

Roman Nowacki

Around the issues of tourism and history



Opole 2011

ISBN 978-83-62736-50-8

Opole University of Technology

Editorial Board

Andrzej KNAPIK, Jan KUBIK,
Tadeusz ŁAGODA – chairman,
Mariusz MIGAŁA, Iwona MULICKA,
Jan SADECKI, Małgorzata WRÓBLEWSKA

Reviewer:
Associate Professor Janusz ŚLUSARCZYK

Typesetting: Oficyna Wydawnicza Politechniki Opolskiej
Nakład: 100 egz. Ark. wyd. 6,2. Ark. druk. 9,8.
Printing and Winding: Sekcja Poligrafii Politechniki Opolskiej

Contents

Introduction	6
Tourist trips and scientific travels of the Jan Kazimierz University in Lviv professors [in:] <i>Polska kultura fizyczna i turystyka w czasach zaborów i II Rzeczypospolitej</i> , edited by Dobiesław Dudek, Studia i Monografie No 61, Akademia Wychowania Fizycznego w Krakowie, Kraków 2009, p. 36-47.	7
<i>Potentials for business tourism development at holiday resorts</i> [in:] <i>Conditions of the Foreign Tourism Development in Central and Eastern Europe</i> , Volume 11, <i>Conditions, state and development perspectives of business tourism</i> , University of Wrocław, Wrocław 2010, p. 129-136.	25
<i>Preferred forms of spending free time by health resort visitors of Kłodzko Valley and prospects for tourism development on their area</i> [in:] <i>Physical activity in health and disease</i> , edited by B. Bergier, Pope John Paul II State School Of Higher Education in Biała Podlaska, Institute of Health, Biała Podlaska 2011, p. 125-135.	37
<i>Political and economical conditions for tourism development in Bad Reinerz in the years 1769-1945</i> [in:] <i>Myśl i polityka. Księga pamiątkowa dedykowana Profesorowi Jackowi Marii Majchrowskiemu, O historii</i> , pod red. naukową Bogdana Szlachty, Krakowskie Towarzystwo Edukacyjne, Oficyna Wydawnicza AFM, Kraków 2011, p. 99-109.	57

<p><i>Tourist, movement and recreation in health resorts of the Kłodzko Basin</i> [in:] <i>Physical activity in health and disease</i>, edited by B. Bergier, Pope John Paul II State School Of Higher Education in Biała Podlaska, Institute of Health, Biała Podlaska 2011, p. 137-147.</p>	79
<p><i>The National Archive of Town and Land Records in Lvov in years 1879-1933</i>, „Kultura i Historia” 2011, No 20, http://www.kulturaihistoria.umcs.lublin.pl</p>	99
<p><i>Prospects for tourism development in Polish national parks</i> (ref. IX Krajowa Konferencja z cyklu: „Ochrona przyrody a turystyka” pt. „Turystyka w parkach narodowych i Obszarach Natura 2000”, Uniwersytet Rzeszowski, Rzeszów 11-13 maja 2011).</p>	131

Introduction

Monographs creating separate bibliography units can be easily found in library catalogues and on bookshop shelves. Even after a lot of years they are objects of interests of researchers who investigate the issues covered in them. The situation is different with publications scattered in various scientific journals or in collective works and with reports delivered at scientific conferences. It happens that after a short period of interest nobody ever uses them. Access to them is often limited due to low circulation of these publications. The above mentioned reasons determined the preparation of this compilation. It consists of seven scientific articles published in scientific journals, collective works and papers of my authorship delivered at international conferences. All of them were reviewed by prominent experts in the field of physical education sciences and in historical sciences and they all were published. The papers included in the compilation have been selected from dozens of publications which were issued in the past few years and they reflect my current interests and research directions.

Tourist trips and scientific travels of the Jan Kazimierz University in Lviv professors [in:] *Polska kultura fizyczna i turystyka w czasach zaborów i II Rzeczypospolitej*, edited by Dobiesław Dudek, Studia i Monografie No 61, Akademia Wychowania Fizycznego w Krakowie, Kraków 2009, p. 36-47.

In Austro – Hungarian monarchy in the second half of the 19th century and at the beginning of the 20th century the best graduates of Cracow and Lviv universities could apply for scholarships for supplementary studies abroad in order to acquaint themselves with achievements of leading research institutes. The most frequently they travelled to Germany. Among those who completed supplementary studies were: Wincenty Zakrzewski, Michał Bobrzyński, Stanisław Smolka, Oswald Balzer¹, Władysław Abraham² and Przemysław Dąbkowski³. Polish scholars familiarized themselves with research and teaching methods used in the renowned foreign universities. Visits abroad in the initial stage of their scientific work also enabled them to get acquainted with history, citizens and cultural life of the

¹ See more in R. Nowacki, *Oswald Balzer 1858-1933*, Wydawnictwo Uniwersytetu Opolskiego, Opole 1998.

² A. Śródka, *Uczni polscy XIX-XX stulecia*, t. 1, A-G, Wydawnictwo „Aries”, Warszawa 1994, p. 17.

³ See more in R. Nowacki, *Wybitni przedstawiciele kultury europejskiej. Przemysław Dąbkowski – uczonec, pisarz, podróżnik*, Oficyna Wydawnicza Politechniki Opolskiej, Opole 2006.

town they studied in. Galician scholars eagerly visited surrounding towns and villages famous for some tourist attractions and in later years they came back there accompanied by their families and friends. According to the "memories" written by some of the scholars and to their subsequent accounts from the travels, it seems that these trips left some mark on their future lifestyles. The best examples are the Jan Kazimierz University in Lviv well-known professors: Oswald Balzer and Władysław Abraham. At the end of the 19th century and in the first half of the 20th century they were visiting towns, sometimes very distant from Lviv, either for scientific or recreation purposes including European capitals and famous tourist destinations like Opatija, Ostend, Lido, Karlsbad, Zakopane and Krynica.

One of the well-known admirers of travelling was Przemysław Dąbkowski, the Jan Kazimierz University professor who already at the beginning of his scientific activity, during the partition, travelled to places beyond the Austro-Hungarian borders for scientific purposes. He practiced with passion the urban, leisure and health tourism. This article is devoted to his scientific and tourist travels.

After completing law studies at the Lviv University Przemysław Dąbkowski began his attempts to win a scholarship in the Academy of Learning in Cracow⁴. He wanted to study at the Faculty of Law at the University of Berlin. Justifying the choice of that university he

⁴ L. Pauli, *W setną rocznicę urodzin Przemysława Dąbkowskiego*, „Czasopismo Prawno-Historyczne” (Poznań) 1978, t. XXX, z. 2.

stressed he wished to expand his knowledge of German law. He was given the scholarship from the Gałęzowski Foundation for the academic year 1903/1904. "It was my first bigger trip to the west of Europe – later recalled Dąbkowski – I was a young man than who recently received the dignity of the doctorate. I followed my university professors, particularly professor Balzer whose advice and support directed me to win the golden spurs of science at the University of Berlin [...] to create scientific "masterstroke" which was to open the gates to the Lviv University and let me sit among the respectable lecturers [...] In those times the University of Berlin shone with the names of scientists in the field of historical and legal sciences whose scientific authority lit the youthful imagination with the desire to work and the dream to become equal"⁵.

The Royal Frederick William University (Königliche Friedrich-Wilhelms-Universität) founded in 1809 was located in the former palace of Prince Henry of Prussia, the brother of Frederic II, built in 1764. Its spacious and bright rooms were perfect for lecture halls. The separate Auditorium Maximum was placed in an annex situated behind the main building. Students could use the collections of the University Library founded in 1829 in Dorotheenstrasse and of the Royal Library whose beginnings dated back to the 17th century. It was located then in a stately building from the end of the 18th century situated at the Opera square.

⁵ P. Dąbkowski, *Wspomnienia z podróży naukowych 1899-1908*, Lwów 1929, p. 59.

Dąbkowski spent a lot of time there. The reading room which was available for everyone, placed in a spacious two-storey hall and well-equipped in handheld collection of books enabled him to become acquainted with many unique works and manuscripts⁶.

During classes, just like other Lviv scholars, he intended to learn about research and teaching methods used in the Berlin university. First of all he attended the lectures of Josef Kohler, Otto Gierke and Karol Zeumer. He was also interested in the lectures of Aleksander Brückner, a Polish philologist, Slavist and cultural historian. He developed his research skills on Henryk Brunner and Karol Zuemer's seminars.

Since January 1904, when he moved from a modest flat to a well-known Polish guest house of Mrs Skrzetuskie's (SW. Zimmerstrasse 97) his group of friends quickly expanded. Sisters Maria and Stanisława who ran the guest house and came from the Wielkopolska landed gentry, hosted Polish people from all partitions: mainly scientists, priests, doctors, landowners and entrepreneurs. The young Lviv scholar met the leading representatives of Polish diaspora in Berlin: Karol Rose, the editor of "Dziennik Berliński", the editor Franciszek Krzysiak, a well-known populariser of Polish history and Kazimierz Kerber, a national activist and a founder of a bookshop offering Polish literature. He became familiar with living conditions of Polish people, with the activity of societies and libraries created by

⁶ Ibid., p. 61.

them, with a subject area of periodicals and journals published by the Polish community. He devoted most of his time to stroll around the city. “[...] I was delighted with Berlin – he recalled after the years – I was impressed the most by that incredible traffic, by those continuous waves of people overflowing day and night over the Friedrich Street [...] I was enchanted with tidiness and order, with a powerful pulse of life of the enormous city. Those clean, smoothly asphalted streets, strong houses built not to impress but intended to survive for ages [...] Berlin’s surroundings [...] deep, dark woods, vast lakes reminded me of my beloved Podlasie”⁷.

While working at Bernardine Archive Przemysław Dąbkowski many times went on business trips beyond the borders of Austria-Hungary. He described the course of those peregrinations later in a literary valuable work “Memories from scientific travels”. Since October 1899 he carried out a query in the Central Archives of Historical Records in Warsaw. It was in a building situated at the intersection of Krasińska Street and Długa Street. Its head was Teodor Wierzbowski then, the Imperial University professor of Polish literature. In that institution he found a lot of valuable documents for the Polish acts publication from times of Sigismund I. He was constantly urged by the Academy of Learning which sponsored the project. For that reason he spent most of the time in the archives workshops. He worked

⁷ Ibid., p. 59-61.

“in a rush” though in spite of it his visit in Warsaw prolonged from planned three months to eleven. He had to do almost everything by himself because he did not succeed in finding a regular assistant for looking through hundreds of volumes of documents and collating new source documents with already known ones. Dąbkowski was provided with a lot of valuable materials by the Zamoyska Ordinance Library and first of all by so called Teki Górskiego kept there. He was kindly welcomed by two great personalities: Tadeusz Korzon, an outstanding historian, the author of *Wewnętrzne dzieje Polski za Stanisława Augusta 1764–1794*⁸ and Stefan Żeromski, a prosaist, a poet and the author of *Ludzie bezdomni* and *Przedwiośnie*.

In the Zamoyska Ordinance Library he found the materials related to Armenian issues. Its director Aleksander Rembowski, an expert in Polish law history⁹, who showed great interest in the publication *Corpus iuris Polonici*, offered facilities for his enquiry borrowing him the manuscripts he could work on after the library was closed.

In Warsaw Dąbkowski met a lot of representatives of an intellectual elite. Apart from scholars whom

⁸ See more in B. Grochulska, *Tadeusz Korzon 1839-1918* [in:] *Historycy warszawscy ostatnich dwóch stuleci*, edited by A. Gieysztor, J. Maternicki, H. Samsonowicz, Warszawa 1986, p. 115-132; W. Kamieniecki, *Historycy i politycy warszawscy 1900-1950*, Warszawa 1992, p. 39-47; A. Śródka, *Uczeni polscy XIX-XX stulecia*, t. 2, Wydawnictwo „Aries”, Warszawa 1995, p. 267-269.

⁹ A. Śródka, *Uczeni polscy XIX-XX stulecia*, t. 3, Wydawnictwo „Aries”, Warszawa 1997, p. 534-535.

he met in the archives workshops, he had an opportunity to come into contact with writers, journalists, lawyers and also with people connected with industry and trade in the salons of his relatives and their friends. He established a lasting friendship with Henryk Konic, the editor of "Gazeta Sądowa Warszawska", later the Warsaw University professor of law, Stanisław van der Noot Kijeński, an attorney, a well-known social worker and a philanthropist and Stanisław Posner, a lawyer, later the Polish Rzeczypospolita senator.

He usually spent the free time with his family. "I got familiar with all the Warsaw theatres – he wrote – which I visited in my uncle and aunt's company or with my nephew Władysław Michalski [...] First of all I constantly visited my beloved uncle Antoni and aunt Ewelina from the Tworkowski family. In the village Ochota near Warsaw, behind the Wolskie tolls, lived then my second aunt Teodora Dąbkowska, widow of John, with her already widowed daughter Józefa Michalska. I was their constant Sunday guest"¹⁰.

Przemysław Dąbkowski often commuted by railway from Warsaw to the Branickich Library in Wilanów. There were the Acta Tomiciana and a manuscript of the Goryński statutes from 1531 which were of his interest. Kazimierz Przeclawski who was managing the library gave him the run of its collection. The use of them was difficult because of a hard journey. The surroundings were "sandy", the carriages were open and

¹⁰ P. Dąbkowski, *Wspomnienia z podróży...*, p. 16-17.

airy. Passengers of the railway to Wilanów were “completely covered with dust”¹¹.

At the beginning of 1901 Dąbkowski went to Poznań. Rich archive collections of this town kept him there for a month and a half. He spent most of this time in the Royal Prussian State Archives (Königlich Preussisches Staatsarchiv). There were stored a significant amount of old Polish court books, town and land ones from Greater Poland, a precious collection of diplomas and town archives of Poznań. In its reference collections there were stored almost all records which referred to this district’s history¹². The institution’s lack of interest in Polish relics of the past and reserved treatment of the researchers must have had a great impact on the young scholar. He was surprised that the collection was barely used. His presence in the Raczyńskich Library, which was managed by Polish, was rare. The access to them was limited only to afternoons.

He usually spent his free time with Adam Skałkowski who came to Lviv to search for sources to his work about Henryk Dąbrowski. They visited the town and neighborhood. They observed the dominant political, national and economic situation. “In Poznań you could distinguish two cities – Dąbkowski wrote – A modern one with beautiful streets, squares, houses, busy and rich. It was a German city. Polish people, despite of quite numerous Polish shops, even despite of the great Bazaar lived somewhere inside, as in hiding.

¹¹ Ibid., p. 27.

¹² Ibid., p. 29.

Only after you went over the bridge on Warta River and went along small streets of Chwaliszewo with typical suburban houses built here and there, you could feel you were on Polish soil. Polishness of Poznań concentrated near the crowd. You may say it sheltered under the protective wings of the Church”¹³.

After a short stay in Lviv he went to Gdańsk to conduct an enquiry in the Town Archive (Stadterchiv). In that time it was in a stage of reorganization. It was intended to be converted into a state institution. It was situated on the third floor of the Gdańsk Town Hall. The most precious records were kept in the “Krzysztofor” meeting room.

Walking along the city streets he was watching the local people. “[...] I was trying to find the signs of Polishness of Gdańsk in the city life – he wrote – the signs I read a lot about in the archive and library files. However I was completely disappointed. Polish names which appeared on shop signboards belonged to completely Germanized people [...] And yet Polish life still smoldered somewhere deep inside and a handful of the Polish reading in Polish existed grouped around “Gazeta Gdańska” and its editor Mr Milski [...]. Polishness of Gdańsk found some support from few Polish landed gentry families who then still existed in Prussia”¹⁴.

During his visit in Gdańsk, Przemysław Dąbkowski went on trips to nearby places. Together with Adam Skałkowski he visited Malbork and Elbląg.

¹³ Ibid., p. 34-35.

¹⁴ Ibid., p. 42.

The destination of their trip were to be the archives and town libraries. However it seems that in the centre of interest of young men from Lviv were the former Marienburg Castle in Malbork and Elbląg's monuments. Old buildings of the town situated on the River Elbląg resembling Gdańsk made Dąbkowski compare those two cities. "Like Gdańsk – he wrote – Elbląg has got old gabled houses [...] the Old Market Square (Alter Markt) is very similar in character to Langer Markt in Gdańsk and Lege Brücke in Elbląg resembles Mołtawa riverside in Gdańsk. On the streets and signboards I met here, as in Gdańsk, though maybe in a smaller number, the names which sounded like Polish. However those people completely lost their sense of Polish origin"¹⁵.

A very good impression was made on Dąbkowski by citizens of Toruń where he stayed for a few days on his way back to Lviv. He heard Polish language in the streets, in Polish and even in German shops. The language was known by many local Germans who kept lively trade relationships with Polish merchants coming to Toruń. "One typical detail let me know I was approaching my motherland's borders – Dąbkowski wrote – With real affection I saw someone immersed in a prayer kneeling under the church cross [...] Throughout my journey within Germany I have never seen something like that"¹⁶.

In the Town Archives, where he intended to conduct an enquiry, a few thousands of diplomas and offi-

¹⁵ Ibid., p. 46.

¹⁶ Ibid., p. 48.

cial town books were stored. The head of the archive, Artur Semrau, a historian and a teacher in the gymnasium made the desired documents available enabling him to extract the most information. Dąbkowski used also the resources of the Toruń Gymnasium's Library. He made a lot of copies and extracts from the manuscripts kept there.

In the middle of May 1902 he went to Moscow to read the collection of the Ministry of Foreign Affairs Archives. Strict regulations of this institution letting to use its resources only for three hours a day made the enquiry difficult. He devoted his spare time to sightseeing. He was impressed by monumental buildings of The Kremlin. He walked among old fortifications of Moscow rules' capital city. He admired their palaces, visited museums, orthodox churches and parks. Sometimes he went to a modern part of the town. He walked several times along the main artery of contemporary Moscow, Twerska Street and Kuźniecki Bridge. After making some extracts from the available materials he came back to Lviv in the middle of June 1902.

In the interwar period a social life in Lviv moved from private residences salons to exclusive restaurants located mostly in renowned hotels ("George", "European", "Lange", "English", "Warszawski", "Krakowski"). Dąbkowski occasionally visited them. In summer months the Dąbkowski family willingly went abroad. They were in Vienna or Paris. Among the resort places they visited were Ostend, Lido, Karlsbad and Biarritz. During stays in those places they often visited local arc-

hitectural and nature monuments. Sometimes they travelled to nearby towns. The visit in one of them was described by Dąbkowski in the article entitled *Two days in Bordeaux*. He came to this town with his wife in the second half of August 1913. "The area you go across on the way from Paris to Bodeaux – he wrote – belongs to the most charming in France. We passed the places whose names reminded some past historical events like Orléans, Blois, Tours, Poitiers or Angoulême, we were passing areas full of greenery and orchards justly called the orchard of France. Among picturesque, mild heels, green meadows and beautifully winding silvery rivers here and there were visible magnificent palaces, former homes of the great French nobility. When the sun was setting in the west the smell of these meadows and orchards combined with the fresh ocean breeze we were approaching, was simply intoxicating. We were passing through the country once full of life but then it was just as if it was covered with light cobweb of oblivion. In those times life of France concentrated in the northern lands and this former heart of France, full of monuments of its glory was beating weaker and weaker [...] At midnight, among flashes of enormous thunder which quickly passed, however, we came to Bordeaux. After crossing a huge bridge we were surprised to go along completely quiet and deserted streets which were too big contrast for us after the night life of Paris"¹⁷. Maria

¹⁷ P. Dąbkowski, *Dwa dni w Bordeaux*, „Słowo Polskie” 21.09.1914, No 421 and *Pokłosie z dwudziestu lat pracy naukowej zebrane 1897-1916*, Lwów 1917, s. 100-101.

and Przemysław Dąbkowscy stayed at a modest hotel (without electric light) d'Aquitaine et de la Gironde situated at the St. Remy square¹⁸. They were delighted with the town. Bordeaux, lying in the former Aquitaine on the Garonne River¹⁹ had 262 thousand of inhabitants then. Its history dated back to the antiquity. From Roman times there were left many remains of walls, gates, aqueducts, baths and an amphitheatre. That ruins surrounded by the town park were a favorite place for walks and relaxation of Bordeaux citizens. Buildings of the town resembled a layout of Paris. It was spread out on both sides of the Garonne River. Like in Paris, a bigger part of the town was situated on the left side of a river. The Dąbkowscy, while sightseeing, were astonished by quite a number of streets and squares particularly in an historic part of the town²⁰. "Real ornaments of Bordeaux – Dąbkowksi wrote – are its numerous churches. Some of them reach a distant past. Among many of them should be distinguished an old St Eulalia Church, just renovated Sainte Croix Church which was built in a form of a basilica coming from the 10th century or an impressive with its enormous size St Michael Church. This church possesses a situated dozen meters away gothic style bell tower which dates back to the 15th century and is 108m high [...] However, unquestionably the most beautiful church is St Andrew's Cathedral built for three hundred years from the 13th to the

¹⁸ P. Dąbkowski, *Pokłosie z dwudziestu lat pracy naukowej...*, p. 101.

¹⁹ Department Gironde.

²⁰ P. Dąbkowski, *Pokłosie z dwudziestu lat pracy naukowej...*, p. 102.

15th century or even to the second half of the 19th century because it was already then when it was finally completed". In his description of the town, apart from shining sacral and secular historic buildings, there is a lot of space for nature description. He was comparing local squares and public gardens with Lviv ones²¹. Jardin Public located in the centre of the town was an equivalent of – in his opinion – the Town Garden (post-Jesuit). Its main attraction was a magnificent winter garden with specimens of rare and exotic plants. A garden located outside the town had a different nature, was similar to the Lviv Stryjski Park and inhabitants of Bordeaux spent their spare time "every Sunday".

