

DEAR GUESTS WELCOME IN OUR ECO- GUEST HOUSE

Journey to the land of Ecology....

Eco-Guest House Eturia is situated 11 km from Wieliczka, nearby famous Salt Mine Wieliczka and 30 km from the centre of Cracow, is an ideal place to spend a time on optional rest.

Sightseeing of interesting places combined with eco -education and enlarging knowledge of sustainable energy and technology used in Eco-Energy Center is a great attraction for:

- families with children
- school excursions,
- organized groups,

We have bright, new 6 rooms: 1,2,3 -persons, this is a tourist accommodation for 14 people.

In our Eco-Energy Center Eturia we can offer you:

- Outside educational path in geothermal energy(heat pumps), photovoltaics, ecology
- free wi -fi
- open kitchen and dining room
- free parking
- nice garden with the pond

Why us?

We can offer you sightseeing of interesting places combined with education and enlarging knowledge of sustainable energy and technology used in our center.

We organise: communions, special events, birthdays, outdoor parties, picnic parties, grills, company events, manual game picnics .

Trainings/Workshops

We specialise in complex service of trainings, and workshops like heat pumps ,photovoltaics and lessons of ecology . We have conference room with training equipment and a mobile care eco van for an outdoor courses.

The organised groups: We support organised groups (young and adults). We will help with organisation of free time sightseeing of local attractions like:

- children amusement :Dinozator Land and Energy Park and Energylandia Park
- Salt Mine Wieliczka , Salt Mine Bochnia
- Wawel, Niepolomice and Wieliczka Castle and other interesting places

“We take care for our common good”

We invite you.....



IMPORTANT INFORMATION AND RULES IN OUR ECO GUEST-HOUSE:

ECO GUEST-HOUSE ADDRESS: SUCHORABA 12, 32-005
NIEPOŁOMICE, POLAND

IF YOU TRAVEL BY CAR ON **A4 HIGHWAY** TAKE EXIT **TARGOWISKO/SZARÓW** AND FOLLOW THE 94 LOKAL ROAD TO THE WIELICZKA. NEXT TURN LEFT TO SUCHORABA. (WE ARE 700 METERS FORM THE MAIN ROAD)

ECO GUEST-HOUSE CHECK IN TIME: 14.00

ECO GUEST-HOUSE CHECK OUT TIME: 12.00

IT IS NOT ALLOW TO SMOKE IN THE GUEST –HOUSE !!!

THERE IS A MECHANICAL VENTYLATON IN THE BUILDING FOR YOUR CONVENIENCE. SO TRY NOT TO OPEN THE WINDOWS .

WE HAVE OPEN EQUIPED KITCHEN AND DINING ROOM
DOWNSTAIRS TO YOUR DISPOSAL.

FELL FREE TO USE A GRILL AND TABLES IN THE GARDEN

Wi-Fi IS FREE IN OUR GUEST HOUSE

PASSWORD : SUCHORABA14!

**PARKING IS IN THE COURTYARD OF THE NEIGHBOURING
HOUSE IN FRONT OF OUR BUILDING.**

IF YOU NEED HELP – PLEASE CONTACT US

RAFAŁ ŁOBOCKI MANAGER OF ECO-GUEST HOUSE PHONE +48
693994199 , mail rlobocki@eturia.pl

