
ENVIRONMENTAL AND CULTURAL BENEFITS AS REINFORCEMENT OF HEALTH TOURISM POTENTIAL IN RYMANÓW COMMUNE

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Abstract:

Rymanów Commune covers coastal areas of southern Low Beskid (the southern part of community) and the Krośnieńska Basin (the northern part). Main advantages of the commune determine: specific microclimate of Rymanów Zdrój including features of piedmont climate and also features of marine climate as well as natural resources of healing water in Rymanów Zdrój which were discovered in the second half of XIX century. Moreover, there are thermal resources of water at +48°C.

Rymanów Commune is perceived through the prism of Rymanów Zdrój and its therapeutic values. However, the area possesses a significant and varied tourist potential. The aim of this work is to present all tourist benefits of the commune which may considerably influence on rising an attractiveness of the area on the tourist market.

Historical multiculturalism makes Rymanów Commune outstanding. The area, before the World War II, was inhabited by Lemkos, the Polish and Jewry. Lemkos resettled 14 villages, six of which do not exist these days, but Jewish society, during the period between the two World Wars constituted almost 50% of all inhabitants of Rymanów, which at the turn of XVIII and XIX century was an important place of Chassidism.

Rymanów Commune has got well developed tourist infrastructure. Rich lodging and gastronomic base is adjusted to the needs of every tourist.

There is also an abounding network of paths and hiking trails through the borough and linking all attractive tourist places within the region. Among astonishing places, there are cycling trails, walking routes, Nordic Walking and cross-country skiing trails. Furthermore, the commune is crossed by tourist-cultural trails of local, regional and cross-border importance as well as by ecomuseum created in 2013.

Contemporary, left marks of culture and religions of ancient residents of these areas, valuable buildings of cultural heritage as well as environmental attractions equally as medical values may contribute to the increase of commune competitiveness on the tourist market.

INTRODUCTION

Health communes want to enhance their attractiveness on the market of health tourism services preparing more and more innovative and competitive products mainly in the scope of health tourism and next to them as complementary tourist products are created based on environmental and cultural local resources.

Rymanów health commune is rich not only in medical values, but also it gains precious sites of environmental and cultural heritage. These values as well as equally medical benefits may contribute to the competitiveness rise on the tourist service market.

Rymanów commune is located on the northern, external and coastal areas of Low Beskid which slopes create vast Krośnieńska Basin (Fig. 1). It consists of 19 villages. The

Commune is flown by the River Tabor, creek of the Wisłok, and the Wisłok River which constitutes the northern border.

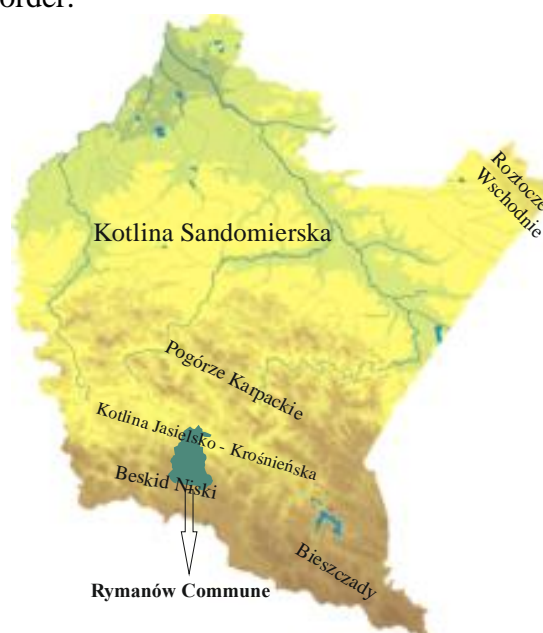


Fig. 1. Location the Rymanów Commune

Source: own research, based on: http://pl.wikipedia.org/wiki/Wojew%C3%B3dztwo_podkarpackie#/media/File:Podkarpackie_mapa_fizyczna.png

ENVIRONMENTAL VALUES OF THE RYMANÓW COMMUNE

Main environmental values of the Rymanów Commune are:

- specific Rymanów Zdrój microclimate, which owns features of piedmont climate, also thanks to considerable contents of areosol – iodine, salt, essential oils and relatively huge humidity – as well as characteristics of marine climate. It is moderately and strongly incentive and the additional asset is the location of the town far from major roads, lack of industry, neighbourhood of enormous forestland and the use of gas heating causing that Rymanów Zdrój is one of the cleanest, ecological parts of our country [Kozłowska – Szczęśna et al. 2002];
- natural resource of medical water in Rymanów Zdrój was discovered in 1876. Within the resort area there are 11 resources of mineral water, there are incl. acid, chlorinated, sodic, iodine or bicarbonate water (Tab. 1);
- mineral resources sulphuric, iodine brine and thermal water at +48°C are in Rudawka Rymanowska.

