreign tastes. Chief among the ingredients are fish from Suwałki and Masurian lakes. Smoked whitefish and vendace are popular in this area. Cow's and goat's milk are used to produce different kinds of cheeses, and homemade food preparation has been adopted by area restaurants, butchers and bakeries. The Rustic inns and farmhouses dot the landscape. In these places, local innkeepers and master chefs alike ply their craft making local delicacies like kartacze – minced pies, babka – bread often containing raisins and cinnamon and potato koszka, potato pancakes and dumplings. At special times of the year, fresh baked sweets like sękacz, a tall cake and mrowisko are prepared Stations located within 6 poviats: **suwalski**,

sejneński, augustowski, olecki, ełcki, gołdapski



Białystok Culinary Route

www.krainajacwingow.pl

Białystok is the largest city in the northeast Poland. The city has been influenced by many cultures over the centuries, and the cuisine has been heavily influenced by cultures like the Belarusian, Lithuanian, Polish and Tatar. Diners can join the Białystok Gourmet Club and receive a frequent diner's card, accrue dining points and eat free. Regional foods served along the route include białys – a kind of bagel with no hole, kartacz - a form of minced pie, tree cake, sausages, potato cakes and pancakes and kindziuk – a certain type of sausage. The Białystok Culinary Route consists of more than 30 restaurants serving both Polish cuisine and dishes from around the world. A handout depicting the route can be found in the participating restaurants or downloaded as a PDF from the website.

www.bialostockiszlakkulinarny.pl



Kuyavian-Pomeranian Goose

Culinary Trail Goose meat is a delicious speciality of the region offering juicy, tender meat. The bird is known for having a darker, smokier flavor than turkey, and in the Pomeranian region of the country, the white kołudzka goose has become a staple of the local diet. From stews and sautees to more traditional baked and stuffed methods of preparation, Pomeranian chefs have been dreaming up hundreds of different recipes utilizing the bird. Guests may will also dine on local fare like honeys and apples from the Lower Vistula Valley, mushrooms and forest fruits from Tuchola Forest. The Kuyavian-Pomeranian Goose Culinary Trail passes by Kuyavia, Dobrzyń region, Pałuki, Krajny, Kociewie and the Chełmno region. Traditional Polish recipes are created masterfully in the inns in Chełmno, Pawłówek, Ślesin and Bysław, the townhouses of Toruń and Bydgoszcz, in the

former mill and sophisticated Pałac Bursztynowy in Włocławek and in many breweries.

The main sites of the trail: Chełmno, Pawłówek, Ślesin, Bysław, Toruń, Bydgoszcz, Włocławek www.szlakgesinowy.pl





The Trail of Tradition and Taste

The Lower Vistula River Bend and Chełmno Land are picturesque regions of the country featuring rolling farmland with centuries old apple orchards, farmhouses, medieval forts, palaces and monuments created for the worship of the Mennonites who lived here. The Route of Tradition and Taste celebrates local traditions by bringing together craftsmen who offer unique products like paintings on glass, ironwork and stone carvings. The region also features a culinary scene with traditional products like: local breads, jams, honeys, geese, goat's milk, soap, fruit wines, raspberry jams and dandelion syrup. Visitors get immersed in the Trail of Tradition and Taste, staying overnight at an historic inn along the way. Inns have long served as a gathering place. Friendly hoteliers and residents eagerly share local knowledge tradition with visitors. In celebration of the Trail of Tradition and Taste, there are a number of events being held throughout the year which bring artisans and chefs together.

The main sites along the Trail of Tradition and Taste: Dabrowa Chełmińska, Kijewo Królewskie, Pruszcz, Unisław

www.szlaktradycji.pl



Culinary Poznań

The city of Poznań sits in the west-central region of Poland. Here the old world meets the new one as Culinary Poznań brings together more than a dozen distinct restaurants. What they share in common is a commitment to the highest quality ingredients, pledging to source them locally whenever possible. World class chefs in Poznań have brought recognition to the city's burgeoning culinary scene. They are the risk-takers and innovators, creating new dishes in their kitchens. The 12 restaurants have created the Academy of Culinary Poznań, an unofficial foodee academy, featuring workshops, demonstrations and the Night of Restaurants, which takes place at the end of May. Since these restaurants rely upon fresh ingredients, the dishes and the menu change according to the season. May, or spring, is the season for asparagus. September is a time of abundance with forest fruits and wild game, and October is a period for serving quality poultry, including goose and traditional Wielkopolska duck.

