

Index

ALPHA ORDER

All accented letters, such as **ą, e, ń** and **ź**, are ordered as unaccented letters. The **ł** is ordered as **l**.

A

accommodation 501-4, *see also individual locations*
agrotourist accommodation 501-2
apartments 502
camping 502
holiday homes 502-3
hostels 503
hotels 503-4
pensions 504
private rooms 504
activities 75-81, *see also individual activities*
air travel
airlines 516-17
airports 516-17
to/from Poland 516-18
within Poland 520
amber 422-3, 512
Andrzejówka 299
animals 69-71, *see also individual species*
Antonin 400
archaeological sites
Biskupin 394, 180
Lake Lednica 388-9
architecture 55-6
Arkadia 132
art galleries, *see galleries*
arts 50-9, *see also individual arts*
ATMs 511
August, Zygmunt II 31, 153, 410
Augustów 153-6, **153, 155**
Augustów Canal 156-7
Augustów Forest 157
Augustów-Suwałki Region 152-61, **153**
Auschwitz-Birkenau 357-8
Auschwitz Jewish Centre 358

000 Map pages
000 Photograph pages

B

Baltic coast 69, 455
Baranów Sandomierski 228-9
Barbican (Kraków) 184
Barbican (Warsaw) 91
bargaining 512
Basilica of the Assumption of Our Lady 182
basilicas, *see churches & cathedrals*
battles
Battle of Grunwald 147, 485
Battle of Legnica 366
Battle of Raclawice 319
Battle of Vienna 32, 147
Battle of Warsaw 35, 38
beaches
Darłowo 461
Gdynia 430
Hel 433
Hel Peninsula 433-4
itineraries 27, **27**
Łeba 455-7
Międzyzdroje 466-7, **173**
Mierzeja Wiślana 455
Słowiński National Park 457
Sopot 425
Świnoujście 468-70
Ustka 460
Władysławowo 434
Bellotto, Bernardo 56-7
Berest 298
Bernardine order 259
Beskid Niski 285-91
Beskid Sądecki 291-9
Białowieża National Park 147-51
Białystok 139-41, **140**
bicycle travel, *see cycling*
Biebrza National Park 143-4
Biebrza River 154, 156
Biecz 288-9
Bieszczady 274-85
Bieszczady Forest Railway 283
Bieszczady National Park 281-2, **10**
birds 70-1, *see also individual species*
books 71
bird-watching 80
Białowieża National Park 148-9
Biebrza National Park 143-4
books 80
internet resources 80

Narew National Park 145
tours 80, 193-4
Birkenau 357-8
Biskupin 394, **180**
bison 69-70, 150
Bison Reserve (Białowieża National Park) 149
Castle Park bison enclosure 400
Wolin National Park bison reserve 467
Black Madonna 216
Błędné Skály 345
Błędnowska Desert 69
Błyskawica 430
boat excursions
Augustów 154
Augustów Canal 154
Biebrza National Park 144
Elbląg 452
Elbląg-Ostróda Canal 453, 486
Giżycko 495-6
Great Masurian Lakes 490
Kazimierz Dolny 246
Lake Czorsztyn 303
Lake Gopło 396
Lake Mamry 494
Lake Solina 280-1
Mikołajki 498-9
Narew National Park 145
Ruciane-Nida 500
boat travel, *see also boat excursions*, sailing
to/from Poland 520
within Poland 521
Bóbrka 287
Bohoniki 146
books 19-21, *see also literature*
activities 75, 80
animals 71
bird-watching 80
cooking 66
culture 55
hiking & walking 75
history 19, 31, 36, 37, 40, 43
plants 71
travel 19
border crossings 514, 518
Boyk people 275
Brandt, Józef 57, 231
Brandt, Willy 41, 98

Buczyniec 486-7
Bug River 69
bus travel
local transport 525
to/from Poland 519
within Poland 521-2
business hours 504-5
Bydgoszcz 442-4
Bystrzyca Kłodzka 347-8

C

cafés 64
Camaldolese order 160, 190
Camerimage 127, 129
canoeing 78-9, *see also kayaking*
Biebrza National Park 144
Narew National Park 79
car travel 522-5
Carpathian Foothills 259-74
Carpathian Mountains 258-311, **260**
Carthusian order 435
cash 511
Casimir III the Great, *see Kazimierz III Wielki*
castles, *see also palaces*
Baranów Castle 228
Bishops' Castle 350
Boyen Fortress 495
Castle of Chęciny 221
Castle of the Pomeranian Dukes 471-3
Czorsztyn castle 303, **12**
Darłowo castle 461
Gniew castle 448
Golub-Dobrzyń castle 442
Gołuchów castle 399
Janowiec castle 246
Kazimierz Dolny castle 243
Kętrzyn castle 492
Kłodzko Fortress 340
Kórnik castle 386-7
Krasieczyn castle 273-4
Książ castle 332-3
Kwidzyn castle 447
Łañcut castle 269
Lidzbark Warmiński castle 487
Malbork castle 448, **6**
Niedzica Castle 302-3
Nysa Fortress 351
Ogrodzieniec Castle 213
Ojców Castle 210-12
Olsztyn Castle (Częstochowa) 216
Olsztyn castle (Olsztyn) 481
Oporów Castle 134
Paczków fortifications 349

