



Mummy, daddy!

Karpacz

Are you ready?



Guide for families with children

Hi!

Welcome to Karpacz. We would like to share with you a recipe for a happy trip. We share it with you, because we know that summer and winter holidays or even out-of-the-town weekend escapade are a special time that you can spend with each other. It is a time for integration, new experiences, emotions and memories which will sink deep into hearts.

In Karpacz, we take special care of families with children. The town at the foot of Śnieżka offers a lot of attractions and a specially prepared offer for every season and weather.

For sunny days:

Excursions



Kilometres of interesting and diverse tourist routes. Maybe somewhere along the way, you will meet the Spirit of the Mountains...

Fairy Tales Park

Fairy-like land in Wilcza Poręba.



Outdoor Games



Fairy-like guide in Karpacz, Zielone Karkonosze and Health Route on Pohulanka.

Krucze Skąły

Rock climbing



Taste of Adrenaline

Tarzan Line Park



Toboggan runs

Kolorowa Centre of Recreation and Sports (Alpine Coaster and Summer Toboggan Run)



Playgrounds

Take a rest in one of the modern playgrounds.



Children are not bored with us during rainy weather!

For rainy days:

Mysteries of Karkonosze

Interactive kingdom of the Spirit of the Mountains

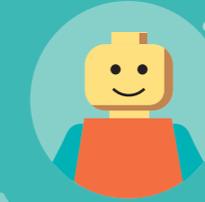


Sport and Tourism Museum



LEGO

Interactive LEGO displays



Toy Town Museum

Exhibition for children and adults



Water parks



All-year-round ice rink



Karpacz is family-friendly



Accommodation

- beds, bathtubs and chairs for children
- play rooms and playgrounds
- workshops
- accommodation discounts



Restaurants

- children menu
- discounts and convenience facilities



Rentals

- baby carriers and prams for hiking



Skiing kindergarten



Location

Karpacz is located in Lower Silesia voivodeship in the Jelenia Góra District, at the foot of Karkonosze mountains and its highest point – Śnieżka. The town buildings are situated at the height of from 480 to 885 m a.s.l. in a narrow valley of Łomnica river and its tributaries: Łomniczka, Bystrzyk, Budnicza Struga and Dziki Potok.

Did you know that...

30 m

This is the length of the shortest street in Karpacz which at the same time is the shortest street in Poland. At Skrzatów Karkonoskich Street, there is only one building – local kindergarten.

1945

Karpacz was annexed to Poland after the II World War. Had you come here 100 years ago, you would have been in Germany.

4%

According to research, this is how much the gravity is lower in Karpacz compared to anywhere else. At Strażacka Street, there is a spot where cars with engines turned off are driving upwards by themselves!



Can you count the distance from Karpacz to other cities?



How to get here?

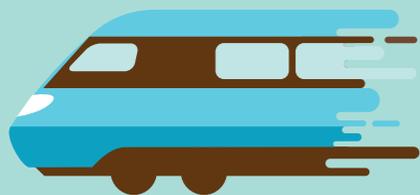


By car



Let's consider the capital of Lower Silesia, Wrocław, as a reference point. The distance from there is 120 km, and the route should take about 2 hours. From the junction at the A4 motorway in Kostomłoty, take the National Road 5 heading to Strzegom and Jelenia Góra. In Bolków, National Road 5 changes into National Road 3. At the suburbs of Jelenia Góra, take the municipal bypass heading to Karpacz.