Tab. 1. Treatment water in Rymanów Zdrój

Water	Characteristic of water
Tytus	0,85% acid-chloric-sodic, ferruginous, bromidic, iodic, boric
Klaudia	0,85% acid-chloric-sodic, bromidic, iodic, boric
Celestyna	0,85% acid-chloric-hydrogencarbonate-sodic, bromidic, iodic, boric water
Staś	0,02% low mineralized hydrogencarbonate-calcareous water
Naftusia	0,82% hydrogencarbonate-chloric-sodic, fluoric, iodic, boric water
Anna	0,06% medium-mineralized, hydrogencarbonate-calcareous water
Marysieńka	0,02% low-mineralized water
Ignacy	0,42% chloric-hydrogencarbonate-sodic-boric water
Jan	0,17% hydrogencarbonate-sodic-calcareous, boric, sulfureous water
Mieczysław	0,63% hydrogencarbonate-chloridic-sodic, fluoric, iodic, boric water
Krokusowe	0,64% chloridic-hydrogencarbonate-sodic, boric, iodic, bromidic water

Source: own research, based on: <http://www.uzdrowisko-rymanow.com.pl/o-nas/%C5%BAr%C3%B3d%C5%82a-w%C3%B3d-mineralnych.html>

Location on the border of two lands (Low Beskid and the Krośnieńska Basin) makes that the Commune region has varied and harmonious landscape, mainly of natural and agricultural character (Phot. 1). Such landscape undoubtedly has a beneficial influence on well – being of tourists, visitors and numerous forests as well as wide views extending from peaks of hills encourage to wandering and stroll.

An Interesting environmental attraction is so – called *Olza Wall* in Rudawka Rynamowska (Phot. 2). It is the biggest disclosure of oligocene shales in the Polish Carpathians. The wall is around 300 m high, at its foot the Vistula River flows and next to there is a small waterfall.

Phot. 1. The landscape of Low Beskid near Bałucianka



Source: T. Mitura

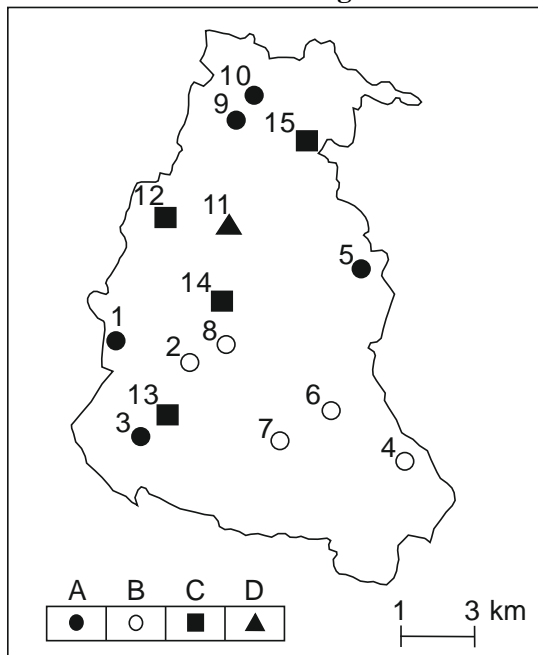
Phot. 2. *Olza Wall* in Rudawka Rynamowska



Source: T. Mitura

CULTURAL VALUES OF THE RYMANÓW COMMUNE

Fig. 2. Cultural values of the Rymanów Commune



Legend: A – Greek–Catholic Orthodox churches; B – Tracks of the Lemko Culture; C – Monuments of wooden architecture; D – Trails of Jewish culture
 1 – Bałucianka; 2 – Deszno; 3 – Królik Wołoski; 4 – Puławy Górne; 5 – Sieniawa; 6 – Tarnawka; 7 – Wisłoczek; 8 – Wołuszowa; 9 – Wróblík Królewski; 10 – Wróblík Szlachecki; 11 – Rymanów; 12 – Klimkówka; 13 – Królik Polski; 14 – Rymanów Zdrój; 15 – Zmysłówka

Source: own research, based on: information boards *Świadkowie historii - wielokulturowość w dolinie Taboru i Wisłoka* in Rymanów Commune

What stands out the Commune it is its historical multiculturalism. The area before the II World War was inhabited by Lemkos, the Polish and Jewry. These days there are only left marks of ancient cultures and religions (Fig. 2).

TRACKS OF THE LEMKO CULTURE

Considerable group of ancient residents current Commune Rymanów was Lemkos, who inhabited during the period of the World War II the whole Low Beskid on the strip 30 kilometres wide and 100 kilometres long. So-called *Lemkivshchyna* was lived by around 100 thousand Lemkos.

Post-war history - battles with UPA and the operation Vistula caused exodus of Lemkos – displacement from family region to former USSR (areas of current Ukraine) and to the western lands. Having the chances of return, a part of Lemkos came back after 1956, some people until to free Poland.

Lemkos named themselves as Rusyn, some finds them as separate nation of Italian birth, the others as part of Ukrainian nation. Majority was Constantipolitan creed, they were active in agriculture, carpentry, stonemasonry. To this day, in the villages where they lived they remained Orthodox churches and cemeteries, unfortunately, often in ruins (Fig. 2).

