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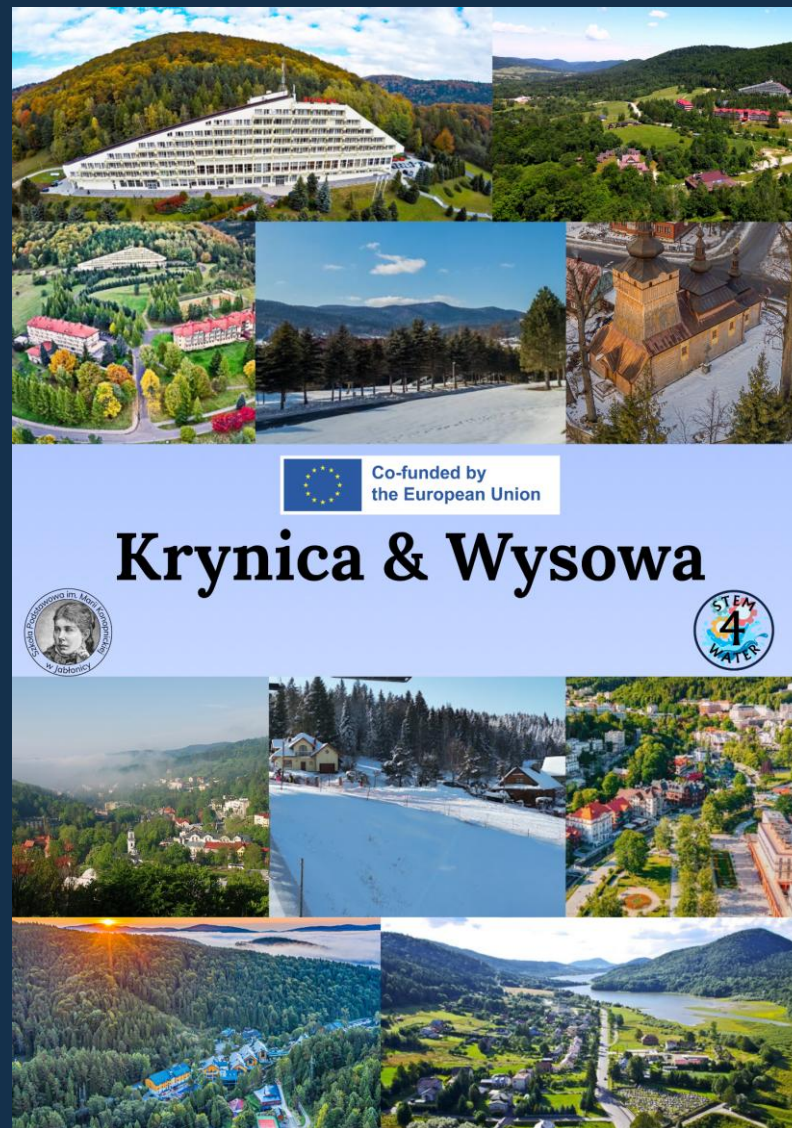
# Krynica & Wysowa

