



NEWSLETTER 9/2023

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TOWNS UNDER THE SIGN OF THE SNAIL



If you are looking for an alternative to the busy pace of life - for fast food, fast relaxation, fast contact with others - visiting the towns of the Cittaslow network is an excellent idea. Each of them has a great offer of shorter and longer leisure activities: especially for whole families, but also for culture lovers and physical activity enthusiasts.

Members of the movement focus on promoting and spreading the idea of good living, nurturing localism and preserving the unique character of urban spaces. Traditional hospitality makes them attractive to anyone looking for a respite from the daily hustle and bustle.

Cities from under the sign of the snail can boast the natural values of their surroundings, interesting historical heritage, local products, including culinary based on natural ingredients

An indispensable part of the good life are various forms of sports and recreation, which are served by parks, walking and bicycle paths and trails, canoe and sailing marinas, and even ski slopes. Cittaslow members care about restoring

historic buildings and the urban fabric to their former glory. Cultural life is boiling in the restored interiors and museum facilities are operating.

The vast majority - 27 out of 36 - of Poland's "towns caring for a better quality of life" are located in Warmia and Mazury, but their idea has also taken root in Greater Poland, Gdansk and Central Pomerania, Upper Silesia, Opole, Lublin, Mazovia and the Lodz region.

Below are 27 cities in the Warminsko-Mazurskie province that belong to the movement: Reszel, Biskupiec, Bisztynek, Lidzbark Warmiński, Nowe Miasto Lubawskie Lubawa, Olsztynek, Ryn, Barczewo, Dobre Miasto, Goldap, Górowo Iławeckie Nidzica, Pasym, Bartoszyce, Działdowo, Lidzbark, Orneta, Jeziorany, Sępólno, Braniewo, Wydminy, Olecko, Morąg, Szczytno, Węgorzewo, Kisielice

www.cittaslowpolska.pl

WHY CITTASLOW?



Lidzbark Warmiński – autor Kamil Onyszk

In taking care of "our" time, among other things, a chain of fast food bars called colloquially fast food was created. The „slow food” movement has appeared as a counterbalance to this - not very healthy - way of eating in 1986.

In 1998, during a meeting of the Slow Food organization with the mayors of the Italian cities of Bra (Cuneo), Greve in Chianti (Florence), Orvieto (Terni) and Positano (Salerno) the decision was made to create an international network of Slow Cities. Very quickly the movement has grown to include dozens of cities from all over Italy and from abroad. Currently, the network has had 291 cities from all over the world and is constantly growing. From Poland, 31 cities belong to the network, including the province of Warmian-Masurian (as many as 27). The International Network of Cittaslow Cities is a non-profit organization that aims to promote and disseminate a culture of good living by creating strategies of environmental and infrastructural policies, maintaining and development of territory-specific characteristics, upgrade of local production, fostering a culture of hospitality. The Network's mission is to improve the living conditions of residents. The headquarters of the International Network of Cittaslow Cities is the Italian city – Orvieto.

The Cittaslow towns are distinguished by their rich history, culinary quality offerings and attractive geographical location. The objectives of their activities

concern the development of cultural heritage. They are not regional capitals, but strong local communities. The Cittaslow network consists of towns that have a population of less than 50000. In order to achieve "Slow City" status, one must fulfil the qualification requirements, which focus on seven key areas.

„The Manifesto of SLOW Cities for a New Humanism of Being and Living" says that

Cittaslow cities are those in which:

- Environmental policies are implemented to maintain and develop the urban fabric, primarily using techniques of recycling
- An infrastructural policy is implemented that seeks to raise the value of the territory, rather than occupying it
- The use of technologies is promoted to raise the quality of the environment and the urban fabric
- The production and use of food products obtained through natural techniques and compatible with the environment is promoted, excluding genetically modified products, taking steps, if necessary, to establish units for protection and development of endangered typical production
- Protected is local craftsmanship rooted in culture and traditions that contribute to the promotion of the region, preserving places and ways of production, promoting opportunities and places privileged because of the direct contact between consumers and producers
- A culture of hospitality is fostered, treated as a moment of true connection with the community and its specificities, by removing physical and cultural barriers that could prevent the full and common widespread use of the city's resources
- Awareness of living in one of the Slow City cities is promoted, with a particular focus on youth and schools, through the systematic introduction of "taste education".