Przemysław Dąbkowski spent most of his leisure time in Lviv. He made long strolls around the town with his wife. Their favorite destination places were recreational areas: The Castle Mountain, The Town Garden and the Łyczakowski Park. They tracked with interest the changes in buildings and architecture of Lviv. Intense construction projects which accompanied modernism at the turn of the first and the second decades of the 20th century not always gained his approval. He expressed it in the article devoted to old buildings entitled *Alleys of Lviv*. "There is no longer among living unforgettable Franciszek Jaworski – he wrote – who could describe the beauty of old Lviv [...] Another researches, Adam Krajewski who is also dead presented Lviv from the first half of the 19th century in a series of unpreten-

²¹ Ibid., p. 104-105.

tious pictures [...] And there are so many more beautiful and typical things in our town which we walk past quite indifferently. Among them are alleys of Lviv [...] which are situated in a very centre of the town right next to the busiest communication arteries. It is enough to make a few steps away from a bustling street and we move straight away in some distant, still, quiet and asleep world. This sudden turn and sharp contrast between traffic and peacefulness give the alleys some incredible charm. One or a few small streets, narrow, irregular, badly paved, with small houses built along where mostly poor people live: small merchants, craftsmen, minor civil servants, more or less they create characteristics of an alley [...] Almost all Lviv alleys focus near churches or sometimes monasteries”²². The alley distinguished by him, because of the “eminent citizens”, was the one situated between the Cathedral, the Chapel of Boim family and a row of capitular houses. In another one, squeezed between the church and the Bernardine Monastery on one side and the remainings of a former town wall and a few tenement houses on the other, he presented an image of a Lviv backyard. He pointed also the “Armenian” alley situated between Ormiańska Street and Skarbowska Street. He considered it as one of the most beautiful and the most typical places in Lviv. Full of secret passages, cloisters and courtyards seemed as if it was moved from the Far East. However, the author believed the alley lying next to the Church of Our

²² P. Dąbkowski, *Zaulki lwowskie*, „Kurier Lwowski” 01.07.1916, No 329.

Lady of the Snow transcended it. It was the square and the street running up to The Bernardine Sisters Monastery. “[...] In the place of old, nice two-storey small houses existing not so long ago – he wrote – with appearance tailored to their church, multi-storey tenement houses were erected and now they overwhelm the church with their huge size. Separated by a series of steps from the busy artery of everyday life, surrounded by the bustle and noise of trade community stands the small, modest and forgotten church [...] once one of the first heralds of Western culture, the cathedral church of Lviv”²³.

Research travels of Przemysław Dąbkowski enabled him, just like many other scientists, to acquaint with archive and library resources collected in other countries sometimes in towns very distant from Lviv. Visits in foreign scientific institutions let him look closer at research and teaching methods used there. Moreover in the time free from classes and archive queries he could visit the places where he was staying. He could find out about the history and culture of other countries and regions of Europe. Observation of ongoing everyday life both during scientific trips and stays in resorts satisfied his curiosity and at the same time broadened his knowledge of local communities, their customs and achievements. Tourist trips, particularly when they were combined with relaxation, made him regenerate his energy and urban tourism which he enjoyed till the

²³ Ibid.

end of his days provided him physical movement and aesthetic impressions. Finally, when he was completely lonely and old it gave him a confidence that he still participated in the events of his town – Lviv.

Potentials for business tourism development at holiday resorts [in:] *Conditions of the Foreign Tourism Development in Central and Eastern Europe*, Volume 11, *Conditions, state and development perspectives of business tourism*, University of Wrocław, Wrocław 2010, p. 129-136.

Summary

This paper undertakes an attempt to evaluate the conditions for business tourism marketing at renowned Polish holiday resorts, such as Zakopane, Polanica Zdrój and Duszniki Zdrój. Tourist attractions in those locations have been depicted as a broad offer of various tourist forms. Attention has been focused mainly on the tourist resources, with particular consideration to hotels as well as sports and recreation facilities. The standard and quality of services provided at particular resorts has been the subject of a thorough analysis and general trends of changes in these places have been outlined.

Key words: tourism, recreation, holiday resorts, business tourism, health resorts

Business tourism plays a great role in many countries. During the recent years, it has also become a major segment of the tourist market in Poland. A growing number of business meetings is recorded, including

seminars, conferences, congresses, training session, courses, individual business trips, incentive trips and visits to fairs and exhibitions. Most of business trips target large cities, where the seats of business organisations and other business-related institutions are located as well as venues of fairs and exhibitions. These cities in their majority offer developed infrastructure, i.e. appropriate hotels, restaurants, good transportation links, recreation centres, entertainment and cultural resources. In order to add some attractive accents to schedules of business meetings, the main goal of which are professional issues, social events are often planned, including get-together parties, sight-seeing tours and cultural events. The social programmes encourage workers of corporate and other organisations and institutions to take part in business trips. In a number of cases, especially when it is not necessary to demonstrate machinery or production installations to potential contractors on site, events such as conferences, training sessions, courses or integration meetings can be held at spots, which are smaller but distinctive for their natural or anthropogenic values. Persons travelling for business, often off the season, who expect high standard of services, are cordially welcome at holiday resorts, at which a number of projects have been implemented to fulfil the expectations of business meetings but also of other activities, such as integration parties.

Zakopane can be accounted to the most famous holiday resorts in Poland, in which business tourism develops more and more efficiently. Therefore, Za-

kopane is the annual venue of a number of conferences, training session and courses. Numerous integration and motivation events are also organised over here. The resort itself has got a well developed city transport network, although reaching Zakopane from the outside is still a problem for many tourists. The Krupówki Street, partially excluded from traffic, is the main part of Zakopane, with commercial and service providing centres of the town. Accommodation facilities in Zakopane are differentiated with regards to the level of provided services and prices. High standards are maintained in downtown hotels, such as "Gazda" Hotels and Orbis "Giewont" Hotel, as well as Orbis "Kasprowy" Hotel located on the slope of Gubałówka Mountain approximately 4 km from Zakopane's downtown at the Szymoszkowa Clearing (Hetnał, 2003). Guesthouses, very often with their own conference halls and catering services, invite individual travellers and smaller groups. The visitors, who arrive to Zakopane in business, may devote their free time to sight-seeing of the town's historic buildings and monuments. Along the Kościeliska Street, one may see 100 years old, historic cottage and cabins with steep roofs. Attention is drawn by the old, wooden St. Mary's & St. Clement's parish church erected in 1847. Nearby, there is a small stone chapel of saint hermits, Andrew and Benedict. The Cemetary on the Pęksowy Brzyzek is one of the most frequently visited places in Zakopane. Many persons of merits for Zakopane in the past are buried over there, including, among others, Tytus Chałubiński, Stanisław Witkiewicz,

Kornel Makuszyński Kazimierz Przerwa-Tetmajer (Szczepanik, 1991). A valuable historical monument is also the neo-gothic St. Family's Church from the year 1896 with a number of precious exhibits inside, like the main altar with sculptures from 1903 and, in the aisle, the St. Rosary Mary chapel, the confessional, the pulpit and carved pews. The Tatra Museum raises the interest of a number of tourists (Ślusarczyk, 2008). The constant exposition of collections associated with the Tatra Mountains attracts subsequent generations of Poles and tourists from other countries. Nearby, the „Alpinarium” Highland Botanical Garden spreads its green resources, including approximately 550 species of Tatra plants within its area. Very important for the visitors, who arrived for a short of time, are sports and recreation services and facilities in Zakopane. The greatest attractions of Zakopane include its funicular and cable railways: the oldest cable railway to the Kasprowy Wierch Mt., the Gubałówka funicular railway and the open chair lift to the Butorowy Wierch Mt., enabling admiration of the panorama of the Tatra Mountains. Visitors, who enjoy mountain hiking, are invited to mountain shelters and chalets within the Tatra National Park, including, among others, the „Murowaniec” Chalet in the Gąsienicowa Alp, with 110 beds, the chalet at the Chochołowska Valley with more than 130 beds and the chalets above the Morskie Oko Lake (Nowacki, 1998) with 80 beds altogether.

Polanica Zdrój has got large possibilities for business tourism as well. Polanica Zdrój is one of the most

renowned resorts. There are two resort hospitals and four sanatoria for approximately 600 patients (Nowacki, 2006). These facilities provide rehabilitation and relaxation therapies. Apart from treatment, a new offer of these hospitals and sanatoria is changed in order to include prevention of diseases which are the result of stress and overwork. In Polanica, patients and tourists can go on long walks along quiet forested and less popular trails. Everyone can participate in a longer walking or cycling expedition as there are excellent trails. Polanica Zdrój has been making efforts in order to meet the requirements of patients and tourists. Apart from developing health care services, these efforts have been oriented towards active tourism and their objective is to satisfy various requirements and expectations of tourists. Among others, health-promoting, recreation, family and relaxation recreation tourism is developing there recreation (Nowacki, 2006). In the summer, patients and tourists can use a well-maintained swimming pool, tennis courts, volleyball, basketball and football pitches.

Those for whom walks around the town and resort are not enough, can go hiking on trails along the Szczytnik Massif slopes in the Stołowe Mountains or the Kamienna Mountain slopes in the Bystrzyckie Mountains. Tourists most often go to the Piekielna Mountain; to see larches; to the Piekielna Valley and to Stary Wielisław (Jaśkiewicz, 2002). In Polanica Zdrój every tourist can participate in survival technique trainings and go on expeditions, during which he can face mys-

teries of the past. For those seeking more extreme experiences, there are power hang glider flights with instructors (Kalińska, 2004).

Polanica Zdrój offers many cultural events. Mięczyława Ćwiklińska Resort Theatre organises various performances attracting many patients and tourists. Akiba Rubinstein International Chess Festival has been organised in Polanica Zdrój for 40 years. It was participated by world masters and grandmasters. Also the "Pol - 8" Polish Amateur Film Festival has been also organised there for many years. Since 1998, Polanica Zdrój has been the venue for the Polish Resort Music Festival. Patients and tourists very eagerly listen to the Pipe Organs and Chamber Music Concerts which are participated by outstanding vocalists as well as choirs from Poland and abroad. Museums and art galleries are also popular. Patients and tourists can visit the Stone Museum with precious and semiprecious stones, and the ethnographic Mission Museum with interesting collections of works of art produced by people living in Polynesia, Zaire and the Peru Andes. These collections include clothes, various ornaments, music instruments and everyday-life objects.

Duszniki Zdrój, a small resort in the vicinity of Polanica, and one of the most renowned Polish spas, visited every year, both in summer and during winter by many holiday-makers and individual tourists (Zielony, Windyka, 2003). There are numerous resort houses over here. Four such houses are owned by the Trade Unions Fund. Located in direct vicinity of the Zdrojowy

Park, the resort houses „Rondo”, “Mazurek”, “Polonez” and “Życzenie” offer 211 beds altogether. Organisers encourage to rest in these houses, dedicating their offers to whole families as well as to singles, including retired persons and pensioners, and preparing a number of attractions, such as walking trips to Szczeliniec Wielki, the Błędne Skały, the heritage park in Pstrążna, the Chapel of Skulls in Czerмна and the Basilica in Wambierzyce (Drożdż, 2009).

The largest resort houses in Duszniki Zdrój include “Odrodzenie” Resort Centre with 240 beds, a dining room and a playground for children; the already mentioned “Blachownia” Resort Centre; „Korund” Resort House in the Kozia Alp at the Świerczewskiego Street with 96 beds, a dining room, a cafe, a sports field and a playground for children; the House of Holidays for Children with 100 beds, located at the Wojska Polskiego Street and offering 105 beds, a sports field, a swimming pool and a playground; “Zielone Sudety” Holiday Centre at the Klubowa Street with 100 beds, a dining room and a parking lot.

Duszniki Zdrój has also got three de luxe hotels, i.e. “Jarzębina” Hotel at the Wojska Polskiego Street with 61 beds in standard single and double rooms and in suites, four conference halls, a restaurants, a cafe, a sauna with hydromassage and a monitored parking lot; “Piaśtów Gród” Hotel at the Zdrojowa Street, with 56 beds, a restaurant, a cafe, parking lots and garages and a playground for children; “Fryderyk” Hotel at the Wojska Polskiego Street, offering 45 beds, a conference

hall, a restaurant and a parking lot. The owners of "Fryderyk" Hotel offer, among others, horse riding, horse drawn carriage drives, sleigh rides with torches and feasts at the fire with lamb roasting.

Many tourists stay at guesthouses or hire private apartments. "Muza" Guesthouse, the largest in Duszniki Zdrój, located at the Wojska Polskiego Street, offers more than 70 beds. The guests can use a restaurant, a sauna, a summer garden and a parking lot. Bicycles and ski equipment can also be rented at the Guesthouse. "Poznaniak" Villa at the Chopina Street offers 36 beds. The Guesthouse has also got a conference hall, a dining room and a parking lot. "Skałka" Guesthouse at No. 2, The Górská Street, offers 40 beds. The Guesthouse has also got a cafe, a clubroom, a shepherd's chalet and a garden.

Duszniki Zdrój has now been working on a broad project to restore previous walking routes of more than 20 kilometres. Also, old ski-jumps and ski-routes are to be reconstructed. Bicycle trails have been routed at Duszniki Zdrój, following the idea of their linking with bicycle trails in the Czech Republic and Germany. The extension of tourist trail networks within the Sudeckie Foothill and the Sudety Mountains, including the trans-frontier router, will considerably enrich the tourist and holiday offers of the neighbouring spots and resorts, aiming at modernisation and extension of their tourist resources.

Regarding Duszniki Zdrój, a tendency towards increasing accommodation standards has been very dis-

tinctive during a number of years. In the quantitative aspect, the 26 resort houses play the biggest role, offering more than 1600 accommodation places. In these places, besides standard services, i.e. holiday stays for groups and individual visitors, other events are also organised, such as winter holidays, but also specialist training sessions and conferences. In general, Duszniki Zdrój offers in its spas, spa hospitals, resort houses, guesthouses and private apartments approximately 3,400 beds. Following rough estimations, this resort provides more than half a million accommodations during one year.

The holiday organisers take much care of having proper sports and recreation facilities and equipment. Duszniki Zdrój offers 11 fitness centres, 13 billiard rooms, 2 tennis courts, 5 sports fields and 4 sports halls. Also, fairly broad is the gastronomic offer, including more than 40 services: 10 restaurants and pizzerias, 5 cafes and patisseries and 26 bars, drink-bars, etc. Within the town borders, including the spa territory, there are generally available massage centres, sun-bed and solarium centres, saunas and bicycle as well as winter sports equipment rentals.

Patients are attracted to local monuments and museums. Duszniki Zdrój Paper Industry Museum (Windyka 1998) is one of the most commonly visited spots, each year it attracts a few thousand tourists, many of them suffering from various disabilities. Those who choose to visit the abovementioned museum get acquainted with the history of paper industry from its

very beginnings up to the present times. Its exposition presents the history of paper as well as its technology from the moment of its invention until today. To satisfy the needs of those who wish to acquire a more profound knowledge of paper making, the museum offers a chance to participate in 2 or 3 day workshops supplemented by additional theoretical as well as practical courses, e.g. creating a composition and paper accessories. Learning about modern paper production technology is also a lot of fun.

Adjusting their offers to the actual interests and expectations of tourists and visitors, the resort spots have increased during the recent years the standard and quality of provided services, while simultaneously extending their offers towards relaxation, learning as well as qualified and cultural tourism.

The tourist offer in many Polish holiday resorts indicates their appropriate potentials regarding services associated with the organisation of conferences, training session and courses, and fulfilling market demands for smaller groups of participants. Renowned holiday resorts encourage first of all incentive trips and integration events, since direct contacts with the nature and local architecture and participation in local cultural events are the factors which provide rest and wellness for the participants, while supporting their integration.

References

Drożdż L., 2009, Sanktuarium Matki Bożej Wambierzyckiej Królowej Rodzin, Wydawnictwo Aga Witold Kobus, Wrocław.

Hetnał A., 2003, Polska na weekend. Przewodnik turystyczny, Wydawnictwo „Pascal”, Bielsko-Biała.

Jaśkiewicz B., 2002, Polanica Zdrój i okolice, Biuro Usług Turystycznych „Pol-Kart”, Kłodzko.

Kalińska B., 2004, Uzdrowiska polskie, Wydawnictwo Mirex”, Bydgoszcz.

Materiały Biura Informacji Turystycznej w Dusznikach Zdrój.

Nowacki R., 1998, Spór o Morskie Oko, „Nauka” (Warszawa), No 3.

Nowacki R., 2006, Preferred ways of spending spare time by health resort visitors and their participation in various forms of tourism illustrated by health resort visitors of Polanica Zdrój and Krynica Zdrój [in:] Movement and Health, Editor Z. Borysiuk, Oficyna Wydawnicza Politechniki Opolskiej, Opole.

Nowacki R., 2006, Tourist advantages and infrastructure of Polanica Zdrój [in:] Tourist and spa advantages of selected places, Edited by W. Drobek, R. Nowacki, Ofi-

cyna Wydawnicza Politechniki Opolskiej, Opole.

Studium zagospodarowania przestrzennego pasma drogi śródsudeckiej, Wojewódzkie Biuro Urbanistyczne we Wrocławiu, Wypis ze studium dla gminy Duszniki Zdrój, Wałbrzych – Wrocław 2001-2002.

Szczepanik K., 1991, Zakopane, Wydawnictwo PTTK „Kraj”, Kraków.

Ślusarczyk J. M., 2008, Problematyka naukowa i ochrona przyrody w działalności Polskiego Towarzystwa Tatrzańskiego w latach 1873-1950, Podhalańska Wyższa Szkoła Zawodowa w Nowym Targu, Nowy Targ.

Windyka T., 1998, Muzeum Papiernictwa w Dusznikach Zdroju, „Ziemia Kłodzka” July.

Zielony W., Windyka T., 2003, Duszniki Zdrój i okolice, Informator turystyczny. Duszniki Zdrój.

Preferred forms of spending free time by health resort visitors of Kłodzko Valley and prospects for tourism development on their area [in:] Physical activity in health and disease, edited by B. Bergier, Pope John Paul II State School Of Higher Education in Biała Podlaska, Institute of Health, Biała Podlaska 2011, p. 125-135.

Summary

The present study includes the analysis of participation of health resort tourists in various forms of tourism and recreation and shows the ways of spending leisure time there and preferred directions of the more far development of health resorts. The poll was conducted in two health resorts, Krynica Zdrój and Polanica Zdrój, and participated by 315 persons over 20 years of age. The poll results show that a considerable majority of health resort visitors more than once – some of them even more than ten times – which allows to state that this type of treatment is greatly appreciated and popularity of health resorts. The analysis of respondents' answers allows to state that they come to a health resort not only to cure but to rest, relax and use different forms of tourism, recreation and sport as well.

Key words: tourism, recreation, health resort

Introduction

Geographical position most Polish health resorts surrounded by beautiful nature and their favourable climate are excellent conditions for development of tourism and recreation. Visits to health resorts for treatment and recreation have long tradition, going back to the ancient times. It is confirmed in historic sources and by the preserved historic buildings. Most health resorts develop their activities in order to provide something more than just medical treatment. As other modern European resorts, they become health care, recreation and holiday centres (Wyrzykowska, 2006; Nowacki, 2007). The number of resort visitors has continued to increase. We should expect a substantial increase in foreigners' demand for services offered by those Polish resorts which meet international standards. Such resorts will also be attractive to domestic patients and tourists who are looking for better conditions for treatment and recreation. The elderly will for sure remain the main customers of health resorts. Nevertheless, the percentage of young and active people receiving medical treatment and using tourist and recreational infrastructure will increase at a much faster rate than in the past. Health resorts wish to adjust to various interests and expectations of their customers and therefore have recently undertaken a number of actions aiming at elevating quality of the services and extending their offers – mainly in the areas of health, relaxation tourism, sightseeing and the so-called cultural tourism, especially

that visiting architecture monuments, museums, art galleries and places related to famous individuals is highly popular in these towns (Jędrysiak, 2008). It is also related to the growing number of health resorts visitors and other tourists coming to these towns (Hadzik, 2008). People coming to health resorts for tourism are a very interesting and diversified study group. Research of the preferred ways of spending their spare time and their participation in various forms of tourism seems to be justified for several reasons:

- no research within this scope has been conducted so far,
- persons participating in the study can be characterised as those who try to take care of their health and to keep fit,
- Obtained results will allow to observe the group of respondents and specify their preferences for tourism and recreation in health resorts. The aim of the research is the analysis of tourists' participation in various forms of tourism and recreation as well as specifying preferred directions for further development of Polish health resorts. The attempt of assessing perspectives for tourism development in Polish health resorts was taken by examining tourists in well-known Polish spas Krynica Zdrój and Polanica Zdrój. It was preceded by a short outline of these towns' development.

Conditions to growing tourism in Krynica Zdrój and Polanica Zdrój

Krynica Zdrój is situated in the eastern part of Beskid Sądecki mountain range, at the level of 560–720 m, in valleys of Kryniczanka, Palenica, Słowinka and Czarnica. It is surrounded by forested hills, overlooked by Jaworzyna situated at the level of 1114 m. Dense forests surrounding the health resort are to a great extent responsible for a local microclimate. They make it mild by decreasing the temperature fluctuations, increase precipitation and naturally protect mineral water springs. All Krynica springs have the same features as hypothermal waters (Kalińska, 2004). The temperature of water taken from the spring ranges between 5 °C and 11 °C. They are classified as mineralise acidic waters.

Since the 18th century, these waters have started to account for the character of Krynica Zdrój which was established as early as in 1547. Initially in 1794 a spring was started to be exploited. Today it is known as Zdrój Główny. In 1804, first bathing facilities were built. Three years later Krynica was recognised as a bathing resort. In the second half of the 19th century, many new facilities were built in the resort, including mineral bathrooms, peat bath-rooms, resort hotel, central wooden pump room with a promenade, numerous boarding houses and theatre. Railway which in 1876 reached Muszyna and in 1911 Krynica Zdrój, accounted for further resort development. At the turn of the 19th and 20th centuries, Krynica became a popular resort. It was

visited by many famous people. To commemorate numerous Kiepura visits to Krynica, Jan Kiepura Festivals are organised nowadays. Following the First World War, the resort was renovated. Many new facilities were built, including new mineral bathrooms and new resort hotel. A hockey stadium, toboggan run, ski jump and hostel on Jaworzyna Krynicka were erected too. In 1937, the funicular railway to Góra Parkowa was built which made vast ski areas available to tourists (Town Office in Krynica Zdrój - hereinafter referred to as UMK). The number of tourists visiting Krynica rapidly increased. During the Second World War and after it, the resort suffered stagnation. Only in the sixties many large sanatoriums with their own physiotherapeutic facilities or surgeries were built.