Piast Castle 365
Pieskowa Skała Castle 210
Plock Castle 134
Poznań castle 377
Przemysł castle 272
Przemysł Fortress 272
Pszczyna castle 359
Pultusk castle 137
Reszel castle 488
Royal Castle (Nowy Sącz) 292
Royal Castle (Sandomierz) 226
Royal Castle (Warsaw) 87-91
Ślupsk castle 458
Stargard Szczeciński fortifications 477
Ujazdów Castle 100
Wawel Castle 169-72
Wiśnicz Castle 261
cathedrals, *see churches & cathedrals*
Catholic Church 46, 49, *see also religion*
caves
Bat Cave 212
Bear's Cave 349
Dark Cave 212
Galos salt caves 343
Łokietek Cave 212
Paradise Cave 221-2
Solana caves 343
Wierzchowska Górna Cave 212
caving 81
Bear's Cave 349
Ojców National Park 212
Paradise Cave 221-2
cemeteries, *see also Jewish cemeteries*
Cemetery of the Meritorious 378
Muslim cemetery (Bohoniki) 146
Muslim cemetery (Kruszyniany) 146
Suwałki Cemetery 157
WWI cemeteries (Gorlice) 290
Centennial Hall 322
Centre of Drawing & Graphic Arts (Kalisz) 398
Chałupy 434
Chapel of Skulls 343, 345, **178**
Chapel of the Holy Trinity 234
chapels, *see churches & cathedrals*
Chełm 247-50, **249**
Chełm Chalk Tunnels 248
Chełmno 444-6
children, travel with 505
food 65
health 531
Chopin, Frédéric 35, 53, 120
Christmas 508
Church of Our Lady (Lipka) 489-90
Church of Peace (Świdnica) 329
Church of St Michael the Archangel (Dębno Podhalańskie) 303
Church of the Assumption of Mary and Michael the Archangel (Haczów) 287
churches & cathedrals
All Saints' Church 301
Basilica of Our Lady of the Angels 259
Basilica of St Francis 184
Basilica of the Assumption of Our Lady 182
Bernardine Church (Rzeszów) 267
Bernardine Church (Kalisz) 398
Bydgoszcz parish church 443
Carmelite Church 96
Carmelite Church of St Teresa 272
Cathedral Basilica of St James 473
Cathedral of Christ the King 355
Cathedral of St John the Baptist 321
Cathedral of SS James and Agnes 351
Cathedral of SS John the Baptist & John the Evangelist 439
Chapel of Our Lady 215
Chapel of St Kinga 193
Chapel of Skulls 343, 345, **178**
Chapel of the Holy Trinity 234
Chapel upon the Water 212, 256
Chełmno parish church 445
Church of Mary 346
Church of Our Lady (Tarnów) 264
Church of Our Lady (Lipka) 489-90
Church of Our Lady of Licheń 401
Church of Our Lady on the Sand 321
Church of Peace (Świdnica) 329
Church of St Adalbert (Kraków) 181
Church of St Adalbert (Wrocław) 320
Church of St Andrew 185
Church of St Anne (Nowy Targ) 304
Church of St Anne (Kraków) 183-4
Church of St Anne (Sobótka) 328
Church of St Catherine 186
Church of St Hedwig 366
Church of St James 328
Church of St John of Jerusalem 380
Church of St Mary Magdalene 320

churches & cathedrals *continued*
 Church of St Michael the Archangel (Dębno Podhalańskie) 303
 Church of SS Erasmus and Pancras 335
 Church of SS John the Baptist & John the Evangelist 445
 Church of SS Peter and Paul (Nysa) 351
 Church of SS Peter & Paul (Kraków) 185
 Church of SS Stanislaus and Wenceslas 330
 Church of SS Vincent and James 320
 Church of the Assumption of Mary and Michael the Archangel (Haczów) 287
 Church of the Blessed Virgin 328
 Church of the Holy Cross (Jelenia Góra) 333
 Church of the Holy Name of Jesus 320
 Church of the Holy Trinity (Gdańsk) 417
 Church of the Holy Trinity (Strzelno) 395
 Church of the Holy Trinity (Tarnów) 264
 Church of the Nuns of the Holy Sacrament 93
 Church of the Poor Clares 295
 Collegiate Church of St Margaret 292
 Collegiate Church (Kalisz) 398
 Corpus Christi Parish Church 289
 Częstochowa Basilica 215
 Dominican Church of the Holy Trinity 184
 Dominican Church (Poznań) 378
 Evangelical Church 96
 Franciscan Church of St John the Baptist 365
 Franciscan Church of St Mary Magdalene 271
 Franciscan Church of the Holy Cross (Krosno) 286
 Franciscan Church of the Holy Cross (Sanok) 277
 Franciscan Church of the Holy Trinity 362

Franciscan Church (Poznań) 377
 Franciscan Church (Zamość) 253
 Frombork cathedral 454
 Gniezno cathedral 391
 Holy Cross Cathedral (Opole) 362
 Holy Cross Chapel (Kraków) 168
 Holy Cross Church (Warsaw) 96
 Kamień Pomorski cathedral 465
 Kartuzy church 435
 Kłodzko parish church 342
 Kołobrzeg cathedral 463
 Łowicz Cathedral 131
 Lublin cathedral 234
 Malbork castle church 449-50
 Oliwa cathedral 417
 Olsztyn cathedral 481
 Orthodox Church of the Holy Spirit 139
 Orthodox Church (Zamość) 253
 Parish Church of Our Lady 279
 Parish Church of St Catherine 304
 Parish Church of St Elizabeth of Hungary 295
 Parish Church of St John the Evangelist 350
 Parish Church of St Mary Magdalene 288
 Parish Church of St Nicholas 350
 Parish Church of SS Philip and James (Sękowa) 291
 Parish Church of the Holy Family 307
 Parish Church of the Holy Trinity 286
 Parish Church (Poznań) 376
 Pauline Church of SS Michael & Stanislaus 186
 Piarist Church 248
 Piłock cathedral 134
 Polish Army Field Cathedral 93
 Poznań Cathedral 379
 Royal Chapel (Gdańsk) 414
 St Adalbert's Church 378
 St Alexander's Church 100
 St Anne's Church 96
 St Barbara's Church 216
 St Bridget's Church 415
 St Catherine's Church 415
 St Hedwig's Chapel 327
 St Hyacinthus' Church 459
 St John's Cathedral 91
 St Mary's Basilica 248
 St Mary's Church (Darłowo) 462
 St Mary's Church (Gdańsk) 413-14

St Mary's Church (Stargard Szczeciński) 476
 St Mary's Church (Toruń) 439
 St Nicholas' Church (Elbląg) 452
 St Nicholas' Church (Gdańsk) 414
 St Nicholas' Church (Kalisz) 398
 St Nicholas' Church (Znin) 393
 St Procopius' Church 395
 Sanctuary of the Blessed Wincenty Kadłubek 222
 Sandomierz cathedral 226
 Sigismund Chapel 168
 Tarnów basilica 263
 Trzebnica abbey church 327
 Wang Chapel 339
 Zamość cathedral 252
 Ciechanowiec 151-2
 Cieplice Śląskie-Zdrój 336
 cinema 20, 52-3, 105
 internet resources 52
 Cisna 282-3
 Cistercian order 327
 Citadel (Warsaw) 93
 climate 18, 505
 climbing 81
 concentration camps, *see* extermination camps
 consulates 507
 convents, *see* monasteries & convents
 cooking
 books 66
 courses 65
 Copernicus, Nicolaus 31, 163, 438
 costs 18-19
 courses 506, *see also individual locations*
 cooking 65
 diving 81
 Polish language 103, 195, 322
 credit cards 512
 Crooked House 425
 culture 45-59
 books 55
 internet resources 46
 Curie, Marie 95
 customs regulations 506
 cycling 76-7, 520-1
 Augustów Forest 157
 Białowieża National Park 148
 Biebrza National Park 144
 Cross Border Cycle Route 285
 Elbląg 452
 Greenway Bicycle Trail 274
 Icon Trail 278, 179
 internet resources 77

