



波兰 罗兹省

罗兹省主要旅游地点

lodzkie region

main tourist attractions of
the lodzkie region (poland)



promotes
lodzkie



in the centre of poland

The Lodzkie Region can be visited by car, but it is better to explore it by sailing, walking, cycling or riding a horse.

In the region, there are almost 100 bicycle paths marked, leading through the most beautiful corners of the region. Four rivers: the Warta, Pilica, Bzura and Rawka and two artificial basins: the Sulejowski Reservoir and the Jeziorsko Reservoir wait for amateurs of water sports, sailors and fishermen. The longest horse track in Europe with the length of 1,8 thous. km is also a great tourist attraction.

Along five cultural routes: the Amber, Roman, Cistercian, Warsaw-Vienna railway and Grunwald one can admire monumental towns, castles, palaces and churches. Pearls of architecture include, i.a., the arch-collegiate in Tum, a monastery in Sulejow and a church in Inowlodz. A ride on a narrow-gauge steam train down the Rogow railway, constructed in 1915 for the needs of the German-Russian front, is worth taking. In Konewka near Spala one may visit railway bunkers, erected by Nazi soldiers.

The Lodzkie Region is a paradise for history fans. In summer, in Leczyca and Uniejow there is a meeting place for knights tournaments. Every year in June near Bolimow, performances are organized: battles from the period of World War I and on an anniversary of World War II outbreak, performances of the Bzura battle from 1939.

The Lodzkie Region was created by a merger of many regions, diversified in geographical terms. Until now, former customs and traditions are present here. A hungry and thirsty tourist may taste local dishes and drinks everywhere as well as attractions intended not only for fans of folklore.

罗兹省位于波兰中心

罗兹省旅游方式包括骑车，帆船，走路，骑自行车或。。骑马。

罗兹省具有超过100条骑自行车道。该自行车道周边地点非常美。罗兹省有四条河其中包括 **Warta, Pilica, Bzura,Rawka** 河及两个人工水池其中包括**Sulejowski, Jeziorsko**水池。水上运动爱好者，水手爱好者及渔民爱好者都可以享受罗兹省美丽的河及水池。罗兹省除了这些之外，还有欧洲长度方面最长的骑马道，它长度等于一千八百公里。

罗兹省还有四条文化路线包括活泼罗马路线，四多会路线，华沙维也纳铁路，格伦沃尔德路线。路线周边游客会享受大多数的城镇，城堡，宫殿及教堂。xTum市合以，**Sulejow**市修道院，**Inowlodz**市教堂是值得旅游的地方。除了这些之外，还有于1915年建成的**Rogow**的铁路。在**Konewka**市游客可以参观铁路掩体。

在罗兹省历史方面爱好者无法感受无聊。暑假期间游客可以观看**Leczyca**市和**Uniejow**市骑士比赛。每年都有战斗包括从第一次世界大战时间的战斗，1939年的**Bzura**市咱都性能。

罗兹省是个由许多小地区创建的一个省份。至今，古代的习俗及传统都仍然在这里存在。游客到处都可以感受家常菜。



chapter 1:

lodz - capital of the lodzkie region

- Lodz is the third-largest city in Poland.
- Capital of the Region is located in the central part of the country and is approximately 135 kilometres (84 miles) south-west of Warsaw.
- The city's name translates literally as „boat”.
- In the past it was an important industrial centre. The city, dubbed ‘the Polish Manchester’, has been famous for its textile industry. After years of prosperity during the socialist era, the city experienced decline after the fall of communism throughout Central and Eastern Europe. At present, postindustrial buildings are gaining new life through revitalization.

main tourist attractions:

第一章：

罗兹省首都 - 罗兹市

- 罗兹市是波兰第三大城市
- 罗兹市是罗兹省首都，位于波兰中心，离华沙有135公里
- 罗兹市名字直接翻译为船舶
- 罗兹市之前是国家重要工业及纺织品中心。许多年后城市经历了在东欧国家共产主义下降的后果。目前它变成了一个具有许多后工业大厦的城市。

