



Rzeszów

in collaboration with Rzeszów City Office

Photo: UM Rzeszow

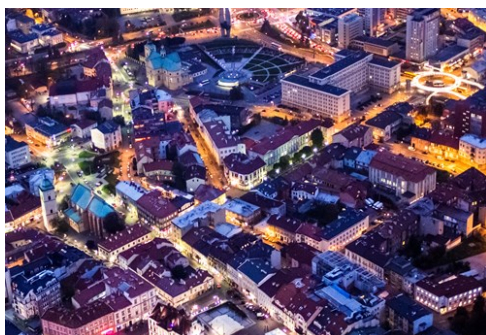


Rzeszów City Office

RZESZOW - the largest city of south-eastern Poland, the capital of Podkarpackie Province and the centre of the Rzeszow Metropolitan Area. The seat of local government and province authorities, governmental and judicial institutions. It constitutes the economic, academic, cultural and recreational centre of south-eastern Poland. It serves as an important centre for aerospace, IT, chemical, commercial, construction and service industries.



Rzeszów City Office



Rzeszów City Office

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



City Public Transport
TICKETS - TRAVEL - CHECKING
- If you do not want to have problems, buy a ti...



Rzeszów - Jasionka Interna...
is an international airport located in southeastern Poland, in Jasionka, a v...



PAID PARKING ZONE
In Rzeszow in 2016, a paid parking zone was introduced. Fees for parking veh...



The Market Square
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District Museum in Rzeszów
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THE CITY



Rzeszów City Office

Rzeszów - the largest city of south-eastern Poland, the capital of Podkarpackie Province and the centre of the Rzeszow Metropolitan Area. The seat of local government and province authorities, governmental and judicial institutions. It constitutes the economic, academic, cultural and recreational centre of south-eastern Poland. It serves as an important centre for aerospace, IT, chemical, commercial, construction and service industries.

The capital of Podkarpackie Province has nearly 220 thousand inhabitants. In terms of number of students Rzeszow places first in the European Union (for every 1000 inhabitants there are 353 students). The average age of the inhabitants of the city is 39, so Rzeszow is often called the city of the young. Rzeszow is a place highly valued by its residents in terms of quality of life. They openly acknowledge that it is a clean, safe, convenient city, which provides life-time stability and satisfaction coming from personal and professional development.

Rzeszow is the seat of the Aviation Valley, the biggest aviation cluster in Poland, with more than 150 companies representing the industry. The largest plant is Pratt & Whitney Rzeszow (formerly WSK „PZL-Rzeszow”), specializing in the production of aircraft engines. The chemical

industry - ICN Polfa, Sanofi-Aventis, IT sector - Asseco Poland SA as well as packaging - Marma Polskie Folie, are also developing in the city. In Rzeszow, companies like Zelmer and Nestle (formerly Alima-Gerber) also have their headquarters.

In Rzeszow there are two volleyball clubs with men’s team - Asseco Resovia Rzeszow and women’s team - Developers Rzeszow, which in 2017 won the bronze medal in the Poland’s championship competition. Asseco Resovia Rzeszow is a seven-time Polish champion, three-time Polish Cup winner and a Polish Super Cup winner. Volleyball has become a „national sport” in Rzeszow, matches taking place in the Regional sports and Entertainment Centre Jan Strzelczyk „Podpromie” are attended by nearly 4,000 supporters. Thanks to planned extension of the hall, it will soon be able to accommodate 7 thousand spectators. Another sport that is of great importance for the capital of Podkarpackie Province is speedway. Speedway races have taken place at the „Stal” City Stadium in Rzeszow since the 1950s. Speedway Stal Rzeszow has won the title of Polish Champion twice.

Rzeszow is a place of numerous festivals and cultural events. The World Festival of Polish Folk Ensembles organized here every three years since 1969 has been permanently incorporated into the cultural map of the city. During the festival, troupes from all over the world come to Rzeszow. Another significant festival is the Rzeszow Carpathia Festival , which has been organized since 2005. During the four days of the festival, young singers and music bands present their skills. The East of Culture festival - European Stadium of Culture, which takes place yearly by the end of June. As part of the festival,

we could see and listen to such stars as Guano Apes, White Lies, The Fratellis, Coma, T.Love, Myslovitz and many others. The biggest audience is attracted by collective concertsts - joint performances of Polish bands with guests from the east, from such countries as Ukraine, Belarus or Armenia.