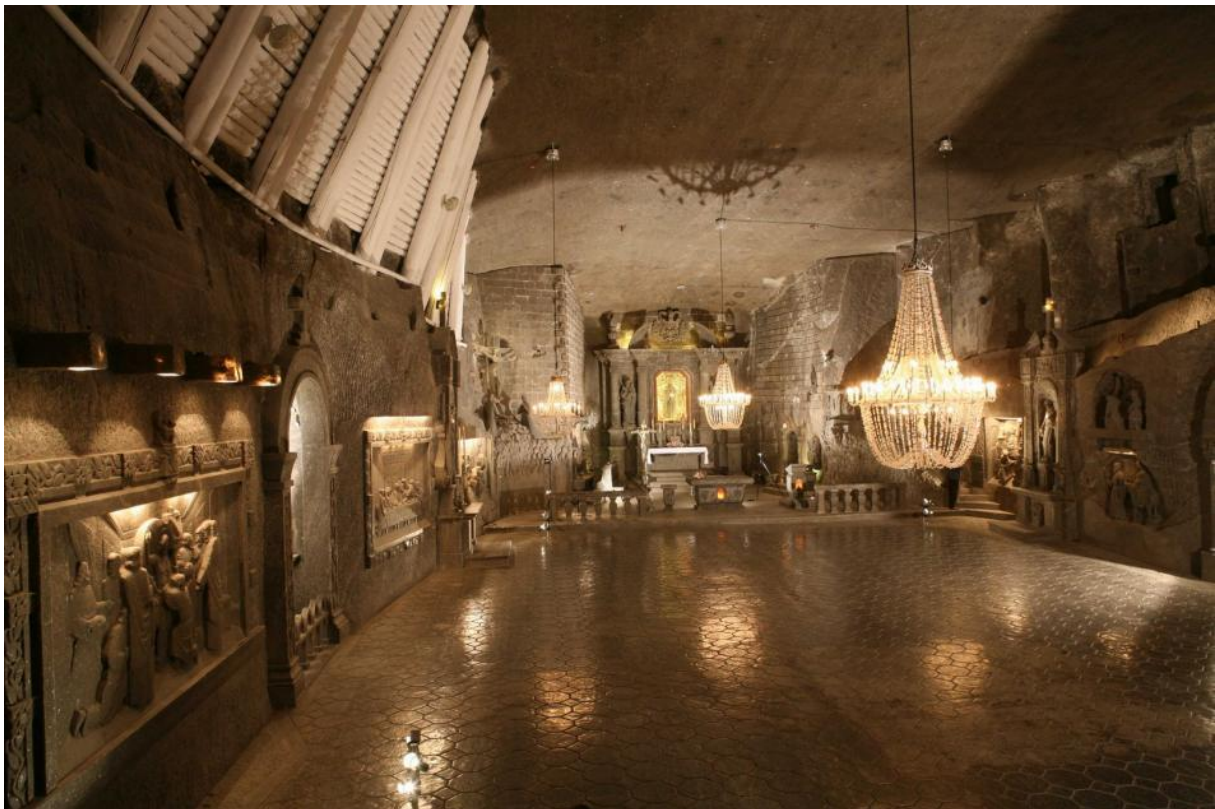
ANNA JUSZCZYK ASSISTANT : PHONE +48 512142734

HAVE A GOOD STAY !

LIST OF INTERESTING PLACES TO VISIT IN THE AREA

SALT MINE WIELICZKA - UNESCO WORD HERITAGE LIST -

address : Jana Daniłowicza 10, Wieliczka, website: www.kopalnia.pl, ticket reservation: phone +48 12 27873 02, on line ticket www.ebilety.kopalnia.pl



SALT MINE BOCHNIA –UNESCO WORD HERITAGE LIST - address Solna 2, Bochnia, reservation : phone +48146153600 , www.bochnia-mine.eu



WAWEL CASTEL IN CRACOW—UNESCO WORD HERITAGE LIST-
address :Wawel 5, Cracow, zip code: 31-001, open: 9.30-17.00 , phone :
124225155 , web page : www.wawel.krakow.pl



NIEPOŁOMICE CASTLE -address: Zamkowa 2

zip code: 32-005 Niepołomice, website : <http://www.zamekkrolewski.com.pl/>

WIELICZKA CASTLE –UNESCO WORD HERITAGE LIST - address :
Zamkowa 8, Wieliczka phone +48 12 278 58 49, :



ASTRONOMICAL OBSERVATORY IN NIEPOŁOMICE -address:
Mikołaja Kopernika 2, zip code : 32-005 Niepołomice. Open : 08:00–16:00,
phone + 48 12 281 15 61,

AUSCHWITZ – CONCENTRATION CAMP AND MUSEUM - address:
Więźniów Oświęcimia 20, 32-603 Oświęcim, open: 08.00 -15:00 , phone
+48338448100, web page: www.auschwitz.org

TYNIEC ABBY - address: ul. Benedyktyńska 37, zip code 30-398 Kraków,
phone +48) (12) 688 54 52 , website <http://opactwotynieckie.pl> .