Cittaslow is a network of good living.

It is worth a visit to the towns under the sign of the snail.

www.cittaslowpolska.pl

BARCZEWO



arch. Urząd Miasta Barczewo

The first record confirming the existence of Barczewo (then Wartberg) appeared in a letter from Bishop Jan II Stryprock in 1356, and the first locator (the counterpart of the mayor) was Henry of Łajsy. The name was well-known in Warmia at that time - his grandfather was the founder and first village administrator of Łajsy, and his brother was locator of Olsztyn.

A characteristic feature of today's Barczewo is its well-preserved historic buildings and spatial coherence with a rectangular street grid and a central square with two churches.

The city's most prominent resident was probably Feliks Nowowiejski, born here in 1877, composer, conductor, organist, creator of Legend of the Baltic Sea, the Warmia Anthem or Rota (to words by Maria Konopnicka) and many others. From September to December 1946, the town was called Nowowiejsk. Before the war the town was called Wartemebork, now Barczewo in honour of Priest Valentine Barczewski (1856-1928) - a Warmian who fought for the Polish language, a eulogist of Warmia folklore.

A dozen bridges and footbridges thrown over two rivers (Pisa Warمیńska and Kiernoz), along with a pond, a promenade, benches and stylized lanterns has created a charming atmosphere in this town near Olsztyn.

Attractions/sights of Barczewo:

- **Bishop's Castle** - built in 1364, burned down in 1798. Only remnants of the basement, one residential wing of the building containing Gothic features have survived to this day
- **Church of St. Andrew the Apostle** - Gothic from the late 14th century, originally Franciscan, later Bernardine. There is a significant work of Renaissance architecture - the tomb of Andrew and Balthasar Batory, made by Willem van den Blocke inside.
- **Church of St. Anne and St. Stephen** - Gothic from 1386, chancel from 1894. The courtyard is surrounded by a wall with three large gates and five wrought iron gates. Inside, there is an organ from 1700, stalls, choir, main altar and side altars, and wall frescoes on the north and south walls of the chancel. A valuable monument here is a gothic crucifix from around 1500.
- **St. Dyzma Prison Church** - built in 1872, on the grounds of the penal institute. In 1944 it was a German military uniform sewing factory. It was handed over to the prison administration in 1950. Until 1989 it served as a warehouse for finished goods. At present, it is the only religious building in Poland located within the prison walls. In June 1998 the Metropolitan of Warmia Archbishop Edmund Piszcz consecrated the church under the name of St. Dyzma, or the Good Villain - the patron saint of prisoners.
- **The former Evangelical Augsburg Church**, which dates back to the 19th century, surrounded by tree branches is the youngest religious building in the city. The building has now been revitalized and adapted into an art gallery, library and small concert hall. The large space and unique acoustics have made it possible to create a place for the need to support the development of culture and art in Barczewo.
- **Synagogue** - the last surviving synagogue in Warmia. Built in 1847r in neoclassical style, it served its role until 1937. Currently it is an art gallery.
- **St. Anthony** (St. Mary's) Hospital - built in 1902 in neo-Gothic style, replaced the old city hospital built in 1733. There is the evangelical cemetery, where German soldiers were buried during World War II, next to it
- **Chapels** - the oldest on Warmian Street (ul. Warmińska) from the early 17th century, two-story.