CID Trail



The Central Industrial District trail is a special tourist proposition - instead of historical castles and palaces, concept gardens or the richness of Podkarpackie nature, we will see here factory buildings, remains of workers', craftsmen's and engineers' settlements as well as managers' villas.

- Hotel Baron Stefan de Ropp from Poznań
- Tenement house at 1 Asnyka St.
- Mural „Moose”
- Tenement house at 6 Grunwaldzka St.
- Post Office
- Tenement house at 12 Jagiellońska St.
- The Frederik Chopin Voivode Specialist hospital
- Infirmary of the Social Insurance Institution
- Workers' housing for Machine Tools factory H. Cegielski S.A.
- PZL estate
- Housing estate for the factory of Machine Tools factory H. Cegielski S.A.
- Hotel PZL

ADDITIONAL

- PZL Engine Factory - entrance gate
- PZL WSK Monument - boulevards

Photo: City of Rzeszów

The Green Velo Trail



The Green Velo Trail leads to Rzeszow - the capital of Podkarpackie Province. Its numerous monuments and the Galician architecture of the centre are worth mentioning. The market is particularly beautiful, under which the underground tourist route was laid out. Green Velo trail connects the city centre and the train station. It is an important transport node, a good place to start or finish the expedition on the south side of the route. We encourage you to take the tour "Podkarpackie metropolis neighbourhood", which is a great opportunity to get to know various landscape landmarks near Rzeszow. The route can be seen in its entirety at www.greenvelo.pl

Visit www.greenvelo.pl and check out the possibilities provided by the Eastern Bicycle Route. Web Portal is the largest bicycle tour guide over eastern part of Poland. Before you set out, create a plan of your stay with an intuitive tour planner in just a few simple steps.

Photo: City of Rzeszów

RECREATIONAL AREAS BY THE RIVER WISŁOK



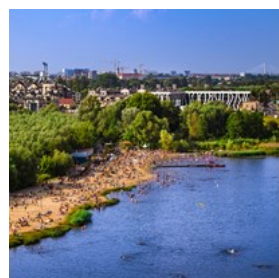
The green heart of Rzeszow is a recreation area located by the river Wisłok, where the inhabitants of Rzeszow are happy to spend time on warm days. By the river and near the lagoon there are paths for cyclists and rollers which are part of a network of 120 km long urban paths. Those who prefer to simply relax, can enjoy barbecues or play Mini Golf. There is also a large

playground for children, where youngsters can put their energy to use. Every year there are bicycle and scooter rentals along Rzeszow boulevards and on weekends children can ride the cable car. Water sports enthusiasts can spend time on kayaks, water bikes or yachts. During the summer season, a sailing school operates on the Rzeszow Lagoon where yacht and motorboat courses are held. The extreme sports enthusiasts can try their hand at skatepark and dirtpark near the "Podpromie" hall, and in winter also in snowpark. For the brave ones - rope park. There are trails at three levels of difficulty in the park and a path for children.

There are cafes, pubs, bars and a dance club by Wisłok and the lagoon. Social life by the Rzeszow's river in the spring/summer time goes on until late in the evening. The Educational Fruit Orchard was established in Lisia Góra Nature Reserve.

Photo: City of Rzeszów

THE ŻWIROWNIA SWIMMING AREA

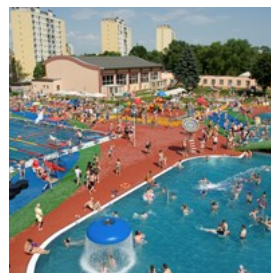


"Żwirownia" is a 3.5 ha water reservoir with a sandy beach of 20 acres. The bathing area is located at a short distance from the

reservoir. During the summer season "Żwirownia" operates from 10:00 to 18:00, then the swimmers are under lifeguards' watch. There is also a mini playground for children and a volleyball court on the beach. You can rent water equipment, such as kayaks and water bikes.