By train



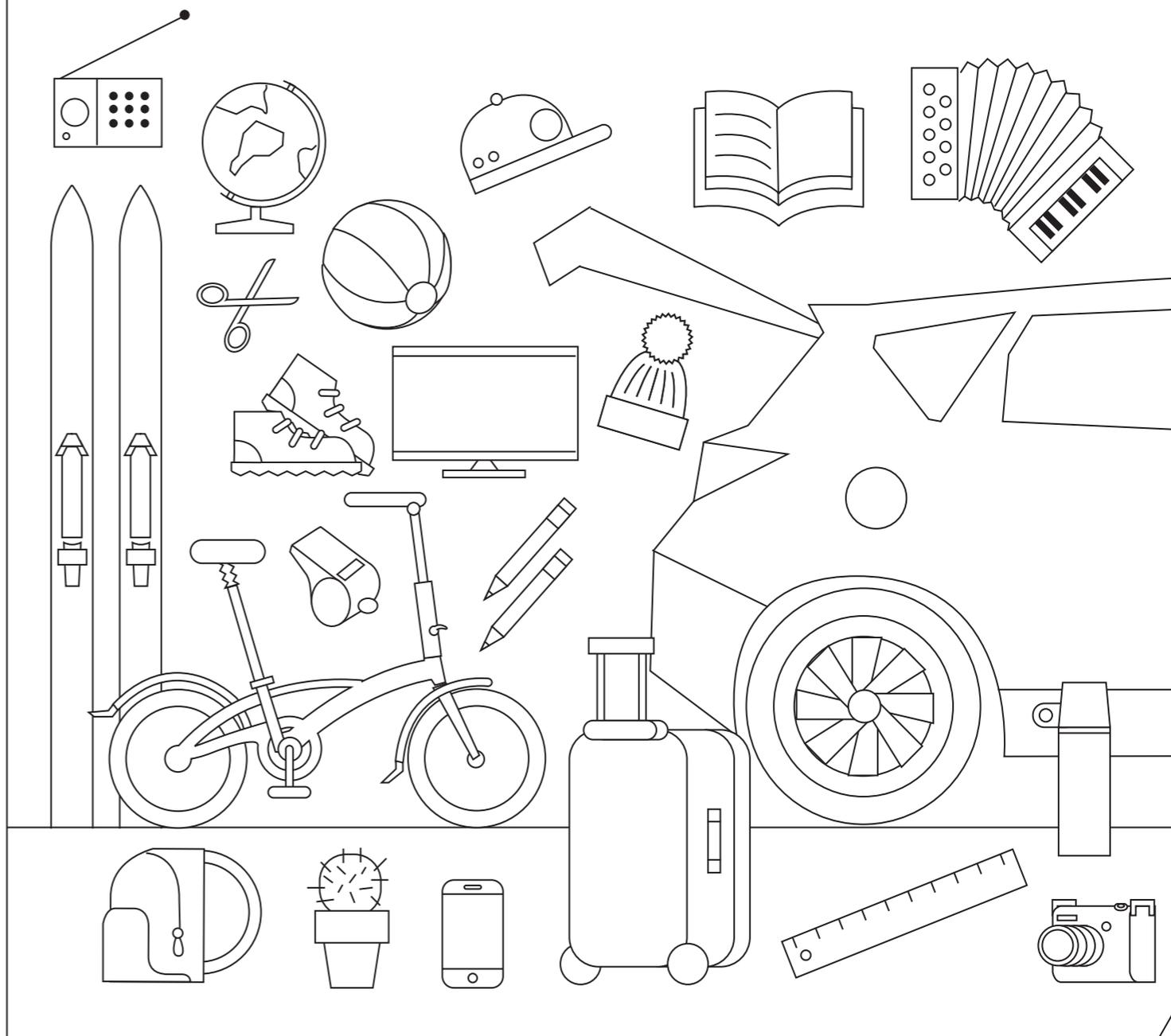
As of now, there is no train to Karpacz. However, you can take a train from many cities to Jelenia Góra, from where you can get to Karpacz by bus within 20–30 minutes.

By bus



The city has a large number of private and inter-city public bus lines to Jelenia Góra. The travel time is about 20–30 minutes. Moreover, there are direct buses from big cities in Poland going to Karpacz.

Which of these items are you going to bring to Karpacz with you? Colour them!



Attractions for children



Sport and Tourism Museum



Visiting this museum is a very inspiring and interesting history lesson. Perhaps, it is the only chance for you to see how the skis of your grandparents' generation and contemporary jumping skis look like (here you can admire the original skis donated by the Olympic gold medallist, Kamil Stoch). And do you know what skeleton and skibob are? Or who sedan chair carrier is? In the "Environmental protection" section at the floor, you can find a very unique and interesting exhibit – a two-headed calf.

Toy Town Museum



Here, adults can go back in time to the days of their childhood, and children can see the world of adults in a miniature. Boys can admire fire trucks or LEGO. Girls will love the fantastic and fully equipped miniature doll houses. "With crown on your head" quest is an unconventional way of exploring the museum, and quite a bit of a challenge too (playing card can be collected at the cashier's counter.) There are many workshops and thematic activities for children in the museum.

Mysteries of Karkonosze



When coming to Karpacz, you are entering the magical land of the fabled Spirit of the Mountains. If you wish to meet him, go hiking or simply visit the Mysteries of Karkonosze. Here you can learn stories, tales and legends coming from here, make a sorcerer's stone and bring forth a thunderstorm... The interiors of the Mysteries of Karkonosze are designed by the world-famous artists, and are full of secret passes and magic devices. The exhibition is mainly interactive. While visiting the Mysteries of Karkonosze, you can learn the answers to these questions:

- Why is the Spirit of the Mountains called Liczyrzepa?
- How to make a sorcerer's stone?
- Is there a rainmaking device?

Fairy Tales Park



Enter the fairy-tale world and spend time actively out in the open. Among the forest trails, you can discover wooden huts, each from a different fairy tale. You can meet here for example: The Snow Queen, Thumbelina, Sleeping Beauty or Cinderella. Children can develop their imagination by listening to the stories and admiring moving dolls. At the park area, there is also a huge playground with modern constructions and a miniature of Śnieżka, the top of which can be reached by the little hikers. It is said that at the foot of the hill, there is a special tunnel in which the treasure of the Spirit of the Mountains is hidden. Next to the Fairy Tales Park, there is the Summer Tubing track.

The Toy Museum

In my small, quiet town,
You can hear the stream flowing,
And among the beaming spruce's rays
Stands our little dream house.

Its glass rooms
Give a man safe shelter,
To those abandoned without conscience,
To these miniature human bodies.

When I sometimes spend a time there,
I could swear I hear some voices.
Doll is crying dishevelled
For me to comb her hair.

A little cuddly cuddle,
Like a beautiful angel,
With blissful and sleepy eyes,
Wants a good-night kiss.

And another one, crying,
Standing in the corner, trembling,
Almost in a begging tone
Asking me to wipe her tears.

Next to her, a boy moves his hands
As if he were a butterfly.
He wants to be a mythical Daedalus
Even for just a brief moment.

But how do we fulfil these dreams
Enclosed within a glass house?
Dolls today, as yesterday,
Simply want to be loved.

Hearing their cry in my heart,
I no longer jump in delight,
Because in their frozen standing poses,
They hardly... imitate life.

Today, enjoying so much freedom
And meditating in the corn fields,
I have only one desire –
To revive the Sleeping Souls.

Marek Głowacki "Tatapati"



Kolorowa Centre of Recreation and Sports



In Karpacz, you can sleigh all year round! In the city centre, on the mountain slopes of Pohulanka, you can find two sleigh tracks, including one open all year round. At the summer track, which is longer, you can enjoy an over-one-kilometre long ride with maximum speed of 30 km/h! We are sure that this crazy ride will give you and your children an unforgettable experience.

Interactive Exhibition of Models from LEGO Blocks



Visiting one of the two LEGO exhibitions will certainly be a great fun for the little builders. The total number of blocks collected in Karpacz is nearly 1 million! You can see hundreds of unique models. At one of the exhibitions, original projects and those related to Wang Stave Church or Meteorological Observatory at Śnieżka are presented. Many of the models are interactive, which makes the exhibition not only an exposition, but a genuine playground for children and adults.

Dam on the Łomnica River



Łomnica is one of the wildest and most dangerous rivers in Karkonosze. It is extremely whimsical and traitorous. Citizens of Karpacz could count for this on many occasions. Over 100 years ago, the river was levelled and the stone dam was built. Today, Karpacz is no longer in danger of the river, and the built reservoir and waterfall are one of the most visited tourist attractions, especially on hot summer days. Going here, bring a piece of bread with you, as there are lots of hungry ducks around the reservoir.

Juna Treasures of the Earth



Here you can discover geological richness of Karkonosze. Treasure hunters were the first people who appeared in this area. What were they looking for? You can see for yourselves when visiting the exhibition! You can see minerals such as amethyst, rhinestone or malachite, but also diamonds, sapphires and gold! During the winter break, you can participate in the workshops of gold panning or minerals preparation.

The Dam on the Łomnica River

Wherever the roads meet together
As if hands grasped into one,
Powerful walls protrude,
An element creating cliffs.

The waters spilled all over them,
Forming a small lake.
And though it rushes the whole day,
Quite a lot of birds settle there.

If you go there at night,
With the moon looming over your head,
You will see dozens of stars
And hear wind-blown whispers.

And then something like angels
Carrying prayers on their wings
Will show you the earthly paradise
By the divine nod resurrected.

In this luminous glow,
Strolling among the stars,
You'll experience the feeling
The sky is right under your feet.

And when walking around the trails,
Bitten by the darkness,
Your thoughts will move you to hear
The wind calling you everywhere.

An eager voice is deceiving,
Your face raised to the sky,
A gust of cold wind pushes you
Once again to the cliff side.

When a moment later you glance
Into the shadow of the abyss,
You will hear your heart beating
Powered by thundering cascades.

Gazing into the rumbling deep,
Moaning with delight,
With the spellbinding bliss
You will peep into the non-existence.

But when the glowing surface
Soon disappears behind the clouds,
You will get to know its dangerous face,
The whirlwind blowing with tears.

Loud lightning flashes
Awakening awe in our hearts,
Throwing fiery missiles,
Ready to set blaze the wildfire.

And although you will soon start
lashing against the ominous thunder,
you cannot manage to hide,
flooded by the gushing waters.

But do not let them discourage you,
there is a resting place nearby.
You will forever keep the memory
of visiting Dam on the Łomnica river.

Marek Głowacki "Tatapati"

Attractions and interesting places in the neighbourhood



Recommended trails and walking routes



Sightseeing with a pram or baby carrier

You can visit Karpacz even with very small children. The local climate is very beneficial for your health, and among many trails, there are those which can be accessed with a pram or baby carrier. We advise your pram is equipped with big and inflatable wheels. If you do not have the necessary equipment, you can rent anything you need in one of the few rentals.



At the Łomniczka stream

The recommended trail starts a little bit above the Orlinek Ski Jump. The red tourist trail runs here along the wide uphill gravel road in the forest. On the way, there is one rest area and at the end there

is shelter where you can eat something. The trail is about 3.5 kilometres long and the total height difference is about 200 metres.

To the Budniki settlement

Start your trip at Fairy Tales Park and go uphill the Wilcza street. After a few hundred metres, on the right side, there is the green trail running from the Information Centre of Karkonosze National Park, but keep going straight. After passing the buildings, the trail enters the forest. The wide gravel road is going slightly uphill. On the way,

there is a rest area with a shed. The gravel road leads to Ponura Kaskada which translates to Grim Cascade. Even though the name is not very flattering, you can rest assured it is a small picturesque waterfall on the Malina stream. The trail is about 5 kilometres long and the total height difference is 250 metres.

Beginners and young hikers

All the trails recommended above are suitable for children above the age of three. For more active people they may, however, be slightly too monotonous, so we have prepared a few more diversified propositions.



Health Route at Pohulanka mountain slope

The trail is located near the city centre but it runs along quiet forest roads. It starts between the playground at the Parkowa Street and Museum of Sport and Tourism. (We recommend visiting both!) At the beginning, the asphalt road changes into a natural road which runs uphill to the Pohulanka peak. On the way, you can find over a dozen of stations with gym equipment. On the board at each of them, there are detailed exercises for children, adults and seniors. You can exercise

recreationally or make a sport tournament. At the end of the trail, you will reach a little bridge above the Alpine Coaster track, from where you can admire gorgeous view over the Jelenia Góra Valley and its surrounding mountain ranges of Kaczawskie Mountains and Rudawy Janowickie. The trip ends at the same point it begins. A walk through the whole trail takes about an hour, but the exercises and sport tournaments can take up the whole day...

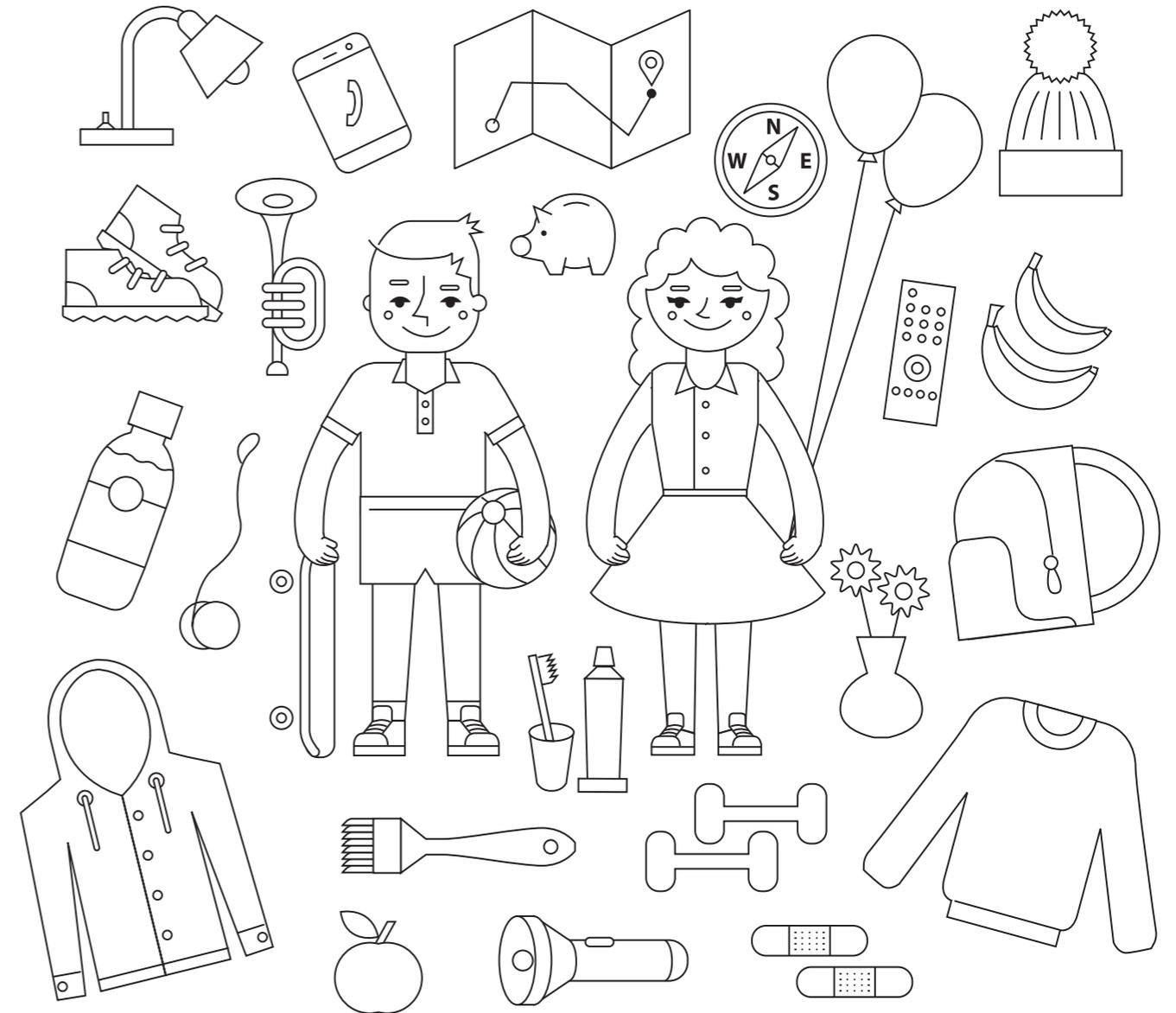
Karpatka

This trail is also located near the city centre, even though it runs along the quiet forest roads. The trip starts at the Dam at the Łomnica river. Take the red tourist trail running through it. It leads through slopes of Karpatka among the spruce and pine forest. On the way, you can find many granite rock formations, the passing of which will surely be fun for the little hikers. At the end, the trail will lead you

to the vast meadow on the northern mountainside. You can admire stunning panorama over Jelenia Góra Valley, Kaczawskie Mountains, Rudawy Janowickie and the eastern part of Karkonosze Mountains. This is a perfect place for the family picnic. You can go back the same way or you can go down to the Myśliwska Street and from there go uphill, or downhill to the city centre.

Remember to be safe in the mountains!