New facilities included a new pump room, army sanatorium and Continental MSW, Budowlani, Silesia and Leśnik–Drzewiasz sanatoriums. The resort development was maintained within the next few years. Investments were made mainly in the inpatient health care facilities while other infrastructure was neglected. Krynica started to abandon its primary tourist and recreational functions and all efforts were directed towards the development of hospital and sanatorium treatment. Efforts were made in order to make Krynica a modern health resort with an attractive treatment, tourist, recreational and sports offer, referring to the natural health resort treatment tradition (UMK). The Economic Forum has been organised by the Eastern Institute (full name: Foundation Institute for Eastern Studies) in the health

resort for a number of years. Over the period of more than ten years, Forum has become an important and recognised international event. These efforts are supported by the Program Council which is responsible for the Forum content and program and which sets development trends. The International Christian Culture Festivals and Polish Festivals of Voluntary Fire Brigade Bands with numerous concerts and parades are also very popular.

Tourists fond of hiking are attracted by hiking trails with the total length exceeding 163 kilometres. There are trails at various difficulty levels. They are well maintained. In winter they are very often used for ski hiking. In summer, tourists can use such facilities as playing fields, 8 tennis courts, outdoor swimming pool, three indoor swimming pools, sports and hunting shooting range, Hucul horse stud farm, runway for paragliders. In the winter season tourists can use ski runs on Jaworzyna and in Słotwiny where snow stays unmelted for the longer period than in any other place. Less demanding skiers can also find ski runs near the health resort. Regular investments in Krynica Zdrój tourist infrastructure brings about desired results. The number of resort tourists steadily increases. It is reflected in the data of Polskie Koleje Linowe - the owner of funicular railway to Góra Parkowa, cabin aerial ropeway to Jaworzyna Krynicka and Sankostrada [toboggan run], that is of facilities which are the most popular among Krynica visitors. Constantly developing entertainment opportunities and competitive prices ac-

count for the fact that the number of tourists staying in Krynica for longer periods is steadily increasing. Additionally, there are more and more foreign tourists who stay in this health resort (UMK). It reflects the fact that Krynica Zdrój gains in popularity. In order to intensify cooperation in the Polish and Slovakia border region, the Krynica Zdrój, Gorlice and Bardejov undertook to implement a joint project called "Border region development by a joint promotion and construction of the Polish and Slovakian House in Czyrna". The project implementation is aimed at protecting local cultural heritage. Additionally, necessary arrangements were made in order to open a hiking trail called "Wayside Shrine Trail". Another bicycle path (on the north and south direction) is also being built. The park health resort function will be complemented by the Sports and Recreational Centre which is construction on Góra Parkowa.

Polanica has its roots in medieval times. The settlement, initially called Heyde, underwent rapid development as late as in the 16th century, when it was purchased by the town of Kłodzko. Polanica began to look like a spa during the first half of the 19th century. In 1827, part of the town, along with mineral water springs, was purchased by a merchant named Józef Grolms from Kłodzko (Kozłmiński, 1973). Due to high efficiency of both "Jerzy" and "Józef" springs, the merchant was encouraged to plan on founding a spa. 12 months later, by his order, Zdrój Józefa was rebuilt and the first wooden pump room as well as bathhouse were

erected. Subsequent Polanica owners built new, stone spa facilities. Soon local mineral waters were examined and the buildings once governed by the Jesuit Order were adjusted to fit the spa visitors' needs. Initially few patients visited Polanica. The town could not match widely recognized Duszniki, Kudowa and Łądek spas situated locally (Staffa et al. 1992). Polanica began to develop dynamically as a spa in the early 1870s. Apart from the new spa objects, a mineral water bottling plant was built and the water was sold in the Silesia region and even outside of its borders. A park was built in the vicinity of the spa. Therapeutic peat sources were discovered in the health resort area and the substance was used for peat compresses and wraps. Other therapeutic procedures offered at Polanica, similarly to other Sude-ten spas, included therapeutic baths, drinking sufficient amount of mineral water as well as goat's and ewe's milk treatment. When the railway reached Polanica in 1890, the number of patients and tourists looking for rest grew significantly. In the early 20th century, new wells were drilled, which enabled exploiting "Wielka Pieniawa" spring (among others). A huge spa was built; it offered 130 rooms, 60 mineral and peat bath booths, physicians' rooms as well as hydrotherapy and electro-therapy devices. Mineral water was supplied to the facility directly from the spring. In 1909, a cardiological spa was erected (currently it is "Zdrój" spa hospital). Spacious "Wielka Pieniawa" pump room was built in 1911. Its walking hall is over 100 m long. The building houses 40 bath booths and guest rooms for patients.

After the World War II Polanica Zdrój was taken over and administered by the Polish authorities. As time went by, spa houses, hotels and pensions were adjusted to meet the new needs. There are two resort hospitals and four sanatoria for approximately 600 patients. These facilities provide rehabilitation and relaxation therapies. Apart from treatment, a new offer of these hospitals and sanatoria is changed in order to include prevention of diseases which are the result of stress and overwork. In Polanica, patients and tourists can go on long walks along quiet forested and less popular trails. Everyone can participate in a longer walking or cycling expedition as there are excellent trails. Polanica Zdrój has been making efforts in order to meet the requirements of patients and tourists. Apart from developing health care services, these efforts have been oriented towards active tourism and their objective is to satisfy various requirements and expectations of tourists. Among others, health-promoting, family and relaxation tourism is developing there. "Góralka" summer toboggan run (more than 450 meters) is very popular. In the summer, patients and tourists can use a well-maintained swimming pool, tennis courts, volleyball, basketball and football pitches. Those for whom walks around the town and resort are not enough, can go hiking on trails along the Szczytnik Massif slopes in the Stołowe Mountains or the Kamienna Mountain slopes in the Bystrzyckie Mountains. Tourists most often go to the Piekielna Mountain; to see larches; to the Piekielna Valley and to Stary Wielisław (Jaśkiewicz, 2002).

In Polanica Zdrój every tourist can participate in survival technique trainings and go on expeditions, during which he can face mysteries of the past. For those seeking more extreme experiences, there are power hang glider flights with instructors. Polanica Zdrój offers many cultural events. Mieczysława Ćwiklińska Resort Theatre organises various performances attracting many patients and tourists. Akiba Rubinstein International Chess Festival has been organised in Polanica Zdrój for 40 years. It was participated by world masters and grandmasters. Also the "Pol - 8" Polish Amateur Film Festival has been also organised there for many years. Since 1998, Polanica Zdrój has been the venue for the Polish Resort Music Festival. Patients and tourists very eagerly listen to the Pipe Organs and Chamber Music Concerts which are participated by outstanding vocalists as well as choirs from Poland and abroad. Museums and art galleries are also popular. Patients and tourists can visit the Stone Museum with precious and semiprecious stones, and the ethnographic Mission Museum with interesting collections of works of art produced by people living in Polynesia, Zaire and the Peru Andes. These collections include clothes, various ornaments, music instruments and everyday-life objects.

Material and Method

The data which is the basis for achieving the objective of this study was collected at the turn of 2009-

2011. The data was gathered by means of an anonymous poll. The research was conveyed among visitors living outside a health resort. The random selection was applied to the investigative test. The study covered a total of 315 persons aged 20 or more, including 160 tourists visitors from Krynica Zdrój and 155 tourists visitors from Polanica Zdrój.

The poll included questions regarding the following issues:

- the number of respondents' visits in Polish health resorts.
- preferred ways of spending leisure time in health resorts
- the condition of health resorts' tourist management
- directions for further development of Polish spas

Results and Discussion

Table 1. Stays in sanatoriums of the poll respondents

Quantity of stays in health resorts	Males	Females
1	28,6 %	32,2 %
2-9	65,7 %	56,3 %
10 and more	5,7 %	11,5 %

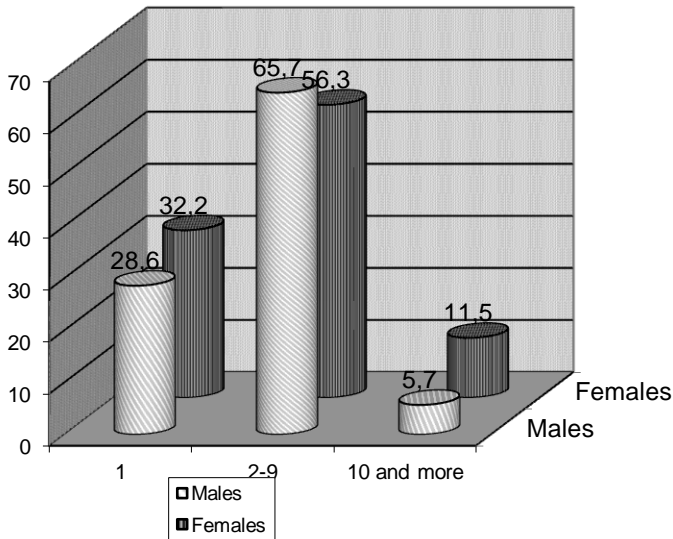


Fig. 1. Stays in sanatoriums of the poll respondents

Discussion of problems related to tourism in health resorts should be initiated by roughly identifying how often the respondents stay in such institutions. Within the study group, 28,6% men and 32,2% women indicated that it was the first time they stay in health resort, while 65,7% men indicated that they stay in health resort for the second time or that they stayed there more than twice but not more than 9 times. The same answers were also given by 56.3% of women. Other respondents indicated that they stayed in health resort at least 10 times. The same answers were also given by 5,7% of men and 11.5% of women.

The above-mentioned data indicate that within the study group, the percentage of men who came to the health resort for the first time is lower than the percentage of women. On the other hand, the percentage of men who were in health resort several times is higher than in the case of women. The situation is quite different in the case of persons who were in health resort at least 10 times. Here the percentage of women is much higher.

The results are more understandable when it is highlighted, The results are becoming clearer if you state that 46.7 of respondents are visitors at a health resort. The ones who start sanatorium treatment earlier are women. Men take advantage of the sanatorium treatment when they are much older. Hence the high percentage of men in the second group (2-9 stays at the health resort). However, there are fewer of them in the third group, especially that an average life expectancy for men is much lower than for women.

The way the health resort visitors spend their spare time is also very interesting. The majority of respondents – 86.2% - declares that they come to resorts not only to treat their diseases but also to relax, rest and visit some interesting places. When they were to select only one way of spending their spare time from among other options provided in the poll, growing the sport, they made choices presented in the table below.

Tab. 2. Age of health resort visitors and ways of spending their spare time

Ways of spending spare time	Age of health resort visitors						Total	
	20-35 years		36-50 years		51 years and more			
	Persons number	%	Persons number	%	Persons number	%	Persons number	%
Walk around the health resort	3	1%	11	3,5%	37	11,7%	51	16,2%
Sightseeing, visiting galleries, museums, nature monuments, scenic places	7	2,2%	23	7,3%	44	14%	74	23,5%
Participation in cultural events organised in health resorts or in the neighbourhood	7	2,2%	17	5,4%	35	11,1%	59	18,7%
Excursions to other places renowned for sights	6	1,9%	11	3,5%	16	5,1%	33	10,5%
Team sports (tennis, volleyball, basketball, football, etc.)	11	3,5%	17	5,4%	10	3,2%	38	12,1%
Winter sports (skiing, skating, sleighing, snowboarding, etc.)	13	4,1%	18	5,7%	12	3,8%	43	13,6%
Systematic jogging, cycling, horse riding	7	2,2%	6	1,9%	4	1,3%	17	5,4%
Total	54	17,1%	103	32,7%	158	50,2%	315	100%

On the basis of the data presented in the table above, it may be concluded that the majority of health resort visitors aged between 36-50 and 51 prefer sight-seeing, visiting galleries, museums and scenic places and participation in cultural events organised in their health resorts. In the youngest age group of 20-35 years olds the most popular are team sports and winter sports. In a group of people at the age of 50 and more the large number of people prefer

Better physical condition of persons from the younger group of respondents is a decisive factor in this case. Better physical skills and presumably better state of health account for the fact that these people very eagerly take advantage of various forms of spending their spare time organised as a part of the so called cultural tourism. Both age groups 35-50 years and 51 years and more are very interested in participating in cultural events organised in health resorts. Systematic jogging, cycling, horse riding are the least popular form of activity among the respondents.

Tab. 3. Age of health resort visitors and preferred directions of the more far development of health resorts

Preferred directions of the more far development of health resorts	Age of health resort visitors						Total	
	20-35 years		36-50 years		51 years and more			
	Persons number	%	Persons number	%	Persons number	%	Persons number	%
The extension of the hostel and gastronomy base	16	5,1%	27	8,6%	21	6,7%	64	20,4%
The extension of the touristic and sport infrastructure	17	5,4%	22	7%	32	10,2%	71	22,6%
The extension of the health resort medical care	2	0,6%	18	5,7%	49	15,5%	69	21,8%
The extension of cultural and amusement subsidiaries	19	6%	36	11,4%	56	17,8%	111	35,2%
Total	54	17,1%	103	32,7%	158	50,2%	315	100%

The above data shows that vast majority of tourists, from all age ranges, recognize the need for developing cultural and entertaining activities in a health resort. For tourists from both age groups, either 20-35 or 35-50 year olds, the great meaning have both the development of accommodation and catering conditions and tourist and sports infrastructure. For 50 and above year olds it

is also crucial to develop health resort treatment. It is connected with declining health and physical conditions while ageing. Progressive ageing of some of those people results in a bigger interest in taking care of health than in younger age groups. It is proved by the lowest interest in development of health resort treatment in the group of 20-35 year olds.

Conclusion

The study shows that a considerable most of surveyed tourists stayed at the health resort a few times and some of them even more than ten times what testifies to both trust in sanatorium treatment and popularity of health resorts. Especially since most respondents did not stay there for treatment.

Health resort visitors come to the resorts not only in order to receive treatment but also to rest, relax and enjoy various types of tourism forms.

Nowadays, health care and staying young and beautiful for as long as possible starts to be increasingly important. Therefore, health resorts should seek an opportunity for development in implementing various unconventional solutions which combine modern therapies and preventive treatment with recreation, particularly active and specialised. Health resorts should offer more and more attractive products in the area of medicine, recreation, sport, culture and entertainment. Their offers should include sightseeing tours and educational

excursions, hiking and bicycle races, training activities and expeditions at various difficulty levels.

In order to properly function and stay competitive in the market, the present health resorts have to offer numerous additional services. They have to satisfy the requirements of patients and tourists. Generally accessible sports and recreation infrastructure is necessary, including indoor swimming pools, thermal water pools, rinks, pitches, gyms, fitness trails, well-prepared tourist trails, skiing trails and horseback riding facilities. Appropriate cultural and entertainment facilities are also important. Theatres and concert halls for artistic events, galleries and museums, cafés, teashops are visible manifestations of the health resort social life.

Bibliography

Hadzik A. (2008) Foreign incoming health resort tourism In Poland on the example of Sudety region. W: Conditions of the Foreign Tourism Development in Central and Eastern Europe. Volume 10, Tourism in geographical environment. University of Wrocław. s. 270-277.

Jaśkiewicz B. (2002) Polanica Zdrój i okolice. Przewodnik turystyczny. Wydawca: Biuro Usług Turystycznych „Pol-Kart”. s. 45-49.

Jędrzyak T. (2008) Turystyka kulturowa. Polskie Wydawnictwo Ekonomiczne, Warszawa 2008.

Kalińska B. (2004) *Uzdrowiska polskie*, Wydawnictwo „Mirex”. s. 273.

Koźmiński A. (1973) *Duszniki Zdrój, Kudowa Zdrój, Polanica Zdrój i okolice*, Wydawnictwo Sport i Turystyka. s. 145.

Nowacki R. (2007) *Stan i perspektywy rozwoju turystyki*. Oficyna Wydawnicza Politechniki Opolskiej. s. 216-225.

Staffa M. i wsp. (1992) *Słownik geografii turystycznej Sudetów – Góry Stołowe*. Wydawnictwo PTTK „Kraj”.

Urząd Miejski w Krynicy Zdroju (dalej: UMK): materiały dotyczące historii uzdrowiska; informacje dotyczące bazy noclegowej w Krynicy Zdroju (dane Głównego Urzędu Statystycznego); materiały dotyczące współpracy w regionie.

Political and economical conditions for tourism development in Bad Reinerz in the years 1769-1945 [in:] *Myśl i polityka. Księga pamiątkowa dedykowana Profesorowi Jackowi Marii Majchrowskiemu, O historii*, pod red. naukową Bogdana Szlachty, Krakowskie Towarzystwo Edukacyjne, Oficyna Wydawnicza AFM, Kraków 2011, p. 99-109.

Health resorts, watering places and climate spas were already known in the ancient times¹. Most of them were situated in the areas where mineral water springs were discovered². Their significance diminished after the collapse of The Roman Empire. The Renaissance period marked recurring interest in spa tourism. Culture development and visits to Italy contributed to popularisation of sightseeing as well as to the rebirth of treatment oriented travelling. Spa tourism began to develop dynamically in the 18th century along with the development of industry in Great Britain³. Bath, Spa, Karlsbad, Baden-Baden and Evian were the most commonly visited European spas at that time. In the late 18th century

¹ Hydrotherapy attracted the greatest number of tourists, it was already applied in the ancient Greece. It developed during The Roman Empire reign (more in J. Schnayder, *Podróże i turystyka w starożytności*, wyd. PZW, Warszawa 1959, p. 14-32).

² Baiae, Aquae Calidae, Aquae Helveticae, Aquae Herculi and Aquae Solis were among the most popular ones.

³ More information in R. Brown, *Economic Revolutions in Britain 1750-1850*, Cambridge 1995.

Switzerland began to attract quite a lot of attention thanks to its unique landscapes, the country's spa towns started to develop rapidly in the 19th century. Patients from all over the Europe converged on these towns. Nowadays, most of those resorts still get recognition from patients. Railway accessibility was the factor that had a decisive influence upon development of particular spas in that time⁴.

Duszniki Zdrój (formerly Bad Reinerz) a town located in southern Poland, in Dolnośląskie province, in north-western part of Ziemia Kłodzka⁵, occupying Obniżenie Dusznickie⁶, situated at the altitude of 530-570 m above sea level, stretching from the southern slope of Stołowe Mountains to the northern slope of Orlickie Mountains and Bystrzyckie Mountains⁷.

⁴ It may be concluded from rapid development of spas situated at Côte d'Azure as they were connected by railway with other regions of France (A. Jackowski, *Francja* [in:] *Geografia turystyczna świata*, edited by J. Warszńska, part 1, Wydawnictwo Naukowe PWN, Warszawa 2001, p. 45).

⁵ R. Nowacki, *Duszniki Zdrój*, Opole 2005.

⁶ The bottom of the depression is most often composed of Upper Cretaceous marls and marl sandstones with limestone inclusions on the surface and joint sandstones below. As regards the landscape, this depression is similar to Kotlina Kłodzka with its flat bottom and deep river valleys (W. Walczak, *Ziemia Kłodzka. Monografia krajoznawcza*, Warszawa 1956, p. 43).

⁷ W. Zielony, T. Windyka, *Duszniki Zdrój i okolice*. Tourist guide. Duszniki Zdrój 2003, p. 1; also see more J. Sarostek, K. Sembrat, A. Wiktor, *Sudety*, Warszawa 1975; Z. Martynowski, K. R. Mazur-ski, *Sudety. Ziemia Kłodzka i Góry Opawskie*, Warszawa 1978; R. Chanas, J. Czerwiński, *Sudety*. Guidebook, Warszawa 1979.

The town is located on the Bystrzyca Dusznicka river (formerly Zielona) – a tributary of Nysa Kłodzka on the left bank – running through Stołowe and Bystrzyckie Mountains. The river cuts across a narrow valley of wooded slopes, in which a health resort is situated, reaches Duszniki Zdrój and then flows parallel with an eastwards road running through Piekielna Dolina [Piekielna Valley]. At the eastern estuary of Bystrzyca Dusznicka, behind the slopes of Księżówka and Piekielna Góra, Kotlina Kłodzka is located⁸. Kotlina Kłodzka is a vast depression surrounded by tectonic mountains, which separate the Middle Sudeten range from the East Sudeten range, it is a well-known health resort and recreational region.

The health resort and adjacent regions are located within the area which remains under the influence of various air masses. The temperature range is strongly related to the altitude on which the area is situated as well as to the exposure of mountain slopes. The thermal maximum for this locality is in July (mean air temperature is 15.4°C), while the minimum is in January (-3.2°C)⁹. Mean annual temperature oscillates around 6°C. Duszniki Zdrój does not differ from other localities situated at a similar altitude above sea level as regards a considerable volume of rainfalls (mean annual volume

⁸ See W. Zielony, *Polanica Zdrój, Duszniki Zdrój, Kudowa Zdrój*, Wrocław 1979, p. 14.

⁹ According to the data included in *Góry Stołowe* publication ed. M. Staffa, Warszawa – Kraków 1982, p. 15.⁶ Ibid.

hovers around 996 mm)¹⁰ which are heaviest in July, and as regards the summertime which is not very warm¹¹.

Due to the fact that Duszniki Zdrój is situated within the Sudeten Mountains, important transport routes, which connected land on both sides of the mountains, used to run across the town¹². As people re-located, various cultural influences interacted and intermingled¹³. In the ancient times, one of the branches of the so-called Amber Trail, connecting Danubian countries with the Baltic Sea coast, ran through the town. Archeological findings from Duszniki and the surrounding area prove that men have been inhabiting this region from the earliest times¹⁴. In the 14th century, Duszniki Zdrój belonged to the owners of the Homole castle, situated on the hill over the Polskie Wrota pass. The castle guarded the western entrance to Kotlina Kłodzka¹⁵. In a document dated 1366, regarding the foundation of St. Catherine's altar in the parish church

¹⁰ Ibid.

¹¹ However, it should be noted that in some localities, e.g. in Krynica in the western Beskids, January is much cooler. Its multi-year mean temperature is -6° C (see W. Walczak, *Ziemia Kłodzka...*, p. 56).

¹² First findings of Neolithic tools in the Duszniki and Lewin area date back to 4000-800 BC. (*Duszniki – miasto i źródło*. Studium historyczno-urbanistyczne, vol. I, compiled by Danuta and Rafał Eysymontt, Wrocław 1994, p. 43).

¹³ J. Lodowski, *Z pradziejów Kotliny Kłodzkiej* [in:] "Rocznik Ziemi Kłodzkiej 1969/1970", Wrocław 1972, p. 8.

¹⁴ Ibid., pp. 9-38.