Kampinos National Park 119
 Karkonosze National Park 338
 Roztocze National Park 257
 safety 77
 Węgorzewo 494
 Zakopane 309
 Czarna Góra 348
 Czarna Hańcza River 154
 Czartoryska, Izabela 240, 399
 Częstochowa 213-18, **214**
 Czorsztyn 303, 12

D

Dar Pomorza 430
 Darłowo 461-2
 Days of Grunwald festival 485
 death camps, *see* extermination camps
 Dębno 262
 Dębno Podhalańskie 303-4
 deep vein thrombosis 531
 disabilities, travellers with 514
 discount cards 507, *see also individual locations*
 distances, road 524
 diving 81
 courses 81
 Giżycko 496
 Lake Hańcza 81
 Dolina Białego 306
 Dolina Strążyska 306
 Dragon's Den 172
 drinks 61-2, 179
 Dukla 287-8
 Dunajec Gorge 301-2, 176
 Dunajec River 299

E

eagles 71, 73
 Easter 508-9
 economy 16, 46
 Elbląg 451-3
 Elbląg-Ostróda Canal 453, 486-7, **486**
 electricity 502
 embassies 507
 emergencies, *see inside front cover*
 environmental issues 72-4
 internet resources 74
 European Union 16, 43, 44
 Polish migration 48
 extermination camps
 Auschwitz-Birkenau 357-8
 Majdanek 235-6, 237
 Stutthof 455
 Treblinka 138

F

festivals 507-9, *see also* special events
 Camerimage 127, 129
 Days of Grunwald festival 485
 Giżycko Festival 496
 International Festival of Early Medieval Culture 389
 International Festival of Mountain Folklore 309
 International Festival of Open-Air & Street Theatre 418
 International Festival of Organ Music 454
 International Sopot Festival 426
 Jazz on the Odra 322
 Jewish Culture Festival 196
 JVC Jazz Festival Warsaw 104
 Kraków International Film Festival 196
 Malta International Theatre Festival 381
 Music in Old Kraków International Festival 196
 National Festival of Polish Song 362
 Olsztyn Blues Nights 483
 Sounds of the North Festival 418
 Steam Parade (Wolsztyn) 389
 Summer of Arts 483
 Warsaw Autumn International Festival of Contemporary Music 104
 Warsaw International Film Festival 105
 Wratislavia Cantans 322
 Zamość Theatre Summer 254
 film, *see* cinema
 Fokarium (Hel) 433
 folk arts & crafts 58
 food 60-1, 509
 books 66
 cafés 64
 courses 65
 customs 65
 for children 65
 internet resources 65
 menus 65
 milk bars 63
 restaurants 63
 tipping 64
 vegetarians travellers 64
 forts & fortifications, *see castles*
 Fotoplastikon 97
 Frombork 453-5

G

galleries
 Arsenal City Art Gallery 375
 Centre for Contemporary Art 100
 Centre of Drawing & Graphic Arts (Kalisz) 398
 Centre of Polish Sculpture 230-1
 Contemporary Art Museum 473
 Fabryka Trzcinicy 113
 Klimy Bocheńskiej 102
 Luksfera 102
 Małopolska Contemporary Art Collection 181
 Manggha Centre of Japanese Art & Technology 185
 Modern Art Gallery 418
 National Museum's Department of Early Art 473
 Nikifor Museum 296
 Olsztyn art gallery 484
 Ośrodek Propagandy Sztuki 127
 Socialist-Realist Art Gallery 240
 Synagogue Art Gallery 279
 Zachęta Gallery of Modern Art 95
 gardens, *see* parks & gardens
 gay travellers 509
 Gdańsk 403-25, **408**
 accommodation 418-20
 attractions 406
 bookshops 405-6
 discount cards 406
 drinking 421
 entertainment 422
 festivals 418
 food 420-1
 history 403-5
 internet access & resources 406
 Main Town 406-15
 medical services 406
 money 406
 Old Suburb 416-17
 Old Town 415-16
 Oliwa 417-18
 postal services 406
 Royal Way 409-10
 safety 406
 shopping 422-3, 7
 special events 418
 tourist offices 406
 travel agencies 406
 travel to/from 423-4
 travel within 424-30
 Westerplatte 417
 Gdańsk shipyard 416
 Gdynia 430-3, **431**

geography 68-74
 Ghetto Uprising 39, 99
 Giżycko 495-8, **497**
 global warming 74
 Gniew 447-8
 Gniezno 389-93, **390-1**
 Golub-Dobrzyń 442
 Gołuchów 399-400
 Gorlice 289-91
 Góry Stołowe 344-6
 Grabarka 152
 Grass, Günter 405
 Great Masurian Lakes 78, 490-500, **491**
 Grotowski Institute 325
 Grudziądz 446-7
 Grunwald 484-5

H

Haczów 287
 Hajnówka 146-7
 Hala Łabowska 297
 hang-glider 80
 Hanseatic League 413
 health 530-2
 children 531
 health resorts, *see* spas
 Hel 433-4, **177**
 Hel Peninsula 433-4
 hiking & walking 75-6
 Augustów Forest 157
 Beskid Niski 290
 Beskid Sądecki 297, 298-9
 Białowieża National Park 149
 Biebrza National Park 144
 Bieszczady 282
 books 75
 Góry Stołowe 344-5
 Icon Trail 278
 internet resources 76
 Kampinos National Park 119
 Karkonosze National Park 337
 Karpacz 339
 Międzygórze 348
 Mt Ślęza 328
 Pieniny 302
 Roztocze National Park 257
 safety 76
 Świętokrzyski National Park 224
 Szkłarska Poręba 337-8
 Tatras 306, **176**

Wielkopolska National Park 388
 Wigry National Park 160
 Wolin National Park 467
 Hilter, Adolf 492-3
 historic buildings, *see also* castles
 Artus Court 411
 Brama Straceń 93
 Centennial Hall 322
 City Hall (Warsaw) 94
 Collegium Maius 183
 Court of the Fraternity of St George 410
 Family Home of John Paul II 261
 Florian Gate 184
 Gdańsk Crane 412
 Gdańsk town hall 410
 Great Arsenal (Gdańsk) 414
 Great Mill 415
 House of Nicolaus Copernicus 438
 House of the Esken Family 438
 House Under the Star 438
 Knights' Tower 347
 Mouse Tower 396
 Mauzoleum Walki i Męczeństwa 100
 Old Lublin Gate 253
 Opatów Gate 226
 Poznań town hall 373
 Uphagens' House 410
 Wrocław town hall 315
 history 29-44, 83-4, *see also* Jewish history & culture
 Austrians 33, 34
 books 19, 31, 36, 37, 40, 43
 communism 38-9
 Deluge 32, 33
 Germans 34, 35
 Ghetto Uprising 39, 99
 internet resources 38, 39
 Jagiellonian dynasty 31
 Katyń massacre 36
 Lithuanians 147
 martial law 40, 42
 partitions 33, 34
 Prussians 33, 34
 Royal Republic 32-3
 Russians 32-3, 34, 36
 Solidarity 39, 41, 232
 Soviet 34, 36, 38, 39, 40, 275
 Warsaw Rising 37, 39, 93, 99
 Wielkopolska Uprising 375
 WWI 33-4
 WWII 35-8, 163, 232, 251-2, 332, 417, 433, 492-3, 494