- **Barczewo Penal Institute** - the history of the prison dates back to 1812 when the Prussian authorities opened a "Penitentiary House" on the basis of the property of the Franciscan Order. Over time, the facility - expanded and modernized - became the largest prison in Prussia, earning the name "Royal Wartenberg Prison. Farm buildings such as a pigsty, carpentry shop, smithy, bakery, mill, laundry and even a cigar factory were built on its grounds. A number of residential buildings were also built - already outside the prison walls - for both workers and entrepreneurs based on the labour of convicts. The greatest years of splendour were at the turn of the 19th and 20th centuries. The most famous inmate was East Prussia's gauleiter and governor Erich Koch, who was incarcerated in 1959. During the martial law it was a political prison, where anti-communist activists (including Wladyslaw Frasyniuk, Adam Michnik and Leszek Moczulski) were held.
- **Krzyzowa Mountain** - two kilometres from Barczewo, on the Pisa River, according to historical sources the site of a former Prussian settlement. As rumour has it, this mountain is connected by an underground tunnel to the Church of St. Andrew the Apostle.
- **Canoe trail of the rivers Dadaj -Pisa Warmińska –Wadąg**. An extremely varied and picturesque trail of about 50 km. Canoeists set off from a selected village on Lake Dadaj to paddle out on the river of the same name. Its gorge is mountainous (6 km). Through Lake Tumiańskie the river reaches Lake Pisz, from where it flows out as the Pisa Warmińska. In Barczewo (about 9 km) it is joined by the Kiermas River (the further course of the Kośna). From the town it reaches Lake Wadąg (10 km), from which it flows out as the Wadąg River. After a stage in Olsztyn's Municipal Forest (9 km), it flows into the Lyna at the hydroelectric power plant. Portages await canoeists in Barczewo (200 m) and at the Wadąg power plant.
- **A biographical museum** of the composer Feliks Nowowiejski, born here on February 7, 1877, located in a building at 13 Mickiewicza Street, the site of the Nowowiejski family home. The museum was opened on July 15, 1961, on the fiftieth anniversary of the premiere of the "Rota" on Krakow's meadows.

www.barczewo.pl/o-gminie/rys-historyczny/

BISZTYNEK



arch. Urząd Miejski w Bisztyнку

Bisztynek's coat of arms depicts a bishop's crook sticking in a rock by which it alludes to the German name of the town Bischofstein meaning "bishop's stone." Today's Bisztynek is so small that it can be bypassed in a hurry, and it would be a great pity, because this smallest of the Warmia towns is worth a visit. It was raised to municipal status by Bishop Sorbom. Situated in this, and not another, geopolitical reality, Bisztynek changed hands as a result of the Polish-Teutonic wars, but after the final defeat of the Order the city began to develop, although it was not spared other tribulations, such as the great fire in 1548. Even the fortifications were destroyed, but under Bishop Dantysius the town was again surrounded by walls. Bishop Stanislaw Hosius was also kind to Bisztynek, granting it numerous trade privileges - a weekly market and, after a few years, an annual fair. In turn, Bishop Marcin Kromer designated seven villages, for which the use of the market in Bisztynek was obligatory. Trade developed, crafts flourished - weaving, cloth making, pottery and cooperage. Bisztynek was a wealthy town so the townspeople did not have to deal with agriculture and there was plenty to pay taxes from. And all would have been well, if not another fire, which in 1598 completely consumed the town. After another, in 1770, not

even the church escaped destruction. However, it was quickly rebuilt and re-consecrated in the presence of Bishop Ignacy Krasicki.

Attractions/sights of Bishitnek:

- **Church** - Sanctuary of the Precious Blood of Jesus, one of the largest in Warmia, which may come as a surprise, given the size of the town itself. From the earliest times, the place of worship of the Blessed Sacrament, to which a miraculous event contributed, about which in the old chronicles writes so "the priest celebrating Mass in the presence of the bishop doubted that after transubstantiation in the host there is a truly present Christ. Suddenly he saw drops of Blood falling on the corporal. This corporal, on which the drops of Christ fell, was sent to Rome, from where it never returned." Since then, the title of "the Precious Blood of the Lord Jesus" has been attached to the patron saint of St. Matthias Church. It was a place of great pilgrimage in former centuries, and this caused that the church was expanded to its present size. In 1631, the relics of Saints Symphorius and Liberat were solemnly transferred from here to the chapel in Swieta Lipka. Today the church is a three-nave hall with eight spans in Baroque style. Notable Rococo main altar and side altars, made by Christian Bernard Schmidt of Reszel, as well as a portrait of Ignacy Krasicki and nine paintings of the Apostles, made in 1776.
- **The Lidzbarska Gate** - from the turn of the 15th and 16th centuries with a fragment of the former fortifications. It is a remnant of the defensive walls. In the Middle Ages the walls had three gates: Reszelska, Lidzbarska and Warszawska. In the early 20th century, in accordance with the order of the German authorities – in the Lidzbarska Gate were a prison
- **Post-evangelical church** - from the second half of 19th century, rebuilt after destruction in 1945.
- **Parsonage** - pseudo-Gothic from the late 19th century.
- **Cemetery Church** - St. Michael's Church of 1618-1632, with a tower and a vestry of 1892.
- **The Monument of Henryk Sienkiewicz** – originally unveiled on September 1, 1929 as a monument to the victims of World War I - on 4 sides of the pedestal were placed plaques with the names of