¹⁵ W. Tomaszewska, *Duszniki*, Warszawa 1968, p. 2.

in Duszniki by Panewicz brothers – the then owners of the town, this settlement was referred to as “op-pidum”¹⁶. However, it may be assumed that this locality was granted civic rights even a few dozen years earlier. At that time, population in Duszniki Zdrój was increasing and activities such as commerce and craftsmanship were developing. Iron mines and ironworks were established in the town’s close vicinity.

Unfortunately, the town history was negatively influenced by the Hussite Wars. Many neighbouring localities suffered losses during fights, among others Bystrzyca Kłodzka, Nowa Ruda, Międzylesie, Lewin, Radków and Łądek. Duszniki and the Homole Castle (named Gomole at that time) survived as they were used by Hussite soldiers as bases of attack. Few things changed even after Hussites were driven out of the town. The fights which later took place within this area as well as the growing economic crisis¹⁷ in 15th-century Europe inhibited the development of Duszniki. Not earlier than in the 16th century were more impressive buildings erected, such as the town hall and churches. Apart from mining and steel industry, cloth industry was also developing¹⁸. In 1578, there were as many as six guilds

¹⁶ Ibid.

¹⁷ Resulting from the decrease in the income of nobility (see more Z. Wójcik, *Historia powszechna XVI-XVII wieku*, Warszawa 1991, p. 23 and subsequent pages).

¹⁸ R. Grzelakowski, *Historia Dusznik*, “Spotkania z Dusznikami” (Duszniki Zdrój) 1993, No. 6 (27).

in Duszniki¹⁹. At that time, also paper manufacture was gaining importance in the town. The paper mill was located in Duszniki already before 1562 as in this year Ambroży Topper sold it to Mikołaj Kreczmer²⁰. The so-called handmade paper (called everlasting), manufactured in Duszniki paper mill and characterised by great durability and endurance, gained recognition also outside the area of Lower Silesia²¹.

The successful development of Duszniki was interrupted by the Thirty Years' War (1618-1648). The wartime strife of European countries brought about massive destruction. March-pasts and fights were accompanied by murders, robberies, food requisition, contributions imposed on towns and villages as well as infectious diseases. Not earlier than at the end of the 17th century and the beginning of the 18th century could Duszniki accelerate its development. New baroque houses were erected at that time and statues of saints started to be put up at squares and streets. In that period, cloth manufacturers also did well. In 1751 in Duszniki, there were 106 clothier masters and 62 apprentices²². They had their own guild house with the

¹⁹W. Tomaszewska, *Duszniki...*, p. 3.

²⁰ *Ibid.*, p. 5.

²⁰ *Ibid.*, p. 5.

²¹The paper was even used at the court of the emperor Rudolph II of Habsburg, who ennobled the then owner of the paper mill in recognition of his merits (*ibid.*).

²² W. Tomaszewska, *Rozkwit Dusznik Zdroju w XIX wieku*, „Rocznik Ziemi Kłodzkiej 1958”, vol. III, Kłodzko 1959, p. 237.

guild emblems placed on the frontage²³. Manufactures producing many types of cloth were established and glass started to be produced.

During the Seven Years' War (1756-1763), battles and skirmishes involving Prussian and Austrian took place in Ziemia Kłodzka, resulting in great material losses and many casualties. People suffered epidemics and hunger again. In 1769, Duszniki was struck by a severe flood²⁴. In the same year, the town was offered new possibilities. The so-called Zimny Zdrój [Cold Spring]²⁵, which had been popular in Duszniki for many years, was officially classified as one of the curative springs of the Kingdom of Prussia²⁶. In the same year, the spring was built round with a pavilion, which was the first building within the health resort²⁷. Later on, other buildings and structures, such as inns or bathing equipment, were constructed²⁸.

²³ Ibid.

²⁴ W. Tomaszewska, *Duszniki...*, p. 3.

²⁵ Mentioned in the 17th century by Georgius Aelurius – author of the description of Ziemia Kłodzka (see G. Aelurius, *Glacjographia*, Leipzig 1625).

²⁶ See more P. Dengler, *Bericht über die Verwaltung des Bades Reinerz in den 10 Jahren von 1867 bis einschliesslich 1876*, Reinerz 1876; W. Tomaszewska, *Rozkwit Dusznik Zdroju w XIX wieku*, „Rocznik Ziemi Kłodzkiej 1958” ..., p. 239 and subsequent pages.

²⁷ See the print on the cover of the guidebook written by J. Szadkowski, *Uzdrowisko Reinerz*, Poznań 1912 (reprint of the original, published thanks to Duszniki Zdrój Lovers' Society).

²⁸ R. Grzelakowski, *Duszniki – początki kurortu*, „Przegląd Kulturalny”, No. 3 (17).

At the end of the 18th century, the first wooden cabin with six bathrooms was erected in Duszniki. The first health resort visitors used the cabin to bathe in heated water of Zimne Źródło²⁹. In 1797, the so-called Letni Zdrój [Lukewarm Spring] was discovered, resulting in further development of the health resort. The new spring was warmer than Zimny Zdrój and its temperature was approximately 19°C. At the beginning of the 19th century, the health resort in Duszniki became famous and gained recognition. Dr. G. P. Mogalla, who held the position of the head doctor in the Silesian Mining Institute³⁰ in the years 1791-1814, contributed to this success by popularising Duszniki curative waters in his publications concerning mineral springs and Silesian watering places³¹. In addition, following the example of Swiss and Czech health resorts, Dr. Mogalla took action which in 1800 resulted in extending the health resort by an institute in which whey of ewe's milk and milk were used as medicines. He also developed a new and better method of whey and ewe's whey milk production by means of chemical processes. Sheep and goats started to be grazed on mountain slopes surrounding the town and their milk was used to prepare various types of

²⁹ G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości kulturowych do II wojny światowej*, Wrocław 1991, p. 28.

³⁰ See more R. Grzelakowski, *Duszniki – początki kurortu...*

³¹ For information about spa treatment see for example T. Heimrath, *Z dziejów leczenia w Świeradowie Zdroju* [in:] *Życie codzienne w XVIII-XX wieku i jego wpływ na stan zdrowia ludności*, eds. B. Płonka-Syroka, A. Syroka, Wrocław 2003.

ewe's whey milk – mustard, wine and even the so-called Chinese³². New treatment methods used in Duszniki attracted more and more people every year. As many as 474 people visited the health resort in 1804³³.

In 1802, construction of new bathrooms started. They were located at the spa square, near Letnie Źródło³⁴. A rapid increase in the number of health resort visitors contributed to its enlargement³⁵. In the years 1803-1804, plots on which Zimny Zdrój and Letni Zdrój were situated, were bought from private persons³⁶. Thus, the health resort area was significantly expanded. The work on erection of a social club, located at the spring square in Duszniki, was started in 1802. The building was given the appearance of a classicistic manor house³⁷. In the years 1816-1817, showers were constructed near the bathrooms. Equipment used for various types of water and steam bath was located at the ground floor of this building³⁸. At that time, a poplar

³² W. Tomaszewska, *Rozkwit Dusznik w XIX wieku...*, p. 240.

³³ P. Dengler, *Geschichte des Bades Reinerz*, Reinerz 1903, p. 293.

³⁴ R. Grzelakowski, *Założenie parku zdrojowego i ogrodów cienistych w Dusznikach Zdroju*, "Ziemia Kłodzka" May-June 2002, no. 141-142, p. 11.

³⁵ Prints which have been preserved give the general idea about the health resort's appearance (See A. Zieliński, *Uzdrowiska dolnośląskie na dawnej rycinie*, Wrocław 1996).

³⁶ W. Tomaszewska, *Rozkwit Dusznik w XIX wieku...*, p. 241.

³⁷ R. Grzelakowski, *200 lat Dworku Chopina w Dusznikach Zdroju 1802-2002*, Duszniki Zdrój 2002.

³⁸ G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p. 29.

lane was also built, leading to the garden next to which a greenhouse was erected³⁹.

In 1817, a new spring was discovered and named Urlyka's Spring ⁴⁰. In 1822, the national authorities handed the spa area over to the local authorities⁴¹. This provided a strong basis for further development of the health resort. As a result, the area of the then garden was expanded southwards and eastwards, and new pensions started to be built in the vicinity of the park. In order to provide entertainment to visitors coming to Duszniki, a spa orchestra was established to regularly perform in the spa theatre pavilion⁴². Flower beds were placed along walking paths. In 1827, another flood hit Duszniki. A violent overflow of Bystrzyca Dusznicka caused extensive damage, particularly within the health resort. Fortunately, it was quickly repaired. In 1830s, pump rooms in Duszniki were rebuilt⁴³. In 1836, a construction design for new bathrooms in Duszniki was created and the work commenced in 1837⁴⁴. Construction of new bathrooms took a lot of time and was not

³⁹ R. Grzelakowski, *Założenie parku zdrojowego i ogrodów cienistych...*, p. 11.

⁴⁰ Currently, Zdrój Jana Kazimierza [Jan Kazimierz Spring] (W. Tomaszewska, *Rozkwit Dusznik Zdroju w XIX wieku...*, footnote 23.)

⁴¹ *Ibid.*, p. 242.

⁴² W. Tomaszewska, *Historia Dusznik*, „Spotkania z Dusznikami” (Duszniki Zdrój) 1993, no. 6 (27).

⁴³ G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p. 54.

⁴⁴ *Ibid.*, p. 29.

finished until 1863⁴⁵. The building was adapted to function as the physical therapy institute. It contained rooms in which a number of therapies were performed. The right wing from the entrance was designated for women and shower cubicles were located there⁴⁶. Men were bathing on the left, where peat institute was also situated⁴⁷.

At the beginning of the 19th century, the greenery in health resort parks was often very simple. Parks occupying small areas, located next to resort buildings, were composed of a limited number of trees and included short and straight walking paths. Parks were often complemented by surrounding forests and rivers flowing through or near them. However, the number of spa visitors (health resort visitors and later on holiday-makers) was growing as the time went by and this was the trigger for further changes within the spa. The shape of the old spa square was changed from a square into an elongated rectangle, and was connected to the main lane leading from the health resort to the town. Also the area of the park was expanded⁴⁸. Growing industrialisation of towns brought about the need to stay at spa and climatic localities⁴⁹. The spa season started to grow longer and natural greenery was introduced inside the build-

⁴⁵ In this year, old bathrooms were demolished (ibid.).

⁴⁶ Ibid., p. 30.

⁴⁷ Ibid.

⁴⁸ Ibid., p. 150.

⁴⁹ See more *Uzdrowiska dolnośląskie i ich okolice*, eds. A. Falkiewicz, M. Starzewska, Wrocław 1975.

ings in the form of winter gardens, palm houses and orangeries, designed for those who wished to rest on chilly days⁵⁰.

Apart from the already existing greenhouse and the orangery built, construction of a palm house started⁵¹. The work was completed in the mid 1880s and before that a part of the building was already used as a café, a reading room and a concert hall⁵². The building was almost nine metres tall, had a pitched roof and glazed walls⁵³. Structures and decorative elements were made of metal⁵⁴. A fountain was also located inside the building. Electric light pouring from enormous chandeliers had difficulties reaching small round tables shadowed by branching palms. Health resort visitors sitting at the tables could enjoy the view of southern flora⁵⁵. The palm house was heated by warm air. Duszniki was growing more and more attractive. In 1875, it was visited by 2574 people⁵⁶. In the same year, neighbouring

⁵⁰ R. Grzelakowski, *Założenie parku zdrojowego i ogrodów cienistych...*, p. 11.

⁵¹ It was erected as a connecting passage between bathrooms and the shower building (*ibid.*; see also G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p. 120).

⁵² R. Grzelakowski, *Założenie parku zdrojowego i ogrodów cienistych...*, p. 11.

⁵³ G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p. 120.

⁵⁴ *Ibid.*

⁵⁵ On the basis of a print presenting the inside of the palm house (*ibid.*, p. 121).

⁵⁶ P. Dengler, *Geschichte des Bades Reinerz...*, p. 294.

Kudowa was visited by 997 people⁵⁷. During the whole 1880s, the number of health resort visitors and tourists in Duszniki exceeded three thousand people each year, while in 1889 it exceeded four thousand⁵⁸. In the years 1882-1887, a magnificent walking hall was constructed, replacing old collonades⁵⁹. "The building was elongated and of an impressive size, with a concert hall on the axis and the Warm Spring pump room by the northern wall. The hall was open on the western side. Its construction, supported by a few dozen columns, served as a monumental frame of the spa park. It was built-up on the eastern side, with many shops located in the frontage. A magnificent wooden «gate», located on the axis of the building and decorated with delicate embellishments, was also used as a concert bowl"⁶⁰.

The spa square, open to the forested valley, made it possible to enlarge the spa park. More and more villas, in which rooms were available for rent, started to be built within the health resort⁶¹. Along with the neighbouring area, the resort included approximately 70 buildings at that time⁶². Some of them were situated at a distance from the spa square because Duszniki inhabi-

⁵⁷ G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p.

⁵⁸ P. Dengler, *Geschichte des Bades Reinerz...*, p. 294.

⁵⁹ G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p. 74-75.

⁶⁰ *Ibid.*, p. 75.

⁶¹ *Ibid.*

⁶² *Ibid.*, p. 150.

tants built them also in the upper part of the valley as well as on the areas along the river, leading towards the town⁶³. The town itself was developing too. Regardless of temporary calamities such as the great fire in 1844⁶⁴ or a brief period of stagnation in 1866 related to the Austro-Prussian War, Duszniki townsmen quickly undid the damage. In 1880s, Duszniki was connected to telephone and telegraph line.

However, the town lacked the spa theatre. In Lower Silesia, spa theatres were built at the turn of the 19th century, which corresponded with processes taking place in other European countries⁶⁵. In some of them, theatres in health resort localities were constructed as early as in the 18th century. Still, the majority of significant theatre buildings in large health resorts were constructed not earlier than in the 19th century. The theatre in Duszniki was initially situated in the old curative house. Articles published in the years 1895-1896 state that there were two show arenas in Duszniki. Apart from the curative house mentioned above, this function was also carried out by the concert bowl located in the walking hall⁶⁶.

The nearby Polanica and Kudowa itself was developing too. In the early 1870s apart from the new spa

⁶³ On the basis of the author's own observation.

⁶⁴ The majority of buildings in Duszniki were burnt during this fire, including the town hall and partly the parish church.

⁶⁵ G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p. 118.

⁶⁶ *Ibid.*, p. 116.

objects, a mineral water bottling plant was built and the water was sold in the Silesia region and even beyond its boundaries. A park was built in the vicinity of the spa⁶⁷. Therapeutic peat sources were discovered in the health resort area and the substance was used for peat compresses and wraps⁶⁸. Other therapeutic procedures offered at Polanica, similarly to other Sudeten spas⁶⁹, included therapeutic baths, drinking sufficient amount of mineral water as well as goat's and ewe's milk treatment. When the railway reached Polanica in 1890, the number of patients and tourists looking for rest grew significantly. In the early 20th century, new wells were drilled, which enabled exploiting "Wielka Pieniawa" spring (among others). A huge spa was built; it offered 130 rooms, 60 mineral and peat bath booths, physicians' rooms as well as hydrotherapy and electrotherapy devices⁷⁰. Mineral water was supplied to the facility directly from the spring⁷¹. In 1909, a cardiological spa was erected (currently it is "Zdrój" spa hospital). Spacious "Wielka Pieniawa" pump room was built in 1911. Its walking hall is over 100 m long. The building houses 40

⁶⁷ B. Jaśkiewicz, *Polanica Zdrój i okolice*. Tourist guide, wyd. „POL-KART” Biuro Usług Turystycznych, Polanica Zdrój 2002, p. 12.

⁶⁸ Ibid.

⁶⁹ More information in R. Nowacki, *Duszniki Zdrój*, Oficyna Wydawnicza Politechniki Opolskiej, Opole 2005.

⁷⁰ A. Koźmiński, *Duszniki Zdrój, Kudowa Zdrój, Polanica Zdrój...*, p. 147.

⁷¹ Ibid.

bath booths and guest rooms for patients⁷². Special attention was paid to the surrounding of the new spa objects. Villas scattered around were embedded in greenery. New investments attracted more patients. In 1905, 1.243 visitors underwent treatment in Polanica, 5 years later the number reached 6.404⁷³.

In 1850, a detailed chemical analysis of the Kudowa mineral waters was performed, which confirmed their therapeutic properties. Soon a spacious pump room was built⁷⁴. In the second half of the 19th century, Kudowa was officially recognized as a health resort. At the end of the previous century, approximately 1.500 patients visited the town each year. A railway connection with Kłodzko contributed significantly to the region's development. This year, the number of visitors to Kudowa reached 10.036. The company managing the spa has built several new objects, including new pump room combined with a concert hall as well as a new spa house. Numerous pensions and hotels have been erected in the neighbourhood. The buildings with bay windows, towers, balconies and balustrades are surrounded by gardens and create unique atmosphere. The

⁷² *Altheide. Wody lecznicze dla chorych na serce*, Drukarnia Dziennika Poznańskiego, Poznań 1914, p. 7.

⁷³ *Ibid.*, p. 2.

⁷⁴ A. Falkiewicz, M. Starzewska, *Uzdrowiska dolnośląskie i ich okolice*, Warszawa 1975, p. 193.

resort gained recognition as cardiovascular diseases treatment facility at the beginning of the 20th century⁷⁵.

At the beginning of the 20th century, health resorts in Lower Silesia started to manifest the tendency to build monumental and spectacular structures⁷⁶. It can be seen in much bigger and much more modern spa buildings, especially those related to bathing. As for Duszniki, many changes were introduced in the bathroom building, which was opened in 1861. In the mid 1870s, the building was expanded by a new wing, where a new peat institute, with heating and ventilation, was to be located⁷⁷. In 1909, a major reconstruction of bathrooms in Duszniki was commenced. The work included: constructing 71 shower cubicles⁷⁸, connecting the bathing building to the hot, cold and mineral water mains, expanding the inhalatorium, constructing an electric lift and providing central heating. At the turn of the 20th century, the town changed considerably as regards its look and functioning. Paul Dengler – the town mayor in the years 1867-1903 enormously contributed to Duszniki development⁷⁹. A number of investments stated above

⁷⁵ It was highly popular among Jews who owned inns and restaurants there

⁷⁶ Ibid., p. 37.

⁷⁷ Ibid., p. 30.

⁷⁸ Ibid., p. 41.

⁷⁹ R. Grzelakowski, *Dusznicki jubileusz – 650 lat historii miasta*, „Encyklopedia Dusznik Zdroju” 1999, issue 2, p. 11; see also R. Nowacki, *Stan i perspektywy rozwoju turystyki*, Oficyna Wydawnicza Politechniki Opolskiej, Opole 2007.

were made during his tenure. Apart from that, the water tower, three hydroelectric power plants and gasworks were constructed. A new post office building equipped with an automatic telephone station was erected and the Bystrzyca Dusznicka river was engineered⁸⁰. In 1902, the railway⁸¹ was introduced to the town which had a population of 2948 at that time. Easier access for people interested in treatment and rest in Duszniki Zdrój resulted in further, accelerated development of this town.

At the beginning of the 20th century, the number of villas in Duszniki grew. New pensions were also created and the Dengler park was established in the southwestern part of the health resort⁸². The work designed to extend and regulate the thoroughfare within the health resort was commenced as well. New streets were designed according to the principle of geometrisation and existing streets were widened. Moreover, new, wide bridges were put up over Bystrzyca Kłodzka.

Put a lot of effort in promoting the spa advantages of Duszniki Zdrój. Guidebooks were published, informing about curative properties of spring waters and the local climate. Information regarding the town,

⁸⁰ R. Grzelakowski, *Ostatni dylizans w Dusznikach Zdroju*, "Ziemia Kłodzka" 2002, No. 148, p. 23.

⁸¹ *Duszniki – miasto i zdroj.* Studium historyczno-urbanistyczne, vol. I..., p. 68; see also K. R. Mazurski, Z. Martynowski, *Sudety. Ziemia Kłodzka...*, p. 73; L. Hoffart (transl. P. Grabiec), *100 lat kolei w Dusznikach*, "Gazeta Gmin" of November 15, 2002, No. 22.

⁸² G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p. 161.

such as news about newly discovered springs, was being published in the press⁸³. In a reprint of a guidebook entitled *Uzdrowisko Reinerz* [Reinerz Health Resort], published in 1912 by Duszniki Zdrój Lovers' Society, the following is written: "The information about the discovery of new hot springs has rapidly spread around Silesia and the neighbouring towns. As a result, the visitors who left Reinerz having completed their treatment, came back in autumn to enjoy the springs [...] Currently, the number of visitors amounts to 12,000. Reinerz town is situated 1 km from the health resort. No plants are located in the town so no smoke or fumes enter the atmosphere. The town is connected with the health resort by a beautiful lane with old trees. This guarantees perfect tranquillity for those who yearn for rest"⁸⁴.

Dolina Strążyska, where health resorts were established after it has been bought by local authorities from private owners in 1903, was also considered a health resort area at that time⁸⁵. Health resorts in Dolina Strążyska were named Stahlbad [Stalowy Zdrój – Steel Spring] after the spring water collected there. Sanatorium equipment was modern and it ensured effective

⁸³ With the passage of time, new springs were discovered in Duszniki, for example in 1910, a spring containing ferruginous oxalate. It was named Źródło Agaty [Agata's Spring].

⁸⁴ J. Szadkowski, *Uzdrowisko Reinerz*. Guidebook, Poznań 1912 (reprint of the original, published thanks to Duszniki Zdrój Lovers' Society).

⁸⁵ R. Grzelakowski, *Historia Dusznik, Dolina Hutnicza (Strążyska)*, part 5, "Spotkania z Dusznikami" 1993, No. 10 (31), p. 1.

treatment⁸⁶. The social life concentrated around the health resort, where a common room, a smoking room and a dance hall connected to a veranda used for fresh-air resting in deckchair were located.

During the First World War, sick and injured soldiers from the fighting armies were treated in Duszniki health resorts. In the interwar period, Duszniki Zdrój strengthened its position as a popular and esteemed health resort. Thanks to a scientific basis for climatology and balneology, created at the beginning of the 20th century, and to the experience of many laboratories, clinics and institutes around the world, new treatment methods were introduced in health resorts, which resulted in modernisation of existing medical institutes and their surroundings. Duszniki Zdrój was to benefit a lot during this period.