Hitler, Adolf 35-8, 332
 holidays 509
 Holocaust, *see also* Jewish history & culture, WWII
 Auschwitz-Birkenau 357-8
 Majdanek 235-6, 237
 Stutthof 455
 Treblinka 138
 Holy Cross Mountains 223
 horse riding 79-80
 Bieszczady 281
 internet resources 79
 Karkonosze National Park 338
 Ustrzyki Dolne 280
 Zakopane 309
 horse-drawn carriages
 Białowieża National Park 148
 Kraków 195
 Zakopane 309
 horses 70, 72, 149

I

ice sailing 496
 Icon Trail 278, **179**
 immigration 47-8
 insurance 510, 523-4
 health 530
 international transfers 512
 internet access 510
 internet resources
 air tickets 517-8
 bird-watching 80
 cinema 52
 culture 46
 cycling 77
 environmental issues 74
 food 65
 health 530
 hiking & walking 76
 history 38, 39
 horse riding 79
 literature 50
 soccer 47
 travel in Poland 21
 Iron Age 394, 395
 Iron-Age town 394, 395
 itineraries 23-8
 beaches 27, **27**
 eastern marches 25, **25**
 highlights 23, **23**
 outdoor activities 28, **28**
 Unesco World Heritage Sites 27, **27**
 Vistula River 24, **24**
 western Poland 26, **26**

J

Jagiełło, Władysław II 31, 485
 Janowiec 246-7
 Jastarnia 434
 Jastrzębik 299
 Jatzvingian people 479
 Jędrzejów 222-3
 Jelenia Góra 333-6, **334**
 jet lag 531
 Jewish cemeteries
 Katowice 355
 Lesko 279
 Łódź 126
 Lublin 236
 New Jewish Cemetery (Kraków) 188
 Nowy Sącz 292-4
 Remuh Cemetery 188
 Szydłowiec 231
 Tarnów 264
 Warsaw 98
 Jewish Culture Festival 196
 Jewish history & culture 35-8, 164
 Auschwitz-Birkenau 357-8
 books 31, 36
 Chełm Chalk Tunnels 248
 Galicia Museum 188
 Jewish Quarter (Łódź) 126-7
 Kazimierz 186-8, **187**, 9
 Kazimierz Dolny 244, **243**
 Lesko 278-80
 Lublin 236
 Majdanek 235-6, 237
 Stutthof 455
 Tarnów 262
 Teatr Żydowski 114
 tours 104, 195
 Treblinka 138
 Tykocin 142-3
 Zamość 250-5
 John Paul II, Pope 41, 261
 Judaism 48, 279
 Jurata 434

K

Kaczyński, Jarosław 43, 44
 Kaczyński, Lech 43, 44
 Kalisz 396-9, **397**, 8
 Kalwaria Zebrzydowska 259-61
 Kamień Pomorski 465-6
 Kamięczyk Waterfall 338
 Kamienna River 337
 Kampinos National Park 119
 Karkonosze National Park 336-7, 338
 Karkonosze Pass 337

Karpacz 338-40
 Kartuzy 435
 Kashubia 434-6
 Kashubian people 434-5
 Katowice 353-7, **354**
 Katyń massacre 36
 kayaking 78-9, *see also* canoeing
 Augustów Canal 154
 Biebrza National Park 144
 Biebrza River 154
 Brda River 79
 Czarna Hańcza River 154, 158
 Drawa Route 79
 Elbląg 452
 Great Masurian Lakes 78
 Krutynia River 78
 Krutynia River route 481-2
 Lake Otmuchów 350
 Lake Wigry 79
 Narew National Park 79, 145
 Olsztyn 78
 Rospuda River 154, 158
 Tyna River 481-2
 Kazimierz, Jan II 32
 Kazimierz III Wielki 30, 163, 189, 232
 Kazimierz Dolny 241-6, **243**
 Kętrzyn 492
 Kielce 218-21, **219**
 Kinski, Klaus 428
 kitesurfing 80
 Kletno 349
 Kłodzko 340-3, **341**
 Kluki 457-8
 Kocioł Małego Stawu 337
 Kocioł Wielkiego Stawu 337
 Kołczewo 467
 Kołobrzeg 462-5, **463**
 Komańcza 283-5
 Kórnik 386-7
 Kościusko, Tadeusz 33, 319
 Kościusko Mound 189
 Kossak, Wojciech 57
 Kozłówka 239-40
 Kraków 162-208, **165**, **170**, **187**
 accommodation 196-200
 activities 193-4
 attractions 168-93
 bookshops 164
 children, attractions for 194-5
 courses 195
 cultural centres 164-6
 discount cards 166
 drinking 202-3, 5
 eating 200-2
 entertainment 203-5
 festivals 195-6
 history 163
 internet access & resources 166
 Kazimierz 186-8, 9
 laundry 166-7
 medical services 166
 money 167
 Nowa Huta 192, 193
 Old Town 172-85
 Podgórze 188-9
 postal services 167
 Rynek Główny 172-182, **175**
 safety 167
 shopping 205-6
 special events 195-6
 tourist offices 167
 tours 195
 travel agencies 167
 travel to/from 206-8
 travel within 208
 Tyniec 191-2
 walking tour 194, **194**
 Wawel Hill 168-72
 Zwierzyniec 189-90
 Kraków-Częstochowa Upland 210-18
 Krasiczyn 273-4
 Kreisau Circle 331, 332
 Króścienko 300-1
 Krosno 285-7
 Kruszwica 395-9
 Kruszyniany 145
 Krutynia River 481-2
 Krynica 296-8
 Krzyżowa 331-2
 Książ 332-3
 Kudowa-Zdrój 343-4
 Kurpie people 143
 Kuźnica 434
 Kwidzyn 447

L

Laboratory Theatre 325
 Lajkonik 191
 Lake Czajcze 467
 Lake Czersztyn 301, 303
 Lake Drużno 486
 Lake Gardno 467
 Lake Gopło 396
 Lake Guzianka Wielka 500
 Lake Hańcza 160-1
 Lake Łebsko 457
 Lake Lednica 388-9
 Lake Łuknajno 499
 Lake Malta 380
 Lake Mamry 490, 494