On the premises of the current Commune Rymanów, 14 villages were inhabited: Bałucianka, Deszno (the village does not exist today), Królik Wołoski, Puławy, Rudawka Rymanowska, Sieniawa, Tarnawka (the village does not exist today), Wernejówka (the village does not exist today), Wisłoczek, Wołuszowa (the village does not exist today), Wólka (the village does not exist today), Wróblík Królewski, Wróblík Szlachecki, Zawoje (the village does not exist today).

Bałucianka

The ancient Lemko – Polish village mentioned in documents as early as 1470. In 1945 Lemkos were exported to the regions of current Ukraine, these days the village is inhabited by left Polish families and new settlers.

In the village, it is worthy to visit a wooden tripartite, Greek - Catholic Orthodox church of the Dormition of the Mother of God from the second half of XVII century (Phot.3). The church is made on the base of log construction, located on stone foundation and has a columnar – frame tower. It is surrounded by the wall from a rough stone. In the temple, the iconostasis from XVII and XVIII centuries and main, rococo altar from 1783 retained. There is a ruin of brick-built belfry from 1820 next to the church. One of the bells was ravished by Germans during the occupation period, the second one was taken by leaving the village Lemkos and the third one lost in the 60s of XX century.

Since 1946, after the displacement of local Lemkos and until 2003 the church functioned as the Roman Catholic Church.

Also there is cemetery near the church where 10 old gravestones with stone and cast-iron crosses preserved, the oldest one comes from 1889.

Deszno

The village was established on the Polish law in 1389 but since 1996 it forms a part of Rymanów Zdrój health resort. After the resettlement of inhabitants to Ukraine, in the summer in 1945, Deszno was almost entire burnt by UPA. In 1956 historic church was demolished and icons were carried to Historical Museum in Sanok. The Greek - Catholic Orthodox cemetery with antique headstones and the tserkov is surrounded by aged trees remained in Deszno (Phot.4).

In 1980, in Deszno, mineral water bottling plant was built where therapeutic waters from Rymanów are bottled for instance: *Tytus*, *Klaudia* and *Celestyna* as well as fruit drinks on the base of *Celestynka*.

Phot. 3. Greek – Catholic Church in Bałucianka



Source: T. Mitura

Phot. 4. Former Lemkos cemetery in Deszno



Source: T. Mitura

Królik Wołoski

The village was established on the magdeburgian law. After World War II the village was displaced in two stages. Some part from 1945 to 1946 to Ukrainian areas and another part within the framework of Vistula Operation in 1947 to western territories.

In the village there were ruins of brick-built Greek – Catholic church (Phot. 5) of Saint Nicholas since the mid-19th century (1843 – 45), destroyed during warfare in 1944. The temple is twenty-year-old, covered with gambrel roof with three octagonal turrets untypically directed to the west. The interior is completely devastated only some residue of paintings on the vault and fragments of the floor remained. Next to the temple there is screen bell tower and cemetery (Phot. 6), also residue of wall made from wild stone. Within the cemetery 35 old headstones remained of which the oldest ones come from the eighties of XIX century. The ruins of cemetery chapel preserved too.

Phot. 5. Former Greek – Catholic Church in Królik Wołoski



Source: T. Mitura

Phot. 6. Former Lemkos cemetery in Królik Wołoski



Source: T. Mitura

Puławy

The settlement was constituted on the Italian law in 1572 and Wejnerówka hamlet belonged to the village. The region was inhabited mostly by Lemkos and Greek – Catholics. After crossing a front in 1945 all residents of Puławy areas voluntarily put in for exodus for Ukraine.

After disposal of people, the village was utterly burnt, only old Lemkos cemetery remained surrounded by the wall made from field stone, whereas crumbling wooden church of the Holy Spirit from 1831 was demolished in 1950. For over 20 years the village was forgotten and left fields and orchards grew wild, trails of former households became overgrown. The village was again resettled in the years of 1968 – 1970 by the Polish, repatriates from Zaolzie belonging to the local meetinghouse of the Pentecostal Church.

Sieniawa

The village was established before 1438 and was inhabited mostly by Lemkos, but also the Polish and Jewry. After war Lemkos was displaced to the former USSR.

The legacy of Lemkos is the Greek – Catholic Church from 1874 of the Nativity of Mary where for some time, after World War II, served as a grain warehouse. Later the temple functioned as the Roman Catholic Church of the Black Madonna of Częstochowa.

Former church is of log construction, wooden, covered with boards and embedded on stony foundation with sheet metal roof. Inside the church, from former equipment, only some residue of iconostasis and Greek – Catholic processional cross remained. Next to the church there is a brick-built and two-story bell tower from 1847 as well as on the cemetery belonging to the church, 39 headstones preserved which came from the beginning of XX century.

Tarnawka

It is a nonexistent village located in the valley of Wisłoczek brook established in 1570 on the wołoski law. Until April of 1946 the village was inhabited by Lemkos who were displaced to the current Ukrainian areas during the Vistula operation.