Location: Poznań

Mazovian Nobleman Bowl

www.kulinarnypoznan.pl

At a place located less than 100 km from Warsaw, guests are invited to take a journey into the past. Here, the dishes of old serve as a reminder of the people that shared the land over the centuries. Belarusian, Lithuanian, Tatar and Jewish cultures are evident in the local cuisine. Visitors here are invited to try offerings like smoked carp, pates, wild game, honeys, liqueurs and dumplings. To work up an appetite, there are plenty of things to do in the countryside. Handicraft workshops and outdoor activities like fishing, horse riding and cycling are just some of the ways to take in the beautiful surroundings and burn off excess calories. For the less adventurous visitors, there is still plenty of sightseeing to be done. Not far from the Mazovian Nobleman Bowl, the Diocesan Museum in Siedlce contains the only image of El Greco in Poland. In addition, the Palace in Patrykozy, not far away, contains a rare example of the neo-Gothic period in Poland. Finally, for guests looking for a drink and view, the cozy distillery in Krzesko is beautifully situated on a pond. Visitors here can learn about the vodka making process.

The main sites of the trail: Skibniew, Patrykozy, Siedlce, Mościbrody, Krzesk www.szlak-kulinarny.pl

The Trail of Tastes of the Land of **Loess Gorges**

The Land of Loess Gorges owes its name to the largest branched network of loess gorges in Europe. Known for its rustic landscape, lush greenery and rolling hillsides, it is one of the most popular tourist destinations in the Lublin region of Poland. The Trail of Tastes of the Land of Loess Gorges takes guests through many picturesque villages like: Kazimierz Dolny, which has a rich Jewish history and the village of Janowiec which houses the ruins of a medieval castle and Nałęczów famous for its healing springs. The restaurants along the route offer dishes featuring simple peasant food and delicacies of the nobility. Loess Gorges is a destination for health and wellness minded travelers, so that is the theme of many of the offerings there. The menu of each restaurant includes meals for guests with certain dietary restrictions. Each one aims to take advantage of organic and locally sourced ingredients. In addition to the tasty cuisine, participants along the route offer organized cooking workshops and tastings of local products.

The main sites of the trail: Nałęczów, Kazimierz Dolny, Janowiec, Opole Lubelskie, Poniatowa, Puławy, Wąwolnica, Wojciechów, Karczmiska,

www.kraina.org.pl





Sandomierz Wine Trail

It could be called the Napa Valley of Poland; the Sandomierz region has been the cradle to Polish winemaking since the 13th century. Throughout its history, many varieties have been cultivated in Sandomierz, and the wine has been sold all over the Europe. Along the Sandomierz Wine Trail, guests will find five vineyards:

- 1. St. James Vineyard in Sandomierz Dominican Gardens was founded in 1226 and it resumed the operations in 2012. It serves as a training facility for winemakers.
- 2. At Faliszowice, the owners sell fruits and seedlings and offer advice on proper growing and vine cultivation. They also give insight, but they do not sell wine neither offer tastings.
- 3. Visitors to the Płochocki Family Winery can stay overnight at one of a small number of rooms for rent. In addition to tours of the facility, a wine bar is located on its premises. A prior reservation is required.
- 4. At the Sandomierz Vineyard located in the Opatówka River Valley, visitors can enjoy a winery tour and a tasting event. Overnight visitors are also welcome. Three intimate suites are located on the grounds.
- 5. Since 2013, Nad Jarem has been winning many rave reviews among the visitors. Guests can tour the grounds and buy wines at the outdoor gazebo where fresh prepared snacks are also sold. The main sites of the trail: Sandomierz, Faliszowice,

Daromin, Złota, Dwikozy www.winiarze.dlasandomierza.pl





Silesian Tastes Culinary Route

The Silesian Tastes Culinary Route is comprised of restaurants and eateries serving traditional cuisine of the Beskids, Jura, Zagłębie and Silesia. The route stretches from Czestochowa to Jeleśnia Menu offerings feature roulade with red cabbage, a local delicacy and also lesser known dishes like Jewish caviar – a kind of fried chopped liver;

zalewajka soup, gałuszki dumplings and kwaśnica soup. A website with more information showcases eateries along the way and dish recommendations at each location. The highlight of the year for the Silesian Culinary Route comes in June and is an outdoor festival called Silesian Tastes. It is hosted in a different place ever year. To find out the festival location, users are encouraged to bookmark the website. Under the tab, 'Recommended Services' users can plot out their trip incorporating other attractions like the Industrial Monuments Route or the Trail of the Eagles' Nests while visiting. The main sites of the trail: Częstochowa, Zawiercie,