We recommend to take a water train from Cracow to Tyniec and return.



TOURIST INFORMATION

NEAREST TOURIST INFORMATION POINT: WIELICZKA, address:
Edwarda Dembowskiego 22, zip code 32-020 Wieliczka , phone +48 122882460
, open: 09:00 -17:00

CRACOW TOURS: CONTACT THE GLICJA TOURIST AGENT: ALICJA
NATKANIEC PHONE : +48609586 911 , www.cracow-sightseeing.com

**INFORMATION ABOUT MAŁOPOLSKA REGION - (PLACES TO SEE,
EVENTS, NATURE, MONUMENTS) SEE VISIT THE WEB PAGE
<http://blog.globtroter-krakow.com>**

LOCAL SPORT FACILITIES AND ACTIVITIES

HORSE RIDING- (AGNIESZKA ŻYRKOWSKA phone: +48507164780,
address: Wiatowice 49, web page <http://www.stadnina.org/dojazd/>

TENNIS- AREK RYNKOWSKI, phone +48505932474, address: Siepraw ul.
Gajowa 58

**WATERPOOL, FITTNES, AQUA AEROBIC, SPA– SOLNE MIASTO
LTD.** address : Tadeusza Kościuszki 15 , 32-020 Wieliczka, phone +48 12 297
39 50, Kościuszki 15,32-020 Wieliczka,open:06:00–23:00 <http://solnemiasto.eu/>

ATHLETICS ARENA (address : Bogucka 6, 32-020 Wieliczka, open 08:00-
22.00)

ENERGYLANDIA- WATER AND AMUSEMENT PARK -address: 3
Maja, zip code 32-640 Zator, open 10:00 -18:00, webside:
www.energylandia.pl, phone +48 724222000



ZATORLAND – PARK OF ANIMATRONIC DINOSAURS -address:
Parkowa 7 , ZATOR, zip code 32-640) website: www.zatorland.pl , open: 9.00
-17.00



TRANSPORTATION

LOCAL BUSES: FROM SUCHORABA TO WIELICZKA AND TO CRACOW SEE TIME TABLE ON PAGE. BUS STOP IS SITUATED AT STATE STREET NO. 94

<http://jerzy24a.w.interiowo.pl/files/MatSuchoraba.html>)

LOCAL TRAIN : WIELICZKA TO CRACOW AND RETURN :

Timetable on page (<http://www.rozklad-pkp.pl/pl/>)

LOCAL TAXI : (CONTACT BOGDAN KOSTECKI phone: +48 794097 344)

WATER TRAM IN CRACOW AND TYNIEC. See the timetable

<http://tramwajwodny.wkraj.pl/?EN>



TASTE GOOD FOOD AND LOCAL CUISINE

Traditional Polish cuisine is a real calories bomb, but once you try it, you will not be able to resist the temptation.

It is rich in various kinds of meat (pork, chicken, beef) and famous for its excellent bread and delicious sausages (better than German!).

The basic ingredients used in Polish foods are beetroot, sauerkraut, cucumbers (pickles and gherkins), mushrooms, sausages, kohlrabi, sour cream and different herbs and species (marjoram, dill, caraway, parsley and pepper).

A Polish menu is constantly enriched with new flavours, sometimes even exotic.