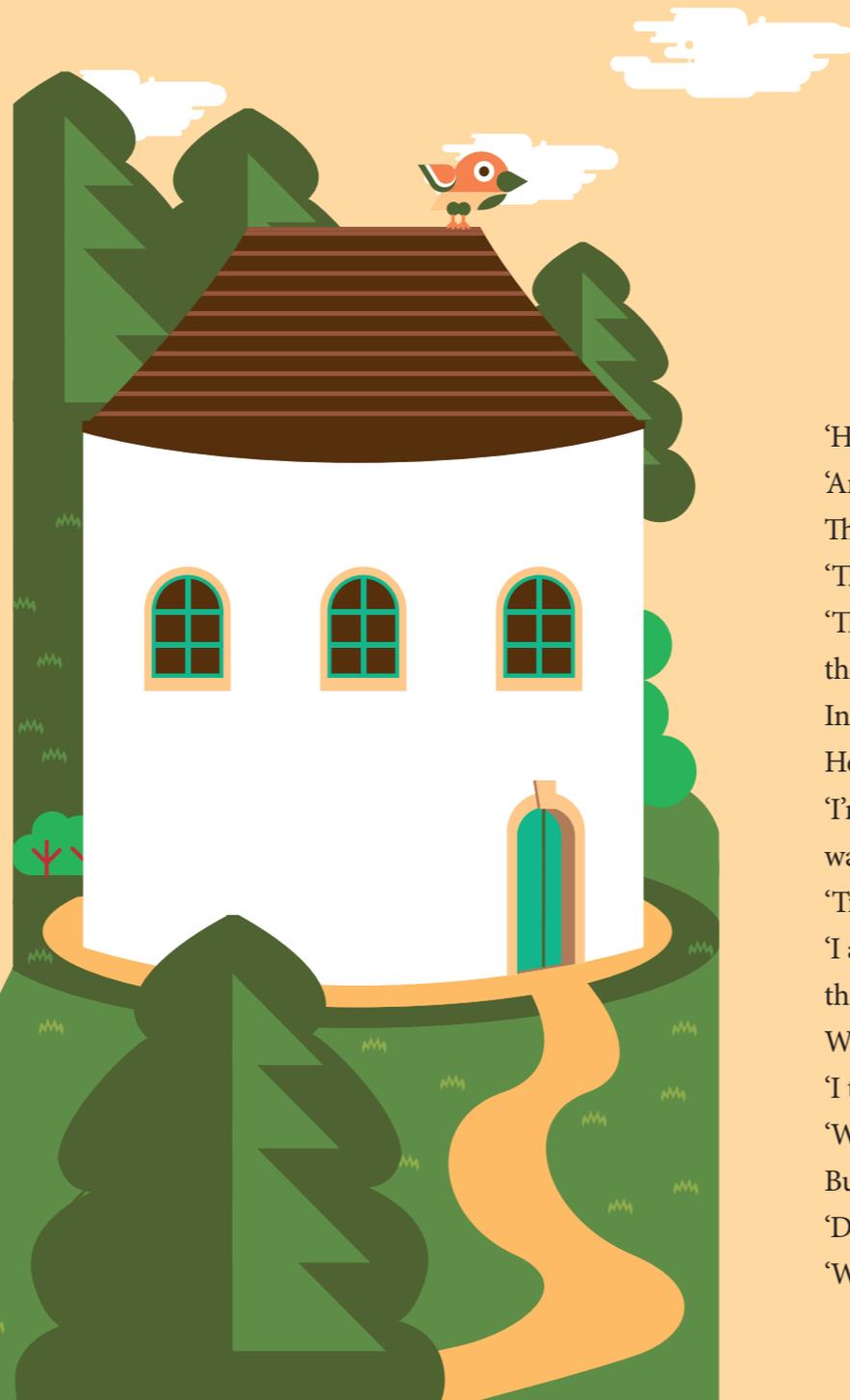
Find and colour items you should take with you on a hike.



Answer: jacket, sweater, fruits, hat, compass, band aids, torch, mobile phone, rucksack, shoes, map, water.

St Anne's Chapel in Grabowiec

Another trip also starts at the Dam on the Łomnica river. After walking through the dam, turn left. The wide road running at the foot of Karpatka leads to Medical Centre and the Świętokrzyska Street. Turn right and behind the hospital turn right again into the Myśliwska Street. Go about 400 metres downhill and turn left at the small granite road sign. From there, the trail runs along a natural road through meadows, and after passing through little bridge at the Dzikie Potok stream, it enters the forest and runs along a quasi-ravine. This is the so-called crystal road, so watch your feet and look for rhinestone druses! The red trail you are going by leads to Przetęczka forest meadow, from where turn left and then follow the yellow trail. After about 10 minutes, you will get to the St Anne's Chapel and the Good Spring. According to archaeological research, this place has been visited for 3500 years because of to the pagan cult of water. Below the Chapel, there is the fabled Good Spring. It is said that if you run around the chapel with water in your mouth seven times, you will find a true love. Next to the chapel, there is a tavern where you can eat something before heading back.



Meeting the treasure keeper at Karpatka

Maria Nienartowicz

'Here! This is where the treasure is hidden for sure!' screamed Feisty and ran to the rock. 'And this is where the gems can be hidden!' Squirmy wanted to show off, pointing at a rock. The stunned brothers, together with the Spirit of the Mountains, stood still. But this wasn't the end of surprises. 'The devil is after us! Help! Help!' the brothers ran like crazy down the hill. 'There! Somebody is there! He looks like a devil. He's coming our way!' the brothers hid behind the Spirit of the Mountains. Indeed, a little creature with dirty face and a cap appeared from behind the rock holding a spade in his hand. He was as scared as the dwarfs were, but he was approaching them smiling. 'I'm sorry. I didn't know I would scare the guys so much. I only wanted to give my spade to the dwarf who was digging dirt with a stick. It is easier to dig with it. Anyway, what are you looking for here?' he asked. 'Treasures!' blurted out Squirmy. 'And who are you?' wanted to know the little treasure hunter. 'I am Poppety and today, together with Jewely, we are guarding the treasures at Karpatka. Don't you know that you can find the way to the treasure only at Midsummer Night?' Wisely looked closer at Poppety and Jewely who came too and asked: 'I think you are our relatives, although you have different caps and jackets. Say something about yourselves.' 'We cannot divulge our family secrets! You already know we are guarding treasures hidden in the magic rock. But why did you call me a devil?' he asked baffled. 'Don't you know the legend of the devils of Karkonosze?' the dwarfs were baffled too. 'We'd love to hear it' the treasure keepers said intrigued.