- Lake Nidzkie 500
 Lake Niegocin 495
 Lake Nysa 352
 Lake Otmuchów 350
 Lake Śniardwy 490
 Lake Solina 280-1
 Lake Turkusowe 467
 Lake Wigry 79, 159, 111
 Łańcut 269-70
 language 533-8
 courses 103, 195, 322
 food vocabulary 65-7
 landscape parks 72
 Kazimierz Landscape Park 244
 Rominka Primeval Forest
 Landscape Park 161
 Śleża Landscape Park 328
 Suwałki Landscape Park 72, 160-1
 Las Wolski 190
 Łeba 455-7
 Łęczycza 133
 legal matters 510
 Legnica 365-6
 Legnickie Pole 366-7
 Lem, Stanisław 51
 Lemk people 275
 lesbian travellers 509
 Lesko 278-80
 Licheń 401
 Lidzbark Warmiński 487-8
 literature 50-2, *see also* books
 internet resources 50
 Łódź 122-30, **125**
 accommodation 127-8
 attractions 123-7
 drinking 129
 entertainment 129-30
 festivals 127
 food 128-9
 history 123
 special events 127
 travel to/from 130
 travel within 130
 ul Piotrkowska 123
 Łowicz 130-1
 Lubiąż 327-8
 Lublin 232-9, **233, 235**
 accommodation 236-8
 attractions 234-6
 drinking 238-9
 entertainment 239
 food 238
 history 232
 travel to/from 239
 travel within 239
 Łukaszewicz, Ignacy 287, 288
 Łukajno Reserve 499-500
- M**
 Majdanek 235-6, 237
 Malbork 448-51, **449**
 Malbork castle 448, **6**
 Małopolska 209-57, **211**
 Małopolska Upland 218-24
 Manieczki 385
 Manufaktura 127
 maps 510-11
 Marienburg, *see* Malbork castle
 markets
 Bazar na Kole 115
 Giełda Foto 115
 Hala Mirowska 115
 Nowy Targ Thursday market 305
 Russian Market 116
 Masuria 478-500, **480**
 Matejko, Jan 57, 91, 100, 182, 234, 387
 Mauerwald 494
 Mazovia 121-53, **122**
 Mdo pier 425
 measures 502, *see inside front cover*
 medical services 531, *see also* health
 metric conversions, *see inside front cover*
 Mickiewicz, Adam 51
 Międzygórze 78, 348-9
 Międzyzdroje 466-7, **173**
 Mierzeja Wiślana 455
 Mieszko I 29-30, 390
 Mikołajki 498-9
 Miłik 299
 milk bars 63
 mobile phones 513
 Mochnaczka Niżna 298
 monasteries & convents
 Benedictine Abbey (Kraków) 191
 Benedictine monastery of Holy
 Cross 223
 Bernardine Monastery 259
 Camaldolese monastery 160
 Cistercian monastery (Lubiąż) 327
 Convent of the Nazarene Sisters
 284
 Dominican Priory (Lublin) 234-5
 Franciscan Monastery (Kraków)
 184
 Grabarka convent 152
 Monastery of Jasna Góra 215
 Monastery of the Camaldolese
 Monks 190
 money 18-19, 511-12, *see also inside
 front cover*
 monuments
 Adam Mickiewicz statue 181
 Annihilation Monument of the
 Litzmannstadt Ghetto 126
 Ghetto Heroes Monument 98
 Jewish Monument 244
 Monument Adam Mickiewicz 96
 Monument Mordechaj
 Anielewicz 98
 Monument Nicolaus Copernicus 96
 Monument to Pope John
 Paul II 261
 Monument to Tadeusz Kościuszko
 267
 Monument to the Fallen Shipyard
 Workers 416
 Monument to the Poznań Army
 378
 Monument to the Victims of
 June 1956 377, **174**
 Monument to the Warsaw
 Uprising 93
 Sigismund III Vasa Column 87
 Umschlagplatz Monument 98
 Morasko 388
 Morskie Oko 308-9
 mosques
 Bohoniki 146
 Kruszyniany 145
 motion sickness 531
 motorcycle travel 522-5
 Motława River 411-2
 Mt Butorowski Wierch 309
 Mt Cisowa Góra 161
 Mt Giewont 306
 Mt Gubałówka 309
 Mt Igliczna 348
 Mt Jaworzyna 297, 299
 Mt Kasprowy Wierch 309, **8**
 Mt Łysa Góra 223
 Mt Łysica 223
 Mt Nosal 309
 Mt Pusta Wielka 299
 Mt Rowokół 458
 Mt Rysy 304, **10**
 Mt Śleża 328
 Mt Śnieżka 337
 Mt Sokolica 302
 Mt Szrenica 337
- Mt Trzy Korony 302
 Mt Wielki Szyszak 337
 Mt Wieżycza 435
 Museum of Folk Architecture (Sanok)
 277
 museums, *see also* galleries, skansens
 600th Anniversary Museum 215-16
 Amber Museum 410
 Archaeological Museum (Gdańsk)
 412
 Archaeological Museum (Kraków)
 184
 Archaeological Museum (Poznań)
 375-6
 Archaeological Museum
 (Warsaw) 94
 Archdiocesan Museum (Gniezno)
 392
 Archdiocesan Museum (Katowice)
 355
 Archdiocesan Museum (Kraków)
 185
 Archdiocesan Museum (Poznań)
 380
 Auschwitz Jewish Center 358
 Biecz Regional Museum 289
 Castle Museum (Malbork) 449
 Central Maritime Museum 412
 Centre Museum of Textiles 126
 Chełm Museum 248
 Chopin Museum 97
 Cinematography Museum 126
 City Dwellers' Art Museum 315
 City Museum 476
 Crown Treasury & Armoury 172
 Częstochowa Museum 216
 Diocesan Museum 135
 District Museum 292
 Elbląg Museum 452
 Ethnographic Museum (Gdańsk)
 418
 Ethnographic Museum (Kraków)
 186
 Ethnographic Museum (Poznań)
 376
 Ethnographic Museum (Tarnów)
 264
 Ethnographic Museum (Toruń) 439
 Ethnographic Museum (Warsaw)
 96
 Explorers' Museum 438-9
 Folk Museum 132-3
 Galicia Museum 188
 Gingerbread Museum 438
 Grudziądz museum 446
 Historical Museum (Dukla) 288
 Historical Museum (Sanok) 275
 Historical Museum of Gdańsk 410
 Historical Museum of Łódź 123-4
 Historical Museum of Poznań 374
 Historical Museum of Szczecin 473
 Historical Museum of Warsaw 91
 History Museum (Kołobrzeg) 464
 Janowiec Museum 246-7
 Jewish Historical Institute 94
 John Paul II Collection 94
 Karkonosze Museum 333
 Kashubian Museum 435
 Kłodzko Regional Museum 342
 Kraków City History Museum 181
 Łańcut Castle Museum 269
 Lemk Museum 284
 Literature Museum 91
 Łowicz Museum 131
 Lublin Museum 234
 Lubuski Regional Museum 367
 Majdanek State Museum 236
 Maria Skłodowska-Curie Museum
 93
 Martyrdom Museum 254
 Mazovian Museum 135
 Museum of Applied Arts 377
 Museum of Architecture 320
 Museum of Caricature 96
 Museum of Central Pomerania 458
 Museum of Fishery 434
 Museum of Folk Architecture
 (Sanok) 277
 Museum of Forestry 399
 Museum of Independence 95
 Museum of Musical Instruments
 375
 Museum of Pharmacy 184
 Museum of Precious Stones 466
 Museum of Sea Fishery 468
 Museum of the Battle of Legnica
 366
 Museum of the First Piasts 388
 Museum of the Grunwald
 Battlefield 485
 Museum of the Holy Cross Ancient
 Metallurgy 223
 Museum of the Oil and Gas
 Industry 287
 Museum of the Origins of the
 Polish State 392
 Museum of the Wielkopolska
 Uprising 375
 Museum of Torture 367
 Museum of Warmia & Masuria 481
 Museum of Zakopane Style 307
 Muzeum Pawilon-X 94
 Muzeum Puszczy Kampinoskiej
 119
 National Museum (Kielce) 218
 National Museum (Kraków) 185
 National Museum (Poznań) 376-7
 National Museum (Warsaw) 100
 National Museum (Wrocław)
 319-20
 National Museum's Department of
 Early Art 416
 Natural History Museum
 (Białowieża National Park) 149
 Natural History Museum
 (Międzyzdroje) 466
 Nautineum 462
 Nicolaus Copernicus Museum
 453-4
 Nieborów Museum 131-2
 Niedzica Castle Museum 302-3
 Nysa Museum 351
 Opole Village Museum 363
 Pałuki Lands Museum 393
 Pawiak Prison Museum 97
 Pharmacy Under the Eagle 189
 Philumenistic Museum 347
 Podlasie Museum 139
 Polish Arms Museum 464
 Polish Army Museum 100
 Poster Museum 102
 Priest's Mill 126
 Princes Czartoryski Museum 183
 PTTK Podhale Museum 304
 Regional Museum (Chełmno) 445
 Regional Museum (Kalisz) 398
 Regional Museum (Toruń) 438
 Rzeszów Regional Museum 267
 Silesian Museum 354
 Sopot Museum 425
 State Museum Auschwitz-
 Birkenau 357
 Subcarpathian Museum 286
 Sundial Museum 222
 Tatra Museum 307
 Tykocin Museum 142
 Warsaw Rising Museum 99, **6**
 Wawel Cathedral Museum 169
 Wenecja Narrow Gauge Railway
 Museum 393
 Wine Museum 367
 Wrocław Archdiocesan Museum
 321
 Wyspiański Museum 185
 Zamość Museum 252

