

PODLASKIE FOR WEEKEND



Podlaskie



DISCOVER THE MYSTERIES
OF THE EAST

...IN THE BIAŁOWIEŻA FOREST

So you're here! Take a deep breath and surrender to the calmness of the woodlands, fields, waters and charming wooden cottages. Just close your eyes and listen to the nature around you. Now open your eyes and look at those beautiful wooden Orthodox churches that smell of old wood, history and tranquillity. Animals, plants and people all live in perfect harmony with each other here. This world of different traditions, cultures and religions has existed peacefully through the ages. That's the magic of the Białowieża Forest. Welcome to Podlaskie!

FRIDAY

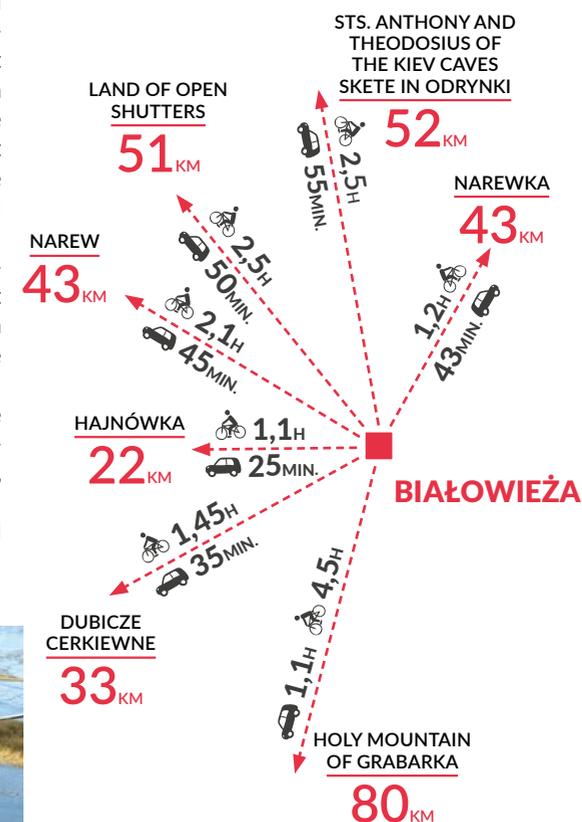
You couldn't dream of a better Friday. Explore the picturesque Land of Open Shutters. Three localities: Trześcianka, Soce and Puchły have a display of richly ornamented wooden houses. As soon as you arrive, leave your baggage and problems behind you and go for a walk or take a bike ride. Then taste the local cuisine, which is a good way to get to know the region's culture. And in the evening, relax in a sauna or in a steaming wooden tub or Russian bath.

**SATURDAY**

If you enjoy visiting interesting places and discovering new things – after a hearty breakfast be sure to visit the Sts. Anthony and Theodosius of the Kiev Caves Skete in Odrynki, located on a lovely island on the Narew River. Let the stillness of the hermitage sink in. Further on, the route abounds in beautiful landscape views. You will see historical wooden Orthodox churches and a modern church, as well as a small church with the magical Krynoczek spring in the Białowieża Forest. A different way to see the region is to try out the questing games. In the rhymes and riddles you will learn about interesting stories and legends. And at the end of each route there is a treasure waiting! In the evening, you can listen to the local music and songs at a fair or by a campfire.

**SUNDAY**

This is a day of rest and maybe some wandering. Discover a unique place that attracts like a magnet with its mysterious forces. The Holy Mountain of Grabarka draws not only religious followers, but also anyone who wants to enjoy the mood of tranquil mysticism in the unique surroundings. You can also spend the day in a leisurely way on a bike ride or in a kayak. Meet the friendly local folk and have a chat with them. You will hear their stories about life in rural Podlaskie. On your departure take with you the flavours and aromas of the Białowieża Forest, locked in its honeys, fruit preserves, local cheeses, breads and herbs. After this memorable weekend, you will retain an inner calm for a long time.



HOTEL BIAŁOWIESKI
Białowieża
218 B Waszkiewicza St.
+48 85 681 20 22
www.hotel.bialowieza.pl

BOJARSKI GOŚCINIEC
Narewka
28 Ogrodowa St.
+48 606 232 528
+48 606 264 022
www.bojarskigosciniiec.eu

WROTA LASU INN
Hajnówka
14 Piłsudskiego St.
+48 85 876 72 34
+48 697 133 293
www.wrotalasu.pl

ŻUBR AGRO-TOURISM ASSOCIATION
12 Zabłotczyzna
+48 607 319 760
www.agrobialowieza.pl

PUSZCZA BIAŁOWIESKA AGRO-TOURISM ASSOCIATION
Narewka
50 Mickiewicza St.
+48 85 685 82 15
www.agrokwatara.eu

U JANA INN
Dubicze Cerkiewne
52 Główna St.
+48 692 888 852
+48 501 294 562

BABUSHKA BISTRO
Hajnówka
59k 3 Maja St.
+48 535 007 127

SLOW DOWN IN BIAŁOWIEŻA THE HEART OF THE FOREST

The green heart beats with its own rhythm. Listen to its beat and feel the natural rhythm. This is the way of the Białowieża Forest - a UNESCO World Heritage Site. Whoever comes here leaves a part of himself and will be returning here again, longing for the green woodlands, meadows and fields, criss-crossed by valleys of meandering rivers.

FRIDAY

Start the weekend slowly, enjoying the beauty of the surrounding nature.

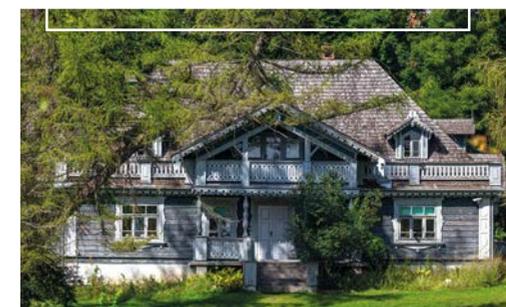
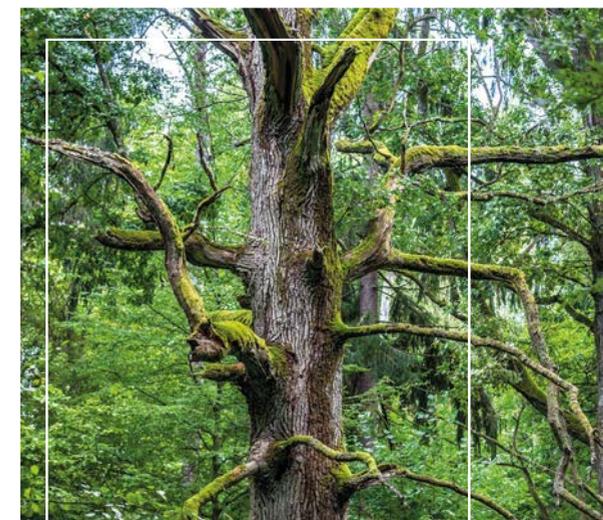
When taking a walk along the Trail of Royal Oaks and Dukes of Lithuania in Stara Białowieża wild area, embrace the grand oak trees and draw in their strength. The ancient oaks murmur their tale of the history of the Forest... In the evening, try out the specialties of Polish, Belarussian, Ukrainian or Russian cuisine and get ready for the next exciting day.

SATURDAY

An exciting time of discovering the Forest awaits you. It will graciously let you into its territory on the condition that you will respect everything you meet on your way. Start with the Nature and Forest Museum of the Białowieża National Park. Learn about the nature and history of the Forest, then come in contact with it personally. You can walk, ride a bike or take a horse carriage to the heart of the Białowieża National Park Protected Area Reserve. Be sure to take along a guide to tell you about how nature manages without human intervention.

After your exciting expedition, try out the opieniek mushroom soup or soljanka soup, pierogi or potato cake. And don't forget dessert - the delicious marcinek cake of Hajnówka.

If you have strength in your hands, you can take the hand-powered Białowieża Trolleys (Białowieskie Drezyny) for a ride through the forest. In the evening relax in the hotel pool or spa, or in the guest garden, or take a quiet walk around the area.



 **GUEST HOUSE OF THE BIAŁOWIEŻA NATIONAL PARK**
Białowieża
11 Park Pałacowy St.
+48 85 682 97 29
www.bpn.com.pl

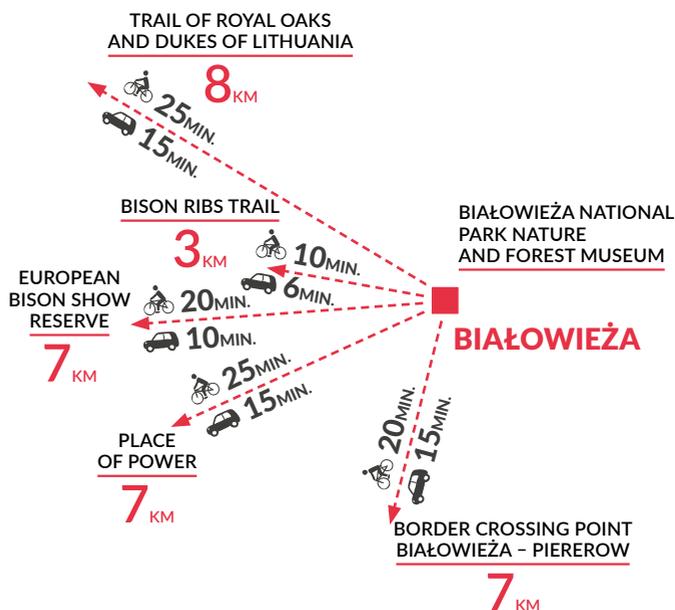
 **KRESY APARTMENTS**
19 Pogorzelce
+48 85 681 26 66
+48 694 518 114
www.galeriakresy.pl

 **WEJMUTKA MANOR**
Białowieża
1a Kolejowa St.
+48 85 681 21 17
+48 698 404 944
www.wejmutka.pl

SUNDAY

Thinking of an active morning? Then Nordic Walking is just for you. The forest scenery will encourage you to inhale deeply and relieve stress. Maybe you'll take off your shoes and feel the forest path under your feet? Or do you prefer jogging? There is no better or healthier place for it. Didn't get to see a bison? No loss, you'll be sure to come across one in the show reserve.

This region, so richly endowed by nature, is great for outdoor activities – walking along the Bison Ribs Trail or to the Place of Power. And bicycle escapades will take you as far as the Belorussian part of the Forest. However, if you aren't in the mood for active ways of spending time, you can take a narrow-gauge train ride through the forest. It's lots of fun, with lovely views along the way, being a perfect ending to a weekend in the Białowieża Forest.



BIEBRZA

THE KINGDOM OF BIEBRZA

LISTEN TO THE SOUNDS OF NATURE

To be close to nature is to respect it and to learn about it, to enjoy its beauty and what it has to offer. The Biebrza National Park abounds with natural attractions just waiting to be discovered. Come and see the wealth of plants, forest organisms and animals. There are also water activities as well as rich culture cultivated by the local folk. A magical weekend spent here will be remembered forever.

 **STOCZEK 1929**
Białowieża
74 Waszkiewicza St.
+48 85 730 32 09
+48 601 588 828
www.stoczek1929.pl

 **TSAR RESTAURANT**
Białowieża
4 Stacja Towarowa
+48 602 243 228
+48 85 681 21 19
www.carska.pl

 **POLANA ŻUBRA**
47A Pogorzelce
Białowieża
+48 607 531 995
+48 723 044 614
www.polanazubra.pl

FRIDAY

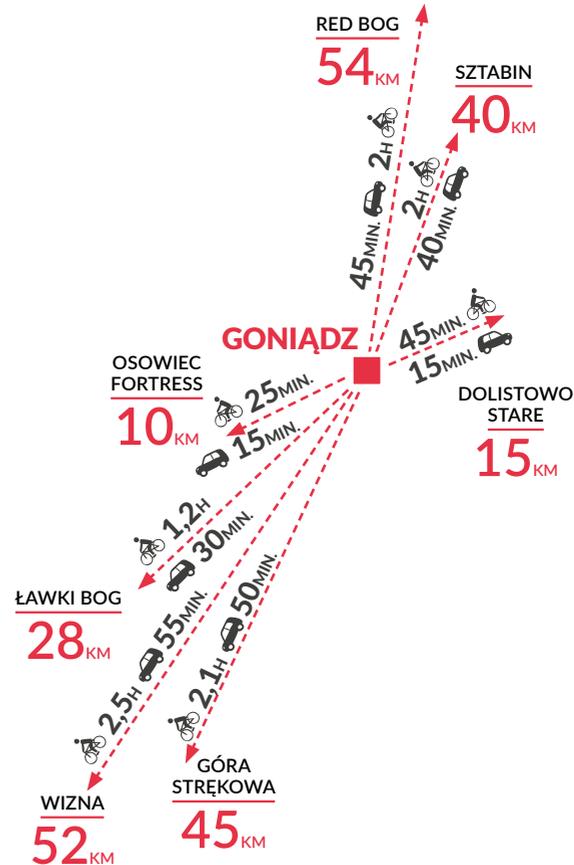
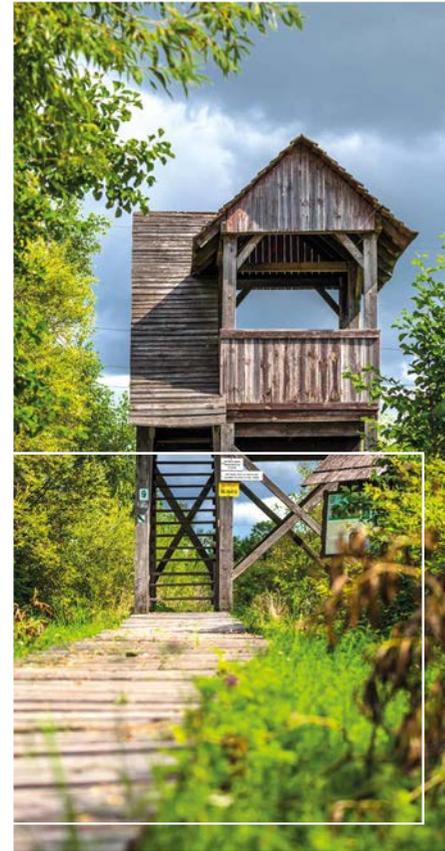
Apart from relaxing by the water, you can take part in the "Zioła na wesoło" (Fun with Herbs) workshops. You will learn which herbs are good for beauty and which ones can stave off depression. You will hear about what to do after too much partying or how to deal with marital problems. You can make your own herbal concoctions to take home with you. The world of herbs becomes a world of wonder when you follow the Biebrza Witch through the woods and marshes. She will teach you how to recognize herbs and about the power that lies within them. All this takes place in the magical scenery of the "barn of dreams." Later you can embark on an exciting journey through the Biebrza meadows and marshes. Would you like to watch closely the migrating birds? Can you pick the right herbs by yourself? Can walking barefoot in a forest be fun? Come see for yourself. And at the end of an adventurous day you can admire the sunset over the river, then enjoy a feast by the campfire, or a boat trip to look for beavers.

SATURDAY

On this day, it's a good idea to get up earlier and set out on an expedition to track animals or watch birds. At dawn, nature is at its most active. A guide will tell you the difference between traces and tracks and will show you how to distinguish the sex of animals and also describe the different encountered species that you will be observing closely during the expedition. If you like exciting things, you can follow a guide to the marshes or peat bogs. The 13-kilometer trail along woods and marshes is an enjoyable adventure. Take along something to eat, as you will deserve a snack! The guide will advise you whether to take rubber boots or plain, comfortable training shoes. In the afternoon, you can take a kayak trip. The views are unbeatable! In the evening, you can go fishing or simply tune into the sounds of the Biebrza River settling down for the night.

SUNDAY

After Saturday's exciting activities, it is time to relax and take a rest. As a way of summing up what you've seen you can take a boat trip along the Narew River to the Biebrza mouth, to catch a glimpse of the morning sun. This is a chance to visit the Osowiec Fortress and the museum in the Biebrza National Park, or to meet the King of Biebrza, as a pleasant way to wind up the weekend.



BARTŁOWIZNA
Goniądz
32 Nadbiebrzańska St.
+48 502 772 594
www.biebrza.com.pl

DOLINA BIEBRZY
44 Wroceń
Goniądz
+48 603 078 051
www.dolnabiebrzy.pl

ZAGRODA KUWASY
30A Woznawieś
+48 86 273 35 20
www.zagrodakuwasy.pl

ŁOSINEK
58 Dolistowo Stare
+48 601 072 417
www.agroturystykabiebrza.pl

AGNIESZKA ZACH - BIEBRZA WITCH
Licenced guide
+48 515 794 252
www.biebrzanskawiedzma.com.pl

BIEBRZA24
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50 Polna St.
+48 603 225 100
+48 87 641 21 79
www.biebrza24.pl

WIZNA PORT
2 Kombatantów St.
Wizna
+48 607 987 050
www.wiznaport.pl

MAMUCIA DOLINA
13 Szostaki
+48 606 650 386
www.mamuciadolina.pl

SUWALSZCZYŻNA

NORTHERN SUWAŁKI DISTRICT BREATHTAKING VIEWS

Do you like beautiful things? Then you will find plenty of them in Northern Suwałki District. This land of beauty has a diverse landscape, with its scenic lakes, magnificent views, or the extensive forests that the whole region breathes with. You will spend an exceptional weekend here and in winter enjoy skiing!

FRIDAY

Leave your luggage, eat a light lunch and surrender yourself to nature. Get into a car to drive up to lake Szelment Wielki, where you will find a WOSiR sports centre. There a great water adventure awaits you! You can try out the water skis, wakeboard or the rope park. Or maybe you'd prefer a swim in the lake? Later you can admire the post-glacial landscape. Climb up the viewing tower on Jesionowa Mountain – you won't regret it.

If you love horses, you can go horseback riding at the nearby Na Wzgórzu guesthouse in Udryn. After such an active day, an afternoon coffee with the regional sękacz cake will be a welcome treat. If this is still not enough, you can try climbing the Fujiyama of Suwałki, i.e. Cisowa Mountain. And be sure to come here in winter for a skiing delight!



SATURDAY

You will be enchanted with the Suwałki Landscape Park. When in Szurpity, be sure to visit the Chamber of Jatvingian Heritage and then go on a bike ride. You will reach places where archaeology reigns. The mountains Zamkowa, Kościelna and Cmentarna are surrounded by four lakes. Riding a bicycle along such magnificently beautiful routes will be a unique experience.

A long trip awaits you. You can travel along part of it by bike, and part by car. The things you will see include a viewing tower with a panoramic view of the Czarna River valley, the deepest lake in Poland – Hańcza, nature reserves which are a pleasure to pass through (with their scent of wood and tranquillity), the Stara Hańcza settlement (with the charming old manor house ruins). You will pass through the picturesque village of Bolcie, and in Wiżajny you can try out the tasty local rennet cheese and other local delights.

The lake views along the way will reward each passed kilometre. In the evening, after a day of attractions, you can relax with supper and a sauna at the Leśna Dolina guesthouse.

 **POST-CAMALDOLESE MONASTERY IN WIGRY**
11 Wigry
+48 87 566 24 99
www.wigry.org

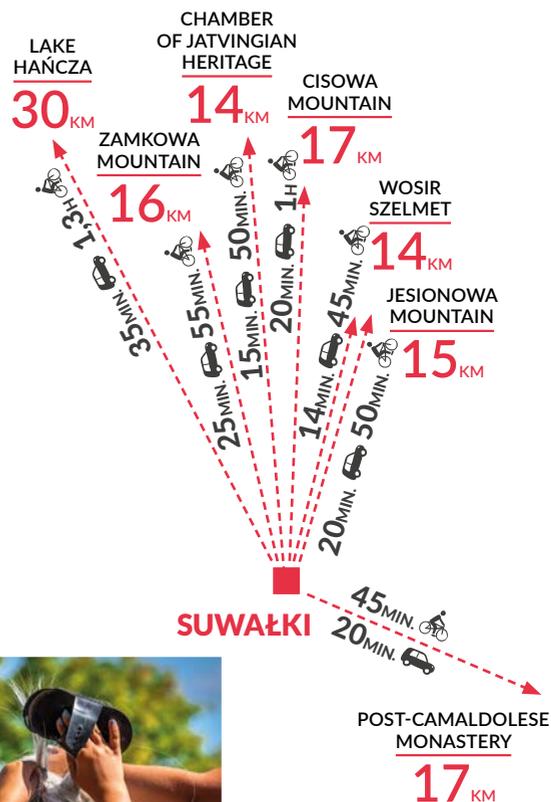
 **FOLWARK HUTTA**
7 Huta
+48 515 269 875
www.hutta.pl

 **HOTEL LOFT 1898**
Suwałki
24K Pułaskiego St.
+48 87 739 59 00
www.hotelloft.pl

 **HOTEL LOGOS**
Suwałki
120 Kościuszki St.
+48 87 566 69 00
www.logos-hotel.pl

SUNDAY

After breakfast, it's a good idea to hop on your bike and visit the picturesque Wigry Lake region, with its Stary Folwark manor house and museum. You can also rent a sailboat or a kayak to take you to the Wigry peninsula. Be sure to visit the post-Camaldolese monastery, where you can lose yourself in its history. And then a surprise awaits you – the Czarna Hańcza kayak route. Sitting on the bus on your way back, you will still be remembering your expedition. Before leaving the Suwałki region, you will catch a glimpse of the remnants of the impressive 19th-century residence of the Pac Family. Here time has come to a standstill... You can stop for a rest and admire the Neo-Gothic architecture.



THE KNYSZYN FOREST

THE KNYSZYN FOREST TRACING FLAVOURS, HISTORY AND NATURE

The Knyszyn Forest is rather modest. It allowed its sisters, the Białowieża Forest and the Augustów Forest, to be the centre of attention. Meanwhile, the Knyszyn Forest is no worse! It has the atmosphere of wild nature, history and time that passes much slower than in other places. As soon as you step into these pine and spruce forests, you can feel the calmness. In this region the people still follow traditions, are close to nature and treasure remembrances of ages gone by.

 RECREATION CENTRE SOWA
Lipniak 3
+48 512 194 590
www.zazsowa.pl

 POD JELONKIEM RESTAURANT
Jeleniewo
7 Sportowa St.
+48 87 568 30 21
www.podjelonkiem.pl

 NAD HAŃCZĄ BAR
11 Błaskowizna

**FRIDAY**

Let this be a peaceful and proper beginning of the weekend. Come to the charming town of Supraśl. You will be greeted by beautiful architecture and an atmosphere of goodwill. Supraśl exudes a certain serenity and at the same time is bursting with the many historical sites, rich traditions and beautiful nature. But that's not all – it is also a health resort. Before you set out to see the sights, take a relaxing break. Eat a supper prepared from local ingredients. Then take a walk along the Wołkow Boulevards to get into the mood for a good night's sleep.

SATURDAY

After a hearty breakfast, you are ready to discover Supraśl. A great adventure awaits you! First, look into the Museum of Icons and the Monastery, then visit the Museum of the Printing and Paper Industry. Be sure not to miss the gem of Supraśl – the Buchholtz Palace, an impressive and well-tended historical building erected in the years 1892-1903. The outside details and lovely façade will draw your attention. After this you can turn to nature. We recommend an excursion to the Silvium Forest Garden in Poczopek. There are many picturesque bridges, wooden cottages and sculptures here, and most of all – lots of greenery! On your way back, be sure to stop in for dinner. A potato babka and kiszka will be a tasty choice. It is no wonder that every year at the turn of May this is the site of the World Championship in Baking Potato Babka and Kiszka.

You can spend the afternoon walking in the Knyszyn Forest. This is a perfect place for Nordic Walking or jogging. It is worth staying here after dusk and trying out the Szwędaczki Supraskie walking tour. A guide and his assistants offer an unforgettable experience as you walk holding torches. This is a beautiful tradition in which the mystical mood awakens your senses. If you are interested in culture you can also visit the Wierszalin Theatre in Supraśl.

SUNDAY

Sunday is a good day for a visit to Kruszyniany. When heading there, be careful not to lose your way at the roundabout in Krynki and turn into the right road of the 12 there.

In Kruszyniany, you will see a beautiful historical mosque and the guide will tell you about the secrets and stories of the region. Afterwards you can have a meal at a regional restaurant. If you happen to be a foodie, you can try out the Tartar cuisine. But maybe you would prefer to go horseback riding along the picturesque trails of the Sokółka Hills, the Knyszyn Forest and Nadświstockie Hills? The choice is yours!

WIERSZALIN THEATREMUSEUM OF ICONSMONASTERY OF THE ANNUNCIATIONMUSEUM OF THE PRINTING AND PAPER INDUSTRYBUCHHOLTZ PALACEWIKTOR WOŁKOW BOULEVARDSSILVIUM FOREST GARDEN IN POCZOPEK**24**KM

1,15H 22MIN.

MOSQUE IN KRUSZYNIANY**43**KM

2,1H 40MIN.

SUPRAŚL

HOTEL KNIEJA
Supraśl
6 Aleja
Niepodległości
+48 85 710 83 94
+48 501 416 648
www.hotelknieja.pl

BOHEMA
Supraśl
1 Pl. Kościuszki
+48 85 743 15 69
www.bohema-suprasl.com.pl

HOTEL SUPRAŚL
Supraśl
19 Białostocka St.
+48 85 717 20 00
www.hotelsuprasl.com

STANICA KRESOWA
9 Poczopek
+48 601 067 316
www.stanica-kresowa.pl

BOROWINOWY ZDRÓJ
Supraśl
3 Zielona St.
+48 85 718 30 25
+48 660 509 590
www.borowinowy-zdroj.pl

Tatarska Jurta
58 Kruszyniany
+48 85 749 40 52
+48 606 603 760
www.kruszyniany.pl

PRZYSMAKI Tatarskie
1 Cieliczańska St.
Supraśl
+48 517 635 544
www.przysmaki-tatarskie.pl

SPIŻARNIA SMAKÓW
Supraśl, 5 May the 3rd St.
+48 512 676 868

ŁUKASZÓWKA
Supraśl, 2 Nowy Świat St.
+48 85 718 37 08
www.lukaszowka.pl

MOSQUE IN KRUSZYNIANY
Dżemil Gembecki
Guide
+48 502 543 871
www.kruszyniany.com.pl

BAR JARZĘBINKA
Supraśl, 22 May the 3rd St



AUGUSTÓW A WATER ADVENTURE

Here civilization meets untouched nature. It is enough to cross the threshold of Augustów to let yourself be caught by adventures. First you enter the picturesque town, then the tranquil primeval forest. The days spent here are full of fun and excitement. Get ready for some extreme challenges. The spirit of water adventures beckons!

FRIDAY

You're in Augustów? Then make yourself feel right at home. This beautiful town will make you relax and invite you with a smile. Now take a deep breath. Then have a rest in your hotel, surrendering to a spa treatment. Get ready for tomorrow's water fun.

SATURDAY

Don't forget your breakfast, as exciting water activities will follow. There is a lot going on here! Start with the water skis. If this is your first time, you have to know that this sport calls for physical prowess, but in return gives you great joy. You will lose your head over a crazy ride on the Necko Lake. However, if you prefer, you can go sailing or simply lie on the beach.

After these sensations, you may want to quiet down a bit. If you get into a kayak, you are ready for an expedition to... Belarus. Can you imagine a visa-free passport and customs clearance in a kayak? Now that's some adventure! This is the only border crossing of its kind on the Augustów Canal. The Canal itself is also very impressive, being the pride of water construction engineering of the first half of the 19th century.

And don't forget to take along something to eat. After so much excitement you may be quite hungry.

SUNDAY

Augustów brims with attractions. There is water skiing, kayaking, cycling, windsurfing, horseback riding, walking through the primeval forest, or maybe angling?

The sandy beach and shimmering water will also be a wonderful choice. We recommend a relaxing cruise along the Papal Route through the Augustów Canal. You will take part in ship locking, but most of all, you will be able to chill out while admiring the unique landscape. The tranquillity of the region will take away all cares at the end of a wonderful weekend.



SANATORIUM UZDROWISKOWE AUGUSTÓW
Augustów
3/5/7 Zdrojowa St.
+48 87 643 28 71
+48 606 795 542
www.sanatorium.augustow.pl

HOTEL WARSZAWA
Augustów
1 Zdrojowa St.
+48 87 643 85 00
+48 607 294 243
www.hotelwarszawa.pl

MARINA BORKI AUGUSTÓW
Augustów
147 Nadrzeczna St.
+48 885 023 632
www.marinaborki.pl

SIRVIS APARTMENTS
22 Mołowiste
+48 668 194 321
+48 510 990 100
www.sirvis.pl

NIEBOW GĘBIE
Augustów
1/3 Kasztanowa St.
+48 790 616 900

VILLA SKOMANDA
Augustów
2 Konwaliowa St.
+48 87 644 35 70
+48 605 153 375
www.villaskomanda.pl

KAKTUSIK
Augustów
2 29-Listopada St.
+48 697 720 033
www.kaktusik.augustow.pl

OGRÓDEK POD JABŁONIAMI
Augustów
3 Rybacka St.
+48 516 025 606
+48 516 025 660
www.podjabloniami.pl

TYKOCIN

TYKOCIN AND THE NAREW RIVER

A MIX
OF CULTURES

In Tykocin, a town on the Narew River, you can truly get a sense of history. It is everywhere – in the monuments, the streets and houses. This little town still honours the old Jewish traditions. Its interesting urban architecture includes the beautiful synagogue. Tykocin will charm you with its tranquillity and welcome you with honours.



FRIDAY

Start the weekend in the royal way! Come to the famous castle in Tykocin. The building was reconstructed on the foundations of the 16th century royal castle of the Grand Duke of Lithuania and at the same time King of Poland, i.e. Sigismund Augustus. You can leave visiting the castle for tomorrow and this evening enjoy a delicious supper at the Zamkowa Restaurant.