Photo: City of Rzeszów

RROSIR OPEN-AIR POOLS



Open-air swimming pools in Rzeszow are located at 23a Ks. Jałowego St. (entrance from Pułaski St.). They are open in the summertime from

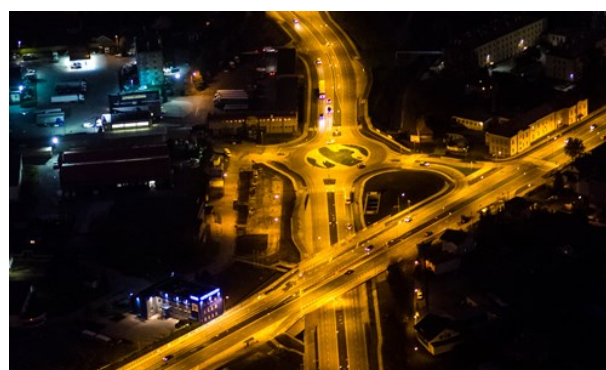
9:00-20:00. The complex consists of 3 swimming pools - a 50-meter sports pool, a recreation pool with a slide, water jets and a fountain, and a paddling pool for children. Younger guests can also enjoy the water playground, which is located in the pools.

Discount tickets: primary school, middle and high school students, students up to 25 years old, retirees and pensioners, people with the first degree of disability together with a guardian - upon presentation of ID card.

Children under 3 years use the pool free of charge.

Photo: City of Rzeszów

ACCESSIBILITY



Rzeszów City Office

The city is easily accessible, thanks to the A4 highway (east-west) and S19 expressway (north-south). These routes enable you to reach Western Europe as well as the Ukrainian border (border crossing in Korczowa) and Slovakia

(border crossing in Barwinek).

Recently deployed Intelligent Transport System and extensive road network enable smooth commuting around the city. The convenient location of the city, right at the crossroads of important transport routes, and the proximity of Poland's southern and eastern borders intensify its significance as a transport node, and is favourable to the development of economy, tourism and trade. Rzeszow features modern means of public transport. For ticket information, see page 72 .

The Rzeszow-Jasionka International Airport, which has the second longest runway in Poland, where even the largest airplanes can land, provides passengers with direct flights to London, Munich and Warsaw.

City Public Transport



TICKETS - TRAVEL - CHECKING - If you do not want to have problems, buy a ticket and travel peacefully. - Remember to validate the paper ticket right after entering a bus.

- If you are travelling without a valid ticket - you can meet the ticket controller. The mandate costs PLN 210.00 if you pay later or PLN 147.00 on site

GOOD TO KNOW:

- Children up to 4 years old travel free of charge.
- Tickets not punched are invalid.
- Transportation of luggage, bicycles and animals is free of charge.

TICKET PRICES FOR PUBLIC TRANSPORT IN THE MUNICIPALITY OF RZESZOW

Ideal for exploring Rzeszow - 24 hour ticket - you validate it once and use public transport for 24 hours.

- Regular - 12.00 PLN
- Student - 6.00 PLN
- Reduced - 7.20 PLN

A short tour of Rzeszow with a 60-minute ticket - you validate it once and use public transport for 60 minutes.

- Regular - 4.80 PLN
- Student - 2.40 PLN
- Reduced price - 2.80 PLN

Fast travel with 1-way ticket - you validate it once and you get off - ticket is no longer valid (throw away).

- Regular - 3.60 PLN
- Student - 1.80 PLN
- Reduced - 2.10 PLN

If you visit the city by yourself - buy a 5-day ticket - you buy in POP or as a Rzeszow City Card, you specify 5 consecutive days and you use in this period at any bus line.

- Regular - 26.00 PLN
- Student - 13.00 PLN
- Reduced - 16,00 PLN

Photo: Rzeszów City Office

Internet: <http://www.mpk.rzeszow.pl/>

Rzeszów - Jasionka International Airport



is an international airport located in southeastern Poland, in Jasionka, a village 10 km (6.2 mi) from the center of the city of Rzeszów. It is the

seventh-busiest airport in Poland.

Rzeszów - Jasionka Air Port destinations:

Warsaw, New York, Tel Awiw, Athens, Korfu,
Burgas, Munich, Dublin, Bristol, Luton,
Manchester, Glasgow

Photo: Rzeszów City Office

Address: Jasionka 942, 36-002 Jasionka

Phone: +48 17 852 00 81, +48 17 717 86 11

Internet: <http://www.rzeszowairport.pl/>

Email: rzeszowairport@rzeszowairport.pl

PAID PARKING ZONE



In Rzeszow in 2016, a paid parking zone was introduced. Fees for parking vehicles on public roads in the Zone are collected on

weekdays, from Monday to Friday from 9:00 to 17:00.

It is divided into two subzones as in the map of the photo:

I „BLUE”

the first hour of parking 2,00 PLN,
the second hour 2,40 PLN,
the third hour 2,80 PLN,
the fourth hour and each subsequent hour 2,00 PLN

II „ORANGE”

every hour of parking costs 1,50 PLN

Photo: City of Rzeszów

Address: City Centre

MURALS



City of Rzeszów

Culture going out on the streets. Walking by the city streets you can enjoy many murals created on the walls of many buildings. Those beautiful paintings commemorate significant historical moments or people who have already left their imprints on the history of the city.

GIRL IN HEADPHONES



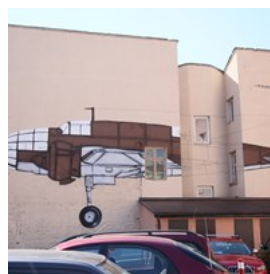
St.

Created in 2016 as part of the Urban Space Festival. Its author is Arkadiusz Andrejko. The mural is located on a building at 8 Hoffmanowa

Photo: city of Rzeszów

Address: ul. Hoffmanowej 8, Rzeszów

MOOSE



The “Moose” bomber, or more precisely its technical drawing, adorns the wall of the tenement house at Grunwaldzka St. (from Sobieskiego St.).

The

bomber used to be produced by plants operating within the Central Industrial District (page 14). The components of the

engines for this aircraft were made at the PZL Rzeszow Aircraft Engine Factory No. 2 (now Pratt & Whitney).

The mural's creators were artists from the Fresh Vision Studio agency.

Photo: City of Rzeszów

Address: ul. Grunwaldzka 24, Rzeszów

SAXOPHONE



During the Rzeszow Jazz Festival 2017 on the wall of the tenement house at 9 Targowa St., a colourful autophone saxophone by Michał Czerko appeared.

Photo: City of Rzeszów

Address: ul. Targowa 9, Rzeszów

FACES



A mural by Arkadiusz Andrejkow. It is located next to the bike path adjacent to the Jan Strzelczyk Regional Sports and Performing

Centre in Podpromie St.

On the wells there are faces of 14 people associated with Rzeszow, including historian Franciszek Kotula, musician and author of Tomasz Stanko's trumpet-call, and the theatre director Jerzy Grotowski.

located next to Jan Strzelczyk Regional Sports and Performing Centre in Podpromie St. along with bike path at Wilok River

Photo: City of Rzeszów

Address: Podpromie, Rzeszów

IRENA SENDLER



A mural commemorating the best-known of the Righteous Among the Nations was created in 2018 on a tenement house at 18A Kopernika St. Its author is Kamil Kuzko.

Photo: City of Rzeszów

Address: ul. Kopernika 18, Rzeszów

HIGH NOON

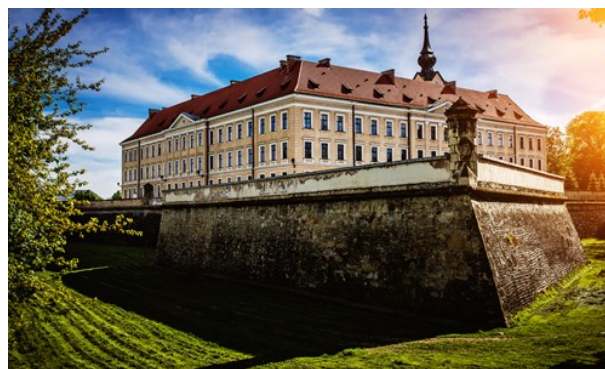


A mural on the wall of the tenement house at 13 Lisa Kuli St. by Kamil Kuzko was created during the festival "High noon. Fred Zinnemann returns to Rzeszow ", in August 2018.

Photo: City of Rzeszów

Address: ul. Lisa Kuli 13, Rzeszów

DO & SEE

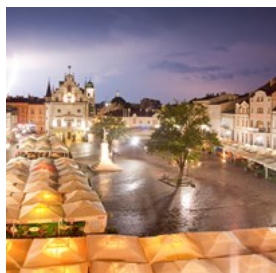


BestPhotoStudio / Shutterstock.com

The close proximity to the Carpathian mountain range grants a rare beauty to the area, and there are many outdoor activities to explore. But you cannot neglect the charming Old Town and the vibrancy of this city. Admire historical landmarks, like the Lubomirski Palace, the two synagogues and the stunning market square, or

visit some of the city's fine museums.

The Market Square



The central square of the Old Town is the Market Square with the Town Hall and a well from the 17th century. The present Market is slightly different from the original 15th-century appearance - only the three frontages are built-up with tenement houses that have undergone reconstruction over the centuries.

There are hotels, restaurants, clubs, pubs, museums and various institutions. One of the more interesting is the tenement house No. 19. The fragments of brick-stone walls and Gothic arches and lintels discovered in the basement that can be seen in the Underground Tourist Route, date back to the beginning of the 15th and 16th centuries. On summer evenings, near the Town Hall you can watch the performances of famous singers, music and vocal groups and dance troupes.

Photo: Rzeszów City Office
Address: Stary Rynek, Rzeszów

District Museum in Rzeszów



The Regional Museum in Rzeszów is located in a 17th-century building, which alongside the church and the school was once an integral part of the Piarist monastery complex. Rich museum collections are exhibited in the sections: Archeology, Art, History and in the Library.

There is also a workshop specializing in the

Preservation of Works of Art. The unique interiors and very good acoustics of the refectory are used for concerts, poetry evenings, meetings, theatre monodramas. On the grounds of a spacious and atmospheric pleasure garden numerous outdoor events take place, e.g. "Museum Night".

OPENING HOURS

Tuesday - Thursday:
9:00-15:30
Friday: 10:00-17:30
Sunday: 10:00-16:00

Photo: Rzeszów City Office
Address: ul. 3 Maja 19, 35-030 Rzeszów
Opening hours: Tuesday - Thursday: 9:00-15:30 Friday:
10:00-17:30 Sunday: 10:00-16:00
Phone: +48 17 853 52 78

Museum of Theatre Puppets



The museum presents puppets, stage design and decoration props from past performances. During over 50 years of artistic activity, the

Theatre has produced more than 200 premieres. It has collaborated with the most eminent scenographers of Polish puppet theatre, Jan Berdyszak, Ali Bunsch, Adam Kilian, Andrzej Aleksander Łabińc, Leokadia Serafinowicz, Raymond Strzelecki, Zenobiusz Strzelecki, among others.

The creation of the Museum of Theatre Puppets has made it possible for viewers to see the rich collections previously kept in theatre storage. The Museum is a place of popularization and promotion of the art of puppet theatre, therefore it is the right place for the theatre education of children and teenagers.

OPENING HOURS

Monday - Friday: 9:00-14:00

On Saturdays, Sundays and public holidays, after a phone call, a minimum of two days before the planned visit.

Photo: Rzeszów City Office

Address: Rynek 12, 35-030 Rzeszów

Opening hours: Monday - Friday: 9:00-14:00

Phone: +48 17 862 68 08

Internet: www.teatrmaska.pl

Email: sekretariat@muzeum.rzeszow.pl

Museum of Bedtime Cartoons from Wojciech Jama's Collection in Rzeszów



Museum of bedtime cartoons from Wojciech Jama's collection in Rzeszow is a place that evoking many emotions and memories. The

collection consists of original dolls from the films: Teddy Bear, Colargol Bear Adventures, Little Penguin Pik-Pok, Three Bears, Plastus Diary, Jacek and Agatka; celluloids, drafts and scenery projects of animated drawings: Reksio, Bolek and Lolek, Baltasar Gąbka's kidnapping, and many everyday objects with images of cartoon characters.

The museum organizes many exhibitions, competitions, events and is responsible for creative educational activities and projections. Watching the collection is great fun for children, and some older guests can go back for a while to revisit their own childhood.

Photo: Rzeszów City Office

Address: ul. Mickiewicza 13, 35-064 Rzeszów

Opening hours: Tuesday - Friday: 9:00-16:00 Saturday -

Sunday: 10:00-17:00 During the holidays: Tuesday - Friday:

9:00-17:00 Saturday - Sunday: 10:00-18:00

Phone: +48 17 862 68 08

Internet: <http://www.teatrmaska.pl/>

The Dairy Museum by the Tadeusz Ryłski Food Schools Complex in Rzeszów



The Dairy Museum is located in the Food Schools Complex, in the halls of the former School Dairy Plant. It was created by enthusiasts

who have assembled a unique collection of milk centrifuges, cheese and buttermilk machines, and even a steam engine. The exposition is supplemented by documents and photographs about the history of the school and dairy cooperatives.