Museum of Agriculture 151
music 53-5
 classical music 53-5
 hip-hop 54
Muslims 49
Muszyna 298-9

N

Narew National Park 79, 144-5
Narew River 145
national parks & reserves 71-2, 73,
 see also *individual parks*, landscape
 parks
 Archaeological Reserve, Biskupin
 394
 Białowieża National Park 147-51
 Biebrza National Park 143-4
 Bieszczady National Park 281-2, **10**
 Góry Stołowe National Park 344
 Kampinos National Park 119
 Karkonosze National Park
 336-7, 338
 Łuknajno Reserve 499-500
 Magura National Park 290
 Morasko Meteorite Reserve
 388
 Narew National Park 79, 144-5
 Ojców National Park 210-13
 Roztocze National Park 257
 Słowiński National Park 457-8
 Świętokrzyski National Park
 223-4
 Tatra National Park 306
 Wielkopolska National Park 388
 Wigry National Park 159-60
 Wolin National Park 467
Nazis 35-8, 38, 93, 232, see also
 extermination camps, WWII
Netta River 153
newspapers 48, 502
Nida 500
Nieborów 131-2
Niedzica 302-3
Nowa Huta 192, 193
Nowa Słupia 223
Nowak, Kazimierz 386
Nowogród 143
Nowy Sącz 292-5, **293**
Nowy Targ 304-6
Nowy Wiśnicz 261-2
Nysa 351-3, **352**

O

Odra River 313
Ogrodzieniec 213
Ojców National Park 210-13
Old Bishops' Palace 454
Old Town (Kraków) 172-85, **170**
Old Town (Toruń) 436-9, 12
Old Town (Warsaw) 87-94, **92**
Old Town (Zamość) 252-4
Olsztyn 479-84, **482**
Olsztynek 484
Opole 362-5, **363**
Oporów 134
Orońsko 230-1
Orthodox Church 49, 275
Ossoliński, Krzysztof 229
Ostrów Lednicki 388
Ostrów Tumski (Poznań) 379
Ostrów Tumski (Wrocław) 321
Oświęcim 357-9, **358**
Otmuchów 350-1

P

Paczków 349-50
Paczków fortifications 349
painting 56-7
Palace of Culture & Science 97
palaces, see also castles
 Belvedere Palace 101
 Bishops' Palace 351
 Branicki Palace 139
 Czartoryski Palace 241
 Górka Palace 375
 Hunting Palace 400
 Jabłonowski Palace 95
 Kozłowska palace 239
 Krański Palace 93
 Krzyżowa Palace 331
 Ostrogski Palace 97
 Palace of Nieborów 131
 Palace of the Kraków Bishops 218
 Palace on the Water 101
 Radziwiłł Palace 96
 Rogalin palace 387
 Wilanów Palace 101
Palm House 378
Pankiewicz, Tadeusz 190
paragliding 80
 Bieszczady Mountains 80
Parish Church of SS Philip and James
 (Śękowa) 291
parks & gardens, see also landscape
 parks
 Arboretum 387
 Botanical Gardens 100, 321
 Citadel Park 379
 City Park 397
 Gołuchów castle park 399
 Łazienki Park 101, 175
 Łazienki Park 149
 Park Szczytnicki 322
 Park Wilsona 378
 Saxon Gardens 95
 Wilanów 101-2
partitions 33, 34
Passion plays 259
passports 516
phonecards 513
Piast Route 388-96
Pieniny 299-304
pilgrimage centres
 Częstochowa 213-16, **214**
 Holy Mountain of Grabarka 152
 Holy Water Sanctuary 141
 Oświęcim 357-9, **358**
 Kalisz 398, **397**
 Kalwaria Zebrzydowska 259
 Licheń 401
 Święta Lipka 489-90
 Wambierzyce 346
Piłsudski, Józef 34, 35
Piłsudski Mound 191
Pisz Forest 500
planning 18-22, see also itineraries
plants 71, 257
 books 71
Płock 134-7, **135**
Podhale region 304, **305**
Podlasie 121, 138-52, **122**
Polański, Roman 52
Polany 298
Polish language 533-8
politics 16, 38
Pomerania 402-77, **404**
Pope John Paul II, see *John Paul II, Pope*
Popiel, Duke 396
population 16, 47
postal services 512
Powroźnik 298
Poznań 372-86, **374, 376-7**
 accommodation 381-2
 attractions 373-80
 culture centres 373
 discount card 373
 drinking 383-4
 entertainment 384-5
 food 382-3
 history 372
 internet access 373