Here are my top **10 best Polish foods** made according to traditional recipes:

1. Pierogi (Polish dumplings)

Dumplings are made of thinly rolled-out dough filled with a variety of fillings. The most popular fillings are meat, sauerkraut and mushrooms, seasonal fruit (blueberries, strawberries and cherries), buckwheat, sweet cottage cheese or boiled potatoes with fried onions (called Russian dumplings). Pierogi is a Polish food that's always served for Christmas.

2. Rosół (broth/ chicken soup)

Rosół is the most common soup served in Poland. It tastes best after Sunday's church on cold days. It is very easy and quick to prepare, commonly served with homemade noodles. The ingredients needed for the soup are water, any piece of chicken, onion, small leek, onion, green celery, parsley, cabbage, salt and pepper.

3. Gołąbki (cabbage roll)

Gołąbki is a typical traditional Polish food made of minced pork with some rice, onion, mushrooms, wrapped in white cabbage leaves. There are also other variations of fillings such as poultry, mutton or without meat. Before serving cabbage are simmered / fried in fat.

4. Polskie naleśniki (Polish pancakes)

Polish pancakes are very thin and they are served either with cheese, quark previously mixed with sugar, jam, fruits and powdered sugar or with meat and vegetables- all equally tasty.

5. Łazanki z kapustą i grzybami

It is a very simple dish consisting cabbage, pork meat, homemade pasta noodles and vegetables (chopped onions and sliced carrot). It is delicious and easy to make.

6. Śledź w oleju z cebulą (herring in oil with onion)

Herring is a fish you can prepare in various ways. However in Poland, there are two traditional ways of serving the herring, either with sour cream and pickled onions or with oil and garlic.

7. Bigos (Hunter's stew)

It is a very traditional Polish dish and its basic ingredients are shreds sauerkraut, fresh cabbage (sometimes used only sauerkraut), various types of meat and sausages, dried mushrooms, prunes, onions and spices.

8. Kotlet schabowy (breaded pork cutlet)

Kotlet schabowy is one of the most delicious and the oldest *Polish foods*. The pork breaded cutlet coated with breadcrumbs (served with bones or without) can be perfectly served with buttered potatoes and cabbage salad. If you don't like pork meat, try to eat chicken cutlet made the same way as the pork one.

9. Gulasz (Goulash)

This dish is originally from Hungary, but the Polish recipe has been slightly changed. It is a stew of meat served with potatoes and vegetables, seasoned with friend onion and peppers.

9. Żurek (Soum)

Soured rye flour soup with white sausage and/or hard-boiled eggzur with potatoes, Polish sausage (*kielbasa*), and Egg (*jajko*). Depending on the part of Poland it came from, it may contain mushrooms as well. This dish is also called *żurek starowiejski* ("old village"). It is frequently served with sour cream or by itself.

<https://migrationology.com/best-polish-foods/>



We recommend you fine lokal restaurants and bars with good food and drinks:

POD WIELKĄ SOLĄ (address: Grunwaldzka 46, zip code 32- 020,
Wieliczka , phone: +48 12288 33 55 , open: 10:00 – 22:00 , website:
www.karczma-wieliczka.pl)





MAGILLO (address: Wojciecha Lipowskiego 24, zip code 30-898 Cracow, phone: +48126586818 , open: 12:00 -22:00, website: www.magillo.pl)

U BABCI MALINY (address: Sławkowska 17, zip code : 30-001 Cracow,
open: 11:00-21:00, website : www.kuchniaubabcimaliny.pl , phone:
+48124227601)

You can also order your meal from local fast food and pizzeria and they will deliver it to our guest house.

SŁONECZKO WAYSIDE IN (LOCAL POLISH CUSINE): PHONE
NUMBER :+48122794414 or call Alicja +48509333901 , address:
Przybieczany 343, (open 7.00 -20.00)

PIZZERIA POD LASEM : PHONE +48508201649 , adress: Kokotów 404,
32-002 Kokotów, open: 12.00-22.00, www.pizzapodlasem.com

Have a good taste !!!