Krynica-Zdrój and Wysowa-Zdrój

**STEM for Water**

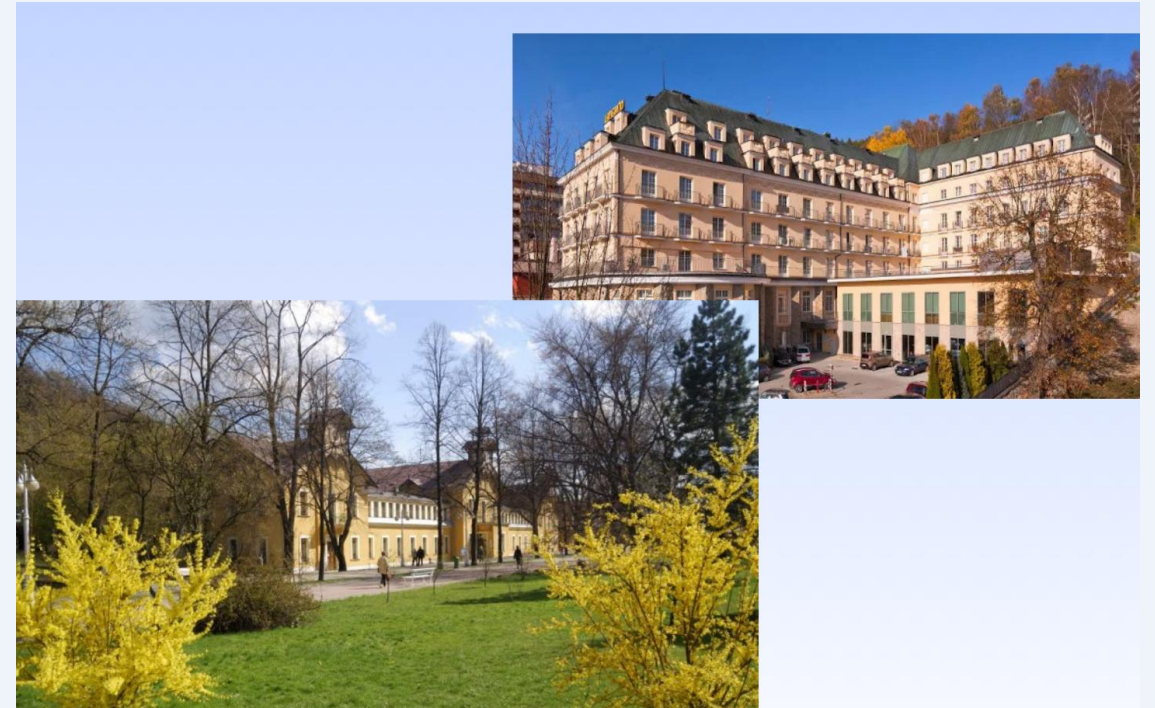


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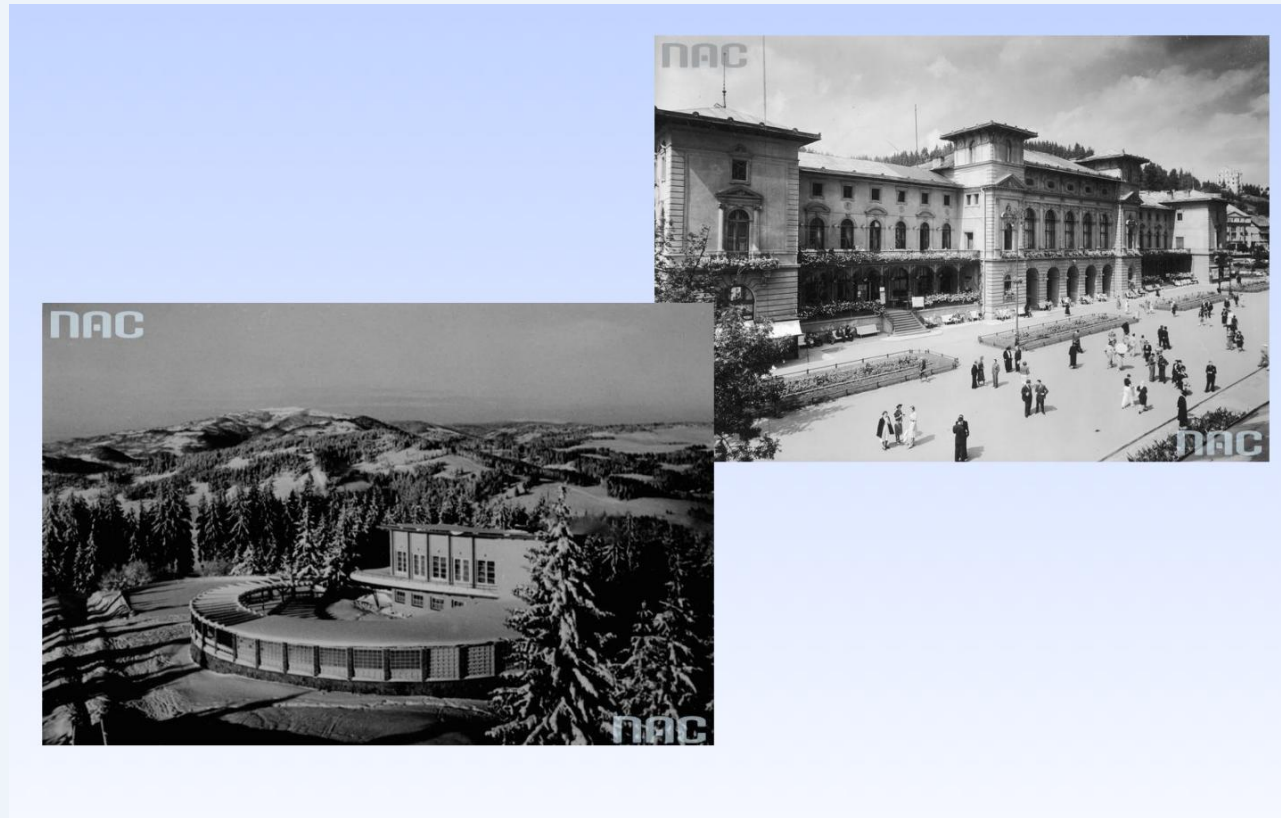
# Krynica-Zdrój – health resort