Koziegłowy, Mysłowice, Mikołów, Tychy,

Pszczyna, Bielsko-Biała, Cieszyn

www.slaskiesmaki.pl

Carp Route

Throughout its history, carp has been an important staple of the Polish diet. Centuries ago, it was considered a delicacy finding its way onto the plates of kings and members of the aristocracy. Today, it commands pride of place, as the main course served during Christmas Eve dinner in homes throughout Poland. Given the demand, carp farming has become of great importance to the country. To preserve its significance, the Carp Route was established by an initiative from groups of fishermen. The route links together fisheries offering fresh or processed carp; visitors will find carp at all stages of their life cycle from hatchling to ready for harvest. Guests can also test their angling skills. In local restaurants, visitors will find carp prepared in several ways, and at canneries, visitors will learn about the traditional way of creating delicacies such as smoked fish.

The main sites of the trail: Brzeźnica, Osiek, Przeciszów, Polanka Wielka, Spytkowice, Tomice, Zator, Bestwina, Czechowice-Dziedzice, Jasienica, Jaworze, Wilamowice www.dolinakarpia.org www.bielskakraina.pl



Carnival of Taste

The Carnival of Taste is a new event in the calendar which is held January 24 – February 8. Hosted in the Małopolska, or Lesser Poland region, most of the events during the Carnival will take place in Kraków. The two-week long festival pays homage to the region's culinary heritage and the rising foodie scene. Gourmands interested in fresh, locally sourced ingredients and new takes on traditional dishes will be delighted with the selection of offerings. Events will include tastings, workshops, cooking demonstrations and contests. Throughout the region, restaurants and hotels will feature special "carnival menus" which include specialty dishes and locally sourced, organic ingredients. In select restaurants, guests can cook their own meals under the tutelage of expert chefs with contests for the best dish. Several shops in and around Kraków will feature regional food products, and flavor souvenirs suitable for travel. The main sites of the Carnival of Taste include: Kraków, Niepołomice, Wieliczka, Sieraków, Sucha Beskidzka, Kocierz

www.karnawalsmakow.pl

Tastes of Podhale

The Polish word for this region of the country, Podhale translates to "under the mountain glen." This lush part of Poland comprises the southernmost region and is the setting for many of the oldest folktales and legends. With such a beautiful landscape and rich history, it is easy to understand why this area has proven to be the at the center of the Polish foodie revolution. More than 30 establishments are participating in the Tastes of Podhale, each offering traditional dishes and modern takes on the classics. Every restaurant features a signature dish created by the executive chef in honor of the Tastes of Podhale. These

recipes were developed under the watchful eye of

Poland's master chefs Robert Sowa and Sylwester Lis. At the Litworowy Staw, a restaurant in Białka Tatrzańska with a 4.5 out of 5 rating on Tripadvisor, grilled lamb skewers with seasonal vegetables are the flagship meal. At the Karczma u Furtoka, a rustic looking restaurant in the foothills, filet of trout topped with red pine mushrooms with dumplings and cabbage stewed in wine are served. Lamb meatballs with porcini mushrooms and millet porridge served in oscypek kosorek is the meal at Karczma Widokowa Szymkówka. A reservation is recommended. A venison tenderloin marinated in herbs served with wild undergrowth, baked potato, vegetable chips and corn puree is the featured dish at the Tarzański Bór Inn, a restaurant often frequented by patrons after a day on the slopes. Finally, a delectable mushroom soup with hałuski, a hearty potato dumpling is served at the Sichlański Dworek, a restaurant, hotel and a spa resort.

The main sites of the trail: Zakopane, Białka Tatrzańska, Bukowina Tatrzańska, Małe Ciche, Murzasichle, Witów, Ząb, Poronin, Biały Dunajec, www.smakipodhala.eu





Małopolska Herbal Village Trail The Małopolska Herbal Village Trail takes visitors to the past 20 different family farms. Many have been there for generations. Herbs like lemon balm, mint, oregano, rosemary, thyme, sage, lavender and dandelion are grown here. Many of the farms offer rooms for rent, and guests may dine on meals incorporating herbs grown on the premises. The farmers are well versed in the medicinal properties of the herbs and may be able to make recommendations on folk cures for certain ailments.