169 residents of Bisztynek who had died in it. The current "Sienkiewicz" monument dates from 1965

- **Tenements** - from the 19th and 20th centuries
- **Granary** - from the 18th century
- **The boulder** (28 meters in circumference, 8 meters long and 3.2 meters high) is the largest in the province. Old legends maintain that there are impure forces behind the stone. Supposedly, from Africa itself, it was personally brought by the devil. Hence the name Devil's Stone. According to scientists, it is an erratic boulder that was transported to this place by a glacier. Locals claim that the boulder fulfils wishes; you just need to go around it twice clockwise starting from the characteristic crack and thinking of your wish.

www.bisztynek.pl

DOBRE MIASTO



arch. Urząd Miejski Dobrze Miasto

Firstly, on the riverbank of the Łyna River, there was a Prussian stronghold here. The city is located on an artificial island created after digging a canal, the so-called Big Łyna, which once had had defensive functions, and today it has supplied water for a hydroelectric power plant. The name most likely derives from the Prussian word *gudde* meaning bush, scrub. It received city rights from the Warmia bishop Henry II Wogenap. A very important moment for the city was the relocation of the Collegiate Chapter here. The canons built not only a church but a school and a hospital as well. They also began to strengthen the defensive walls. The chapter's seat was here until 1811. From 1466 to 1772 it was part of the Republic of Poland as part of an autonomous area under the authority of the bishops of Warmia. The Polish Cardinal Stefan Wyszyński restored the collegiate chapter in Dobrze Miasto on May 14, 1960.

The city survived World War I unscathed whereas in the spring of 1945 it was almost 70% destroyed. In 1939, it had 5,931 inhabitants. According to the census of August 15, 1945, the population was 435 inhabitants.

Adjacent to the city is a large complex of the Wichrowski Forest hiding large quantities of game and forest produce. There are hiking and biking trails, educational paths and an observation tower.

Attractions/sights of Dobre Miasto

- Church of the Most Holy Saviour and All Saints - a Gothic collegiate church from 1357-1389, probably built on piles, the second largest church in Warmia. Until 1810 it was the seat of the Collegiate Chapter. Together with the buildings, it is a quadrangle resembling a fortified castle. In the collegiate buildings adjacent to the church, fragments of polychrome have been preserved. In 1989 - for the 600th anniversary Pope John Paul II on May 19, 1989 gave the church the title and dignity of Basilica Minor.
- Evangelical Church - built between 1830-1832, designed (probably) by Karl Friedrich Schinkel. The church was destroyed during WWII and a fire in 1967. It was rebuilt in 1978 for use as a library.
- A defensive tower called "Stork Tower" - a remnant of the medieval defensive walls. The name comes from the storks nesting on its top. The Tower houses a museum of the history of Dobre Miasto. Here you can see old maps of the Warmia bishopric, plans of the city, photographs and photocopies of historic buildings and old documents, and in the summer season there are exhibitions of painting, graphics, artistic textiles, etc.
- St. Nicholas Chapel - built by the decision of Bishop Krzysztof Szembek in 1736-1741 in the late Baroque style in the place where once there was a cemetery for criminals with a wooden chapel. Inside, baroque altars from the 17th century. Until 1945 a hospital chapel. Currently a Greek Catholic church.
- Water tower from 1905
- City Open-Air Museum - The restored townhouses serve an exhibition and museum function. Former craftsmen's establishments have been restored: a photographic studio, a tailor's shop, a shoemaker's shop, a hairdresser's shop and a baker's house with a residential section.
- The Łyna River Canoe Trail - The Łyna is the longest river in the region. The marked canoe trail of its Polish section amounts to 196 km (the starting point in Brzeźno Łyńskie). Before the river flows to Dobre Miasto, it passes, among others, Lake Łańskie, and the nature reserve Forest of Warmia and the town Olsztyn. One or two-day canoeing trips, on the route of which Dobre Miasto will be

found, are most convenient to start in the water moorings of Braswald, Cerkiewnik or Dobre Miasto itself. In turn, you can end in the moorings Smolajny or Łaniewo. The river on these stages flows with a calm current, meandering through meadows and forests.