Today, the place after a wooden church surrounded by aged lime trees and demolished in the mid-50s of XX century. In the area only fragments of stony foundation of the left church and two graves on the cemetery remained: pr. Emilian Ławrowski (died in 1884) and pr. Antoni Beskid (1835 – 1926). Other graves were devastated and stolen.

Nearby the church, at an old road leading across Wisłoczek brook we can find tracks of ancient cottages, basements and wells.

Wisłoczek

It is a settlement primary established on the German law in XIV century. In April of 1946 the village was displaced and its inhabitants left for Ukraine. Abandoned houses were demolished by people from neighbouring villages, mainly from Głęboki. In 1969 on the territory of Wisłoczek, the Polish from Zaolzie resettled similarly as modern residents of Puławy Górne, Pentecostals ritual.

The wooden church of Martyr Demetrius was demolished at the end of 40s of XX century at the same time as an upper storey of bell tower. Until today, the wall made from wild stone and stony foundation after the church remained. On the church's cemetery 13 stony headstones left crowned with stony and cast-iron crosses. The oldest headstone comes from 1889.

Woltuszowa

Nonexistent contemporarily village was established on the wołoski law in 1470. The town was inhabited by Lemkos population of Greek – Catholic religion. During the first wave of displacement, in June 1945 the whole population of the village was evicted to the today's areas of Ukraine. UPA force burnt totally abandoned village in order to prevent Polish settlers from occupation. It is said that every displaced family took with themselves some part of equipment of wooden church. Today, the place of the former church is marked out by an old

lime trees wreath (Phot. 7), nearby there is cemetery with a few remained stony headstones where there is stony font from an old church.

Within the village also a few cottage foundations, traces of well, residue of basements and old trees of wild orchards left. Currently, the place is developed and there is a gallery of contemporary sculptures in wood showing Lemkos characters.

Wróblík Królewski

The settlement was the first time mentioned in XV century. The villages was inhabited by Lemkos who after World War II in 1945 were displaced on the territory of former USSR. The Polish, mostly repatriates from the east lived in abandoned houses.

In 1880 within the village, Greek – Catholic church was built of the Dormition of the Mother of God. It is a building made of bricks, erected on the plan of Greek cross, covered with five domes. Since 1946 the temple functioned as the Roman Catholic Church of the Assumption of Mary (Phot. 8).

Ahead of entrance to the church, there is a bell tower with three bells of which the biggest and the oldest one comes from 1824.

After former residents of Wróblík Królewski, the church, old shrines and wayside crosses remained and cemetery where also stony headstones from the end of XIX century preserved.

Phot. 7. Place of the former Greek – Catholic Church in Wołuszowa



Source: T. Mitura

Phot. 8. Greek – Catholic Church (now the Church of the Assumption of the Blessed Virgin Mary) in Wróblík Królewski



Source: T. Mitura

Wróblík Szlachecki

The oldest documents about the settlement come from 1494, when the village was called Targowska and in 1518 mentioned as Targowce.

The village was inhabited by Lemkos. Together with located on Strzyżowski foothills four Lemkos villages called *Górniaki* (or *Horniaki*) constituted ethnic, Russian enclave among, mainly, Polish villages on these areas. After World War II Lemkos population which constituted a majority of inhabitants in the village, was displaced to the today's areas of Ukraine whereas their former place was resettled by repatriates from the east and people from neighbouring villages.

The legacy of Greek - Catholics was a church of the Dormition of the Mother of God from 1869 which was renovated in 1923. This temple functions as the Roman Catholic Church of the Sacred Heart, since 1946. It is a wooden, of log construction building covered with gabled roof. The interior is decorated with polychromy and some residue of iconostasis from 70s of XIX century remained. Ahead of entrance to the church, there is a octagonal,

brick-built tower bell. Nearby cemetery, also some stony Lemkos headstones from XIX century preserved. [Beskid Niski... 2007; Darmochwał 1999; Michniewscy et al. 2006; Uzdrowskowa... 2003; Information boards at buildings]

TRAILS OF JEWISH CULTURE

First Jewry inhabited in Rymanów and areas in the mid of XVI and at the end of century they had their borough (*kahal*), synagogue and cemetery. During the period between the two World Wars, Jewish population constituted almost 50% of all residents of the town, where also numerous Jewish organisations and political parties functioned.

At the turn of XVIII and XIX century Rymanów became a significant center of Hasidism. The most famous tsaddik in Rymanów was Rabbi Menachem Mendel (1745 – 1815), one of three main leaders of Hasidic movement (Fig. 2).

There is a synagogue, which was in all probability built at the turn of the sixteenth and seventeenth centuries, in Rymanów. It is the oldest synagogue in the Carpathian Foothills. In a time of war acts in 1944 it was seriously damaged and after the war a roof over a main room was taken to pieces, which caused further and very fast devastation of the building. There is quite a small, round tower, which is partially melted into a lump of the building, located at a northwest corner of the synagogue (Phot. 9). There is a monumental, four pillars bimah, where the Torah was read, inside the main room. Fragments of Hebrew paintings and inscriptions have retained inside the synagogue. Reconstruction of the historical edifice has started in 2005.