On the devils of Karkonosze

Maria Nienartowicz

‘Once upon a time’ Wisey started the story, ‘the devils were running carelessly around Karkonosze. Nobody bothered them, until the first settlers came there. They built churches and put up crosses. Every time the devils heard church bells or saw a cross, they had to run away like crazy. They couldn’t accept the fact they no longer were the masters of the Jelenia Góra Valley.

‘What should we do?’ they wondered. Finally, they decided to go to Beelzebub himself and complain. He listened carefully to the desperate cries of his minions and said:

‘Each of you will take a huge rock, carry it to the Big Pond and throw in there. The water will splash from the pond and flood the people living in the valley, and you will be running around carelessly like before.’ The devils of Karkonosze thanked him, satisfied with the solution. When they came back, they decided to do as Beelzebub said. Each of them grabbed a huge rock and set off to the Big Pond. Oh my, was it hard! Their arms and shoulders started to go to sleep, and their sweat formed the Devil’s Spout. The rocks were slipping from their numb legs, falling down everywhere. Some of them rolled down to Karpatka. Only two of the devils were strong enough to carry the huge rock to the top. They were so close to finish their devilish plan, when one of them dropped the rock and trapped the tail of the most beautiful devil. He was in so much pain that he became petrified. And today he is still there, standing petrified as a solitary rock called Sunflower. But if you look close enough, you can see there are two rocks there — one of them is the devil petrified from the pain, and the other is the huge rock he was carrying.’

‘Now I see’ nodded Poppety. ‘But I can assure you, there are no devils on Karpatka!’

‘Well, who knows...’ muttered Feisty unconvinced.



Fairy-tale Karpacz city guide

In order not to associate the mountains only with long walks, sightseeing only with museums and trips with boredom, we came up with the Fairy-tale Karpacz city guide. Each of the story told is another adventure, during which you can always find something very engaging. The trips lead to interesting and not too remote places where you can go even with very small children.



The main characters of the guide are Dwarfs of Karkonosze and their guardian – The Spirit of the Mountains. They tell stories about mysterious and unusual things, things that are the most interesting for the children... Parents should remember the children will learn to appreciate the beauty of the landscapes eventually. In the guide, there are marked over thirty spots in which the chil-

dren can find stamps to collect. For collecting the proper number of stamps, children get trophies: diplomas, certificates or badges. In many places in Karpacz – at the Dwarf of Karkonosze Friends – surprises and special offers wait for children, for example Dwarf ice creams or pancakes. In the guide set you will find: map, post cards, notebook, coloured pencils and play cards.

“Following the steps of the Spirit of the Mountain and the Dwarfs of Karkonosze” family trips



For the families who want to learn more or do not know whether their children will be doing well on the hike, trips with a Sudeten guide are organized for free during the summer holidays. They are only for families with children, and the program is adjusted to the little hikers.

During the trips, the participants visit popular and less popular attractions focused on four main themes: “Down the hill – Karpacz for the active,” “Green Karpacz – trail of the nature monuments,” “Treasure hunting – mining traditions of Karkonosze” and “In the Dwarf’s garden and on the mountain meadow – secrets of Karkonosze Herbalists.” The Fairy-tale Karpacz city guide is inspiration and the main plotline for the hikes. Why going on a group trip? Because the five- or six-hour trips are the best way to meet new people. We can guarantee there is no whining on the trips! The group motivates to hike, and a number of attractions on the way guarantees the children are not bored. Moreover, when walking in a group, you can count on discounts and free entries to the popular attractions and extra activities there, for example workshops at the Karkonosze National Park. At the end of each trip, there is a knowledge contest in which the prizes are, among others, the Fairy-tale Karpacz city guide, sets of gadgets and souvenirs with the logo of the city.

Cyclical family events

February

Winter Olympics of Fun

One day a year, Karpacz is definitely the most fun place to be in Poland! Winter Olympics of Fun is a great entertainment with loads of attractions for the entire family. Long jump in snowshoes, hockey obstacle course or sprint in ski boots – such Olympic disciplines can be found only in Karpacz!

March/April

Polish Eggs Championships

On Easter Monday, at the Lodowiec slope, near the Chata Karkonoska restaurant, there are held ridiculous contests like “Steel egg,” “Throwing eggs at the Mayor’s portrait,” or “Throwing eggs at a distance.” For children, there are contests for the most beautiful Easter egg and Easter cake, and for all the hungry enthusiasts of eggs – tasting of giga-scrambled-eggs made of 2017, 2018, 2019... eggs!