The development plans of Duszniki in the interwar and war period does not contain radical solutions in relation to the existing layout of the land. Some of the plans, mostly those regarding transport, have been implemented and they meet the needs of the town up to this day"⁸⁷.

Not only could health resort visitors and tourists coming to Duszniki in 1920s and 1930s expect an increasing level of luxury and professional medical care, but also may types of entertainment, regardless of the

⁸⁶ Ibid.

⁸⁷ G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości...*, p. 172-173.

season. Duszniki hosted concerts and theatre performances, while in restaurants and hotels located on the market square, charity, occasional and New Year's balls as well as popular slaughter of pigs, tasting of cured meat, beer and other alcoholic beverages were taking place⁸⁸. In Ryszard Grzelakowski's article, entitled *Okres Świąt Bożego Narodzenia i karnawału w dawnym Reinerz* [Christmas and carnival in old-time Reinerz], the following information can be found: "If winter was snowy, many sleigh rides to nearest regions were organised, where restaurants competed each other in serving elaborate local dishes. These events were arranged by the Duszniki section of GGV [Kłodzkie Towarzystwo Górskie – Kłodzko Mountain Society].

The most popular destinations included Lasówka, Zieleniec, Mostowice, Batorów, Łężyce, Szczytna and even Oleśnica in Orlickie Mountains [...] There were 5 cascade ponds in the town and the spa, which were turned into ice rinks in winter. A toboggan run and several ski runs leading towards the ski jump were also in operation"⁸⁹. Before the outbreak of the Second World War, a heavy flood struck Duszniki Zdrój in 1938, causing a lot of damage, especially within the spa park. Fortunately, the war did not disturb life in Duszniki. Still, the time of war was not favourable to execution of the abovementioned plans of Duszniki

⁸⁸ R. Grzelakowski, *Dawny i obecny rynek w Dusznikach Zdroju. Ludzie i wydarzenia*, "Ziemia Kłodzka" June-July 2002, No. 143-144, p. 32.

⁸⁹ R. Grzelakowski, *Okres Świąt Bożego Narodzenia i karnawału w dawnym Reinerz*, "Ziemia Kłodzka" December 2000, No. 148, p. 4.

Zdrój modernisation. Just like during the previous war, Duszniki health resorts were again full of sick and injured soldiers. Luckily, the town was not troubled by warfare.

Tourist, movement and recreation in health resorts of the Kłodzko Basin [in:] *Physical activity in health and disease*, edited by B. Bergier, Pope John Paul II State School of Higher Education in Biała Podlaska, Institute of Health, Biała Podlaska 2011, p. 137-147.

Summary

In this study there has been shown the analysis of participation in various forms of exercise and recreation of visitors at the health resorts of the Kłodzko Basin. It was preceded by the research on taking care of their physical condition. The questionnaire study was conducted on 336 people above 18 in health resorts: Duszniki Zdrój and Kudowa Zdrój. The study shows that a lot of visitors willingly take part in exercises and recreation activities organized in the health resorts. The analysis of survey responses allows to state that after arriving to a health resort, besides medical treatment, visitors want to take part in interesting exercises and recreation activities. Apart from cultural events organized at the resort they play a significant part in the process of treatment improving people's shape and resistance to stress.

Key words: tourism, movement, recreation, health resort

Introduction

Health resorts, watering places and climate spas were already known in the ancient times. Hydrotherapy attracted the greatest number of tourists, it was already applied in the ancient Greece. It developed during The Roman Empire reign. *Baiae, Aquae Calidae, Aquae Helveticae, Aquae Herculi* and *Aquae Solis* were among the most popular ones (Kowalczyk, 2002). Their significance diminished after the collapse of The Roman Empire. The Renaissance period marked recurring interest in spa tourism. Culture development and visits to Italy contributed to popularisation of sightseeing as well as to the rebirth of treatment oriented travelling. Spa tourism began to develop dynamically in the 18th century along with the development of industry in Great Britain (Brown, 1995). Bath, Spa, Karlsbad, Baden-Baden and Evian were the most commonly visited European spas at that time. In the late 18th century Switzerland began to attract quite a lot of attention thanks to its unique landscapes, the country's spa towns started to develop rapidly in the 19th century. Patients from all over the Europe converged on these towns. Nowadays, most of those resorts still get recognition from patients. Railway accessibility was the factor that had a decisive influence upon development of particular spas in that time. It may be concluded from rapid development of spas situated at Côte d'Azure as they were connected by railway with other regions of France.

The growing number of visitors entailed changes in the appearance of health resorts regions. New and impressive spa objects were erected and equipped with modern devices. New treatment methods were introduced and the spa season was extended. Providing visitors with access to local natural environment regardless of weather conditions required bringing some of the nature indoors. Winter gardens, palm houses and orangeries were built. Employees at all spas made extra effort to occupy their guests with various activities. After therapies, most patients took long walks, some played tennis, enjoyed horse riding, sailed in boats on local lakes, admired unique features of natural environment during excursions and visited the neighbouring towns. Almost every spa offered its guests the chance to enjoy music by well-known composers performed by local spa orchestras. Inns and restaurants invited for dancing and theatres offered plays performed by actors brought from larger cities. During winter season many resorts offered sleigh rides, skiing competitions and all kinds of snow games.

Nowadays, popular spas also try to satisfy the needs of their patients. Most of those institutions adjust to new tourism trends, stressing development of the so-called cultural tourism (visiting architecture monuments, museums, art galleries, places related to famous individuals) or qualified tourism (hiking, canoeing or raft trips, ski races, bicycle and mountain trips).

Civilisation diseases, mainly cancer, but also cardiovascular, nervous and respiratory systems diseases

as well as overweight and obesity cause more and more individuals exercise and participate in various recreational activities in order to stay fit and healthy. For these reasons a growing number of spas provide increasing amount of information on well equipped fitness centres, football fields, volleyball and tennis courts, swimming pools, health and beauty saloons and steam rooms.

People coming for treatment to health resorts in the Kłodzko Basin are an interesting and very diversified research group. Research on their participation in different forms of movement and recreation seems meaningful and reasonable for a few reasons:

- not much research has been conveyed over this matter particularly in recent years
- respondents are among those who try to take care of their health and shape.

The aim of the research is the analysis of tourists' participation in various forms of movement and recreation in a health resort's area and the nearest surroundings. It was preceded by an outline of development of tourism and recreation in some of the health resorts of the Kłodzko Basin.

An outline of tourism and recreation in Duszniki Zdrój and Kudowa Zdrój

"The Kłodzko Land is the biggest health resort area in Poland – wrote Andrzej Koźmiński in 1973 in his book titled *Duszniki Zdrój, Polanica Zdrój, Kudowa Zdrój*,

Zieleniec i okolice – it is exceptional thanks to the landscapes of the Central and Eastern Sudeten ranges, which are not very high but truly picturesque. The mountains surround Kotlina Kłodzka with ridges covered with forests, the area is rich in meadows and fields in all shades of green and the forests burn in red and gold during autumn” (Koźmiński, 1973). Surrounded by this beautiful landscape are the Sudeten spas, which are widely known both home and abroad: Duszniki Zdrój, Polanica Zdrój and Kudowa Zdrój. Each of these towns has a rich history and long-standing tradition of spa treatment. Duszniki Zdrój is situated at 530-570 meters above sea level, between the southern slopes of the Stołowe Mountains and the northern slopes of the Orlickie and Bystrzyckie Mountains (Martynowski et al. 1978).

The Bystrzyca Dusznicka river runs through Duszniki and between the Stołowe and the Bystrzyckie Mountains, it is a left tributary of the Nysa Kłodzka river. Similarly to other surrounding regions, the town is under the influence of various atmospheric air masses. Temperature profile is directly related to terrain elevation as well as the direction of mountain slopes. The highest temperatures occur in July (average air temperature is 15.4°C) and the lowest in January (-3.2°C). Average annual temperature oscillates in the region of 6°C. Heavy rainfall (average rainfall intensity in the region is 996 mm), most intense in July, as well as moderately warm summer is typical of Duszniki Zdrój as well as other towns situated at a similar elevation.

Eastern and western “valley” winds are typical of Duszniki depression region and may change in a matter of a single day. During daytime, when the sun warms mountain ridges, air masses move upwards. During evenings, as cold masses of heavy air move downwards from the mountains, the wind direction changes. Nevertheless, the southern winds, which come from the Orlica Valley region, are the predominant ones in Duszniki Zdrój. The town became a health resort in 1759, when the so-called Zimny Zdrój spring, which had been well known in the Prussian monarchy for a long time, was officially recognised as having medical properties. Before the end of 1759, a pavilion was built at the spot. It was the first object in the health resort area. Soon enough other buildings like inns and bathing facilities were constructed. In the late 18th century, the first wooden house equipped with 6 bathrooms was erected in Duszniki. Its bathtubs with heated water from the Zimne Źródło spring were appreciated by the first spa visitors. In 1797, the so-called Letni Zdrój spring was discovered. It contributed to further development of the health resort. The spring was warmer than Zimny Zdrój too. Its water temperature was approximately 19°C and was heavily saturated with carbonic acid anhydride. Duszniki spa received wide recognition and became famous in the early 19th century. Dr G. P. Mogalla contributed to that fact; he was holding the post of surgeon general at the Silesian Mining Institute between 1791 and 1814, which released a number of publications regarding the Silesian mineral springs and watering pa-

laces and by the same token made the Duszniki therapeutic waters popular (Heimrath, 2003). Additionally in 1880, influenced by the Swiss and Czech spas, he helped build a facility within Duszniki spa area, which offered whey of ewe's milk and milk treatments. He also developed a new, improved way of obtaining whey and whey of ewe's milk. Ewes and goats were put out to graze on the mountain slopes surrounding the town at that time. Their milk was used to make various kinds of whey: mustard, vinous and the so-called Chinese. It was usually served mixed with mineral water. Treatment based on whey of ewe's milk was recommended for patients suffering from weakness and exhaustion due to illnesses and injuries.

The first records about Kudowa Zdrój date back to 1477. They tell of a poor village situated on stone, mountain soil. Poverty of the village, the settlement of Czermna, was the reason behind its 13th century name, i.e. Chudoba, which meant "poverty". Later on, the name of Cudoba was derived. No sooner than the end of the 19th century was the village named Kudowa. Mineral water springs of the area were probably discovered in the late 16th century and their water was said to have therapeutic properties. The first bathing facilities were installed in 1636. Initially, they attracted little attention though. The spa region began to develop rapidly in the late 18th century. In 1795, a bathhouse was built in Kudowa. After The Napoleonic Wars the town gained a spa park with a wide promenade. In 1850 a detailed chemical analysis of the Kudowa mineral waters was

performed, which confirmed their therapeutic properties. Soon a spacious pump room was built. In the second half of the 19th century Kudowa was officially recognized as a cardiological health resort.

After the World War II, the spas situated in Kotlina Kłodzka were taken over and administered by Polish authorities. As time went by, spa houses, hotels and pensions were adjusted to meet the new needs. Employee Holiday Fund (Fundusz Wczasów Pracowniczych) spa hospitals, sanatoria and resorts were created. The abovementioned institutions extended their treatment services throughout time. Nowadays, these facilities specialise in dealing with particular conditions. Duszniki Zdrój specialises in treatment of digestive and respiratory tract as well as gynaecological diseases; Kudowa Zdrój specialises in cardiology: coronary atherosclerosis, post cardiac infarct and cardiological surgeries related conditions. The spa also offers treatment of obesity and obesity related conditions, motion organs diseases, anaemia, hyperthyroidism as well as chronic and allergic respiratory tract diseases.

There are plenty of attractions waiting for visitors to the Sudeten spas. Local resorts owners make a huge effort to equip their facilities with appropriate sport and recreational equipment. Growing number of fitness centres, poolrooms, tennis courts and other sport halls and fields is an excellent proof of that (Nowacki, 2005). Bicycles and other winter sport equipment are easily available for rent at the Sudeten spas. Swimming pools are available, too. There are those available to the gener-

al public, those built specially to meet requirements of spa patients and those situated by particular resorts, including indoor swimming pools. Tourist may take quite a long walk (also with a guide) to a PTTK lodge called "Pod Muflonem" or visit the Stołowe Mountains National Park, Błędné Skały reserve, Szczeliniec Wielki or The Batorowskie peat bogs. There are plenty of opportunities to spend your time actively, which is beneficial to health, to admire breathtaking landscapes of the Stołowe Mountains and to experience the surrounding nature (Mazur, 2003). Tourism at the Stołowe Mountains National Park has long-standing traditions. In the 18th century activity in that region must have been substantial as in 1771 a road from Kudowa Zdrój to Błędné Skały (through Jakubowice) was built, and tourists visiting Błędné Skały could hire a guide to lead the excursion.

Horse riding is growing more popular at the Sudeten spas too. Agrotourism resorts such as "Panderoza Ranch" in Duszniki Zdrój offer horse riding and cruises around the town. Horse riding, as a form of recreation, requires certain skills. Usually tourists consider it a form of walk that gives them a chance to admire the surroundings from another angle. Nevertheless, it makes one more fit, and exerts positive influence upon our mentality. It makes people more confident and helps overcome stress. Several Sudeten agrotourism resorts are already considering offering hippotherapy.

Patients are attracted to local monuments and museums. Duszniki Zdrój Paper Industry Museum

(Windyka, 1998) is one of the most commonly visited spots; it attracts a few thousand tourists each year. Those who choose to visit the abovementioned museum get acquainted with the history of paper industry from its beginnings to the present times. Its exposition displays history of paper as well as technology from the time of its invention until today. To satisfy the needs of those who wish to acquire a more profound knowledge of paper making, the museum offers a chance to participate in 2 or 3-day workshops supplemented by additional theoretical as well as practical courses, e.g. creating a composition and paper accessories. Learning about modern paper production technology is also a lot of fun.

Visitors to Kotlina Kłodzka spas participate in numerous cultural events. Frederic Chopin International Festivals taking place in Duszniki Zdrój are presumably the most popular ones. They have been organized since 1946, to commemorate the artist's stay in the resort and the charity concert Chopin played there in 1826 (Kincel, 1994; Tomaszewska, 2000). Efforts to make his music more popular through concerts organised in Duszniki Zdrój have been made for over 60 years. All music lovers get to see brilliant musicians, and listen to their creative interpretations of Frederic Chopin's works as well as works by other composers. Moniuszko Festivals, which have been organized in Kudowa Zdrój since 1962 attract quite a large audience as well. They originate from the romantic "festivals at health resorts".

During the winter season, many patients participate in the so-called "Winter Picnic" organised in Zieleńiec. This regular event takes place each year in the mid of the winter holidays and is meant to promote skiing and other related forms of recreation. A great number of competitions and artistic performances await both skis enthusiasts and the viewers. Snow sculptures competitions, hang gliders and hot air balloons shows, ski, snowmobiles and snowboarding competitions, sleigh and horse riding as well as skiring are just some of the attractions that "Winter Picnic" has to offer (Town Administration Archives in Duszniki Zdrój, file No.: 23, folder 4020).

Cultural events organized at the spas, particularly performances by famous musicians and artists, plays, festivals of Polish and international films, excursions, sport events as well as relaxation activities all evoke positive emotions which allow patients to relax and forget about diseases and conditions they suffer from.

Plans for development of the Sudeten spas are highly interesting. Duszniki Zdrój municipal authorities are preparing a large-scale plan to recreate 20 kilometres long hiking routes. There are also plans to reconstruct old ski jumping towers as well as ski slopes. Selected bicycle trails in Duszniki Zdrój are to be connected with similar trails in the Czech Republic and Germany. Extending the network of tourist routes in the region of the Sudeten Foothill and the Sudeten Mountains, including those crossing states' borders will significantly improve the range of tourist and leisure services provided by the

neighbouring states that wish to modernise and upgrade their holiday resorts. The so-called international Midsudeten route is going to be vital for tourism development at health resorts of the Kotlina Kłodzka region. It is going to be constructed in the border area, which may cause the route to become the main Euro-regional road, connecting well known and well prepared Polish, Czech and German regions. It will make sightseeing of these towns easy as well as provide access to Zieleniec, a popular winter sports resort, for numerous tourists travelling by cars. There are 21 T-bar and disc lifts and well prepared ski slopes. Some of them are equipped with lampposts, which makes it possible to ski even at dusk. Thanks to the route, the side roads of the area that lead to the sites attracting tourists due to their rich background, historical buildings and scenery will gain in significance as well. Vantage points for tourists travelling along the future route have already been established.

Material and Method

The data which is the basis for achieving the objective of this study was collected at the turn of 2009-2011. The data was gathered by means of an anonymous poll. The random selection was applied to the investigative test. The study covered a total of 336 persons aged 18 or more, including 172 tourists visitors from Duszniki Zdrój and 164 tourists visitors from Kudowa Zdrój.

In the survey there were used questions about:

- evaluation of taking care of their own shape
- preferred forms of exercise and recreation

Tab. 1. The age of visitors and taking care of shape

The ways of taking care of shape	Age of health resort visitors						Total	
	18-40 years		41-65 years		66 years and more			
	Persons number	%	Persons number	%	Persons number	%	Persons number	%
Systematic gymnastic exercises	5	1,5%	28	8,3%	14	4,2%	47	14%
Jogging	8	2,4%	16	4,7%	6	1,8%	30	8,9%
Gym exercises	7	2,1%	6	1,8%	2	0,6%	15	4,5%
Team sports	12	3,6%	15	4,5%	6	1,8%	33	9,9%
Individual sports	10	3%	22	6,5%	9	2,7%	41	12,2%
Systematic walks	5	1,5%	59	17,5%	38	11,3%	102	30,3%
E lack of regular physical activity	-	-	28	8,3%	40	11,9%	68	20,2%
Total	47	14,1%	174	51,6%	115	34,3%	336	100%

On the basis of the data gathered in the chart above you can state that most of visitors in the age group of 18-40 year olds play team sports or individual sports. Jogging and gym exercises are also popular in this group. Older visitors, at the age of 41-65, wrote in a questionnaire that systematic walks and gymnastic exercises are the most popular. They are also interested in team and individual sports and jogging. A large number of people pointed out a lack of physical activity explaining it with an excess of professional responsibilities and poor health. Among patients at the age of 66 and older there is clear dominance of regular walks. In this age group the largest number of visitors show the lack of systematic physical activity. It is affected not only by their health but also by their traditional opinion about sport and recreation and its influence on the process of ageing. Moreover a large number of these visitors did not do any sport after graduation because of the lack of sports organizations near their homes and the lack of sports objects or sports facilities as well. The visitors of this age group doing gymnastic exercise admit that they have started them only after their doctor's recommendation.

Tab. 2. The age of visitors and the preferred forms of movement and recreation

Forms of movement and recreation	Age of health resort visitors						Total	
	18-40 years		41-65 years		66 years and more			
	Persons number	%	Persons number	%	Persons number	%	Persons number	%
Nordick Walking	1	0,3%	19	5,6%	27	8%	47	13,9%
Cycling	11	3,3%	37	11%	15	4,5%	63	18,8%
Fitness	5	1,5%	11	3,3%	2	0,6%	18	5,4%
Skating	4	1,2%	7	2,1%	4	1,2%	15	4,5%
Skiing	9	2,7%	29	8,6%	7	2,1%	45	13,4%
Swimming	5	1,5%	9	2,7%	4	1,2%	18	5,4%
Fishing	-	-	29	8,6%	29	8,6%	58	17,2%
Dance	12	3,6%	33	9,8%	27	8%	72	21,4%
Total	47	14,1%	174	51,7%	115	34,2%	336	100%

Based on the data placed in the above chart it can be concluded that most visitors at the age of 18-40 prefer dancing, cycling and skiing. The visitors at the age of 41-65 mostly choose cycling, dancing, skiing and fishing. Very much appreciated is also Nordic Walking. Some forms of movement and recreation, apart from relaxing

fishing, proves high interest in keeping good shape by patients in this age group. Visitors at the age of 66 and older strongly prefer fishing, Nordic Walking and dancing. Cycling is also popular among these respondents. Patients from this age group show less interest in forms of exercise and recreation that require high physical fitness.

Conclusion

The study shows that all visitors from the first age group, 18-40 year olds, take care of their physical condition. Many of them willingly play team sports and do winter sports. Among visitors from the age group of 41-65 there is a large group of people (28) who admit the lack of regular physical activity. The same number of persons do gymnastics. The vast majority (59) prefer walking. A large number (40) showing the lack of physical activity in the group of 66 year olds and older can be alarming. In this age group, just like in the previous one, regular walks are predominant. It is affected not only by their health but also by their traditional opinion about sport and recreation and its influence on the process of ageing. Moreover a large number of these visitors did not do any sport after graduation because of the lack of sports organizations near their homes and the lack of sports objects or sports facilities as well. The visitors of this age group doing gymnastic exercise admit that they

have started them only after their doctor's recommendation.

The research on the preferred forms of exercise and recreation shows that respondents are willing to use the chance of spending time actively offered by health resorts. In all age groups there is preferred dancing, certainly with different music which divides younger and older generations. In age groups of 18-40 and 41-64 year olds cycling and skiing are much appreciated. Patients over 40, from both age groups, willingly do Nordic Walking and fishing. Respondents show less interest in skating and swimming. It is affected by the lack of ice-rings, indoor and outdoor swimming pools in patients' hometowns who are not used to using those objects. The research shows that fitness is of bigger and bigger interests particularly in the group of 40-65 year olds, which testifies that women visitors take care of their appearance and shape.

Today's health resort visitors are ever more demanding, they want to get familiar with something fresh, to learn something new, to experience an exciting adventure. They are searching for possibilities of getting close to nature. Tourists are willing to change their everyday environment for a radically different one, an exotic one. New experiences they encounter during their stay at a spa along with the specific, relaxing atmosphere of the Sudeten health resorts play a key role in the process of treatment. Due to these advantageous factors, therapy is more pleasant an experience as patients participate in cultural events, hiking and excursions as well

as other recreational events they find worth attention and thus become more fit and handle stress better.

Bibliography

Brown R. (1995) *Economic Revolutions in Britain 1750-1850*. Publisher: Cambridge University Press.

Heimrath T. (2003) *Z dziejów leczenia w Świeradowie Zdroju*. W: *Życie codzienne w XVIII-XX wieku i jego wpływ na stan zdrowia ludności*. Edited by B. Płonka-Syroka, A. Syroka Wydawnictwo „Arboretum”.