money 373
postal services 373
tourist offices 373
travel agencies 373-5
travel to/from 385-6
travel within 386
Provincial Park of Culture and
 Recreation 355
Przemysł 270-3, **271**
Przełęcz Szopka 302
Pszczyna 359-62, **360**
Puławy 240-1
Pułtusk 137-8

R

Raclawice Panorama 318-19
Raczyński family 387
radio 48, 502
Radom 230
Radom Plain 229-32
rafting 78-9
 Dunajec Gorge 301-2, **176**
Ravens' Rocks 338
religion 48-9
religious feasts, see special events
Rejewski, Marian 444
reserves, see national parks & reserves
restaurants 63
Reszel 488-9
road distances 524
Rogalin 387-8
Roma people 262, 264
Rospuda River 158
Royal Castle 87-91
Rozewie Cape 434
Roztocze National Park 257
Ruciane 500
Rynek Główny 172-182, **175**
Rytko 297
Rzepedź 285
Rzeszów 265-9, **266**

S

Śącz Ethnographic Park 294
safe travel 506-7
 cycling 77
 hiking 76
 hitching 525
 road 524-5
 theft 506, 519
sailing 80
 Giżycko 495-6
 Lake Otmuchów 350
 Lake Solina 280-1
 Mikołajki 498-9

St Adalbert 391-2
St Hedwig 327
St Maximilian 216
St Stanislaus 168
Salt Mine (Wieliczka) 192-3
sand dunes (Słowiński National Park)
 457, 458
Sandomierz 224-8, **225**
Sandomierz Valley 224-9
Sanok 274-8, **276**
Schengen zone 514
Schindler's List 53, 189, 190
Sejny 160
Śękowa 291
shopping 512-13
Sigismund III Vasa Column 87
Sigismund Bell 168
Sigismund Chapel 168
Silesia 312-69, **314**
skansens 58, see also museums
 Centre of Folk Architecture 291
 Ethnographic Museum (Toruń) 439
 Ethnographic Open-Air Museum
 (Wambierzyce) 346
 Karkonosze Museum 333
 Kluki Skansen 457-8
 Lublin skansen 236
 Museum of Agriculture 151
 Museum of Folk Architecture
 (Olsztynek) 484
 Museum of Folk Architecture
 (Sanok) 277
 Muzeum Puszczy Kampinoskiej
 119
 Open-Air Museum of the Kielce
 Village 222
 Pszczyna Farm Village 360
 Radom skansen 230
 Śącz Ethnographic Park 294
 Skansen Kurpiowski 143
 Wdzydze Kiszewskie skansen 435
 Wielkopolska Ethnographic Park
 389
 Zielona Góra skansen 367
skiing & snowboarding
 Karpacz 339
 Międzygórze 78, 348
 Szczyrk 78
 Szklarska Poręba 337-8
 Zakopane 309
slipways
 Elbląg-Ostróda Canal 486, 487
Słowiński National Park 457-8
Słupsk 458-60, **459**
Smoldzino 458

Smolniki 160
Śnieżne Kotły 337
Sobieski, Jan III 32, 33, 101
Sobótka 328-9
soccer 47
 internet resources 47
socialist-realist art 240
Socialist-Realist Art Gallery 240
solo travellers 513
Sopot 425-30, **427**
spas
 Cieplisce Śląskie-Zdrój 336
 Kołobrzeg 462-4
 Krynica 296
 Kudowa-Zdrój 343-4
 Szczawnica 300
special events 507-9, see also festivals
 Anniversary of Warsaw Rising 104
 Assumption (Częstochowa) 216
 Christmas 508
 Corpus Christi (Łowicz) 131
 Dominican Fair 418
 Easter 508-9
 Feast of the Grape Harvest 367
 International Knights'
 Tournament 442
 Kraków Christmas Crib
 Competition 196
 Lajkonik Pageant 196
 Marian feasts 216
 Passion plays (Kalwaria
 Zebrzydowska) 259
 Siege of Malbork 450
 Spas 152
 World Amber Trawling
 Championship 418
sports 47, see also *individual sports*
 & activities
Sromów 132-3
Stalin, Joseph 37, 38
Stanisław Wyspiański 191
Stargard Szczeciński 476-7
Stary, Zygmunt I 31
Stary Sącz 295-6
Stone Mountain 431
storks 70, 72
Strictly Protected Area 148-9
strikes
 Gdańsk 405, 416
 Poznań 40, 379
Stutthof 455
Strzelno 394-5
Sudetes Mountains 329-53
sustainable travel 21-2, 517
Suwałki 157-9, **159**

Suwałki Landscape Park 72, 160-1
 swans 499-500
 Świdnica 329-31, **330**
 Święta Katarzyna 224
 Święta Lipka 489-90
 Świętokrzyski National Park 223-4
 Świna River 468
 Świnoujście 468-70, **469**
 synagogues
 High Synagogue 188
 Isaac's Synagogue 188
 Kazimierz Dolny former synagogue
 244
 Łańcut 270
 Lesko 279
 Lublin 236
 New Town Synagogue (Rzeszów)
 267
 Nowy Sącz former synagogue 292
 Nożyk Synagogue 98
 Old Synagogue (Kazimierz) 188
 Old Town Synagogue (Rzeszów)
 267
 Przemysł 272
 Sejny 160
 Tykocin 142
 Zamość 253-4
 Szczawne 285
 Szczawnica 300
 Szczawnik 299
 Szczecin 471-6, **472**
 Szczeliniac Wielki 345
 Szklarka Waterfall 337
 Szklarska Poręba 337-8
 Szydłowiec 231-2
 Szymbark 291