A Jewish cemetery in Rymanów was probably established in the second half of the 16th century. The oldest of all deciphered matzevas (sepulchral stones) comes from 1619, which puts the Jewish cemetery in Rymanów in the fifth position in Poland with respect to the number of age of gravestones. 800 matzevas (Phot. 10) have been conserved on its area as well as two Jewish repositories (called *ohel* in Jewish culture) built on top of a hill, next to an entrance. Tzaddik Menahem Mendel with his spouse lies in of them whereas tzaddik Cwi Hirsz and his son tzaddik Josef Friedman lie in the second one. Both Jewish repositories are places of pilgrimage of Jews from all over the world, which leave their prayers and requests written on quite small slips of paper (called *kwitelech* by the Chasidim). [http://fodz.pl/download/szlak_chasydzki_rymanow_PL_10_III.pdf]

Phot. 9. Synagogue in Rymanów



Source: T. Mitura

Phot. 10. Tombstones in the Jewish cemetery in Rymanów



Source: T. Mitura

MONUMENTS OF WOODEN ARCHITECTURE (FIG. 2)

Klimkówka

Probably the village has already existed in the 14th century. It was established on the German law. Towards the close of the previous century crude oil mines came into being in that place and they function to this day.

There are two wooden churches at the village. One of them is the Church of St. Michael the Archangel built in 1854 (Phot. 11). Inside, there are fittings which came from a church previously existing here. It is a high altar which dates back to the early 18th century. One of the most valuable monument in the church is the painting of the Virgin of the Apocalypse with the Christ child, dated 1529. The building is wooden, log frame structured, boarded with shingle and it has got a prop structured tower and a sacristy made of bricks, encircled by a wall made of fieldstones.

The second one is quite a small church named the Holy Cross Church which, according to oral tradition, was built in the place where a local peasant ploughed a figure possessing miraculous powers in the 14th century. The first mentions of an existence of the church come from 1639, whereas the present house of worship was built in 1868. It is made of log frame structure and boarded with shingle. It has got a gabled roof with a tower with the smallest church bell. Inside the church, there is situated a wooden altar made in the neo-baroque style, built in 1869. In its central part, there is a crucifix possessing miraculous powers, made of limewood in the late 17th century.

Phot. 11. Church of St. Michael the Archangel in Klimkówka



Source: T. Mitura

Phot. 12. Church of the Nativity of the Blessed Virgin Mary and St. Wenceslas in Królik Polski



Source: T. Mitura

Królik Polski

In the village, there is a wooden church, which comes from the mid-nineteenth century. It is the Church of the Nativity of the Blessed Virgin Mary and St. Wenceslas (Phot. 12). The church is done with the use of log frame structure and boarded with shingle. It has a tower which is done with the use of prop structure. It was built on a hill and separated from a road with a stream as well as encircled by majestic ashes and oaks. Both a baroque altar, made in 1771, has been preserved in the church, but also the painting of the Mother of God with Christ child, made in 1636 and done on a board, and other historical sacral objects which come from the beginning of the 18th century. There is a bell coming from 1599 which is close to the church. The bell is situated in a bell tower.

Rymanów Zdrój

The beginning of existence of Rymanów Zdrój is associated with the discovery of mineral deposits in 1876. The health farm had its glory days at the turn of the 19th and 20th

century. Wooden villas, which determine the attractiveness of the village, come from that period of history. There are several villas which have been in the village since its foundation and, therefore, deserve attention: *Opatrzność* (Providence), *Gołębek* (Dove), *Zofia* (Sophia), *Leliwa*, *Pogoń* (Chase), *Pod Matką Boską* (At the Mother of God; contemporary *Maria*) (Phot. 13).

Phot. 13. Sanatorium *Maria* in Rymanów Zdrój



Source: T. Mitura

Phot. 14. Pogórzański hous in Zmysłówka



Source: T. Mitura

Zmysłówka

A part of old and typical for the area of foothills development has retained in this little village located on the outskirts of primary communication routes (Phot. 14). [*Beskid Niski...* 2007; Darmochwał 1999; Michniewscy et al. 2006; *Uzdrowiskowa...* 2003; Information boards beside the objects]

HISTORICAL MONUMENTS OF RYMANÓW

Rymanów was established on the magdeburgian law by prince Władysław Opolczyk on the ground of villages of Lezin and Czysna.

One of a historical monument of Rymanów is a parish church named the Church St Lawrence, built in the years 1779 – 1781. It is made of stone. It has got one aisle in shape of a cross. Sides of a transept form two chapels which are named as follows: the Crucified Jesus (from the West) and the Mother of God (from the East). The church has cellars where there are situated i.a. the burial vault of Józef Ossoliński. The high altar of the church was made at the end of the 19th century. Secondary altars between chapels and the presbytery as well as secondary altars in the aisle come from the end of the 18th century. They are made in the late baroque style with the use of rococo elements.