Kinzel R. (1994) *U szlęskich wód*, Oficyna „Silesia”.

Kowalczyk A. (2001) *Francja*. In: *Geografia turystyczna świata*. Red. J. Warszzyńska, part 1, Wydawnictwo Naukowe PWN. p. 45.

Kowalczyk A. (2002) *Geografia turystyki*, Wydawnictwo Naukowe PWN. p. 68.

Koźmiński A. (1973) *Duszniki Zdrój, Kudowa Zdrój, Polanica Zdrój i okolice*, Wydawnictwo Sport i Turystyka. p. 3.

Martynowski Z., Mazurski K. R. (1978) *Sudety. Ziemia Kłodzka i Góry Opawskie*. Wydawnictwo Sport i Turystyka.

Mazur T. (2003) *Witamy w Górach Stołowych*. Publisher: Park Narodowy Gór Stołowych.

Nowacki R. (2005) Duszniki Zdrój, Oficyna Wydawnicza Politechniki Opolskiej.

Tomaszewska W. (2000) Chopin w Dusznikach. W: Międzynarodowe Festiwale Chopinowskie w Dusznikach Zdroju 1946-1999. Red. K. Kościukiewicz. Wydawnictwo Dolnośląskie.

Town Administration Archives in Duszniki Zdrój, file No.: 23, folder 4020, Cyclical, annual and jubilee events. Winter picnic – Zieleniec 1996-1997, 1998-1999.

Windyka T. (1998) Muzeum Papiernictwa w Dusznikach Zdroju, „Ziemia Kłodzka”, lipiec.

The National Archive of Town and Land Records in Lvov in years 1879-1933, „Kultura i Historia” 2011, No 20, <http://www.kulturaihistoria.umcs.lublin.pl>

Summary

Situated in old rooms of the Bernardine monastery the National Archive of Town and Land Records in Lvov, storing Polish town and land books gave Polish society the access to precious documents and protected them from damage for over a half of a century (1879-1933). The arranged town and land archives of south-eastern districts of former Rzeczypospolita which after its liquidation were located in contemporary Galicia and records of Lubelski Tribunal from the Braclaw, Kiev, Volhynian and Chernihiv Voivodeships which were transported to Lvov by Austrian authorities were also valuable research material for the scholars gathered in the building. The first director of the National Archive of Town and Land Records was Ksawery Liske, an eminent expert in history and a professor at The University of Lviv. He rendered the archive collection accessible to civil servants, scientists, people trying to establish their family relations and also to young people studying history and law. The institution became an academic workshop for archival workers employed there and for

students serving their apprenticeship. Oswald Balzer, his successor, continued the initiated conservatory work and scientific activities. He appointed the most talented seminarists to apprentice posts who were prepared to conducting their individual research. Later many of them undertook scientific activity in higher education. Some of them became professors. Over the years the archive extended its collections. The documentation handed there in a form of deposits also by the state court in Lvov, after describing, enabled to increase the knowledge of Polish independence actions. The collection of ground metrics of Galicia from 1789 and 1820 comprising about twelve thousand volumes were valuable source material for studying socio-economic relations. In 1919 the National Archive of Town and Land Records in Lvov was overtaken by Polish archival authorities. The name was changed to the Land Archives then. In the twentieth and beginnings of thirtieth of 20th century in the Bernardine Archives apart from usual archival activities some research was still conducted. The next generations of young students of learning were improving their academic workshop in that establishment. Being in contact with the resources gave them a solid foundation for further research of the history of the south-eastern lands of old Rzeczypospolita. In 1933 the Land Archive was incorporated into the Lvov State Archive.

On the turn of the 18th and 19th century in many European countries new archives were about to create,

both current (records repositories, company archives) and historical ones where records not needed by current administration were stored¹. Centralized archival services were formed, new organization of archives was introduced with free access guaranteed to all citizens. The process did not omit Polish lands incorporated in a framework of three partitioning powers. The Polish nation, being under partition, was not able to create Polish archival service. That is why a considerable amount of valuable records was stored in inadequate conditions. However, factors similar to those in other European countries influenced the development of the Polish archives². Moreover, the decline of the Polish state resulted in archiving records created by its authorities³.

¹ See more A. Tomczak, *Zarys dziejów archiwów polskich*, Toruń 1982, p. 92–97.

² In the nineteenth century individual countries' administrations created uncomparably bigger amounts of current records than in an earlier period. Growth of record creating factors had consequences in economical and technical development. More and more governmental, social and economical institutions were beginning to have problems with storing huge amounts of records which began missing space. (ibid., s. 98).

³ The factor which activated formation of archives has become a liquidation of Prussian administration on a big area of former Poland in 1806 and Austrian administration in 1809 and also russification of former Polish kingdom that began in 1867 (ibid.).

Giving autonomy of Galicia and fast development of science in Lvov and Cracow had a major impact on archive organization in Galicia starting from the sixties of the nineteenth century. The history of the National Archive of Town and Land Records in Lvov, commonly known as the Bernardine Archive⁴ is the striking example of it. After the first Polish Partition in 1772, Austrians let old Polish town and land courts function on the whole invaded area for eleven years⁵. As a result, court records were collected there up to 1783 and then they were ordered to be transported to Lvov on 27 December 1783⁶. Since that time all the records of towns and lands of Galicia were carried there. They were stored in buildings of a former Bernardine monastery in a library room. A supervision of the collections stored there was held by Antoni Poletyille since December 1774. He was appointed a “regensem actorum anti-

⁴ National Archive of Town and Land Records' common name owes to its location in a building belonging in the past to Bernardine monastery (P. Dąbkowski, *Krajowe Archiwum Akt grodzkich i ziemskich we Lwowie*, „Gazeta Sądowa Warszawska” from 13 August 1898, no 33.

⁵ See more W. Louis, *Początkowe sądownictwo austriackie w Galicji (1772–1784)*, „Przegląd Prawa i Administracji” 1896, t XXI; B. Gruzewski, *Ordynacja sądów ziemskich i grodzkich w Galicji 1778 r.*, Lwów 1909.

⁶ S. Sochaniewicz, *Archiwum Krajowe Akt Grodzkich i Ziemskich we Lwowie*, Lwów 1912, p. 33.

quorum”⁷. The created archive was called *Caesareo-regium antiquorum actorum terrestrium et castrensiarum officium*. It formed a part of the so-called national *tabula*⁸.

Town and land records had a significant meaning for nobles in particular as being valuable documents enabling to prove their nobility. The records were also referred to when people endeavored gaining titles of a prince and a count. For this reason, in 1785, Galician nobility applied to Austrian authorities with a request for completion of the project of organizing archive resources. After two years of efforts, on 24 May 1787, Austrian government fulfilled the request and ordered to compile judicial books which were allocated in former rooms of the Bernardine monastery.

Creating an alphabetical index and rewriting destroyed indexes was considered to be the most important issue. The indexes were made according to one pattern. In the first column there were written people’s surnames and towns in an alphabetical order (*nomina partium*), in the second one there was a content of a record (*species documenti*), in the third there was a protocol’s page number, an induction or a copy (*pagina*

⁷ P. Dąbkowski, *Krajowe Archiwum akt Grodzkich i Ziemskich* [in:] *Lwów, jego rozwój i stan kulturalny oraz przewodnik po mieście*, Lwów 1907, p. 511.

⁸ *Ibid.*

prothocolli, inductae vel copiae)⁹. On the first page of each index there was its number and it was announced which protocol's volume, inductions or a copy it related to.

After the books had been arranged and indexes had been created they were divided by land and towns. The books were bound. On the spine of each they put a title written by former writers or formulated on the basis of records' content. Here there were given years of which the files originated. Finally, at the bottom of each book's spine, a serial number of a given administrative district was put. To distinguish books of different towns or lands, colorful signs were mounted to their backs. A hundred and fifty writers were employed during all the bookbinding work and creating indexes. The whole act took them three years of work (1787-1790)¹⁰.

The arranged town and land archives of the south-eastern districts of old Rzeczypospolita which after its liquidation were located in contemporary Galicia¹¹ and records of Lubelski Tribunal from the Braclaw, Kiev, Volhynian and Chernihiv Voivodeships which were transported to Lvov by Austrian authorities since then they weren't preserved for long decades. Austrian government paid very limited sums of money on pre-

⁹ S. Sochaniewicz, *Archiwum Krajowe...*, p. 34.

¹⁰ P. Dąbkowski, *Krajowe Archiwum...* [in:] *Lwów, jego rozwój i stan kulturalny...*, p. 512.

¹¹ Without books from Cracow and its surroundings.

servation of these resources because old Polish court notes were of no significant importance for them.

The number of books, fascicles, and indexes (15 323 altogether) which were gathered in the former Bernardine monastery, put the archives on one of the top positions among contemporary archives which stored Polish court books. Initially the institution was under control of a regent. After reorganization conducted in 1810 the archives, as a part of the national tabula, began to submit to the court of the nobility. The head of the institution was a director, and archivists together with court officials were subordinated to him. In course of time the number of stored books began to decrease. In 1828 the records of Grabowiec and Horodlo were edited. Twenty years later the records of Lubelski Tribunal together with indexes were turned over to Russia¹². According to the record from 1868 there were 13 736 books in the Archive¹³.

Because Austrian government aimed to limit spending on storage of Polish town and land records, they proposed the National Department to take over the Lvov Archive on 18th April 1869¹⁴. At the beginning the

¹² S. Sochaniewicz, *Archiwum Krajowe...*, p. 35.

¹³ P. Dąbkowski, *Krajowe Archiwum...* [in:] *Lwów, jego rozwój i stan kulturalny...*, p. 513.

¹⁴ Earlier, in May 1869, Vienna authorities proposed the National Department to take over Polish Court books stored in Cracow.

country representation postponed the realization of this demand by dint of number of other issues particularly concerning the range of Galicia's local government privileges. It was only in January 1874, the Galician diet decided to take over and to manage the records which were stored in buildings of the former Bernardine monastery. After the next two years, in 1876, the proposal was adopted by the Diet of Galicia¹⁵.

The National Division, in agreement with the Academy of Learning, conducted a number of changes in the management of the collections. The Lvov Archive obtained an official name of The National Archive of Town and Land Records. On the strength of new regulations (so called Archival instruction from 15th February 1878) the head of the institution was a director to whom an adjunct and four apprentices were submitted.

In 1879 Ksawery Liske became a director of the archive. He was an eminent expert in history¹⁶ and a

¹⁵ In the diet commission report which dealt with this matter it was emphasized that taking possession of the town and land records' archive [Lvov and Cracow – R.N.] is the „country's” duty and that the collection is the most valuable relic of “historical and social being of Polish people living in Galicia” (S. Sochaniewicz, *Archiwum Krajowe...*, p. 37).

¹⁶ Ksawery Liske was the author of the following titles: *Marcin Kromer, biskup warmiński – dziejopis wieku XVI*, Poznań 1869; *Bolesław Chrobry i Otto III w Gnieźnie*, Lwów 1869; *Austria wobec trzeciego rozbioru Polski*, Lwów 1870; *Szczerbiec i złote wrota kijowskie*, Kraków 1869; *Konstytucja 3 maja i mocarstwa niemieckie*, Lwów 1873; *Cudzo-*
106

professor at The University of Lviv¹⁷. A respected lecturer and a head of the general history seminary¹⁸ where he acquainted his students with the most contemporary methods of research on diplomatics and palaeography, where he taught how to read and critically interpret mediaeval resources. He rendered the archive collection accessible to civil servants, scientists, people trying to establish their family relations and also to young people studying history and law. Ksawery Liske appointed Antoni Prochaska, a graduate of The University of Lviv, to a post of an adjunct. Prochaska was well prepared to archival work thanks to periods of foreign practice as a holder of the Leon Sapiecha Foundation's¹⁹ scholarship. Ksawery Liske, who edited "Town and land records"²⁰ from 1865 at the National Division's suggestion, gained a very committed assistant. Prochaska was preparing

ziemcy w Polsce, Lwów 1876; *Elekcja w Rzeszy r. 1519*, Warszawa 1876; *Filip Avril i jego pobyt w Polsce*, Warszawa 1877.

¹⁷ F. Bostel, *Wspomnienie pośmiertne*, „Muzeum” 1891, VII, p. 215–220.

¹⁸ Such individualists like Oswald Balzer, Wiktor Czermak, Ludwik Finkel, Stanisław Lukas, Antoni Prochaska, Adam Szelągowski were developing under his direction.

¹⁹ H. Polaczkówna, *Dr Antoni Prochaska – kustosz Archiwum Ziemskiego we Lwowie*, „Archeion” 1930, z. VIII, p. 3–4.

²⁰ F. Bostel, *Wspomnienie pośmiertne...*, p. 216.

materials to this publication and made a significant part of editorial work. He was also a great organizer of everyday archival activities. His work at the archive was described by Helena Polaczkówna many years later: "A couple of generations of apprentices passed through the archival rooms, they welcomed him in the morning, saw him bent over a table browsing the archive books looking for lauda assemblies. Others joyfully were stopping work for fun and entertainment while doctor Prochaska, barely experiencing his afternoon rest, was coming back again to his quiet, focused dignity for long hours. This is how his youth and maturity passed [...] Though it was not a man for whom dry chewing of paper was sufficient, but disappointments of his life were closed in passionate affection for past and intensive work which was to help him regenerate, by means of a fountain-pen, from tiny notes, the outstanding figures of our nation's skippers, its struggle and fight"²¹.

Since 1884 Ksawery Liske was ill and till the end of his days he did not get up from his bed. In spite of it he still remained the director of The National Archive of Town and Land Records in Lvov. His responsibilities were taken over by Antoni Prochaska who actually was managing most of routine work performed at that time. The archive resources arrangement, protecting them against damage, rendering them to petitioners took a lot of time. Nevertheless Prochaska conducted also scientific research and published vast writings inter alia *Król*

²¹ H. Polaczkówna, *Dr Antoni Prochaska...*, p. 3.

Władysław Jagiełło (1908), *Dzieje Witolda Wielkiego, księcia Litwy* (1914)²². These works met some criticism of several well-known historians though²³. Eventually Antoni Prochaska's dream of professorship did not come true. He remained in the Lvov archive till his old age. Prochaska contributed a significant share to preparing archival materials for publication. The publication of "Town and land records" which was began by L. Tatomir (the editor of volume I) and continued by Ksawery Liske (the editor of volumes II-XV) required a huge amount of effort. Antoni Prochaska frequently worked more than established working time. Volumes II-IX of this publication contained the diplomatic protocol of Rus Halicka which comprised about 1200 documents from the second half of 14th and from 15th century. In volume X the list of oblates of the city and Lvov district was placed. Following volumes comprised the oldest preserved notes from lands the books came from. Similarly to court books stored in the Bernardine Archive they were the invaluable source for researchers. They enabled the study of Rus Halicka's history and the history of Polish law and culture of this region as well.

On 1st March 1880 Oswald Balzer, one of the most talented Ksawery Liske's seminarists, was employed in

²² He also made efforts to edit in 1882 *Codex epistolaris Vitoldi* which consisted of over a thousand pages.

²³ See more J. Jakubowski, *Prace archiwalne Prochaski nad dziejami Litwy*, „Archeion” 1930, z. VIII, p. 9–13.

the Archive as an apprentice²⁴. "At the time of his youthful archival practice – Helena Polaczkówna mentioned after some years – he acquainted himself thoroughly and extensively with the Lvov Archive's resources: his theses are full of quotations taken directly from the records not from printed materials in the publication «Town and land records»; memorizing these resources was so great that, in all complicated questions connected with archival, scientific and practical queries [...], he was able to give a reliable and comprehensive settlement in the last instance. To the field of archival theses from that earliest period of his life showing the enormous familiarity with the resources belongs the publication *Regestr złoczyńców grodu sanockiego 1554–1638*, accomplished on the grounds of Sanok town books 447 and 448. Finally compiling the indexes of law matters in volumes XI–XV for the publication «Town and land records» prepared by Ksawery Liske [...]. Balzer had to create his method because in 1886 when

²⁴ Balzer was studying law and at the same time was attending his lectures of general history and took part in the seminar. He was learning the most up-to-date research achievements in the field of diplomatics and palaeography. He was studying how to read and critically interpret mediaeval resources. He wrote three seminar works under a supervision of Liski: *Rozbiór krytyczny relacji o bitwie pod Białą Górą; Udział Polski w wojnie trzydziestoletniej, aż do bitwy pod Białą Górą; Sądownictwo polskie za Zygmunta I i Zygmunta Augusta*. They gained recognition of the head of the seminar. He noticed a great talent and affection to research work at his young student of law. (R. Nowacki, *Dyrektor Archiwum Akt Grodzkich i Ziemskich we Lwowie*, „Archeion” 2000, CI, p. 63–64).

the XI volume of Sanok notes appears, Polish publishing works under the auspices of the Academy of Learning are only a nucleus and Helcl and Ulanowski's notes which were ahead of Liski's publications, appeared without indexes [...] Before Balzer reaches the peak of the editorial artistic skills in respect of precision of annotating and interpreting texts and the art of indexing which characterizes his *Corpus iuris Polonici* from 1906, the outline of all these virtues will already appear in these first trials of creating indexes according to his own initiative: perfect theoretical and practical mastery of the subject matter, clarity and lucidity of construction of entries where the subjects were to be found, precision without meticulousness, the virtues he was to master in the future" ²⁵.

After Ksawery Liski's death in 1891 Oswald Balzer became a new director of the Bernardine Archive. He took up the post as a result of the competition announced by the National Division. His most serious opponent was Antoni Prochaska. The Academy of Learning in Cracow declared explicitly for Oswald Balzer. In the note to competition commission signed by the president of this institution you read: "[...] between the candidates applying for the post of a director of the Archive of Town and Land Records in Lvov, we should accord absolute priority to professor Oswald Balzer. A high value of his dissertations gives absolute warranty that

²⁵ H. Polaczkówna, *Oswald Marian Balzer, „Archeion” 1933*, vol. XI, p. 9–10.

entrusting him with the care of the archive will find it under the truly skillful management”²⁶. The previous way of managing the Archive by its first director Ksawery Liske has undoubtedly had an influence on the decision of the Academy of Learning. Under his supervision the access to the stored collection was given to civil servants, scientists, people trying to establish their family relations and students of the University of Lviv who were personally acquainted with the collection by him²⁷. The institution became a “scientific workshop” preparing students of history and law for conducting their own research. The National Division appointed Oswald Balzer the director of Bernardine Archive and Antoni Prochaska – according to the suggestion of the Academy of Learning - was designated the director of the “Town and land records” publication²⁸.

At the beginning of the nineties of 19th century Oswald Balzer represented a number of suggestions to the National Division which concerned interesting modification proposals of some rules from the 1878²⁹ instruction which regulated work in archives³⁰. He suggested

²⁶ I quote from Helena Polackówna, *Oswald Marian Balzer...*, p. 11.

²⁷ F. Bostel, *Wspomnienie pośmiertne...*, p. 216–217.

²⁸ H. Polackówna, *Oswald Marian Balzer...*, p. 11.

²⁹ Pursuant to a resolution of the Sejm from 21st August 1877.

³⁰ H. Polackówna, *Oswald Marian Balzer...*, p. 12.

to resign from a planned archive arrangement which was to be made according to an alphabetic index of people and towns – only prepared – common to books from different “towns and lands” of all voivodeships³¹. He claimed that creating such indexes would take hundreds of years. He thought this task should be done on the basis of already existing indexes created at the end of 18th century. The project was supported by Franciszek Piekosiński. However Michał Bobrzyński responded negatively to this. Because of those different opinions the Academy of Learning did not appraise the proposal. Oswald Balzer did not become discouraged from that defeat. He aspired to some changes in work organization in the Bernardine Archive and therefore he began to make efforts to create another post for an adjunct and to increase the number of apprentices. He also requested the national government for a significant pay rise for archivists whose wages were low³². His demands were met by the National Division³³. In the first years on the post Balzer created an archival reference library where he stored works in the field of: scientific organization of the keeping of archives, Polish law, heraldry, genealogy, sphragistics and also manuals of history, gazetteers, lexicons. He kept gathering archival records of municipal

³¹ Ibid.

³² S. Sochaniewicz, *Archiwum Krajowe...*, p. 40.

³³ Ibid.

and country communities. Thanks to that there were more and more privileges of parchment, diplomas, books of proceedings in the Bernardine Archive³⁴. Conservation works were undertaken on a large scale. The institution also became a scientific workshop preparing students of history and law to conduct individual research. Oswald Balzer frequently appointed his most talented seminarists to apprentice posts. Among those who functioned as his apprentices were: Bolesław Gruzewski, Wojciech Hejnosz, Alfred Ochanowicz, Helena Polackówna, Władysław Semkowicz, Józef Siemieński, Stefan Sochaniewicz, Adam Szelański³⁵.

The workers of the Bernardine Archive undertook compiling the records handed them in a form of two deposits by the national criminal court in Lvov. The first of them consisted of 400 fascicles of criminal records (from political processes) from the period between years 1834-1853 and of 349 of confiscated forms³⁶. The second one consisted of Galicia court records from years 1831, 1846, 1848 and 1863. They created a collection enabling studying Polish independence actions

³⁴ S. Ptaszycki, *Moje wspomnienie o śp. profesorze Oswaldzie Balzerze*, „Archeion” 1933, vol. XI, p. 5.

³⁵ H. Polackówna, *Oswald Marian Balzer...*, p. 16.

³⁶ P. Dąbkowski, *Pokłosie z dwudziestu lat pracy naukowej zebrane 1896–1906*, Lwów 1907, p. 71.

more thoroughly which enriched the resources of the National Archive in Lvov in 1920³⁷.

On the initiative of Oswald Balzer a lot of archivists, Przemysław Dąbkowski in particular, took part in the preparatory work for developing *The books of Polish law*³⁸ which were to cover all relics of Polish legislation with reference to all territories which remained "under the reign of the Polish rulers". Oswald Balzer - its editor intended to divide the books into two sections. In the first one he wanted to publish the crown law, in the second one the Lithuanian law³⁹. In 1906 he announced the third book *Corpus iuris Polonici* which contains privileges, statutes, constitutions, edicts, decrees and crown mandamus from years 1506-1522. The material gathered in this publication differed from the one contained in *Volumina Legum* both in multiplicity of legislation forms and in its origin. Each text inserted in *Corpus iuris Polonici* was based on the restitution of an authentic, official content of an act. The publisher eliminated numerous

³⁷ R. Nowacki, *Oswald Balzer – dyrektor Archiwum...*, p. 66.

³⁸ The Academy of Learning in Cracow turned to O. Balzer with the proposal of editing the relics of Polish legislation (from the year 1506) (Archiwum Główne Akt Dawnych w Warszawie – dalej: AGAD, Dział rękopisów, Zespół: Ministerstwo Wyznań i Oświaty – dalej: MWO, sygn., 101u, Życiorys, k. 649).

³⁹ *Corpus iuris Polonici, sectionis primae, Privilegia, statuta, constitutiones, edicta, decreta, mandata Regnum Poloniae spectantia comprehendentis, Volumen tertium, annos 1506–1522 continens*, oprac. O. Balzer, Kraków 1906, p. XVIII–XIX.

errors and editorial changes from the documents included in manuscript copies duplicated in publications printed earlier. Some of the Sejm constitutions were announced as a whole for the first time⁴⁰. The connections between a lot of provisions were proved which used to compose “homogenous statutory integrity” and were established as separate statutes by mistake by contemporary scholars who based their assumptions on the copies⁴¹. In this publication original parts of texts were accompanied by their official Polish or German translations. Each legal document was preceded by an introductory annotations containing a comprehensive list of well-known printed documents and manuscripts. The volume of *The books of Polish law* containing 274 relics was annotated with eight indexes what simplified using the legislative material found there. At the beginning of the book there were lists of the archives and the libraries where the published documents were stored.

Archival enquiries, besides Lvov, were carried out by Przemysław Dąbkowski after having received a scholarship from the Academy of Learning in 1899. He initiated then the exploration of Polish legislative relics in Warsaw, Wilanów, Poznań, Gniezno, Gdańsk, Mal-

⁴⁰ In older publications a number of komponent articles of Sejm constitutions was omitted (rec. B. Gruzewskiego: O. Balzer, *Corpus iuris Polonici...*, „Przegląd Prawa i Administracji” 1907, XXXII, z. 1, p. 778).

⁴¹ Ibid.

bork, Elbląg, Toruń, Moscow⁴². "I was the closest associate of Balzer in the drudgery of this monumental piece of work – Dąbrowski recalled in 1934 – and I know it the best how long the work was and how many journeys it demanded, how much trouble, how many costs, how many archives and libraries you had to visit, how many hundreds or even thousands of old books, manuscripts, documents to rummage, how exhausting it was to read blurred letters, to copy and to collate, how many letters with detailed instructions Balzer needed to write to me and how many reports I had to send him" ⁴³.

Since October 1899 Przemysław Dąbkowski carried out the enquiry in the Central Archives of Historical Records in Warsaw. It was located in the building situated at the intersection of streets Krasińskich and Długa. Its head was Teodor Wierzbowski, a professor of Polish literature at the Imperial University⁴⁴, a publisher of „*Matricularum regni Poloniae summaria*”.⁴⁵ In this

⁴² AGAD, Dział rkps., Zespół MWO, sygn., 101u, Życiorys, k. 650.

⁴³ P. Dąbkowski, *Oswald Balzer. Życie i dzieła (1858–1933)*, Lwów 1934, p. 54–55.

⁴⁴ University of Warsaw was founded in 1816 as the Rogal University of Warsaw out of the Law and Administration School and the Medical School. In 1831 it was closed by the Tsar's authorities. In years 1862–1869 it operated under the name of: the Szkoła Główna Warszawska, and after 1869 as Russian Imperial University (*Nowy leksykon PWN*, Warszawa 1998, p. 1842).

⁴⁵ Individual parts of this publication which covered the summaries of all records included in the books of the rogal registry – *Metryka*

institution he found a lot of precious documents for the publication of Polish acts from the times of Sigismund I. "Professor Balzer who ran this publication – recalled Przemysław Dąbkowski – expressed himself well in one of his letters: «[...] it fills my heart that we keep finding so much new and interesting material and that there is so much of it»"⁴⁶. The Academy of Learning which sponsored the achievement kept urging him. Therefore he spent most of his time in the archives workshops. He worked "in a rush" though in spite of it his stay in Warsaw prolonged from planned three months to eleven. He had to do almost everything by himself because he did not succeed in finding a regular assistant for looking through hundreds of volumes of documents and collating new source documents with already known ones. Even archivists employed in this building who constantly supplemented their poor wages spent little time with him. "To find an assistant for collating – he wrote – to find a copyist who is familiar with old Polish-Latin writing from 16th century was out of question [...] Some prolongation of my archival work was caused by purely formal procedure which was restricted by the management of this institution in relation to researchers. They watched very carefully if I do not cross the limits established in my permission during my archival enquiry.

Koronna, were published in years 1905–1912 (v. „*Matricularum regni Poloniae summaria*”, vol. I–IV, Warszawa 1905, 1907, 1908, 1910–1912).

⁴⁶ P. Dąbkowski, *Wspomnienia z podróży...*, p. 9.

I was not given other catalogues besides the official ones. On that score I had to depend on the archives workers' pieces of information. The Russian system was evident there because with the same strictness, yet even more intensified, I was to meet in Moscow soon⁴⁷.

A lot of material was provided by Dąbkowski's enquiry in the Zamoyska Ordinance Library and first of all in so called Teki Górskiego which were kept there. He was kindly welcomed by two great personalities: Tadeusz Korzon, an outstanding historian, the author of *Wewnętrzne dzieje Polski za Stanisława Augusta 1764–1794*⁴⁸ and Stefan Żeromski, a prosaist, a poet and the author of *Ludzie bezdomni, Przedwiośnie*.

In the Zamoyska Ordinance Library he found the materials related to Armenian issues. Its director Aleksander Rembowski, an expert in Polish law history⁴⁹, who showed great interest in the publication *Corpus iuris Polonici*, offered facilities for his enquiry borrowing the manuscripts he could work on after the library was closed.

⁴⁷ Ibid., p. 10–11.

⁴⁸ See more in B. Grochulska, *Tadeusz Korzon (1839–1918)* [in:] *Historycy warszawscy ostatnich dwóch stuleci*, pod red. A. Gieysztor, J. Maternickiego, H. Samsonowicza, Warszawa 1986, p. 115–132; W. Kamieniecki, *Historycy i politycy warszawscy 1900–1950*, Warszawa 1992, p. 39–47; A. Śródka, *Uczeni polscy XIX i XX stulecia*, vol. II, Warszawa 1995, p. 267–269.

⁴⁹ A. Śródka, *Uczeni polscy XIX –XX stulecia*, vol. III, Warszawa 1997, p. 534–535.

In Warsaw Dąbkowski met a lot of representatives of an intellectual elite. Apart from scholars whom he met in the archives workshops, he had an opportunity to come into contact with writers, journalists, lawyers and more over people connected with industry and trade in the salons of his relatives and their friends. He established a lasting friendship with Henryk Konic, the editor of "Gazeta Sądowna Warszawska", later the professor of law at the Warsaw University, Stanisław van der Noot Kijeński, an attorney, a well-known social worker, a philanthropist and Stanisław Posner, a lawyer, later the senator of Rzeczypospolita Polska.

Przemysław Dąbkowski often commuted by railway from Warsaw to the Branickich Library in Wilanów. There were the Acta Tomiciana and a manuscript of the Goryński statutes from 1531 which were of his interest. Kazimierz Przeclawski who was managing the library gave him the run of its collection. The use of them was difficult because of a hard journey. The neighbourhood was "sandy", the carriages were open and airy. Passengers of a railway to Wilanów were "completely covered with dust" ⁵⁰.

At the beginning of 1901 Dąbkowski went to Poznań. Rich archive collections of this town kept him there for a month and a half. He spent most of his time in the Royal Prussian State Archives (Königlich Preus-

⁵⁰ R. Nowacki, *Przemysław Dąbkowski. Profesor Uniwersytetu Jana Kazimierza*, Publisher: Uniwersytet Opolski, Opole 2002, p. 53.

sisches Staatsarchiv). There was stored a significant amount of old Polish court books, town and land ones from Greater Poland, a precious collection of diplomas and town archives of Poznań. In its reference collections there were stored almost all records which referred to this district's history⁵¹. The institution's lack of interest in Polish relics of the past and reserved treatment of the researchers must have had a great impact on the young scholar. He was surprised that the collection was barely used. His presence in the Raczyńskich Library, which was managed by Polish, was rare. The access to them was limited only to afternoons.

Przemysław Dąbkowski also conducted his enquiry in the local church archives, consistorial and capitular. The first of them was managed by bishop Edward Likowski, a president of the Poznań Society of Friends of Learning acting for the development of national culture⁵². The other was under priest Jedzinek control, a prelate and a rector of the Seminary.

In the middle of February 1901 Przemysław Dąbkowski came to Gniezno. Thanks to a priest Stanisław Adamski's⁵³ kindness, a cathedral vicar who shared the church archive collections in his own de-

⁵¹ Ibid.

⁵² See more A. Wojtkowski, *Towarzystwo Przyjaciół Nauk w Poznaniu w latach 1857–1927*, Poznań 1928, p. 339–346.

⁵³ See more *Księga pamiątkowa Uniwersytetu Poznańskiego w pierwszych latach jego istnienia 1919–1923*, Poznań 1925, p. 155–156.

partment, he studied the manuscripts of his interest during a few days.

After a short stay in Lvov he went to Gdańsk to conduct an enquiry in the Town Archive (Stadterchiv). In that time it was in a stage of reorganization. It was intended to convert it in a state institution. It was situated on the third floor of the Gdańsk town hall. The most precious records were kept in the "Krzysztofor" meeting room. A part of the collection was kept in the tower called Stockturm located in the Długa street. He also studied the resources of the Town Library (Stadt-bibliothek).

Dąbkowski was also in Toruń in the Town Archives where he intended to conduct an enquiry. A few thousands of diplomas and official town books were stored there. The head of the archive, Artur Semrau, a historian, a teacher in gymnasium made the desired documents available for him enabling him to extract the most information. Dąbkowski used also the resources of the Library of the Gymnasium in Toruń. He made a lot of copies and extracts from the manuscripts kept there.

In the middle of May 1902 he went to Moscow to read the collection of the Ministry of Foreign Affairs Archives. Strict regulations of this institution letting to use its resources only for three hours a day made the enquiry difficult. After making some extracts from the

available materials he came back to Lvov in the middle of June 1902⁵⁴.

The director of the Archives appreciated Przemysław Dąbkowski's input. He supported his efforts to get a post of an adjunct⁵⁵. "Dąbkowski's work was characterized mainly – wrote Balzer – by scrupulousity, eagerness and punctuality together with sincere passion. Besides he always had great knowledge of the matter and it meant all the possible archival issues, in organizing books and segregation of individual categories, in specifying their character and the meaning of individual records, in arranging an inventory and making indexes and finally in conducting enquiries [...] on frequent occasions I had an opportunity to become convinced of his elaborate and comprehensive knowledge of Latin and also old office and court language [...] he acquired outstanding proficiency in reading of old writing overcoming even the biggest difficulties so, without exaggeration, nowadays he can be included among the most proficient palaeographers"⁵⁶.

⁵⁴ R. Nowacki, *Przemysław Dąbkowski (1877–1950). Profesor Uniwersytetu Jana Kazimierza...*, p. 56.

⁵⁵ The New Records Archive (further: AAN), The team: the Ministry of Religion and Public Education (further: MWRiOP), Personal records of Przemysław Dąbkowski no 2159, P. Dąbkowski's opinion left by O. Balzer from 8th March 1901, k. 136.

⁵⁶ *Ibid.*, k. 136–137.

In years 1905-1907 the Bernardine Archive overtook the collection of the ground metrics of Galicia from 1789 and 1820 comprising about twelve thousand volumes⁵⁷. The Conservative Group of Eastern Galicia suggested in 1903 to give the cadastral books in the deposit of this institution. Its head Ludwik Finkel turned to the National Division with the concerns that such undertaking will have serious financial consequences and the National Division postponed the final decision. It accepted the proposal only under the influence of Oswald Balzer's argumentation. In the letter from 19th February 1905 to the national authorities he wrote: "Jozefinski cadastral books are the excellent source material for the historical-statistical research in the field of social possession history and most of all the agriculture of Galicia in the first period of Austrian domination, and at the same time an invaluable source for retrospective reconstruction of economic relations of this country in the last period of existence of Rzeczypospolita Polska, sometimes even for explaining the relations and organization of an original Polish village [...] In the current state of affairs when these books are under the possession of the tax authorities this kind of work (research work – R.N.) is precluded both by formal difficulties [...] and by inadequate, unheated room; designed for storing them without any appropriate devices for research work [...] in consequence of the improper loca-

⁵⁷ S. Sochaniewicz, *Archiwum Krajowe Akt Grodzkich i Ziemskich we Lwowie*, Lwów 1912, p. 52–53.

tion of these books and therefore necessity of abandonment of relevant research our science has already suffered great harm”⁵⁸.

These metrics, meaning the cadastral ground books conveyed under the emperor Joseph II regulation from 1785 as a new tax assessment base⁵⁹, were a precious source material for study of socio-economic relations of Galicia. Cadastre, finally completed in 1789 was held under the control of the state commissions based on statements of taxpayers. It was made in every community where all ground and houses owners were recorded according to the numbers of plots and buildings. There was given a size of plots, their kind (fields, meadows – R.N.), average annual income, kinds of grown corn⁶⁰. Moreover in almost every book they put a detailed description of village borders and topographic and local data⁶¹. At the end there was a general specification of properties of “dominium, a vicar and people”. That cadastre was valid till 1820 when it was replaced by the new one compiled in years 1817-1820.

The books of the new cadastre which were being supplemented till 1849 with additional records, even-

⁵⁸I quote from Przemysław Dąbkowski, *Oswald Balzer...*, p. 98–99.

⁵⁹ See: H. Chodynicki, *Metryka józefińska*, „Słowo Polskie” 1907, No 468.

⁶⁰ S. Sochaniewicz, *Archiwum Krajowe...*, p. 52.

⁶¹ *Ibid.*

tually, after introducing new tax regulations, shared the fate of the cadastre from 1789. They were moved to inadequate rooms, often dark and damp basements where they were exposed to destruction.

The difficult task of taking over these collections was undertaken by Przemysław Dąbkowski. "Till today I remember – he recalled – how in a small wooden room rigged up particularly for that purpose, in a great entrance hall of the court building, on the Cłowy square, in a cloud of dust, twice, first in August and September 1907 and then in the period between 1st August and 13th October 1908 I made this momentous act of transferring the deposit of over eleven thousand fascicles from tax authorities to the National Archives following Balzer's instructions and with a student Mieczysław Elmer's help. Luckily those clouds of dust did not do any harm to my lungs" ⁶². After drawing up – under his supervision - an inventory, metrical books which were transferred to appropriate rooms, cleaned and organized, divided according to old Galician districts were put within researchers' reach. Archivists made extracts and duplicates of taken books at administration authorities' request.

Under the supervision of Oswald Balzer handwritten repertories from the most important town and land records of Sanok and Halych were completed. The

⁶² P. Dąbkowski, *Oswald Balzer...*, p. 99.

inventory of the city of Przemyśl was almost finished⁶³. Moreover a lot of supplements were made to the volume X of "Town and land records"⁶⁴ published in print by Ksawer Liske. The Bernardine Archive kept its previous character under the skillful management of Liske's student. It resembled a research establishment. The archivists employed there did not limit their work only to conservatory activities. They often took up scientific research on their own initiative. Within the walls of this institution Balzer wrote most of his works. Antoni Prochaska developed monumental publications: "Kodeks Witoldowy" and twenty five volumes of "Town and land records". A few precious theses devoted to archive research based on resources stored in the Archive were written by Przemysław Dąbkowski⁶⁵ and Stefan Sochaniewicz published a directory of its resources in 1912⁶⁶.

After the outbreak of I World War even during Russian occupation (from 3rd September 1914 to 21st June 1915) the Bernardine Archive was functioning by sharing its collections with local scholars, students and

⁶³ H. Polaczówna, *Oswald Marian Balzer...*, p. 14–15.

⁶⁴ Due to the high cost of painting the supplements were left in a manuscript (*ibid.*, p. 15).

⁶⁵ *Ibid.*, p. 16–17.

⁶⁶ S. Sochaniewicz, *Archiwum Krajowe Akt Grodzkich i Ziemskich we Lwowie*, Lwów 1912.

people looking for genealogical information including those who came to Lvov with the Russian army. The lack of finances made it impossible to take steps to increase the collections. Even the number of conservatory work was limited. However relative peace let the archivists continue their research work. Antoni Prochaska prepared then a dissertation about king Albert's Wallachian expedition from 1497, Stefan Sochaniewicz developed the catalogue of archival diplomas and prepared the book of the city Drohobycz from 15th century for print. Przemysław Dąbkowski kept the chronicle of the Bernardine Archives and developed the collections of town and land books of each municipality⁶⁷.

In 1919 the National Archive of Town and Land Records in Lvov was overtaken by Polish archival authorities. The name was changed to the Land Archive⁶⁸. Oswald Balzer remained on the post of a director of the institution. By virtue of his office he became a member of the Polish State Archival Council. In 1923 at the request of that body he introduced two extensive opinions about the provisions of prepared act of state archives. He made a number of amendments to the project of the regulation on fiscal charges and archival regulations.

In the twenties and beginnings of thirties of 20th century in the Bernardine Archive apart from usual arc-

⁶⁷ P. Dąbkowski, *Pokłosie z dwudziestu lat pracy naukowej zebrane 1896–1916*, Lwów 1917, p. 73.

⁶⁸ A. Tomczak, *Zarys dziejów archiwów polskich...*, p. 129.

hival activities, some research was still conducted. Antoni Prochaska almost till the end of his days studied the archive resources and prepared materials for next volumes of "Town and land records" and even transferred some part of his salary to the printing if that publication⁶⁹. Based on the Bernardine Archive collections Przemysław Dąbkowski wrote over a dozen of precious works on the history of court books. In the privacy of it Balzer's pieces of work were created⁷⁰. Still next generations of young students of learning were improving their academic workshop in that establishment. Being in contact with the resources on the base of which "you could build a number of conclusions, clear up quite a number of the national history pages"⁷¹, gave them a

⁶⁹ H. Polaczówna, *Dr Antoni Prochaska...*, p. 6.

⁷⁰ Following publications: *Geneza Trybunału Koronnego* (1886), *Walka o tron krakowski w latach 1202–1210/11* (1894), *Genealogia Piastów* (1895), *O następstwie tronu w Polsce* (1897), *Historia ustroju Austrii w zarysie* (1899), *O zadrudze słowiańskiej* (1899), *Z powodu nowego zarysu historii ustroju Polski* (1906), *O kilku kwestiach spornych z historii ustroju Polski* (1907), *Państwo polskie w pierwszym siedemdziesięcioleciu XIV i XVI wieku* (1907), *Skartabelat w ustroju szlachectwa polskiego* (1911), *Stolice Polski 963–1138* (1916), *Skarbiec i Archiwum koronne w dobie przedjagiellońskiej* (1917), *Królestwo Polskie 1295–1370*, vol. I–III (1919–1920), *Narząd w systemie danin książęcych pierwotnej Polski* (1928).

⁷¹ S. Sochaniewicz, *Archiwum Krajowe...*, p. 54.

solid foundation for further research of the history of the south-eastern lands of old Rzeczypospolita ⁷². In 1933, after Oswald Balzer's death, the Land Archive managed by him was incorporated into the Lvov State Archive.

⁷² The person convinced of that was Stefan Sochaniewicz who wrote in 1912: „A historian of law or a political historian, a social or economic relations researcher, a palaeographer, a person engaged in diplomatical or sphragistic research, or even a literature historian – everyone will find (in the Bernardine Archive – R.N.) for himself vast material from all periods and centuries of development and history of Poland (ibid.).

Prospects for tourism development in Polish national parks (ref. IX Krajowa Konferencja z cyklu: „Ochrona przyrody a turystyka” pt. „Turystyka w parkach narodowych i Obszarach Natura 2000”, Uniwersytet Rzeszowski, Rzeszów 11-13 maja 2011).

Summary

The present study includes the analysis of participation of tourists in various forms of tourism and recreation and shows the ways of spending leisure time there and preferred directions of the more far development of national parks. The poll was conducted in two national parks: Białowieża National Park and Gorczański National Park, and participated by 286 persons over 18 years of age. The results of the conducted research show that the vast majority of surveyed tourists visited the national park for the first time. Polish national parks have got numerous natural and landscape values appreciated by tourists. However the research indicates the great need for accommodation and catering facilities, tourist and sport infrastructure and cultural and entertainment offer. Tourists come to the national park not only to get familiar with its nature and landscape values but also to get rest, relax, do sport and use different forms of tourism.

Key words: tourism, recreation, national park

Introduction

The fascination with the beauty of nature which underlines the decisions of establishing the national parks, has enabled the extension of the legal protection over the areas of outstanding environmental, cultural and educational values. Since 1872, when the first national park Yellowstone in the United States was established (Delgado, 1996; Kulka, 2005), the number of parks is growing. Their area is divided into several parts which differ in the use of the individual methods for nature conservation. These are the areas of strict, active and landscape protection. In the territories bordering on the park the buffer zone is designated where the protective zone for game animals can be created.

Most of the national parks can be visited by tourists. The tourist movement is only in the designated areas, trails, roads and paths. In the contemporary world, due to growing urbanization, the natural and landscape values of the national parks are a big attraction (Grabski, 2008). In the national parks you can find a lot of species of plants and wild animals in their natural habitat. Additionally, there are often interesting places and objects in their surroundings which prove that a man once used the forest resources which today are under protection.

The national parks are of an increasingly bigger interest of tourists. The most often visited ones are: the Wolin National Park, the Tatra National Park, the

Karkonosze National Park, the Wielkopolska National Park, Ojców National Park and Pieniny National Park (Wnuk, Ziaja, 2007). For the reasons mentioned above the state of tourism infrastructure of national parks and the actions allowing to develop tourism in their area are crucial but in accordance with legal regulations associated with nature conservation.

People coming to the national parks for tourism are an interesting and very diversified research group. Undertaking research on preferred ways of spending free time in the national park and the participation in different forms of tourism and recreation seems purposeful and reasonable:

- no research has been conducted in this field,
- researched persons are among those who try to stay healthy and keep fit,
- the results will allow to take a look at a group of respondents and to determine their preferences for tourism and recreation in the national parks.