March/April

Looking for the Easter Bunny

On the Easter Sunday, in the park at Lipa Sądowa (The Old Lime Tree), the Easter Bunny organizes a contest for all children. The park is filled with hundreds of colourful eggs in which children can find surprises. Set off for the hunt!

May

Arado Race – Mysteries of Karpacz

During the May Picnic Day weekend (1.05-3.05), in the centre of Karpacz, an exciting historical re-enactment with heavy military equipment is held. The performance is moving, so the spectators follow the actors and watch the battle between the enemy armies. Which mystery of Karpacz will be discovered this time?

May

Family May Picnic Day in Karpacz

During the May Picnic Day weekend, the colourful parade marches traditionally through the main street of Karpacz. It is led by the entertaining orchestra, majorettes and people on stilts. In the following days of the May Picnic Day weekend, there are family activities and artistic performances.

July

‘Parking’ by the Lime Tree

On the July Saturdays, after an active week full of sightseeing, ‘park’ by the Lime Tree. By this we mean you should come to the park by the Lipa Sądowa (The Old Lime Tree) where you can participate in family arts-and-picnic games. Each week, there is a different theme. During the day, there are creative workshops and activities conducted, and the finale is always a concert.

June

Family LEGO building

It is a great fun for the little builders and adults. The event is held during the long weekend on Corpus Christi holiday in the park at the Lipa Sądowa (The Old Lime Tree.) Each year, a new and unique project is created by all the participants supervised by experts. In the past few years, nearly 2 metres tall Spirit of the Mountains and lovely Minion, which all children love, were created. Apart from building, there are activities, contests, games and workshops for children.

August

The “Treasures of the Spirit of the Mountains” Karkonosze local market

The market is located in the park by the Lipa Sądowa (The Old Lime Tree) during the long August weekend on the Assumption of Mary holiday. Here you can find only what is best and authentic in Karkonosze: delicious food made of local products and handicraft of the local artists. Children can participate in various workshops on, among others, how to make a soap, how to felt or how to sugar-coat gingerbreads. Handmade works of art will be the best holiday souvenirs.

On the other side of Karkonosze



We invite you to visit
our Czech friends from
Jilemnice.

This diversified and picturesque region is located in the part of Karkonosze and mountain-foot areas. Families with children can find here many attractions, sport activities and cultural entertainment all year round.

In winter, you can use the local skiing facilities with ski trails of varied difficulty levels. Amateurs of cross-country skiing will be happy to find the Karkonosze Ski Route which runs across the entire Karkonosze. In the area, you can find also a few dozens of kilometres of other ski runs adjusted according to the weather conditions. Snow tubing and ice skating on the natural and artificial ski rinks will for sure be a lot of fun for children.

In summer, thanks to the network of well-marked tourist trails, the region is perfect for hiking. For children, there are educational trails with elements of fun like "Trail of smugglers" in Rokytnice, "Lufciak Trail" in Benecko, educational forest road "At the mill" in Martinice v Krkonoších or field game "Green Karkonosze" in Jilemnice. You can also visit the Hucul farm in Janova Hora where you can find horses and other domesticated animals and a stylish playground for children. If you are in the neighbourhood, visit the observation tower at the Žalý peak. If after the hiking you are too hot, you can cool down in one of the swimming pools in Mříčna, Kruh, Ponikla and Jablonec nad Jizerou. In Jilemnice, there is indoor swimming pool with sauna and salt cave.



You can participate in sport and cultural events in Jilemnice. We recommend you to visit, among others, Museum of Karkonosze in castle in Jilemnice, where you can find motorized and audio Christmas crib and permanent exhibition on history of skiing in Karkonosze. Not far from the castle, there is the so-called Nosy Little Street (Zvědavá ulička) where you can see how the original wooden buildings in Karkonosze looked like. Interesting museums can be also found in other towns. In Poniklá, there are, for example, museum of the old Karkonosze handicrafts and Rautis company where you can take part in workshops and create Christmas ornaments made of glass marbles.

See you in
Karpacz!



Visit www.karpacz.pl
and plan your dream holidays!

You can also find us on
Facebook: **UMKarpacz**
and Instagram: **miastokarpacz**



And now to the
post office!

Let your friends and family
know how great Karpacz is.

Karpacz



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Are you looking for an idea for holiday, winter break or a weekend trip out of the town? The city at the foot of Śnieżka is a great destination for a family trip!

In this guide you can learn the answers to these questions:

- What are the most interesting tourist and walking trails for family hikes in Karkonosze?
- What attractions will make any adult feel like a child again?
- What family events and attractions can you find in Karpacz all year round?



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