The municipal cemetery in Rymanów is one of the oldest open necropolis in Europe. It is 8 years younger than the Łyczakowski Cemetery in Lviv and 12 years younger than the Powązki cemetery in Warsaw. The oldest preserved gravestones come from the beginning of the 19th century. They are classical, made of stone, with marbled tombstones and a torso of Christ and an iron cross. There are also soldiers' mass graves from the period of World War II and the September Campaign of 1939 in this cemetery.

The mention of the Potocki family was erected for Zofia Skórska, the owner of Romanów, in 1826. The manor belonged to Stanisław and Anna from the family Działyńscy – Potoccy, who were founders of Rymanów Zdrój, since 1873. The building was devastated during World War II, modernised in the period between two World Wars, but finally it burned down pending bombardment of the town in September 1944. Furnishings of an interior of the mansion did not survived.

After the war, the manor was rebuilt and it is currently the registered office of the Rymanów Forest Inspectorate. It is the brick-built building which is built on a rectangular plan. It is one-storeyed with a storeyed middle part and a habitable garret. It has got the two-bay interior divided with a corridor. There is a preserved old chapel with a deep altar-niche in the southwestern part.

A landscape park lies adjacent to the manor. It has got a mixed tree stand, which has been conserved since the 19th century. There are European ashes, lime trees, junipers, maple trees, sycamores, hornbeams and cornelian-cherries. [Uzdrowiskowa... 2003]

OTHER OBJECTS

Dam in Sieniawa

There is the dam on the Wisłok River, built in the years 1971-78, in Sieniawa. The dam is 174 m long and 31 m high. Its foundation contributed to building of a reservoir which occupies 1,31 km² of the area. It is more than 5 km long. It has got also two river arms. The Wisłok River flows in a ravine, which creates picturesque dells, below the dam. Unfortunately, it is not the typical reservoir used for recreational purposes as it is the average reservoir of water for nearby cities: Iwonicz, Rymanów and Krosno.

Artistic and Domestic Glassworks Sabina in Rymanów

The glassworks produces artistic glass: elegant fancy goods, tables, desks, animal figures, vases, epergnes, candlesticks, decorative lampoons and other works of art.

The glassworks is made available to tourists. Sightseeing is associated with the display of glass melting and the presentation of authorial collections i.e. unique glass artistic products which can be found on a floor of the gallery. [Ekomuzeum... 2013; <http://www.beskidzkiewedrowanie.pl/>]

Regional Chamber of History in Rymanów

The chamber is situated in the building of the Gymnastic Society *Sokół* and gathers mementoes of former inhabitants of Rymanów and its surroundings in three chief exhibitions:

- a collection of craftsman and farm tools,
- an ethnographic hall with decoration characteristic of old chambers which were habitable,
- a historical chamber with exhibits and documents of town and spring history [Ekomuzeum... 2013; <http://www.beskidzkiewedrowanie.pl/>].

Art Gallery in Rymanów

There are presented works of local creators: painters, sculptors, photographers and steelworkers of artistic glass in the gallery. There are also organised question and answer sessions with authors and artistic soirees in the gallery. [Ekomuzeum... 2013; <http://www.beskidzkiewedrowanie.pl/>]

Winter Sports Centre KICZERASKI.PL in Puławy Górne

There are five downhill runs which have got varied length and the level of difficulty (from 150 to 1200 m in length). Skiers can use three ski lifts, a chair lift and a T-bar lift (Phot. 15 and 16). What is more, the centre offers numerous tourist attractions in the summer: monsterroller, mountainboard, trestroller, mountain bikes, electronic paintball, forest field game, building of towers from boxes, a climb in the edge or a downhill ride on monster – scooters. [<http://www.kiczeraski.pl/charakterystyka>]

Phot. 15. Cable car on Kiczera in Puławy Górne



Source: T. Mitura

Phot. 16. The ski on Kiczera



Source: T. Mitura

Ski lift in Bałucianka

The centre offers T-bar and platter lifts and two downhill runs: easier for ski lessons (800 m) and more difficult (550 m). They differ in 70 m. Furthermore, there is a ski trail for cross-country skiing and a slope for lугers. [<http://www.wyciagbalucianka.pl/opis%20wyciagu.htm>]

HIKING TRAILS AND FOOTPATHS

Many hiking trails, walking paths, bike paths and ski trails are marked out on ground of the commune. These paths lead to territories which become attractive owing to nature and culture. Trails, which are ideal touristic products for active tourists as well as those ones who are interested in history and culture of the region, are marked in a visible way. Information boards are located nearby points and objects.

In all, length of hiking trails is above 100 km and there is 1km² of area of the commune per 0,7 of this type of trails. Bike paths marked out in the Rymanów Commune have got similar density and length.

- PTTK hiking trails in the Low Beskid passing through the Rymanów Commune:
 - *The Main Red Beskid Mountain Trail (MTB)*: Krynica - Komańcza sector: Iwonicz Zdrój – Rymanów Zdrój – Wisłoczek – Puławy Górne – Tokarnia – Przybyszów – Komańcza (within the borders of the commune 31 km).
 - *The Green Trail*: Besko – Pastwiska – Puławy Górne – Darów – Surowica – Moszczaniec – Kanasiówka – Bukowiec Wielki – Dołżyca – Komańcza (within the borders of the commune 31 km).
- Bike paths:
 - *Between springs* (red): Rymanów – Posada Górna – Rymanów Zdrój – Królik Polski – Bałucianka – Iwonicz Zdrój – Klimkówka – Rymanów (24 km).
 - *The Ethnographic Trail* (blue): Rymanów – Posada Górna – Rymanów Zdrój – Deszno – Królik Polski – Rudawka Rymanowska – Sieniawa – Rymanów (31 km).
 - *Biking path for families* (brown): around Rymanów Zdrój (3,5 km).
 - *Through the Wisłok Valley* (green): Rymanów – Ladzin – Wróblík Szlachecki – Wróblík Królewski – Milcza – Bzianka – Besko – Mymoń – Sieniawa – Rymanów (32 km).
 - *The competitive trail* which is marked out on hillsides of Kiczera in Puławy Górne. The trail is adjusted to downhill skiing. It is equipped with facilities such as borders, ski-jumps, drops, natural obstacles and facilities which enable skiers to

turn back. Two trails are prepared for eager skiers. One of them is easier and the second one is called *pucharowa* (the name derives from the world cup). [<http://www.info.rymanow.pl/bit/ct-menu-item-6/szlaki-rowerowe/>]

- Local hiking trails:
 - *Will we see the Tatras?* (green): Rymanów Zdrój – Iwonicz Zdrój (7,5 km),
 - *The pilgrimage to miraculous water* (yellow): Iwonicz Zdrój – Klimkówka – Rymanów Zdrój (7,5 km),
 - *The Calvary Path* (blue): Rymanów Zdrój – Rymanów (4 km),
 - *To the dells of the Wisłok River* (blue): Rymanów Zdrój – Wołuszowa – Rudawka Rymanowska (8 km). [<http://www.info.rymanow.pl/bit/ct-menu-item-6/piesze/>]
- Walking paths and others:
 - *To the Beskid Mountain Pasture* (yellow) Wołuszowa
 - *The Path of Lemko* (blue) Wołuszowa
 - *To the queen of Wołuszowa* (green) Wołuszowa
 - *To rescue Romanów from oblivion*
- The Cross – Country Skiing and Nordic Walking Trail Rymanów Zdrój (Phot. 17)
- The Nature Path (red) Rymanów Zdrój (5,5 km),
- The Health Path (blue) Rymanów Zdrój.
- The Nature Path *In the Wisłok Valley* (white-and-orange squares) Puławy Dolne (Phot. 18), there are 7 stops on the path (10 km). [<http://www.info.rymanow.pl/bit/ct-menu-item-6/piesze/spacerowe/>]

Phot. 17. The route Nordic Walking in Wołuszowa



Source: T. Mitura



Source: T. Mitura

- Trails related to tourism and culture:
 - *The Wooden Architecture Route*. It is a part of I Route in the area of Krosno and Brzozów. There are situated 5 objects from the area of the commune on the trail. They are located in following places: Bałucianka, Klimkówka, Królik Polski and Rymanów Zdrój [Mitura, Buczek – Kowalik 2012].
 - *The Carpathian Temples Trail* is a cross-border trail connecting Krosno and Stropkov in Slovakia. Along its way, there are Christian (churches and orthodox churches) and Judaic (synagogues) temples as well as shrines. The trail passes through 4 towns on the area of the Rymanów Commune: Klimkówka, Rymanów, Bałucianka and Królik Polski [Mitura, Buczek – Kowalik 2012].

