

FOR SUSTAINABLE IDEALISTS

SEASON: ALL YEAR
LENGTH: 1 DAY TOUR



SUSTAINABLE ROUTE IN GDAŃSK

 **Wellbeing**
tourism



TAKE A WELLBEING TOUR

Traveling is about experiences, recovery, enjoyment, feeling harmony, happiness, excitement and whilst feeling good you can also be doing good.

Explore Gdańsk as your wellbeing destination.

Our route is specially designed and composed of points of interest, activities, and other worth seeing wellbeing places. We carefully selected them to inspire you to experience honest wellbeing offers, as sustainable as possible.

Build your very own memories with our welcoming hosts and beautiful places.



Wellbeing tourism is sustainable tourism that creates harmony and balance for body, mind, and soul. When you do good, you feel good and develop a state of wellbeing.

Why should you choose wellbeing services?

A wellbeing company protects and cares about the wellbeing of the local population, its staff, and its guests, taking traditions, natural and cultural

heritage into account. It gladly spreads its knowledge to more people and meet you and others with kindness and joy.

More wellbeing companies and places that do good can be found at www.wellbeingtourism.com

TAKE A SUSTAINABLE TOUR IN GDAŃSK – THE CAPITAL OF THE REGION

One of the oldest and historically important cities in Poland sits on edge of the Baltic Sea – the over 1000-year-old Gdańsk – the capital of the voivodeship, a city symbol of Freedom. Here you may enjoy wonderful monuments and experience nature places as beautiful parks or forests with outstanding views.

Gdańsk, Sopot and Gdynia make up the Tri-City agglomeration. Were it not for the road signs informing about the borders between cities, an inattentive tourist would not even notice that he has just left Gdańsk and is already in Sopot. All three cities win in Polish quality of life rankings for those who live here, undoubtedly, it is associated with the pro-ecological policy of cities and the pursuit of sustainable development.

In Gdańsk you can spend your time actively – sightseeing, learning, and at the same time taking care of your health

and physical condition. You can plunge into the oases of nature inside the city, where you can regenerate your vitality, relax, rest, and do something for your body, soul, and mind. You can exercise at one of the many public and free outdoor gyms, you can windsurf, ride a horse, practice yoga, Zumba, or pilates.

Try some local cuisine as you explore. Regional cuisine shows how multicultural Gdańsk is. The local cuisine is a melting pot of traditional Polish cuisine, Kashubian, Eastern Lithuanian, Ukrainian, and Russian as well as German cuisine. Most restaurants offer vegetarian and vegan options, but of course, you will also find restaurants that specialize and offer only such dishes. Many restaurants offer traditional Polish cuisine in a new version, often lighter with a surprising combination of flavors, based on regional, seasonal products.





1ST STOP

THE MAIN CITY IN GDANSK – GŁÓWNE MIASTO

The Main City in Gdansk - where the most important and the greatest monuments in Gdańsk are located, such as the Royal Road with the Neptune Fountain, the Main Town Hall, the Artus Court, the most beautiful town houses and a complex of representative entrance gates to the city.

Get to know the city through local cuisine. Pay a visit to restaurants offering traditional Polish cuisine, cuisine of the former Polish Eastern Borderlands, namely Lithuanian, Ukrainian, and Russian, as well as restaurants offering Kashubian dishes. Vegans and vegetarians will not be disappointed, either.

Take a break. What is better to recuperate your body and improve

your mood, if not a cup of good coffee or herbal tea or a glass of home-made lemonade? There are plenty of cafés in the area offering local delicacies such as sea buckthorn cheesecake. Splurge a little and help local community at the same time by visiting a café run by a social cooperative that employs people with disabilities as waiters and baristas. The products are made of only natural, top-quality products.

Check out what other cultural institutions in the Main Town have to offer. Perhaps you will be lucky and come across the Shakespeare Festival at the Shakespeare Theatre or an interesting show at the Wybrzeże Theatre.

 **Estimated time for this part: 2 hours**



2ND STOP

MUZEUM BURSZTYNU – AMBER MUSEUM

Visit Amber Museum located in The Great Mill, which was built in the 14th century by the Teutonic Knights and operated continuously until 1945. In Amber Museum you can find a large collection of the most beautiful amber products, jewellery, and unique specimens of amber chunks, often with surprising inclusions. Join a guided tour or admire the exhibition on your own. At the museum you will learn how amber was formed and what its properties are.