- Swimming pool On wave “Na fali” - www.osir.dobremiasto.com.pl/index.php/basen-na-fali/

www.dobremiasto.com.pl/dla-turysty

RESZEL



arch. Urzędu Gminy w Reszlu

This Warmia town is a bit like Umbrian Orvieto, of course, in its own way in a different architectural style and not with such grandeur. Similarly, it is a harmonious whole and similarly stretches on a hill, perhaps not as lofty as the Italian one. Also missing are the vineyards on the local slopes. But with today's climatic changes, who knows, maybe the vines will begin to bear fruit here in time. So far Reszel is famous for having a perfectly preserved medieval urban layout, which is a rarity in this area, through which great wars have swept so many times, leaving behind a huge amount of destruction. The history of the city begins with a Prussian stronghold named Resl. As a result of warfare, it was eventually captured by the Teutonic Knights, who handed it over to the local bishop of Warmia. From the moment it received city rights, it gained in importance. After the Teutonic wars, when the city came under the Polish protectorate, time of prosperity and stability began. With a hospital and a water supply system, it was the second most prosperous and important town in Warmia. Until the 17th century, i.e. until the war with the Swedes, its inhabitants lived prosperously. Reszel earned merit for Warmia with the achievements of its distinguished craftsmen. There were not only practical handicraft industries, numerous painting and goldsmith workshops worked here,

there were well-known artists - artists from the Szmidt and Szwarc families, who left behind valuable mementos in the form of altars, gates in the churches of Swieta Lipka or Bisztynek. The town was home to a well-known Jesuit college, which also served Swieta Lipka. It was important at the time that Reszel belonged to Polish Warmia, while the sanctuary, just 5km away, belonged to Protestant Prussia. Reszel began to decline after a series of fires in the 19th century, from which the castle, building, college and rectory survived. Relatively little damage during World War II allowed the town to retain its unique character

Attractions/sights of Reszel:

- **Medieval market square with a well and a classicist town hall** from 1815
- **Castle of the Bishops of Warmia** - a wooden Teutonic watchtower was already erected around 1241, but the brick castle was built in 1350-1401
- **Parish Church of St. Peter and Paul** –the construction began in 1348. There is a painting of the patron saints of the church by Antoni Jan Blank in a main altar, a professor of fine arts at the University of Warsaw, who came from Warmia.
- **Parsonage** - Gothic-Baroque (1444r).
- **Gothic bridges** - made of brick over the Sajna River
- **A city park with an amphitheatre** from the 1930s. It is a place to commune with nature surrounded by old trees and new plantings conducive to rest and relaxation. It features walking paths, a pond and an amphitheatre. The river flowing through the park allows you to calm down and enjoy the sound of water, while giving the place a unique atmosphere. Benches and tables have been placed throughout the park, which are used not only for relaxation, but also for table games such as checkers and chess.
- **Greek catholic Church of the Holy Transfiguration** from 18th century
- **Granary** with a half-timbered structure from the 18th century
- **Jesuit College** - The Jesuit College in Reszel began operations on December 3, 1632 and functioned until 1772, when Reszel came under Prussian rule and the order was abolished
- **Pilgrimage route** from Reszel to Swieta Lipka - the road, about 6 km long, was used by pilgrims to the Marian shrine as early as the

15th century. After the Prussian tribute, the route connected Catholic Warmia with Protestant Masuria. During the time of Bishop Szembek, in 1733-1735, Baroque rosary chapels were built on both sides of the tract. Along the avenue grow linden trees. Both the shrines and the lindens are listed in the register of monuments. They constitute a unique surviving monument of 14 chapels with reliefs made in sandstone.

- **Contemporary Art Gallery "Castle" - Reszel** has taken a liking to cultural artists, not only from Poland. For many years the castle has been a venue for events of international scope of exhibitions, meetings, open-air events, conferences, etc.

www.szlakswietejwarmii.pl/reszel-miasto-spokojnego-zycia/

www.zamekreszel.pl/zamek/historia-zamku