主要旅游地点



1/ the piotrkowska street

- The high-street and main tourist attraction in the city which runs north to south for a little over five kilometres (3.1 miles). This makes it one of the longest commercial streets in the world.
- Full of 19th century mansions, many of which has been renovated.
- It is the site of most restaurants, bars and cafes in Lodz's city centre.

piotrkowska街

- Piotrkowska 街是全国最长的步行街之一。它也是罗兹市主要旅游地点，长度为5公里。
- Piotrkowska 街具有许多19世纪的豪宅，大多数的豪宅已经被翻新了。
- Piotrkowska 街具有很多饭店，酒吧，咖啡馆等等。

2/ manufaktura

- It was the biggest factory complex in Lodz.
- The former empire of Izrael Kalmanowicz Poznanski is the most popular entertainment center in Lodz, packed with shops, pubs, restaurants and museums.

manufaktura购物中心

- 以前它是罗兹市最大的工厂。
- Manufaktura购物中心是罗兹市最有名娱乐中心，里面有购物店，酒吧，饭店及博物馆。以前这个地方属于 Izrael Kalmanowicz Poznanski。

3/ izrael poznanski's palace

- Situated next to Manufaktura.
- Built in the second half of the 19th century.
- The reason behind the eclectic style of the building - the legend says that when asked in which style he would like his palace to be designed, Izrael Poznanski answered 'I can afford all the styles'.

izrael poznanski的宫殿

- 宫殿离Manufaktura 购物中心很近。
- 宫殿是在19世纪建成的。
- 该宫殿有折衷主义风格。



5/ lagiewnicki forest

Lagiewnicki Forest lies within the city borders and covers 1,200 ha, which is unique among European metropolises – as none other can boast having such an extensive forest unit.

lagiewnicki森林

Lagiewnicki森林面积为1,200公顷，也是欧洲比较大的森林。



4/ the priest's mill

- Residential and factory complex which in the 19th century belonged to the richest industrialist in Lodz, Karol Wilhelm Scheibler.
- On a plot with surface area of 500 ha a 'factory town' was created, with a complex of industrial buildings, workers' housing estate, family residences, ballroom, community center, church, hospital, school, railway station, fire brigade, shops, and park.
- The Herbst's residence now houses the Art Museum, the old weaving mill was turned into luxury lofts and the other buildings are being successively restored to their original glory.

牧师的磨坊

- 目前牧师的磨坊是罗兹市里住宅及工厂地区。在19世纪属于罗兹市最富有的实业家叫Karol Wilhelm Scheiber
- 牧师的磨坊地区为500公顷，很多年前具有工业建筑，住房，舞厅，社区中心，教堂，医院，学校，铁路站，消防队，小卖部及公园。
- 目前牧师的磨坊地区具有豪华住房。

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chapter 2: the medieval castles in lodzkie region: uniejow and leczyca

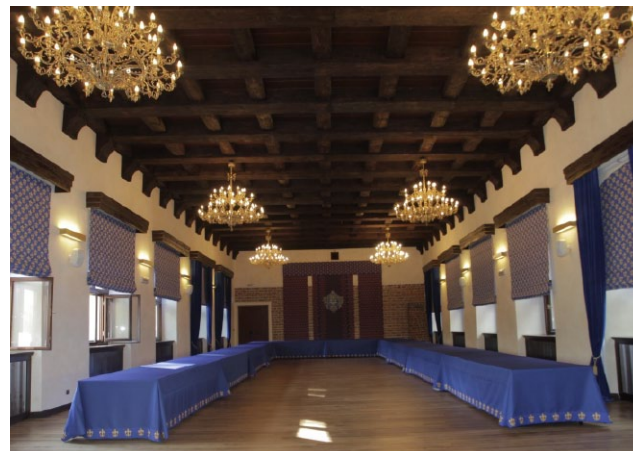
uniejow

uniejow is a unique place located in the very heart of poland.

- Thanks to the discovery of geothermal springs and its exploitation, it has become a spa – the only place in the central Poland with the health resort status.
- It is a town proud of its modern tourist and recreational infrastructure, bustling with life during cultural and sport events and at the same time caring for its natural surroundings and history.
- Uniejow's specialty is warm saline spring which is more and more utilised for both medical and recreational purposes. It is also a natural fuel, which can heat homes, farms and commercial buildings, and heat soil , for example on football pitches.
- In Uniejow, history and modernity harmonize perfectly. Its rich past is illustrated by the beautiful 14th-century castle and other historic buildings.

6/ castle of the archbishops of gniezno

- Situated on the left bank of the Warta River, the building, which dates back to the second half of the 14th century, owes its name to the diocesan synods and clergy conventions that used to be held in its walls.
- The castle was a defensive one and, therefore, it was suspected that apart from the library full of church archives and books the archbishops kept their treasures here during the wars. These treasures became a basis for a legend about the local white lady ("Uniejka") who was to save the town's inhabitants from robbers, lurking for the possessions hidden in the castle.
- Reconstructed in 1632 in the Renaissance style, the castle was considerably devastated by a fire and two decades later, during the Swedish Deluge, it fell into total decay.
- In the first half of the 19th century it was rebuilt and converted it into a summer residence.
- Tourists can visit the castle tower, the yard and the underground room where the dungeons are located.
- Today, the castle houses an elegant hotel, where one can hire a room equipped with a four-poster bed and medieval everyday furniture and bathrooms in the medieval style or the Eclectic Suites. Spending a night in the Ruby, Golden or Emerald Suite will take visitors for a journey back to the 19th century.
- The stylish interiors and professional personnel of the Castle's conference centre guarantee a successful, original event.
- In the restaurant tourists can relish excellent local cuisine in the remarkable interiors.



第二章： 罗兹省uniejow市及leczyca市中世纪城堡

uniejow市

uniejow市是独特的地方也位于波兰中心

- Uniejow市成为温泉城市，它是波兰中部为一个温泉地点。
- Uniejow市是现代化旅游地点，具有娱乐基础设施。每年都有多数的运动比赛，文化活动。
- 盐水温泉是Uniejow市特色旅游地点。盐水温泉有医学方面的许多好处。它也是天然燃料。
- Uniejow市是一个历史及现代化的城市，具有14世纪的城堡及其它历史上有名的建筑。

格涅兹诺大主教城堡

- 格涅兹诺大主教城堡位于Warta河的左岸。大主教城堡建筑是在14世纪构建的。
- 除了许多本书及教堂资料之外，大主教战争期间内把自己的宝藏保留了在该城堡。这些宝藏作为“白姑娘”传说基础。白姑娘目的是保护城市居民。
- 城堡1632年被大火摧毁。
- 在19世纪上半叶被重建及变成了暑宫。
- 游客可以参观城堡塔，院子及地下室（也是地牢的地方）。
- 目前它是一家优雅的酒店，房间里具有中世纪风格家具。入住酒店会感觉到19世纪的风格。
- 时尚装饰及专业雇员会保证每个活动的成功。
- 饭店具有卓越风格，菜单包含家常菜。

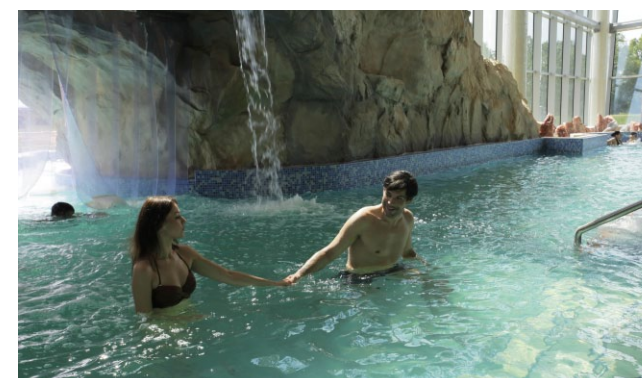


7/ thermal pools complex

- The thermal pools complex is the most recognisable and the most popular facility in Uniejow.
- It is entirely heated with geo-thermal energy. It offers a number of attractions related to the medicinal and recreational properties of water.
- All year round, tourists can use the facilities that are available in the open air: heated brine pools, recreational pools equipped with a massage system, a Jacuzzi island, an artificial "wild" river, children's pools with slides and wading pools, a water bar, and even a beach and a pier if the weather is favourable.
- Inside the thermal park building there is a large swimming pool. Moreover, one can find there the sauna and SPA (Wellness & SPA) zone which offers various forms of relaxation.

温泉池

- 温泉是Uniejow市最著名的地方。
- 温泉由地热能加热。它提供大量的医学方面的好处。
- 游客一整年会利用外面设备包括温泉游泳池，游泳池，按摩设备，按摩浴缸，人工河，小孩游泳池，水吧，沙滩及码头。
- 温泉公园建设里面有游泳池，桑拿，水疗区等等。





8/ mill farmstead

- In this eventful open-air museum one can visit the milling industry museum and take part in the process of flour production or rent an apartment in the newer of the windmills.
- Accommodation is also offered by the manor house. In the farmstead tavern tourists can try home-baked bread and other dishes prepared following traditional recipes.
- The reconstructed stable houses a horse hotel, and in the 19th-century barn there is a conference room with the exhibits of old-time horse-drawn vehicles and farm tools.



磨坊农庄

- 磨坊农庄游客可以参观制粉业博物馆，制粉生产过程。游客也可以在磨坊农庄附近租房享受农庄生活节奏。
- 游客在私人家会有机会住几个晚上。
- 磨坊农庄附近还有古代，19世纪风格的入住机会。



9/ thrills aplenty

- Archery, training on a jousting machine, spear throwing – these are just some of the activities at Uniejow's Knight's Academy.
- One can gain a deeper insight during the medieval fair and jousting tournaments. In July and August for two days the power over the town is taken by the Knights Society. This is when medieval tournaments, early music concerts, fairs and many other attractions are organised. Of course, the participants of these events shoot bows and trebuchets. Moreover, as it used to be during fairs – dance shows, bowmen shows, concerts and knights fighting are performed.
- The spring POW WOW: North American Indians' Music and Dance Festival is an event in which the Polish American Indian Friends Movement participates. Traditional and contemporary dance shows, the reconstruction of Indian customs and a souvenir fair prove that this culture is still alive.

惊险刺激

- Uniejow市骑士学院提供活动其中有射箭活动，角逐机培训，掷矛活动。
- Uniejow市活动比较丰富。每年6月份及8月份Uniejow市都会举行中世纪性比赛，音乐会，展销会等等。其中也有舞蹈表演，弓箭手表演，演唱会和骑士的战斗。
- Uniejow市举行POW WOW 节叫北美印第安人的音乐和舞蹈节。本节参加者其中有波兰的美国印圈。传统和现代舞蹈表演，印度习俗，纪念品会是这种文化还活着的公平的证明。



INFORMATION – The Thermal Spa and Pool Complex
open every day from 10.00 a.m. - 9.00 p.m.
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99-210 Uniejow
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e-mail: informacja@termyuniejow.pl

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Group booking:
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集团预定
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leczyca

- The oldest Leczyca's settlement existed in the 6th century. It was a complex consisting of a fortified market settlement and religious centre in Tum. The settlement near the collegiate church was called 'Old Leczyca'.
- The city incorporation charter was granted in 1267 to a town located on the west bank of the Bzura River, which sprang from the market settlement in the 13th century.
- In the middle of the 14th century King Casimir III the Great built a royal castle and erected the city walls. A network of cobbled streets was also established then (existing until today).
- The Jewish district –Jewish Street. The settlement created in the 13th century turned into a royal town.
- Until the 16th century the town played an import and role in Polish politics. The Swedish invasion of Poland in 1655-1660 left the town and the castle in ruins.
- After the second partition of Poland in 1793 the Prussians entered the city and the character of the town changed. The occupant's forces turned it into a well-fortified stronghold with a bastion system.

leczyca市

- Leczyca市于6世纪建设，具有森严市场及位于Tum镇宗教中心。古代的Leczyca市小区位于学院教堂旁边。
- 西部Bzura河的小城市于1267年建设了。
- CasimirIII王于14世纪设立了皇家城堡，那时候街道网络也设立了。
- 13世纪建立的犹太人成为皇家城镇。
- 至16世纪城镇发挥了波兰政坛的重要作用。1655-1660年瑞典侵入波兰后，城镇变成了废墟。
- 1793年普鲁士人进入了城镇。城镇变了自己的风格。它变成了一个强化的据点。

10/ the royal castle

- The Royal Castle was built in the 14th century by King Casimir III the Great, as one of the strongholds defending the country.
- The Castle in its time of greatness was temporarily a place of stay for the kings.
- It was in Leczyca's Castle where King Władysław Jagiello made the decisions to help Lithuania in its war with the Teutonic Order in 1409.
- In 1410 Great Poland's forces gathered near Leczyca and set off to fight the battle of Grunwald (one of the biggest battles in medieval Europe). The mercenaries captured after the battle were imprisoned in the noblemen's tower.
- In the summertime it is a place of knights tournaments.

皇家城堡

- 皇家城堡被 Casimir III the Great 王于14世纪建设了。
- 皇家城堡被原来是国王留的地方。
- 在Leczyca城堡Wladyslaw Jagiello王决定了帮助立陶宛在它的1409年的骑士团战。
- 1410年波兰在Grunwald市进行了战争（欧洲做大的战争之一）。
- 暑假这是骑士比赛的地方。



leczyca's surroundings:

11/ open-air museum in kwiatkówek

- Project implemented in 2013 by the Museum of Archeology and Ethnography in Lodz as a part of the international project called the Romanesque Route.
- While visiting the open air museum in Kwiatkówek one can admire examples of architecture from the 19th century, including windmills, rural house, workshops etc.

leczyca市附近

kwiatkówek镇露天博物馆

- 2013年被罗兹市考古学和民族学博物馆建设了。
- Kwiatkówek镇露天博物馆具有19世纪建筑包括风车, 农村房子等等。

12/ the collegiate church of st. mary and st. alexius in tum

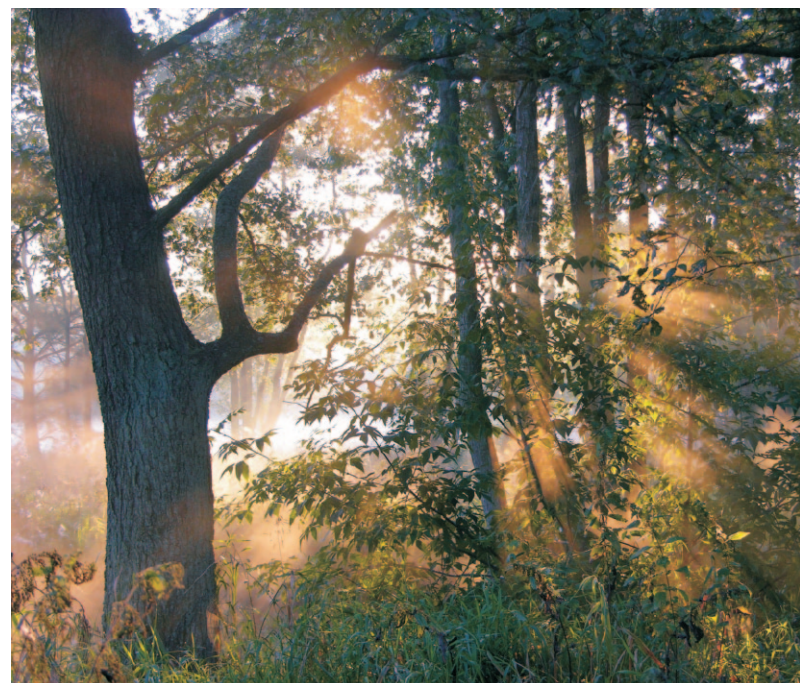
- A Romanesque church of granite built during the years 1140–1161.

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tum镇的教堂叫 collegiate church of st. mary 及 st. alexius

- 本教堂于1140-1161建设了。

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chapter 3:

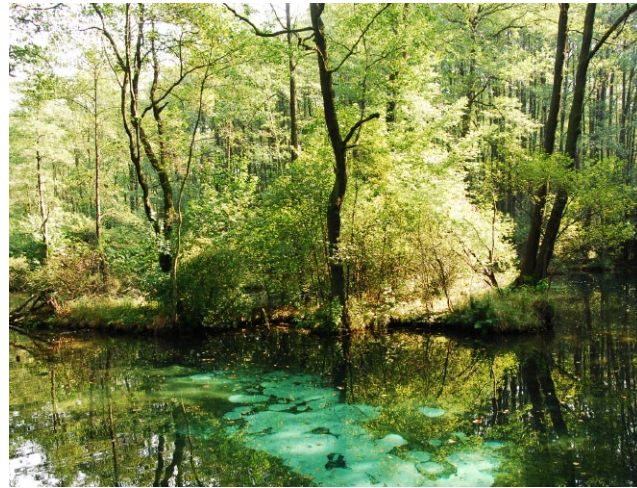
the pilica river crossing - spala and surroundings

第三章:

pilica河-spala市及它的附近

13/ spala

- It lies on the Pilica river, 54 km (34 miles) south-east of the regional capital Lodz.
- Spala is a former hunting residence of Russian tsars and presidents of the II Republic of Poland.
- Currently it is a small resort and the seat of the Sports Olympic Centre in Spala.



14/ konewka and jelen (spala forest)

- Few minutes away from Spala by car, one can visit the complex of old German bunkers from the period of World War II.
- The bunkers were provided with technical facilities for staff trains.

15/ pilica river ethnographic museum and blue springs reservoir

- The Pilica River Ethnographic Museum includes a historic watermill and Poland's biggest collection of mill stones. It gained the title of Best Tourist Product of 2005 (granted by the Polish Tourist Organisation).
- The Blue Spring is a unique nature reserve situated close to the Pilica River Ethnographic Museum. It protects the northernmost Polish karst spring.

16/ inowlodz

- It lies approximately 60 km (37 miles) south-east of the regional capital, Lodz.
- Inowlodz is one of the oldest towns in Poland. It was first mentioned in documents from 1145, and by then, it already had a city hall, a church, a fair, and a custom house, located on the Pilica River crossing.
- While visiting Inowlodz one can admire: a Romanesque, brick-built church dedicated to St Giles (built in 1086, destroyed in 1915, restored between 1936-38), one of the most treasured monuments in the Lodzkie Region; castle ruins (the first half of the 14th c.); a former synagogue or a Jewish cemetery from the beginning of the 19th century.

spala市

- Spala市位于Pilica河旁边，离罗兹市距离有54公里
- Spala市是曾经的狩猎俄国沙皇及波兰II共和国总统住所
- 目前是小区及运动比赛中心



konewka镇及jelen镇

- II战后的德国碉堡离Spala市很近，开车需要几分钟会到
- 碉堡里面的所设备比较丰富

pilica河民族博物馆及blue springs池

- Pilica河民族博物馆具有历史水池及波兰磨石头。磨石头在2005年变获得了波兰旅游机构的波兰旅游产品奖。
- Blue Spring池是独特自然景观，它离Pilica河民族博物馆很近。

inowlodz市

- Inowlodz市离罗兹市距离有60公里
- Inowlodz市是波兰最悠久的城市之一。在1145年在文件第一次提起它了。以后Inowlodz市具有市政厅，教堂，展览楼。
- 游客会享受砖建造教堂（在1086建设，在1915年废止，在1936-38 恢复），罗兹省最珍贵古迹之一，城堡遗址（14世纪上半叶），前犹太人教堂及犹太人墓地（19世纪初）

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chapter 4:

lowicz, the county of folk and tradition

第四章：

lowicz市，民俗及传统城市

17/ lowicz and the open space museum in maurzyce

- The history of Lowicz dates back to the 12th century.
- In 1940, during the Nazi occupation of Poland, German authorities established a Jewish ghetto in Łowicz, in order to confine its Jewish population for the purpose of persecution and exploitation. The ghetto was liquidated in March 1941, when all its 8,000–8,200 inhabitants were transported in cattle trucks to the Warsaw Ghetto, the largest ghetto in all of the Nazi-occupied Europe. From there, most victims were sent to Treblinka extermination camp.
- Worth visiting: Baroque Cathedral Basilica, built in the first half of the 17th century; ruins of the Gothic castle of Primate of Poland, built in ca. 1355; the Open-air museum in Maurzyce.

18/ arkadia

- Arkadia is a village widely known for its English gardens created in the 18th century.
- Popular place among tourists, lovers and newlyweds.

19/ nieborow

- The Palace in Nieborow and its park belong to the one of the most renowned residencies in Poland.
- Constructed in 1774, the complex consists of a palace, coach house, manufactory, outbuilding, orangery and two parks.

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<http://www.lowickie.eu>

lowicz市级maurzyce市空地博物馆

- Lowicz市历史悠久，在12世纪开始。
- Lowicz市贫民区是被纳粹建设的。纳粹建设贫民区愿意是为了进行限制其犹太人口的迫害和剥削。1941年3月份贫民区被废止了。贫民区的8000–8200的居民被运送到华沙贫民区，欧洲最大的贫民区之一。大多数受害者被送到Treblinka集中营。
- 游客也可以观看在17世纪建设的Baroque Cathedral Basilica，1355年建设的哥特式城堡及Maurzyce市博物馆。

阿卡迪亚镇

- 阿卡迪亚镇具有英式花园，花园是在18世纪创建
- 阿卡迪亚镇是游客其中比较有名的地方。

nieborow镇

- Nieborow宫殿及花园当波兰最负盛名的住宅
- Nieborow宫殿建于1774年，除了宫殿之外，还有具有工厂，附属建筑，公园等等。

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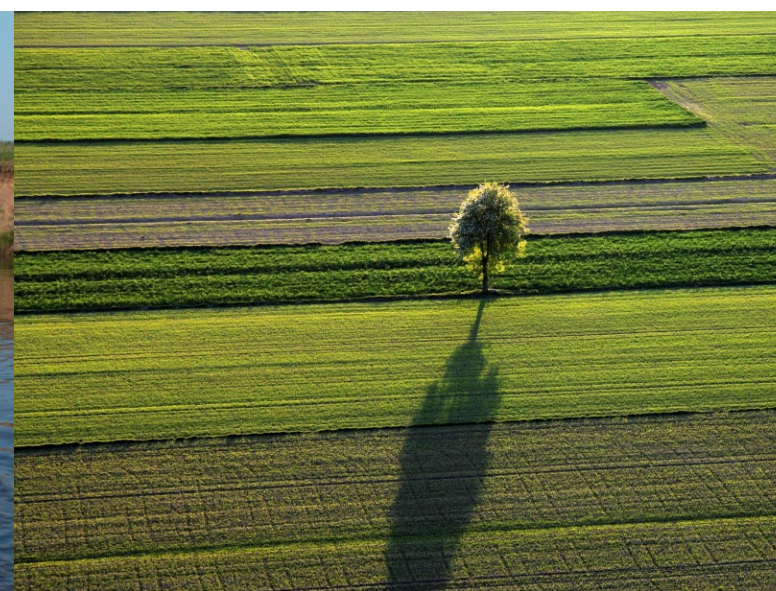
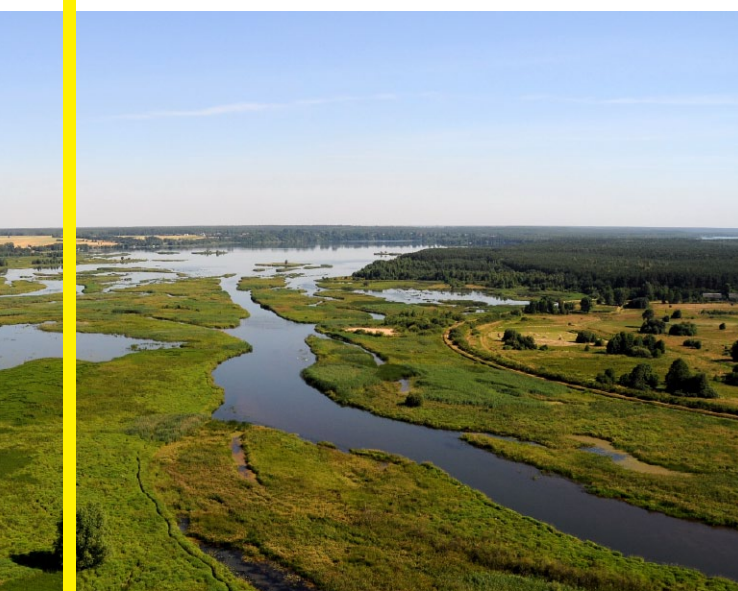
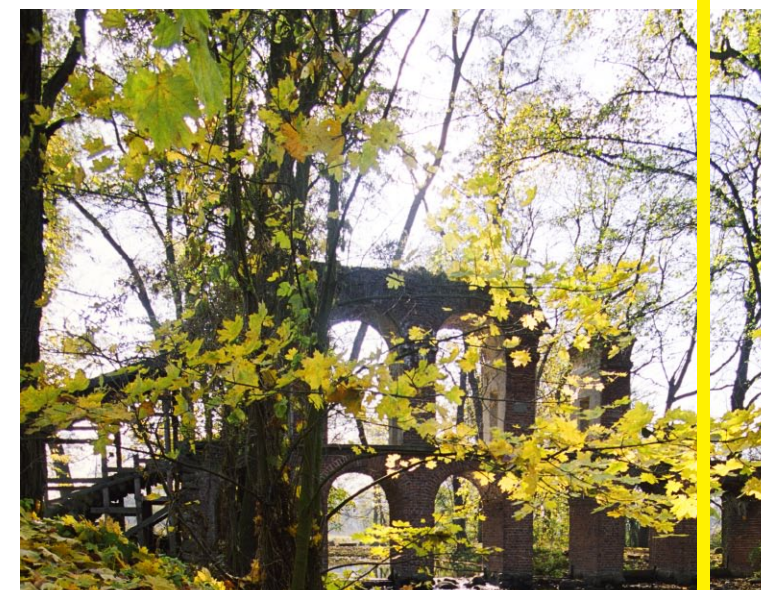


chapter 5: wildlife

第五章： 野生生物

Photography: archives of the Marshal's Office of the Lodzkie Region; Piotr Wypych; Lukasz Swituniak; Sebastian Glapinski; Robert Bobryk.

照片：罗兹省政府档案；Piotr Wypych摄影师，Lukasz Swituniak 摄影师，Sebastian Glapinski摄影师，Robert Bobryk摄影师



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