

29 April 2020



Build up your health and energy

It is worth visiting the town of Busko-Zdrój and the town of Solec-Zdrój to boost your health, physical condition and wellbeing. Patients suffering from rheumatism, orthopaedic, cardiological, neurological, and dermatological illnesses are treated here.

The guests coming to the Busko-Zdrój Health Resorts can take advantage of about 80 kinds of treatment. The mineral and thermal pools in Solec-Zdrój are intended not only for people who need treatment but for everybody who likes to spend time in an active way. There is also the possibility of participation in cultural events attracting internationally renowned stars. The Krystyna Jamroz Music Festival, the Summer with Chopin, and the International Folk Festival are organised every year.

In Wiślica, there are the reminiscences of the creation of the Polish state. For many years, it was considered to be the capital of the powerful Vistulan state. The settlement dates back to

the tenth century. A century before the formal Christianisation of Poland, the inhabitants were baptised here by Saint Methodius. The baptismal font and visible reminiscences of the old fort are the most valuable relics of this period. The collegiate church under the invocation of the Nativity of the Blessed Virgin Mary overlooks the town. It was built in the second half of 14th century. Under the church, the reminiscences of two former Romanesque churches were discovered. There is also the Romanesque floor with the picture of praying figures - probably Duke Kazimierz Sprawiedliwy with his family. The Długosz House in Wiślica and the bell tower were funded by a famous Polish historian.

The European Fairy Tale Centre in Pacanów is the most amazing place for children. It is associated with Koziołek Matołek, a famous hero of children's literature. The place provides a lot of fun linked with learning. Children can take part in young culture festivals, attractive contests or comic book meetings.