- *Beskid Museums* – A cross-border bicycle trail is 350 km long. 250 km of the total length is situated in Poland and 100 km in Slovakia. There are 20 museum on the trail. The entire trail is composed of 13 routes. Many tourist attractions are located nearby these routes. The Regional Historical Chamber in Rymanów was incorporated into the route [Mitura, Buczek – Kowalik 2012].
 - *The Chassidic Route* reminds tourists about Jews from the southeast Poland. The trail lies on the area of the Podkarpacie province and the Lubelskie province. Rymanów, which was a centre of Chassidism, lies on that route. [http://fodz.pl/download/szlak_chasydzki_rymanow_PL_10_III.pdf]
 - *The Pope Trail in the Low Beskid* was laid out by LOT “Low Beskid” in Krosno and open in 2006. Route runs alongside The Main Beskid Mountain Trail and bounds up with numerous Karol Wojtyła's walking tours with the youth in the nineteen fifties. Rymanów Zdrój and Tarnawka could be found on the route of pr. Karol Wojtyła who has been wandering in the area in 1952, 1953 and 1957 [*Szlak Papieski...*].
 - *Traces of Two Candidates Trail*, Pastwiska – Rudawka Rymanowska – Puławy Górne – Tokarnia – Karlików – Kamień – Komańcza; there is annually held the rally which commemorates the stay of cardinals Stefan Wyszyński and Karol Wojtyła in the Low Beskid. [http://www.rymanow.krosno.lasy.gov.pl/szlakiturystyczne-i-tematyczne-trasy-rowerowe-i-konne/]
 - *The Courier Trail JAGA-KORA* which is reconstruction of the historical courier trail of the Union of Armed Struggle (which was a part of the Home Army). The trail led through the Low Beskid in the years 1940 – 1945. Couriers and soldiers traversed that way. They passed through the former “green border” during World War II. [Berdel et al. 2012]
- The Ecomuseum *Beskidzkie Hiking*, which has been open since September 2013, presents culture and tradition of the region, local culinary and handicraft products as well as diversity of nature. The ecomuseum gives also a chance to meet interesting people such as local artists and craftsmen. Points on the route of the ecomuseum in the Rymanów Commune can be listed as follows: The Regional Chamber of History, the Artistic and Domestic Glassworks *Sabina* in Rymanów, the Art Gallery in Rymanów Zdrój (Phot. 19) and the workshop of woodcarving in Bałucianka [*Ekomuzeum...* 2013; http://www.beskidzkiewedrowanie.pl/].

Phot. 19. One of the information boards
Ekomuzeum *Beskidzkie Hiking*



Source: T. Mitura

Phot. 20. One of the information boards
Witnesses to history – multiculturalism in the valley of Tabor and Wisłok



Source: T. Mitura

- *Witnesses to history - multiculturalism in the Tabor and Wisłok Valley* is a project of which main objective is to present history, culture, customs and tradition of former inhabitants of the Rymanów Commune to residents, tourists and visitors to a spa. 30 objects which testify to multiculturalism of the region were marked within the project. Information boards containing old pictures, pre-war maps and the historical description of the presented object were put next to objects (Phot. 20). [<http://www.info.rymanow.pl/bit/ct-menu-item-6/sladami-tematyczne/sladami-historii>;

ACCOMMODATION

Accommodation and catering facilities are well-developed in the commune's area. In 2013, 16 objects which inclusively offered 1166 lodging places were functioned there (Tab. 2). They included the following places: 7 sanatoriums, 3 hotels and hotel facilities, a youth hostel et al. Moreover, 22 holiday farms, which had 279 overnight stops, offered accommodation (a number of places cooperating with the Podkarpacki Ośrodek Doradztwa Rolniczego (PODR) in Boguchwała) [<http://www.podrb.pl/agroturystyka/2061.html>]. It should be noted that not all holiday farms cooperate with PODR and thus the amount of accommodation of this type is probably significantly higher.

The density rate of accommodation in the Rymanów Commune is 7,03 for collectively developed objects. The rate increases to 8,71 if overnight stops in holiday farms are taken into consideration. 61% collectively developed objects and 20% overnight stops in those objects (the numerical data concern the total number of objects in the Krosno District) are situated in the commune concerned (Tab. 2). The Rymanów Commune is in the forefront of areas in the whole Podkarpacie Province where attractiveness of touristic advantages influenced on an increase of tourist traffic; in consequence, it caused development of varied accommodation.

Tab. 2. Objects and accommodation places in Rymanów Commune against the Krosno District and Podkarpackie Province in 2012

Collectively developed objects		The number of objects	The number of overnight stops
The Rymanów Commune	Hotels	3	102
	Other hotel facilities	1	48
	School youth hostels	1	45
	Resorts	2	175
	Groups of tourist homes	1	8
	Campsites	1	150
	Health resorts	7	638
	In total	16	1 166
The Krosno District		26	5 672
The Podkarpacie Province		353	21 591

Source: own research, based on: <http://stat.gov.pl/bdl>

CONCLUSIONS

Abundance and diversity of advantages and varied infrastructure of the commune containing numerous hiking trails, walking and bike paths, ski lifts, sanatoriums with a diverse offer of health treatment as well as well-developed accommodation make that there are possibilities of development of a wide range of various forms of tourism starting from holiday (incl. spa tourism), through sightseeing, up to active tourism (hiking, cycling or skiing).

The Rymanów Commune is a very attractive area where there are diverse tourist advantages. Rymanów Zdrój is undoubtedly well known for its health resorts. The town is also famous for a number of other advantages which fill in the offer of the health farm. There are numerous traces of ancient cultures, Lemko and Jewish monuments and contemporary wooden created innovative tourism products to which, among others, should Ecomuseum. Self-government organisations and associations operating in that area conduct many activities to accentuate abundance of present tourism advantages.

The Rymanów Commune, located within the bounds of the slightly forgotten Low Beskid, can take over tourist functions of communes of Bieszczady which currently loaded down. It offers tourists equally attractive forms of spending leisure time.

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