The main sites of the trail: Drwinia, Przyborów, Poręba Spytkowska, Żegocina, Szyk, Laskowa, Harklowa, Czarna Góra, Czorsztyn, Mizerna, Krośnica, Sucha Struga, Kamionka, Wielka, Tylicz, Wysowa-Zdrój, Banica www.sot.org.pl



The Plum Route Centuries of cultivation combined with modern growing techniques have yielded a bountiful harvest of fresh tasting healthy fruits in Poland. None more iconic or as universally loved as the plum. Plums, pears and apples are all grown in Poland. Thanks to the canning process, these delicious offerings can be sampled year round. In the autumn, right around harvest time, preservatives are prepared and fruit is dried out. Dried plums are a clear favorite in this category. Subtle differences in drying techniques and the trees from which the plums are picked can yield big differences in taste. Polywka, a delicious compote, and favorite dish is made from the dried fruits. The compote acts as a kind of filling and garnish, showing up in dumplings and is also added to meats and cabbage stews. During the fall, local restaurants, farm houses and manufacturers will suggest to visitors, "Let's meet at the... Plum Route," hosting a series of events like: contests, demonstrations and concerts dedicated to bringing the majesty of Poland's most iconic fruit to visitors. There is plenty of history along the Plum Route; St. Leonard's church built in the 16th century in Lipnica Murowana is a well known place on the list of UNESCO World Heritage sites. On the route's website, visitors can find more information about the region and specific events like the crossing of the Dunajec and the competition for the highest Easter palm.

The main sites of the route: Czchów, Gnojnik, Gródek nad Dunajcem, Iwkowa, Laskowa, Lipnica Murowana, Łososina Dolna www.nasliwkowymszlaku.pl



Oscypek Cheese Trail

Oscypek which is a hard, smoked and salted form of sheep's cheese is made in Poland from a period beginning in late May and ending in September.

Traditionally production stops on St. Michael's Day. Oscypek, which is made by shepherds, is still created as it was hundreds of years ago. Recipes for different kinds of cheeses bearing names like: bundz, bryndza podhalańska, oscypek, redykołka are unchanged. Visitors to the Oscypek route will notice subtle differences in the kinds of oscypek produced in varying regions. Taste is dependent upon the area where the sheep are grazing and depending on the time of year in which the sheep's milk has been harvested. Visitors will get a look at the cheesemaking process as they visit the shepherds in the huts. They may learn more about the Oscypek, taking part for a little while in the shepherd's way of life. Visitors will also want to sample a traditional shepherd drink called żentyca, which is made of whey. It is noted for its salty taste. There are 34 shepherd huts in total, and six tribes of shepherds along the Route through the Tatras, Gorce, Pieniny and the Beskids.

The main sites of the route:

Rusinowa Polana, Kalatówki, Polana Kuźnicka, Dolina Kościeliska, Lejowa, Chochołowska, Dolina ku Dziurze, Siwa Polana, Gubałówka, Bustryk, Turbacz, Łapsze Niżne, Łapsze Wyżne, Kowaniec, Jaworki, Dursztyn, Czorsztyn, Jabłonka, Zubrzyca Górna, Zawoja, Hala Konina, Wierchomla, Biały Dunajec, Czarny Dunajec, Białka Tatrzańska, Gliczarów Górny, Leśnica, Witów



Małopolska Gourmets Route

Local taverns have always been an important gath-

Poland. For many, inns were a place to catch up and

ering place in the villages and towns of historic

hear the news of the day. Many years ago, travelers would find an inn wherever two major roads intersected. Inns were a place for the weary to rest their heads, a place of warmth and good cheer. Today regional inns are among the best places to experience homemade food and learn about the past. The purpose of the Małopolska Gourmets Route is to recreate the travel experiences of old by helping visitors learn about the proud history of Polish hospitality. On the route, visitors can enjoy the flavors of Kraków and Wieliczka, Podhale and the mountains of Babia Góra, Pieniny and Spiš. Travelers can also get to know the unique offerings of the Pogórzanie and Lemko. Małopolska specialties include mill wheel bread, grilled trout, chopped pheasant, hajduk called highway men pies and hutsul, a hearty Ukrainian stews. On the website for the Małopolska Gourmets Route, visitors can download recipes and check specific menu offerings at local inns like Wesele, Rzym, Siwy Dym, Bartna Chata and Dwór. The website also provides further information about the dining experience awaiting visitors at each place. For example, some food is served by waiters in traditional folk garb. Other places aim to provide a more sophisticated experience, offering fusion cuisine and dinner by candlelight. Users with specials needs will find the website to be a resource for practical information as well. Restaurants with handicap accessibilit and other special accommodations are also listed. The main sites of the route:

Around Kraków: Kraków, Liszki, Wieliczka, Gdów, Lipnica Murowana; Podhale: Rabka, Nowy Targ, Białka Tatrzańska, Bukowina Tatrzańska, Zakopane, Poronin; Podbabiogórze: Zawoja, Sucha Beskidzka, Kocierz; Pieniny - Spisz: Niedzica, Szczawnica, Jaworki; Sądecko-Gorlickie: Stróże, Nowy Sącz, Krynica Zdrój, Wysowa; Jura and Powiśle: Czajowice, Jerzmanowice, Wolbrom, Wygiełzów www.trasasmakoszy.pl



Subcarpathian Region Food and Wine Trail The Subcarpathian region is a narrow, long stretch,

sitting along the northern part of Poland's interior. Because of its varying climates and altitudes, it produces a wide array of local food and wines. Poland has long been famous for producing excellent vodkas and liquors, however in recent years, Subcarpathian wines have become popular. Staples

of the local diet are hearty offerings like proziaki - a bread roll, potato gołąbki - stuffed cabbage and savory soups and stews of barley or sour rye. More adventurous offerings include dishes with strange sounding names: chlipaki, hałuszki, hreczanyki or klepaki. Several events are planned throughout the year such as: the Festival of Cultures and Borderland Food in Basznia Dolna, the Bread Festival in Dźwiniacz Dolny and the Festival of Borderland Cultures in Krosno. Visitors can sample local delicacies like honey at family farms. They can also explore historic castles, palaces and museums, or do something more unusual like stay at a horse farm or take part in a classic car show. The main sites of the trail: Rzeszów, Czarna, Cisna, Przeworsk, Basznia Dolna k. Lubaczowa,

Dźwiniacz Dolny, Sanok, Krosno, Leżajsk, Krzeszów, Lesko, Wetlina, Przemyśl, Bachórz, Rymanów, Pstrągowa, Krasiczyn, Dubiecko, Baranów Sandomierski, Lutowiska, Jarosław, Jedlicze, Jasło, Nowa Dęba

www.jadlo.podkarpackie.travel



Subcarpathian Tastes

The Subcarpathian region is a narrow, long stretch of land, sitting along the northern part of Poland's interior. Three routes comprise the Subcarpathian Tastes with 40 establishments like inns, taverns, farms, farmhouses, bars, cafes, restaurants, villas and old country houses taking part. Renowned for its beautiful countryside and the bounty it yields, the region is well known for goat's cheeses, meats, mushrooms, fish, wild game and honey. There are several attractions in the area, which are not related to culinary offerings. The Museum of Distillation in Łańcut, the Museum of Milling and the village in Ustrzyki Dolne all depict life in the industrial farming economy. Visitors can take part in workshops conducted in the open-air museums and farmhouses like the Skansen in Kolbusz or in Sanok, or take part in regional events associated with traditional food like the Powidlaki in Krzeszów and the Subcarpathian Dogwood Festival in Bolestraszyce. In addition, the Kombornia Manor House invites its visitors to their eighteenth-century cellar, offering 300 labels.

Bieszczady route: Sanok, Orelec, Łodyna, Dźwiniacz Dolny, Ustrzyki Dolne, Lutowiska, Smolnik, Ustrzyki Górne, Przysłup, Cisna, Polańczyk; Beskidy-Pogórze route: Kielnarowa, Bachórz, Dubiecko, Babica, Pstrągowa, Kombornia, Dukla, Chyrowa, Jasło, Pilzno Northern route: Rzeszów, Jasionka, Łańcut, Ruda Różaniecka, Leżajsk, Mielec

Graphic design: www.fullmeal.pl

www.podkarpackiesmaki.pl

The main sites of the trail:

