



# Exploring Polanica-Zdrój

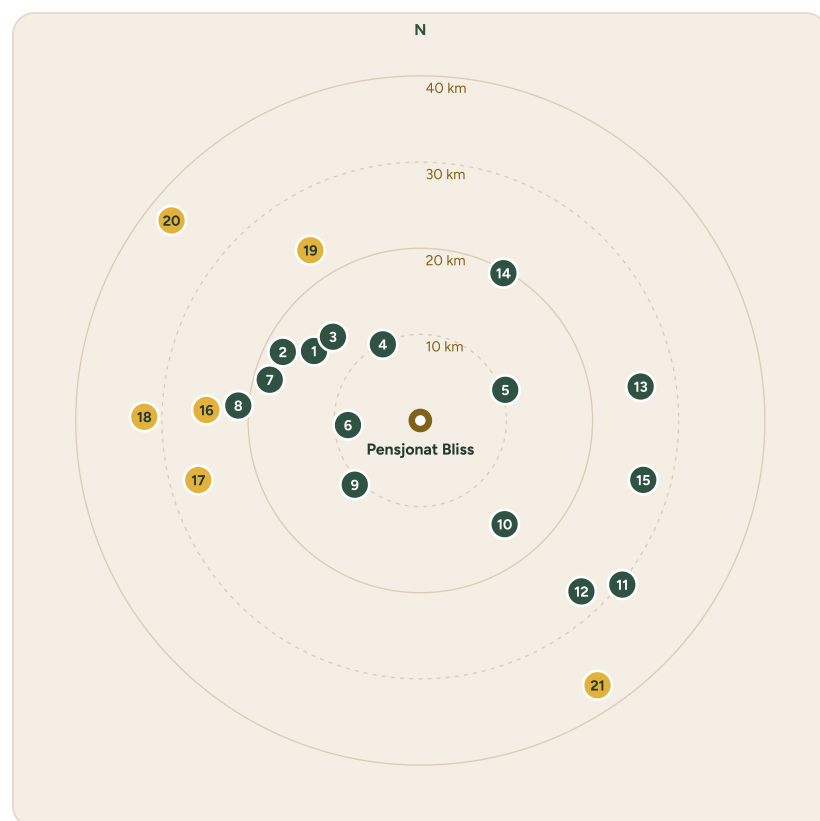
A GUIDE FOR OUR GUESTS

Over 20 places for day trips – the Table Mountains, the Kłodzko Valley, the Bear Cave and Czech castles – plus six ready-made day plans.

## MAP

# How far is it?

The numbers on the map match the descriptions on the following pages. Circles show straight-line distance; next to each place we give an approximate driving time.



|    |                                   |            |
|----|-----------------------------------|------------|
| 1  | Szczeliniec Wielki                | 25 min     |
| 2  | Błędne Skały (Errant Rocks)       | 35 min     |
| 3  | Road of 100 Bends                 | 25 min     |
| 4  | Wambierzyce                       | 20 min     |
| 5  | Kłodzko Fortress & old town       | 20 min     |
| 6  | Paper Museum                      | 15 min     |
| 7  | Kudowa-Zdrój: Chapel of Skulls    | 30 min     |
| 8  | Kudowa-Zdrój: Toy Museum          | 30 min     |
| 9  | Zieleniec & the peat bog          | 25 min     |
| 10 | Bystrzyca Kłodzka                 | 25 min     |
| 11 | Bear Cave (Jaskinia Niedźwiedzia) | 1 h        |
| 12 | Międzygórze & Wilczka Waterfall   | 55 min     |
| 13 | Złoty Stok Gold Mine              | 45 min     |
| 14 | Srebrna Góra Fortress             | 50 min     |
| 15 | Lądek-Zdrój                       | 45 min     |
| 16 | Náchod Castle                     | 40 min     |
| 17 | Nové Město nad Metují             | 50 min     |
| 18 | Babiččino údolí & Ratibořice      | 50 min     |
| 19 | Broumov & Hvězda chapel           | 55 min     |
| 20 | Adršpach rock town                | 1 h 15 min |
| 21 | Dolní Morava: Sky Walk            | 1 h 20 min |

● Pensjonat Bliss ● Poland ● Czech Republic

In Polanica-Zdrój itself (no number): the Spa Park with the Pump Room and the Chess Park – on foot.

## 2 PLACES

# In Polanica-Zdrój

On foot, no car needed.



in Polanica · on foot

## Spa Park & Pump Room

Good for: kids · winter

The heart of the spa town: tree-lined paths, fountains, the promenade and the Pump Room. A lovely first afternoon after you arrive.

**Good to know:** Combine your walk with lunch at Restauracja Bliss, ul. Zdrojowa 4 – guesthouse guests get 10% off.

[polanica.pl](http://polanica.pl)



in Polanica · on foot

## Chess Park

Good for: kids

An open-air chessboard with giant pieces – Polanica has hosted chess tournaments for decades. A game in the fresh air wins over kids and grown-ups alike.

**Good to know:** Best on a warm afternoon, as part of a stroll through the park.

## 4 PLACES

# Table Mountains

Rock labyrinths and viewpoints, a short drive away.



approx. 20 km · 25 min by car

## Szczeliniec Wielki

Good for: kids

The highest peak of the Table Mountains (919 m). 665 stone steps lead up from Karłów, and at the top you'll find rock corridors, viewing terraces and a mountain hut.

**Good to know:** The climb takes about 40 minutes. The summit trail is paid in season (Table Mountains National Park ticket). Dogs only as far as the hut.

[pngs.gov.pl](http://pngs.gov.pl)



approx. 25 km · 35 min by car

## Błędne Skały (Errant Rocks)

Good for: kids

A rock labyrinth with passages so narrow you have to squeeze through sideways. The one-way trail takes about 40 minutes.

**Good to know:** Not suitable for pushchairs – passages are narrow and can be slippery. In season, access to the upper car park runs on a one-way shuttle system (on the hour); you can also walk up from the lower car park on the Road of 100 Bends (about 1 h 15 min). Check current rules on the national park website.

[pngs.gov.pl](http://pngs.gov.pl)

3

approx. 20 km · 25 min by car

## Road of 100 Bends

Good for: rainy days

One of Poland's most spectacular drives: about 23 km of hairpins from Radków to Kudowa-Zdrój (road 387), built in 1867–1870.

**Good to know:** Along the way: Lisia Przełęcz pass (approx. 780 m), the Rock Mushrooms near Batorów and turn-offs to Karłów. Take it slowly – the bends really are tight.

4

approx. 15 km · 20 min by car

## Wambierzyce

Good for: kids · rainy days · winter

The "Silesian Jerusalem": a Baroque basilica, a calvary with about 80 stations and a 19th-century mechanical nativity scene – about 800 figures, around 300 of which move.

**Good to know:** Allow about 3 hours. The basilica and calvary are free; the nativity scene has an entry fee. No photography inside the nativity scene.

wambierzyce.pl

### 6 PLACES

## Kłodzko Valley

Fortresses, museums and spa towns for half a day.

5

approx. 15 km · 20 min by car

## Kłodzko Fortress & old town

Good for: kids · rainy days · winter

A mighty fortress above the town, with underground passages and views across the whole valley. A 600 m Underground Tourist Route runs beneath the old town, and a stone bridge with Baroque statues – older than Prague's Charles Bridge – crosses the Młynówka.

**Good to know:** Great on a cloudy day – most of the visit is indoors or underground.

6

approx. 15 km · 15 min by car

## Paper Museum

Good for: kids · rainy days · winter

A historic paper mill in Duszniki-Zdrój. See how paper used to be made – and in the workshop, make a sheet yourself.

**Good to know:** The paper-making workshop is a great idea with kids and on a rainy day.

7

approx. 25 km · 30 min by car

## Kudowa-Zdrój: Chapel of Skulls

Good for: rainy days · winter

In the Czerma district stands a chapel whose walls and ceiling are lined with about 3,000 skulls and bones, arranged in 1776–1794.

Remarkable, but not for everyone.

**Good to know:** No photography inside. Nearby: the Spa Park in Kudowa and the Toy Museum.

8

approx. 25 km · 30 min by car

## Kudowa-Zdrój: Toy Museum

Good for: kids · rainy days · winter

Over 5,500 toys from the last two centuries – from porcelain dolls and tin soldiers to Polish cartoon classics and early games consoles.

**Good to know:** ul. Zdrojowa 46b. Tickets can be bought online. Fun for grown-ups too, who'll spot toys from their childhood.

9

approx. 20 km · 25 min by car

## Zieleniec & the peat bog

Good for: kids · winter

In winter, one of the most popular ski resorts in the Sudetes. In summer, a wooden boardwalk crosses the mountain peat bog below Zieleniec.

**Good to know:** In winter, check snow conditions before you set off – the road up to Zieleniec can be snowy.

10

approx. 20 km · 25 min by car

## Bystrzyca Kłodzka

Good for: rainy days · winter

A hilltop town with defensive walls, towers and an atmospheric market square. It's home to Poland's only Phylumeny Museum – matchboxes and match labels.

**Good to know:** A good stop on the way to Międzygórze or the Bear Cave.

## 5 PLACES

# Full-day trips

Caves, mines and waterfalls – within an hour's drive.

11

approx. 50 km · 1 h by car

## Bear Cave (Jaskinia Niedźwiedzia)

Good for: kids · rainy days · winter

The most famous cave in the Sudetes, in Kletno at the foot of Śnieżnik. The approx. 360 m route passes through halls full of dripstone formations; the tour takes about 40 minutes.

**Good to know:** Book tickets in advance – without a booking you may not get in. It's about 6°C inside all year, so bring a jumper. About 20–30 minutes' walk from the car park. Closed on Mondays, and outside May–August also on Thursdays.

[jaskinianiedzwiedzia.pl](http://jaskinianiedzwiedzia.pl)

12

approx. 45 km · 55 min by car

## Międzygórze & Wilczka Waterfall

Good for: kids · winter

"Little Switzerland", with wooden villas. The Wilczka Waterfall drops about 22 m, and the Fairy-Tale Garden waits on Igliczna hill. For keen walkers: Śnieżnik (1,425 m) with its viewing tower.

**Good to know:** Combine it with the Bear Cave – they're in the same direction.

13

approx. 40 km · 45 min by car

## Złoty Stok Gold Mine

Good for: kids · rainy days · winter

A former gold and arsenic mine with an underground tourist route. The highlight is a 45-minute boat ride through the flooded gallery of the Gertruda adit.

**Good to know:** The boat ride is for children aged 8+; book by phone at least a day ahead: +48 74 817 55 08. The mine is open daily 9 am – 4 pm (last entry).

[kopalniazlota.pl](http://kopalniazlota.pl)

14

approx. 40 km · 50 min by car

## Srebrna Góra Fortress

Good for: kids · rainy days · winter

One of the largest mountain fortresses in Europe. The keep, with 151 casemates, is toured with a guide in Napoleonic-era uniform; next door is Fort Ostróg with an 84 m deep well.

**Good to know:** Allow about 2–2.5 hours. Parking is on the pass between the forts and can get busy in season.

[forty.pl](http://forty.pl)

15

approx. 35 km · 45 min by car

## Łądek-Zdrój

Good for: rainy days · winter

One of the oldest spa towns in Poland, with the historic "Wojciech" bathhouse and spa parks.

**Good to know:** A good choice for a quiet day away from Polanica – especially out of season.

## 6 PLACES

# Czech Republic

Castles, rock towns and Baroque monasteries just across the border.

16

approx. 30 km · 40 min by car

## Náchod Castle

Good for: kids · rainy days

An imposing castle on a hill above the town, just past the Kudowa border crossing. Its courtyards look out over Náchod and the surrounding countryside.

**Good to know:** Nearby is Pevnost Dobrošov – a pre-war Czechoslovak fortress with underground tunnels.

17

approx. 40 km · 50 min by car

## Nové Město nad Metují

One of the most beautiful squares in the Czech Republic – Renaissance houses with arcades – and a castle with gardens above the Metuje valley.

**Good to know:** Easy to combine with Náchod and Babiččino údolí in one day.

18

approx. 40 km · 50 min by car

## Babiččino údolí & Ratibořice

Good for: kids

The Úpa valley made famous by Božena Němcová's novel "Babička" (The Grandmother): Ratibořice château, a mill, meadows and riverside footpaths.

**Good to know:** A flat walking route – fine with kids and pushchairs.

19

approx. 45 km · 55 min by car

## Broumov & Hvězda chapel

Good for: rainy days

The Baroque Benedictine monastery in Broumov, and above the town, on the Broumov Walls, the star-shaped Hvězda chapel (designed by K. I. Dientzenhofer) with a viewing gallery and a wooden restaurant.

**Good to know:** From Polanica, drive via Tłumaczów or via Kudowa and Náchod.

20

approx. 60 km · 1 h 15 min by car

## Adršpach rock town

Good for: kids

The most famous rock town in the Czech Republic: sandstone towers, a small lake with boats and a loop of about 4 km between the rocks.

**Good to know:** In season, entry is by reservation only – buy your ticket online in advance, ideally with a parking space. Arrive early.

21

approx. 70 km · 1 h 20 min by car

## Dolní Morava: Sky Walk

Good for: kids · winter

A tower about 55 m high with a spiral walkway above the treetops, high in the Śnieżnik massif – on the Czech side of the border.

**Good to know:** A little further than 50 km – plan a full day. Check lift times and the weather; the walkway may close in strong wind.

## DAY PLANS

# Ready-made plans – pick your pace

### Polanica-Zdrój

#### Taking it easy

1. Morning walk in the Spa Park and a visit to the Pump Room.
2. A game of chess in the Chess Park.
3. Lunch at Restauracja Bliss on the promenade (10% off for guests).
4. An evening in the guesthouse garden.

### Kudowa-Zdrój & Duszniki

#### With kids

1. The Paper Museum – make your own sheet of handmade paper.
2. The Toy Museum in Kudowa-Zdrój.
3. Ice cream and the playground in Kudowa's Spa Park.

### Table Mountains

#### Rocks & views

1. Morning: Szczeliniec Wielki – 665 steps and viewing terraces.
2. Afternoon: Błędne Skały (shuttle access on the hour).
3. Drive back along the Road of 100 Bends.

### indoors & underground

#### When it rains

1. The Bear Cave (book tickets!) or the Złoty Stok Gold Mine.
2. The Underground Tourist Route and Kłodzko Fortress.
3. A warm meal at Restauracja Bliss.

### Náchod & around

#### A day in the Czech Republic

1. Náchod Castle.
2. The square and castle in Nové Město nad Metují.
3. A walk through Babiččino údolí before heading back.

### Polanica & Zieleniec

#### In winter

1. Skiing or sledging in Zieleniec.
2. The Bear Cave – always about 6°C inside, whatever the frost.
3. In the evening, warming mulled wine at Restauracja Bliss.

## BEFORE YOU SET OFF

# Good to know

### Book ahead

The Bear Cave, the boat ride in Złoty Stok (by phone, a day ahead) and the Adršpach rock town (online, in season).

### Going to the Czech Republic

Take your ID card or passport. Pay in Czech crowns (CZK) or by card. A vignette is only needed on motorways and expressways – usually not on the routes in this guide.

### Opening hours & prices

Opening hours change with the seasons. Check the venue's website before you go – we're also happy to help on site.

### Distances

Distances and times are approximate (by car from the guesthouse). Your sat-nav will give the exact route.



See you at Bliss

**PENSJONAT BLISS**

ul. Wojska Polskiego 8a  
57-320 Polanica-Zdrój  
check-in from 3 pm

**RESTAURACJA BLISS**

ul. Zdrojowa 4 (promenade)  
daily 12 pm – 8 pm  
10% off for guesthouse guests

**CONTACT**

+48 601 084 352  
[info@bliss.polanica.pl](mailto:info@bliss.polanica.pl)  
[www.blisspolanica.pl](http://www.blisspolanica.pl)

Information checked in October 2026. Opening hours, prices and entry rules may change – check the venue's website before you go.