If you are wondering what souvenir or gift to bring from Gdańsk, amber will be a great idea. You can buy amber jewellery or items decorated with this precious organic gem. Do not forget that amber has health properties, too. You may buy a liqueur with crushed Baltic amber to drink or and rub. This

natural remedy is used in rheumatic ailments, bronchitis, pneumonia, fever and migraine. Pillows filled with ecological buckwheat husk and natural, rough Baltic amber will also make a unique gift. Skincare products with natural amber is also a good choice. Amber is a natural antioxidant and the minerals it contains improve the condition of the skin.



 **Estimated time for this part: 2 hours**

3RD STOP

YOUNG TOWN – MŁODE MIASTO

Currently, the district is undergoing a metamorphosis. Check how much it is changing. Find preserved historic shipyard buildings and other elements of the infrastructure. Some are already renewed; others are still awaiting.

The old post-shipyard buildings have become a meeting place and event venue. Visit art exhibitions, attend to



a concert, practice yoga during free lessons over summer weekends. The Young Town is a perfect place to integrate with the local community. Drop by for a cup coffee, grab lunch, join a party or chill out in the evening. There is a street food complex in the Shipyard, which offers a wide variety of services. All dishes are prepared with passion from fresh, seasonal ingredients by young people so that guests could discover traditional dishes in new and surprising variants.

Buy unique items made by young artists-craftsmen, check out the current schedule of concerts and events, experience art, or watch a movie on the wall of the 100-year-old Shipyard building.

 Estimated time for this part: 1 hour



4TH STOP

GARRISON (GARNIZON)

Currently, Wrzeszcz is worth visiting not only due to the revitalization projects conducted by the city, but due to interesting initiatives of green lifestyle enthusiasts, as well as new spaces that are created in post-industrial areas of the district.

People who looking for harmony and tranquillity will surely like local yoga studio that offers outdoor classes in the historic Kuźniczki Park on warm days.

Don't forget to visit the eco-centre selling products made by local manufactures from waste. You will also find organic food, beauty and home care products. Do-it-yourself kits are also sold, including basic ingredients you can use to make your own cosmetics or cleaning products at home. Eco-centre

is not only a store. It is also a self-service coffee house, where you can brew your favourite coffee or herbal tea yourself, exactly the way you like it. Lectures and workshops are held there, for example, on how to make zero waste skincare products yourself. Additionally, it offers yoga classes for everyone. Also feel free to use one of the many outdoor gyms.



 **Estimated time for this part: 1 hour**



5TH STOP

PARK OLIWSKI

Considered the most beautiful park in Gdańsk, the historic park was founded in the 15th century by the Cistercians as a monastery garden. The park is a very popular place for relaxation, picnic and enjoying its many sights. Don't miss out on the Grotty Szeptów the 'Whispering Caves' (aka. Dionysus' Ears) - try to hear each other's whispers.

The Oliwa Park is an ideal place for people who like to stroll leisurely and unwind outdoors. On hot days, there is nothing better than walking through

arched trellis for climbing plants. You can rest on a bench or simply on the grass.

Every year in August, classical music lovely echoes in the Oliwa Park as the International MOZARTIANA Festival is held there. Usually, the event takes place outdoors and admission is free. Music lovers will also be pleased that organ music concerts in the nearby Oliwa Cathedral are available all year round. It is also worth walking through the beautiful streets of Old Oliwa or shopping at a nearby market.

 **Estimated time for this part: 2 hours**



YOUR MODE OF TRAVEL MAKES A DIFFERENCE!

A major part of traveling is getting from place to place. Whether you are abroad or traveling in the local or regional communities. There are multiple transportation options to choose from but as a wellbeing guest, with the intention of doing good, a sustainable transport mode is to be preferred. Sustainable transport systems make a positive contribution to the environmental, social, and economic sustainability of the communities they serve.

In the example below, you can see how different transport choices give more or less CO₂ emissions per passenger-kilometers. We hope it can help you make changes on the way you get around.

Note: The transport modes below are for comparison purposes. Check their availability at your destination. Different transport modes may affect the suggested length of the route.

Choose wisely and reduce your carbon footprint!



Bike – 0 g/CO₂
BEST CHOICE, LOW IMPACT



Electric bike – 59 g/CO₂
LOW IMPACT



Public transport – 351 g/CO₂
MEDIUM IMPACT (PROVIDED THAT THE BUS IS WELL FILLED)



Electric car – 268 g/CO₂
MEDIUM IMPACT (MEDIUM SIZED ELECTRIC VEHICLE)



Biofuel car – 183 g/CO₂
MEDIUM IMPACT (MEDIUM SIZED BIOGAS VEHICLE)



Car – 703 g/CO₂
HIGH IMPACT (MEDIUM SIZED DIESEL VEHICLE)





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