Krynica-Zdrój, known as the "pearl of Polish spas," is one of the most important spa resorts in Poland, operating for over 200 years. It specializes in therapies based on natural mineral waters.



# The history of Krynica Zdrój

The history of Krynica Zdrój dates back to the 16th century. The first written mentions of the village appeared around 1547. A turning point in the town's development came in the 18th century, when mineral water springs with healing properties were discovered. The biggest development of the spa took place in the 19th century. At the turn of the 19th and 20th centuries, the town continued to grow. Many villas, parks, and spa buildings were constructed. Today, Krynica-Zdrój is one of the most well-known spa towns in Poland.



# What services can we use in Krynica Zdrój?

Spa, rehabilitation, and holiday stays

Offers over 670 beds located in Krynica-Zdrój's most recognizable landmarks, right in the heart of the resort.

Therapeutic Treatments and Wellness

We offer a wide range of treatments including balneotherapy, hydrotherapy, physical therapy, kinesiotherapy, and massage.

Conference, Banquet, and Concert Organization

We offer unique event spaces: modern, equipped with professional equipment, as well as stylish, intimate, and historic venues.

## The most important attractions in Krynica Zdrój

1. Krynica promenade,
2. Mineral water pump rooms,
3. Museums,
4. Park Mountain,
5. Spa Park,
6. Observation tower,
7. Gondola lift,
8. Cross Mountain,
9. Rafting on the Poprad River.



# Mineral waters – Krynica Zdrój

The waters in Krynica are mainly carbonated, waters saturated with carbon dioxide.

Zuber   Kryniczanka   Słotwinka   Jan



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# The history of Wysowa Zdrój

The first mention of Wysowa dates back to 1359, when King Casimir the Great granted the area to Jan Gładysz. In the 15th century, a settlement existed here, located on a trade route through the Carpathians, where Hungarian wine was stored. A customs post operated here until 1848. The first spa baths were established in 1808. The spa's development began in the late 19th century following the modernization of the road from Ropa to Wysowa.



# Wysowa health resorts

Wysowa-Zdrój is a picturesque town in the Beskid Niski Mountains, famous for its mineral waters and peaceful climate. Major health resorts, including Uzdrowisko Wysowa S.A. (Biawena, Beskid Mountains), offer treatment for respiratory, digestive, and urinary tract diseases, utilizing a pump room, a spa park, and a wide range of natural therapies.



## Wysowa-Zdrój Attractions

1. Church of the Transfiguration of the Lord,
2. Wooden Church of the Assumption of the Blessed Virgin Mary,
3. Amphitheater,
4. Water Park,
5. Spa Park,
6. Pump Room in Wysowa-Zdrój.

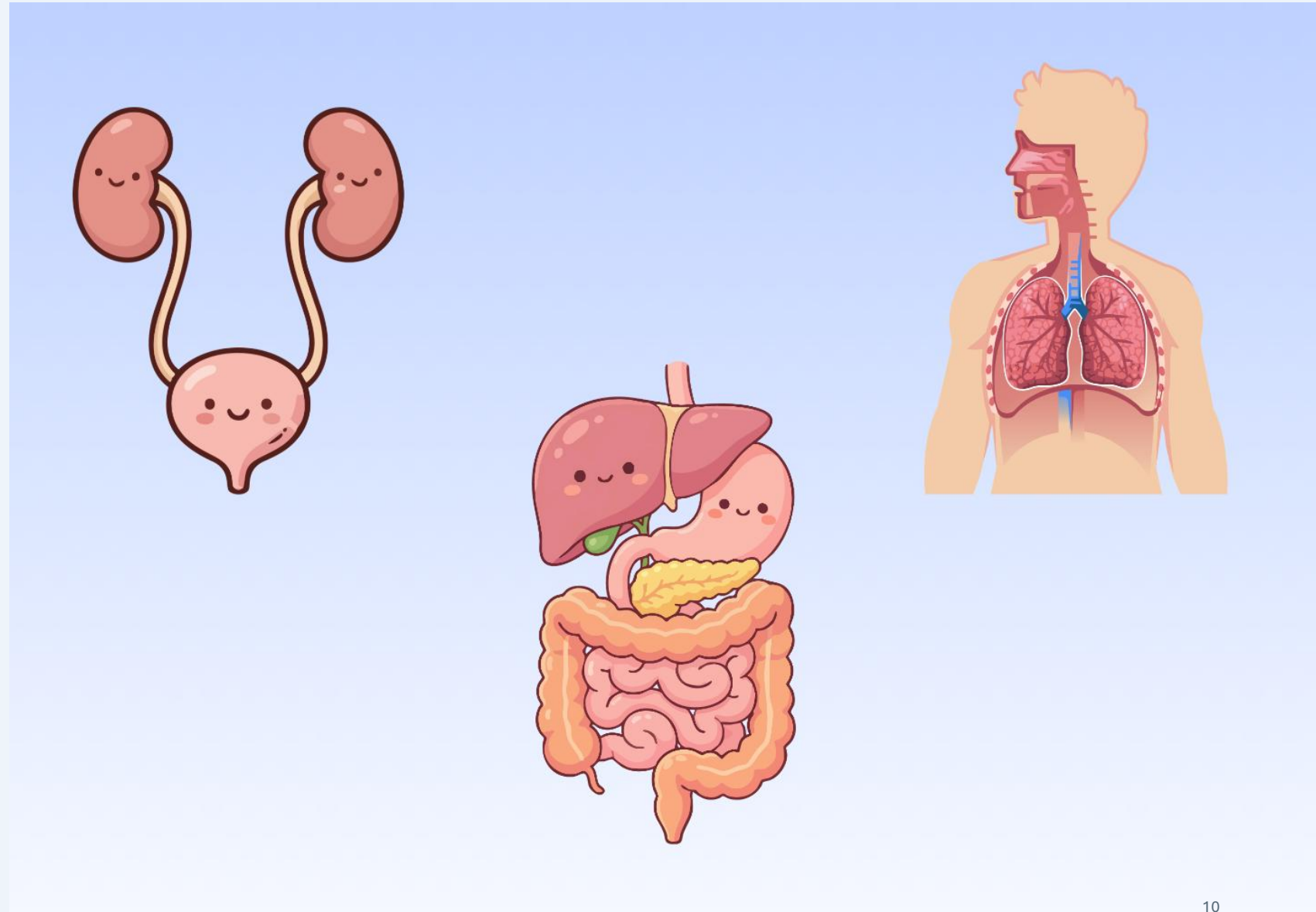
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# Mineral waters – Wysowa Zdrój

Wysowa Zdrój is famous for its healing mineral waters that help in the treatment of diseases of the digestive system, urinary tract and the regeneration process of the entire body.



# Thanks for watching!

Krynica-Zdrój & Wysowa-Zdrój



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