SATURDAY

Now it's time to visit Tykocin, a town where you will find one of the oldest synagogues in Poland. The Jewish traditions can be seen at every corner! You can admire the architecture and also taste the Jewish dishes in the local restaurants. It is also worthwhile to visit Czarniecki Square, the Holy Trinity Church and of course the castle itself. The climate of many cultures felt in Tykocin will certainly be a thing to remember.

Later on, sightseeing can be done from a different angle: by going on a boat trip along the Narew River. The guide will tell you about Tykocin's history while you will be admiring the marvellous views. There is a lot happening along the river, which is also a habitat for birds. After dinner, you can set out on a chosen bicycle trail. If you decide on Green Velo, you will reach Strękowa Mountain and see a magnificent view of the Narew valley. For your return, you can choose the Podlaski Stork Trail. On the way, you can see the storks during their daily activities. And don't forget to include the European Stork Village in Pentowo – the 100-year-old manor house is a real gem and a refuge for storks of the surrounding area!

 **CASTLE IN TYKOCIN**
Tykocin
 3 Puchalskiego St.
+48 85 718 73 72
www.zamekwtykocinie.pl

 **EUROPEAN STORK VILLAGE
MANOR HOUSE PENTOWO**
 39 Kolonia Kaczorowo
+48 505 929 925
www.pentowo.pl

 **KIERMUSY DWOREK
NAD ŁAKAMI**
 12 Kiermusy
+48 85 718 74 44
www.kiermusy.com.pl

SUNDAY

After breakfast, be sure to visit the picturesque and hospitable Kiermussy. Here you can try out the tasty meals of Karczma Rzym, which specializes in Sarmatian and Podlaskie cuisine. A walk along the banks of the Narew River will mark the beginning of further attractions. You will visit the first Polish private bison refuge Ostoya Żubra and the Museum of Polish Arms, where old torture devices are exhibited. There are also leisure activities to pick from. You can go kayaking or enjoy a picnic in the rural surroundings. If you are interested in history, you can visit the "Ogniem i mieczem" (Fire and Sword) knight's school. Meet the castellan, learn how to use the sword and how to cross the castle moat!

After a visit to this unusual place, if you happen to be there on the first Sunday of the month, be sure to see the antique market. This would mark the end of a weekend full of exciting activities and leisure time. You must come back here!

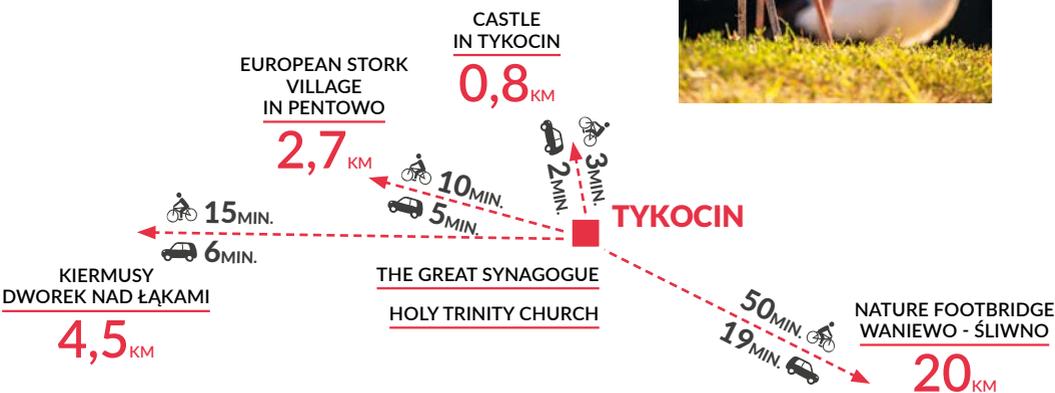


TABLE OF CONTENTS

Discover the mysteries of the east	1
IN THE BIAŁOWIEŻA FOREST	
Slow down in Białowieża	4
THE HEART OF THE FOREST	
The kingdom of Biebrza	7
LISTEN TO THE SOUNDS OF NATURE	
Northern Suwałki District	10
BREATHTAKING VIEWS	
The Knyszyn Forest	13
TRACING FLAVOURS, HISTORY AND NATURE	
Augustów	16
A WATER ADVENTURE	
Tykocin and the Narew River	18
A MIX OF CULTURES	

VILLA REGENT
Tykocin
3 Sokołowska St.
+48 85 718 74 76
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ALUMNAT RESTAURANT AND ACCOMMODATION
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+48 85 718 16 49
+48 606 431 813
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+48 728 374 728
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