T

Tarnów 262-5, **263**
 Tatar empire 147
 Tatar people 145-6, 147
 Tatra Mountains 304-11, **305**, 176
 Tatra National Park 306
 taxes 512
 taxis 525-6
 telephone services 513
 Teutonic Knights 30, 31, 448, 451, 485
The Pianist 53
 theatres
 Gardzienice Theatre 239
 Grotowski Institute 325

000 Map pages
 000 Photograph pages

Stary Teatr w Krakowie
 205
 Teatr Ateneum 114
 Teatr Dramatyczny 114
 Teatr Groteska 205
 Teatr Jaracza 130
 Teatr Polonia 114
 Teatr Polski 385
 Teatr Wielki (Poznań) 385
 Teatr Wielki (Warsaw) 95
 Teatr Żydowski 114
 Wrocław Pantomime Theatre
 325
 Three Crosses' Mountain 243-4
 time 513
 tipping 64, 512
 toilets 514
 Tokarnia 222
 Toruń 436-42, **437**
 accommodation 440-1
 activities 439-40
 attractions 436-9
 drinking 441
 entertainment 441-2
 food 441
 history 436
 internet access 436
 money 436
 postal services 436
 shopping 442
 tourist offices 436
 travel to/from 442
 tourist information 514
 tours 526, *see also individual*
locations, walking tours
 Jewish interest 104, 195
 Unesco sites 123
 train travel
 Polish railways **527**
 theft 519
 to/from Poland 519-20
 within Poland 526-9
 tram travel 525
 Treblinka 138
 trekking, *see* hiking & walking
 Tri-City area 403-33, **407**
 trolleybus travel 525
 Trzebnica 327
 Tum 133
 Turzański 285
 Tusk, Donald 43, 44
 TV 46, 502
 Tychy 360-1
 Tykocin 142-3
 Tylicz 298

U

Ujazd 229
 Underground Tourist Route 267
 Unesco World Heritage Sites
 Auschwitz-Birkenau 357
 Białowieża National Park 147-51
 Centennial Hall 322
 Church of Peace (Świdnica) 329
 Church of St Michael the Archangel
 (Dębno Podhalańskie) 303
 Church of the Assumption of Mary
 and Michael the Archangel
 (Haczów) 287
 itineraries 27, **27**
 Kalwaria Zebrzydowska 259
 Malbork castle 448, 6
 Old Town (Kraków) 172-85, **170**
 Old Town (Toruń) 436-9, 12
 Old Town (Warsaw) 87-94, **92**
 Old Town (Zamość) 252-4
 Parish Church of SS Philip and
 James (Sękowa) 291
 Stowiński National Park 457
 Wieliczka Salt Mine 192-3
 Uniat Church 49, 275
 University of Wrocław 320
 Ustka 460-1
 Ustrzyki Dolne 280
 Ustrzyki Górne 281-2

V

van Gameren, Tylman 55-6
 vegetarians travellers 64
 Via Baltica Expressway 73-4, 158
 video systems 502
 visas 514, *see also* passports
 Vistula Lagoon 455
 Vistula River 69
 itineraries 24, **24**
 vodka 45, 62
 volleyball 47
 von Moltke, Helmuth James 331, 332
 von Stauffenberg, Claus 493

W

Wałęsa, Lech 39-40, 41, 42, 43
 walking, *see* hiking & walking
 walking tours
 Kraków 194, **194**
 Warsaw 102-3, **103**
 Wambierzyce 346-7
 Warmia 478-500, **480**
 Warsaw 82-120, **84**, **88-9**, **92**
 accommodation 104-8
 attractions 87-102

bookshops 85
 courses 103
 cultural centres 85-6
 discount cards 87
 drinking 110-12
 entertainment 112-14
 festivals 104
 Financial District 97
 food 108-10
 history 83-4
 internet access & resources
 86
 itineraries 83
 Mariensztat 103
 medical services 86
 money 86
 Old Town 91-2
 Plac Bankowy 94
 Plac Teatralny 95
 postal services 86-7
 Praga 102
 safety 87
 shopping 114-16
 special events 104
 telephone services 86-7
 tourist offices 87
 tours 104
 travel agencies 87
 travel to/from 116-17
 travel within 117
 walking tour 102-3, **103**
 Warsaw Autumn International Festival
 of Contemporary Music 104
 Warsaw Ghetto 99
 Warsaw International Film Festival
 105
 Warsaw Rising 37, 39, 93, 99
 Warsaw University 96
 Warta River 372
 Wawel Castle 169-72
 waste management 74

water shortage 74
 water pollution 74
 Waza, Zygmunt III 32
 Wdzydze Kiszewskie 435
 Węgorzewo 494-5
 weights & measures 502, *see also*
inside front cover
 Wetlina 282
 Wieliczka 192-3
 Wieliczka Salt Mine 192-3
 Wielki, Kazimierz III, *see* Kazimierz
 III Wielki
 Wetlina 282
 Wielkopolska 370-401, **371**
 Wielkopolska National Park 388
 Wielkopolska Uprising 375
 Wigry National Park 159-60
 Wilanów 101-2
 Wilczki Waterfall 348
 wildlife, *see* animals, birds, *individual*
species, plants
 windsurfing 80
 Hel Peninsula 434
 Lake Otmuchów 350
 Lake Solina 280-1
 wine-making
 Zielona Góra 367
 Wisłka 467
 Witkiewicz, Stanisław Ignacy 50
 Władysławowo 434
 Wojtyła, Karol, *see* John Paul II, Pope
 Wolf's Lair 492-4
 Wolin 467
 Wolin Island 467, 468
 Wolin National Park 467
 Wolsztyn 389
 wolves 70
 women travellers 514-15
 women's health 531-2
 world time zones 562-3
 work 515

Wrocław 313-27, **316-17**, 11
 accommodation 322-3
 attractions 315
 bookshops 313-15
 courses 322
 drinking 324
 entertainment 325-6
 festivals 322
 food 323-4
 history 313
 internet access & resources 315
 laundry 315
 money 315
 postal services 315
 special events 322
 tourist offices 315
 tours 322
 travel agencies 315
 travel to/from 326
 travel within 326
 WWI 33-4
 WWII 35-8, 93, 99, 163, 232, 251-2,
 332, 417, 433, 492-3, 494

Y

yachting, *see* sailing

Z

Zakopane 306-11, **308**
 Zalipie 265
 Zamość 250-5, **251**, 7
 Żelazowa Wola 120
 Zielona Góra 367-9, **368**
 Złockie 299
 Żnin 393-4
 zoos
 New Zoo (Poznań) 380
 Płock Zoo 136
 Zoological Gardens (Kraków) 191
 Zoological Gardens (Poznań) 377
 Zoological Gardens (Warsaw) 102
 Zwierzyniec 255-7



© Lonely Planet Publications. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'