The aim of the research is the analysis of tourists participation in various forms of tourism and recreation and determining the preferred directions of tourism development in the national parks. The attempt to define the prospects of tourism development in Polish national parks has been undertaken by researching tourists in the well-known Polish national parks: the Białowieża National Park and the Gorce National Park. It was preceded by a short analysis of the conditions for practicing tourism in their area.

Conditions to growing tourism in Białowieża National Park and Gorce National Park

The origins of the Białowieża National Park created in 1947 in the area of the Białowieża Forest, which spreads in the north-eastern part of Poland, date back to 1921 when there was designated the nature reserve in the Białowieża Forest and then, in 1932, there was established the National Park in Białowieża. Presently the Białowieża National Park covers the central part of the natural forest with primeval characteristics, the only one in the European Plain preserved in such good conditions. The park occupies the area of over 10,500 ha. The natural ecosystems preserved there and the continuity of natural processes allow to observe how the forest, which occurred without human intervention, functions (Adamowski, 2009). There are numerous species of plants there. Tall trees grow there including old oaks and spruces, hornbeams, European ash trees and maples. The forest provides a shelter for many endangered species of breeding birds and mammals including the European bison, lynx, wolves, elks, badgers and some amphibians and reptiles (Gutowski, Jaroszewicz, 2001). There is also a rich fauna of insects and fungi, mosses and lichens.

In 1979 the Białowieża National Park was included on the World Heritage List as the only natural

object from Poland. In 1992 UNESCO also included on the World Heritage List the part of the Belarus National Park which is strictly protected and borders on the Białowieża National Park in the east. The whole forest was incorporated to the European Network of Protected Areas Natura 2000.

The great tourist attraction of the Białowieża National Park is its strict protection area. You enter this area through the oak gate made in 1930. The walking guided tour leads through the Palace Park, the Białowieża Glade, then through the mixed forest to the Bartny Oak and to the Jagiełło's Oak. On the way back you pass through the place of execution from the Second World War. The Palace Park covers the area of about 50 ha. It was founded in the late nineteenth century at the Tsar Palace which was built at the time. The park is decorated in the English style (Okołów, 2005). It was shaped on the model of the natural landscape with winding paths and clearings. There are some ponds there, too. The old palace was destroyed during the Second World War. In its place there was built a hotel with a restaurant. In the western part of the Palace Park there has been preserved two-storey building where once the Tsar's court marshal lived. Nowadays there is the management of the Białowieża National Park and the Nature and Forest Museum where there are presented precious natural collections of zoology and botany and also exhibits related to the former use of the Forest. On the permanent display there are presented forest communities with occurring

ecological processes and natural phenomena. In the cultural section of the exhibition there are shown former ways of using the Forest: haymaking, beekeeping, wood processing together with items and equipment associated with them including a narrow gauge forest railway.

The largest choice of accommodation and restaurants is in Białowieża, which is the centre of tourism in the area. The local travel agencies organize various walking and bike trips as well as britzka rides.

The place of a large interest of tourists is the European Bison Show Reserve where the animals are exposed in large pens in similar to natural conditions (Jaroszewicz, Pirożnikow, 2008). There are also: elks, dears, wild boars, roes and wolves. The reserve is also used for school education. The Museum Educational Centre of the Białowieża National Park, created in 1999, offers: the field practice dedicated to children, youth and adults including the trips along the educational paths, the workshops and the seminars for education workers and teachers, some knowledge competition about nature as well as art and photo competitions about nature and culture.

During the tours organized in the Białowieża Forest tourists can visit the Open-Air Museum of Wooden Architecture where there are two windmills, three shacks, a barn, an adjacent workshop, a well and an old bath. The tourists' attention can be attracted by historic orthodox churches and other churches or by the two hundred year old country farm in Budy which

consists of a historic shack, a granary, a barn and a sweep.

Tourists visiting the Białowieża National Park frequently go on the Dęby Królewskie (the Royal Oaks) trail. The monumental, over four hundred year old oak trees growing along the trail have been described in details. On wooden plates there are short biographies of the rulers and trees dimensions (a height and a circumference). The “Wysokie Bagno” (“the High Marsh”) Nature Reserve also attracts tourists. You can admire there the spruce forest, meadows and shrubs growing along the Narewka River as well as animal living there including beavers, squirrels, lynxes, wolves, wild boars and raccoon dogs.

The most often visited place is the Nature Path “Żebra Żubra” (“Bison’s Ribs”). It begins behind the open-air village museum in Białowieża. It leads partly along the dike raised on the marsh and partly along a wooden footbridge. The tourists walking along have a chance to observe the swamp forests, marshy meadows and an oak-hornbeam forest. A lot of tourists also visit the Place of Power which is the area discovered by practitioners of radiesthesia where there is the radiation which has a positive influence on human well-being. One of the interesting places in the Białowieża National Park is the Hwoźna Protective Unit which is intersected by three tourist trails where you can walk or cycle and, with the permission of the Park’s management, you can ride a horse or a horse-drawn vehicle there. The Green Trail, known as the “Wolf’s Trail”, stretching over the

length of 11.5 km traverses the whole area of the Hwoźna Protective Unit. During the wanderings you can encounter the narrow gauge forest railway and wood repositories from the period of the First World War. The Red Trail called "The Trail Around Uroczysko Głuszec" (5.5 km) runs around the Uroczysko Głuszec. There is an old evangelical cemetery from the turn of the nineteenth century and the narrow gauge forest railway equipment. The Black Trail, called the "Carska (Tzar) Tropina" (4 km) runs along the valley of the Narewka River.

Some of more interesting events that attract visitors in the Białowieża National Park are: The International Festival of Orthodox Music in Hajnówka, the reviews of Belarusian songs, the folklore events called "Noc Kupały" ("Midsummer Night") in Białowieża and the folk meetings entitled: "Z wiejskiego podwózia" ("From the village courtyard").

The Gorce National Park was created in 1981 in the area of the Gorce which forms a separate mountain group in the West Beskidy. Today the Park covers the area of over 7000 ha. The efforts to protect the most valuable resources of the Gorce forest were taken much earlier. Already in 1927 there was created the private forest reserve and in 1964 the Władysław Orkan Nature Reserve "Turbacz" was established. The beech forests and the lower subalpine beech-fir forests and the upper subalpine woods were under protection then. A few years later there was created the nature reserve "Dolina Łopusznej" ("Łopuszna Valley") and after that the

reserve "Gorce" which was transformed into the Gorce National Park (Róžański, 2006).

Compared with other Beskid ranges the Gorce are distinguished by an interesting layout of mountain ridges. The highest peak Mt Turbacz is 1310 m high. From this peak the separate mountain ridges disperse in different directions. The local landscape is characterized by a mild earth sculpture. Among rocks hidden in the forests there are numerous caves. There are also small lakes there. The springs flow out of the mountain summits. The streams which begin in the northern and western part of the Mt Turbacz massif are the tributaries of the Raba River and the remaining ones are in the river basin of the Dunajec River. The numerous rock rapids in stream beds and the waterfalls make this area very attractive for hiking (Tomasiewicz, Gruszczyk, 2001).

The Gorce National Park is mainly a vast complex of forests including the fragments of the former natural Carpathians forest. While walking through the Park you can encounter numerous specimens of old fir and beech trees overgrown with fungi and lichens. The heights became overgrown with the spruce forest. There are many plant species there including flowers associated exclusively with glades. Changeable climatic conditions together with increasing altitude cause zone diversification of vegetation and whole communities of plants. The forests of the Gorce National Park are occupied by many animals including lynxes, wolves, pine martens, badgers, ermines and dears. There are a

lot of bird species. Old trees are a wonderful environment for woodpeckers, titmice and owls nesting in hollows. Wet forest litter is conducive to the presence of some amphibians (Dobija, 1987). There live fire salamanders, slow worms, numerous frogs and so on. On sunny glades you can find a sand lizard, a common European viper and a grass snake.

In the Gorce National Park the whole nature environment is protected. In the area there are a lot of viewpoints which offer beautiful views of the surrounding mountain ranges. One of the most astonishing landscapes is a panoramic view on the Tatra Mountains particularly in the spring time when the snow covering the Tatra summits contrasts with the green slopes of the Gorce. The view values and mild earth sculpture is conducive to hill-walking. The Gorce tourist trails lead along the steep slopes, precipices and stream valleys through the natural forests, glades and meadows. They enable understanding local nature, landscapes and places connected with the history of this region. Hiking takes place on the tourist trails of the total length of 74 kilometers and on the walking trails of the total length of 45 kilometers. One of the most popular trails is the Koninki – Turbacz trail. Its route leads through the area of the former Władysław Orkan Nature Reserve “Turbacz”. Tourist following the trail can admire the oldest part of the forest in the Gorce National Park. The trip is enriched by beautiful glades and the view over the valley of Roztoka. Tourists have also the opportunity to visit the former house of the

writer – Orkanwka. The Koninki – Stare Wierchy (“Old Peaks”) trail attracts tourists looking for wonderful views stretching from glades to ridges. On one of them, on Suchor, there is a mountain astronomical observatory. One of the trail stretches coincides with the educational path known as “Wokół Doliny Poręby” (“Round the Poręba Valley”). The trail finishes in the mountain hostel on the Stare Wierchy .

Within the Gorce National Park several cycling trails were marked out and they are 60 km long altogether. Some of them demand special skills due to a very diversified area. The cycling routes were connected with the cycling trails of adjacent communes. It allows to do cycling trips also beyond the site of the Gorce National Park. A large variety is created by the ability to walk through the Park on horseback on a few routes with a total length of about 60 kilometers.

In the Gorce National Park there are good conditions for tourism in winter period and for doing winter sports. There are ski slopes with ski lifts. Long and not so steep mountain ridges favour the ski walking.

The educational-nature paths designated in the Gorce National Park are popular with tourists. They were prepared for people interested in nature, culture and history. In the beginning of each of them there is a plate with some information about a theme of the path, its length and a route. One of the most popular is the route of the educational path “The Manor Park of Counts Wodzicki – Mt Chabówka”. The first stage of the

path in the manor park is designed to get familiar with the local history of the visited place. You can find the remains of the court buildings and learn about their past. The next stage of the route leads to Mt Chabówka. During the trip you can learn about the geological structure of the area and about the surrounding nature. You walk past old limes and rare oak-hornbeam forests occupied by many species of birds including: woodpeckers, tawny owls, titmice and the European robins.

The mission of the Gorce National Park, apart from nature conservation, is associated with the protection of the cultural heritage which consists of the sacred and secular historic buildings including shepherd's huts and places related to the region's history and historical memorabilia. In the preserved shepherd's huts you can watch a lot of interesting architectural details. The great interest is aroused by the "Orkanówka" Museum. Orkan's family home is built in the Zakopane Style. The alley of ten sycamore trees planted by the writer right after he came back from the war, leads to the house. The house is surrounded by an old orchard. In front of the entrance there is placed a wooden sculpture representing the writer. On the porch there are arranged wicker pieces of furniture. The preserved authentic interior design of the house reflects the atmosphere accompanying the writer in the times when he created his works. Often visited place is the Museum of Culture and Mountain Tourism PTTK (Polish Tourist Society). It is located near the mountain

hostel on Mt Turbacz. The museum's exhibits are devoted to the history of tourism in the Gorce, to Władysław Orkan and the activities of the resistance movement from the Second World War in this area. Tourists are attracted by the Open-Air Museum of Railway Rolling Stock in Chabówka. It was created in the place of the roundhouse formed in the nineteenth century. There are displayed old steam locomotives, diesel and electric locomotives, waggons and a specialist rolling stock like cranes and snow ploughs. Behind the open-air museum there are railway tracks leading to Zakopane, Sucha Beskidzka and Nowy Sącz. On those routes you can admire picturesque landscapes. On the way the trains go over some small bridges. The Podhale Museum PTTK in Nowy Targ is worth visiting. There are gathered numerous exhibits from the field of the history, folk art and ethnography. During walks, in the towns and villages situated near the Gorce National Park tourists can explore the historic wooden churches, the bricked chapels and the wooden wayside crosses.

The accommodation in the Gorce National Park is not well developed. Except for the PTTK mountain hostels in the Turbacz, the Stare Wierchy, Luboń Wielki and in Ochotnica Górna the remaining accommodation facilities are focused on small groups of tourists. The best developed accommodation facilities are in well-known resorts Rabka and Krościenek which are situated near the Gorce National Park.

Material and Method

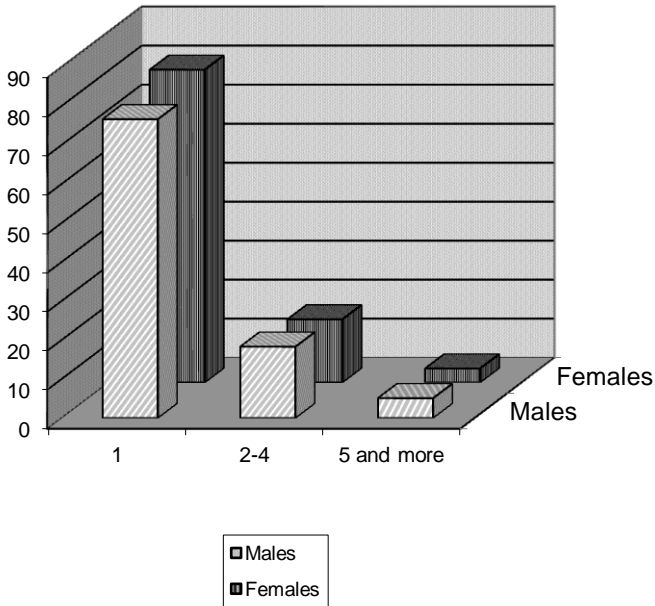
The material forming the basis for realization of the intended research aim was collected in years 2008-2010. For the study there was used an anonymous questionnaire. The research was carried out among the tourists visiting the national parks. For sample research there was used random selection. There were examined 286 persons altogether at the age of 18 including 152 tourists visiting the Białowieża National Park and 134 tourists visiting the Gorce National Park.

In the questionnaire there were used questions concerning:

- the number of respondents' stays in the national parks,
- preferred ways of spending time in the national park,
- the state of tourist development of the national parks,
- directions of further development of the national parks.

Results and Discussion

Fig. 1. Stays in national park of the poll respondents



Source: author`s own analysis

Discussing the issues related to tourism in the national parks you should begin from presenting the number of respondents' stays in the parks. In the research group 76.6% of men and 80.2% of women stated that this is their first visit in a national park. Whereas 18.3% of men admitted that this is the second time in a park or that they have been for a few times but no more than four. In this range there were also 16.2% of

women. The rest marked that they have been in a national park five times or more. In this range there were 5.1% of men and 3.6% of women.

The above data indicate that the percentage of men in the research group who came to the park for the first time is lower than the percentage of women. While the percentage of men staying in the park a few times (2-4) is slightly higher than in the women's case. The similar situation is in the third range where the percentage of men is 5.1% and of women barely 3.6%. The results become more understandable when we note that the vast majority of respondents are young and middle aged people. Probably some of them will go to a national park even a few times when they are older. However an evident decrease of people coming to the national parks twice or more times is also because of some other reasons. As many as 57.4% of researched persons admitted that the decision of staying in the national park was made, as it were by the way, because of their visit nearby, most often in a well-known resorts. The national park was not their original tourist destination. Only 31.6% of respondents stated that visiting the national park was planned by them or the trip organizers. Vast majority of researched persons visited the national park in the packaged holiday group. It testifies well about the activities of the organizers of such trips.

The issue of spending free time in the national parks by the researched people presents very interesting. A large number of respondents declare that

they come to the national park not only to get familiar with protected nature and the landscape values of the park but also to practice active tourism, to do sports, to relax and to visit some interesting places.

Having to choose only one of the ways of spending free time, among those listed in the survey, they have made the choice presented in the chart below.

Table 1. Age of national park visitors and ways of spending their spare time

Ways of spending spare time	Age and number of national park visitors		
	18-35 years 131 persons	36-50 years 84 persons	51 years and more 71 persons
Guided park tours; the educational paths; the nature monuments	55	40	35
Walking along the marked trails	25	10	2
Cycling, horse riding, etc.	16	8	2
Visiting the monuments of architecture, art galleries, museums, places famous for historical events	11	7	11
Participation in the cultural events organized in the national park or in the near surroundings	3	8	10
Out-of-town trips to other places known for tourist attractions	1	2	7
Winter sports (skiing, skating, sleighing, snowboarding, etc.)	20	9	4

Source: author`s own analysis

Based on the data presented in the chart above it can be stated that tourists belonging to the 18-35 age group, apart from guided sightseeing of the park, educational paths and monuments of nature, prefer mainly hiking along marked trails, winter sports, cycling and horse riding. Similar preferences are shown by tourists belonging to the 36-50 age group. Bigger interest is aroused only by some cultural events organized in the national park or in its close vicinity. Of great significance is the fact that most of respondents decide on visiting the national park in the family circle. The married couples with school-aged children willingly choose visiting the park, its educational paths and monuments of nature as the main aim of the visit because first of all they wish to show their children the nature and landscape values of the park. They eagerly take part in the events organized in its area. In the oldest age group almost a half of respondents admit they mainly prefer visiting the park with a guide, visiting the educational paths and monuments of nature. The great meaning for them has sightseeing of the architectural relics, galleries, museums, places famous for some historical events and participation in some cultural events organized in the area of the national park or nearby. These people are the least interested in hiking along marked trails, cycling or horse riding. Different preferences in particular age groups are influenced mainly by better physical conditions of people from younger age groups. Greater physical fitness and

probably better state of health motivate people to use various forms of spending leisure time realized as active tourism and sports more eagerly.

Table 2. Age of national park visitors and preferred directions of the more far development of health resorts

Preferred directions of the more far development of national parks	Age and number of national park visitors		
	18-35 years 131 persons	36-50 years 84 persons	51 years and more 71 persons
The extension of the hostel and gastronomy base	51	36	31
The extension of the touristic infrastructure	36	21	10
The extension of the sport infrastructure	28	14	6
The extension of cultural and amusement subsidiaries	16	13	24

Source: author`s own analysis

The above data indicate that a vast majority of tourists from all age groups notice the need for development of accommodation and catering facilities in the national parks. It shows the lack of a proper offer in this regard which can negatively affect the interest in a longer stay in the national park. A great meaning for tourists belonging to the 18-35 and 36-50 age groups has the development of tourist and sport infrastructure. For

the researched people belonging to the oldest age group the entertainment – cultural facilities are of a great significance. In this case the differences in preferences of respondents from younger age groups and the older age group are the result of the physical conditions and the state of their health. For his reason younger persons much often use the possibilities of practicing tourism particularly active tourism and sports than persons at the older age. However taking advantage of the cultural and entertainment facilities is connected only with personal interests of individual people.

Conclusion

The results of the conducted research show that the vast majority of surveyed tourists visited the national park for the first time. Most of the respondents are young and middle aged people therefore it can be assumed that someday they will go to a national park once more. However a small number of people visiting the national parks more times proves that the national parks still do not attract tourist very much.

Polish national parks have got numerous natural and landscape values appreciated by tourists. However the research indicates the great need for accommodation and catering facilities, tourist and sport infrastructure and cultural and entertainment offer. Tourists come to

the national park not only to get familiar with its nature and landscape values but also to get rest, relax, do sport and use different forms of tourism. Caring for health and keeping good shape begins to play an increasingly significant role in the modern world. Therefore switching to diversified unconventional solutions which combine contemporary methods of a natural and ecological education with recreation, particularly active recreation, and sport is a great prospect for the national parks. The national parks, apart from their core activities associated with nature conservation, should offer an increasingly richer range of attractive products in the field of tourism, recreation, sport, culture and entertainment connected mainly with local traditions, customs and habits. The offer of Polish national parks, apart from nature trips, should include walking trips, cycling rallies, expeditions and training classes of different difficulty levels.

If national parks want to compete on the tourist market they have to provide arriving tourists a wide range of complementary services. It is necessary to meet the contemporary tourists' expectations. It is essential to upgrade the already existing accommodation and catering base. In the area of the national parks and in their close vicinity there should be built hotels and guest houses providing a high standard of service. It is necessary to extend the tourist and sport infrastructure. Well prepared tourist trails, ski runs, horse riding centers and fitness trails are required. Appropriate cultural and entertaining facilities are crucial: concert

halls where artistic events promoting local traditions and artistic achievements could take place, museums and galleries where there would be presented variable activities connected with the history and natural and landscape values of the national park and its importance for the region and the country.

Bibliography

Adamowski W. 2009. Białowieski Park Narodowy. Poznać, zrozumieć, zachować. Red. C. Okołów, M. Karaś, A. Bołbot. Wyd. Białowieski Park Narodowy. Białowieża.

Delgado J. P. 1996. Parki narodowe Ameryki. Wyd. Ryszard Kluszczyński. Kraków.

Dobija A. 1987. Gorceński Park Narodowy. Krajowa Agencja Wydawnicza. Kraków.

Gorczański Park Narodowy. 25 lat ochrony dziedzictwa przyrodniczego i kulturowego Gorców. 2006. Red. W. Różański. Wyd. Gorczański Park Narodowy. Poręba Wielka.

Grabski P. 2008. Parki narodowe i krajobrazowe w Polsce. Nawigator turystyczny. Wyd. Carta Blanca. Grupa Wydawnicza PWN. Warszawa.

Gutowski J. M., Jaroszewicz B. 2001. Katalog fauny Puszczy Białowieskiej. Instytut Badawczy Leśnictwa. Warszawa.

Jaroszewicz B., Pirożnikow E. 2008. Diversity of plant species eaten and dispersed by the European bison *Bison bonasus* in Białowieża Forest. European Bison Conservation Newsletter, I. 14-29.

Kulka P. 2005. Parki narodowe Stanów Zjednoczonych. Wyd. Exlibris. Galeria Polskiej Książki. Warszawa.

Okołów C. 2005. Białowieża National Park. Engl. Transl. W. Kasprzak, Multico Publishing House. Warszawa.

Tomasiewicz J. 2001. Gruszczyk A. Gorczański Park Narodowy. Wyd. Multico. Warszawa.

Wnuk Z., Ziaja M. 2007. Parki narodowe w badaniach ankietowych [w:] Turystyka w obszarach Natura 2000. Red. Z. Wnuk, M. Ziaja. Wyd. Uniwersytet Rzeszowski. Rzeszów, s. 85-96.

