

27 April 2020



## The oldest mountains in Poland

**The Świętokrzyskie Mountains, located at the heart of the region, are the oldest mountains in Poland. A million years ago the sea was there. The past left its traces in rocks in the form of coral, trilobites, and fish fossils.**

In the distant past the Świętokrzyskie Mountains were alternately flooded with sea water and uplifted. Currently, the Świętokrzyskie Mountains include steep slopes covered with fir forests, beautiful valleys, and representative boulder fields which remain after past glaciations.

The most important part of the mountain range, called Łysogóry, includes Łysica and Łysiec. There is a Benedictine monastery at the top. Relics of the Holy Cross are kept there. While visiting the Świętokrzyski National Park we can admire outstanding natural features. History and geology can be discovered in the Raj (Paradise) Cave, in Nowa Słupia during the events called Dymarki Świętokrzyskie, in the Świętokrzyskie Settlement beside the Holly Cross monastery and in the castle in Chęciny. The tradition of the region, representative old

village development, and the heritage of the local folklore - are presented in the Museum of the Kielce Village, in the Ethnographic Park in Tokarnia. The history of the local Jewish community is presented in a museum called Świętokrzyski Shtetl in Chmielnik. The Kielce region is also known for the famous writers who lived there. These include Stefan Żeromski, Henryk Sienkiewicz and Gustaw Herling-Grudziński.

There are wonderful conditions for leisure there. We can also enjoy numerous walking and bike trails or ski slopes in the winter.