During the European Museum Night there are many exhibitions and competitions for visitors.

Photo: Rzeszów City Office

Address: ul. Warszawska 20, 35-205 Rzeszów

Phone: +48 17 748 31 00

Internet: www.zss.rze.pl

Private Museum of Technology and Military in Rzeszów



The museum deals with the history of technology and military development. It features a collection of cars, motorcycles, technical equipment,

household goods and military supplies.

The museum has collections of restored 1950s vintage polish and French cars and vintage motorcycles. In addition, we can see there some household appliances and RTV equipment from the mid-twentieth century.

A significant part of the collection consists of military exhibits, including collections of military equipment, as well as military gorgets and commemorative coins.

Photo: Rzeszów City Office
Address: ul. Kochanowskiego 19, 35-208 Rzeszów
Phone: +48 601 885 820
Internet: www.muzeumtechniki.rzeszow.pl

The Diocesan Museum



The Diocesan Museum of Rzeszow is a church institution established in 1997 by Bishop Kazimierz Gorny. The museum was officially opened on 22

September 1998 as part of the European Days of Cultural Heritage in Rzeszow.

Collections are works of sacred art that are not in use anymore, but due to the age of the diocese (founded in the 1990s) most of its exhibits are located in the museums in Przemysl and Tarnow. The collection, which has now become a permanent exhibition, consists wooden sculpture monuments donated from wooden parish churches in Lubla, Sławęcin, Łężyn, Biecz or Trzciana.

The exposition of the Diocesan Museum also features monuments of orthodox art. Art craftsmanship department is also a part of the exhibition. The commercial art of the second half of the 19th century is represented by two bronze altar candles, donated from the parish church in Biecz and neo-Rococon candlestick, the gift from Father Pałęga.

OPENING HOURS

Thursdays and Fridays:
9:00 - 13:00

(other dates possible after
phone call arrangement)

Photo: Rzeszów City Office
Address: ul. Zamkowa 4, 35-032 Rzeszów
Opening hours: Thursdays and Fridays: 9:00 - 13:00
Phone: +48 17 853 56 53
Internet:
<http://www.diecezja.rzeszow.pl/2015/04/muzeum-diecezjalne/>
Email: muzeum@diecezja.rzeszow.pl

Museum of University of Rzeszów



The Museum of the University of Rzeszow, established in 2002, continues the tradition of the Museum of Education. It documents

the activities of the University of Rzeszow, established in 2001 through merger of previously existing universities: the Higher School of Education in Rzeszow, subsidiary of Maria Curie-Skłodowska University in Rzeszow and subsidiary of the University of Agriculture in Rzeszow.

Its collections are dominated by historic items: memorabilia documenting the history of the university, collections, awards, distinctions and diplomas related to professors and university staff. The facility organizes temporary exhibitions, meetings, conferences and conducts educational activities.

The museum has produced the exhibition "Karol Wojtyła on a tourist trail" exhibited in the courtyard of the curia of Cracow. Another exhibition "Polish Vizier Fefi" was exhibited at the Institute of the Polish Academy of Sciences in Vienna as well as at the international conference "Art and archaeology of the Old Kingdom" at the University of Warsaw.

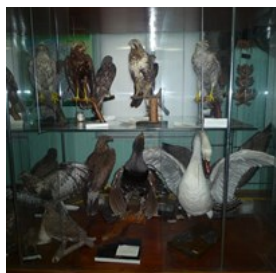
Photo: Rzeszów City Office

Address: al. Rejtana 16c, 35-959 Rzeszów

Phone: +48 17 872 12 71

Internet: www.ur.edu.pl

Hunting Museum



The Hunting Museum itself is located in the building of the Polish Hunting Association in Rzeszow. Exhibits belonging to the collection showcase a wide range of wild game.

The Hunters' Association was established in Rzeszow in 1880. It is the oldest Hunting Circle in Poland. The founders of the Association were landowners from the Rzeszow district and additionally an official, a notary, a merchant and a professor.

The first joint hunt, preceded by solemn Mass, was organized on Saturday, 24 January 1881, near Malawa. "Hunter's Association" was the pioneer of hunting organizations, and not only in the Rzeszow district.

Visiting is possible after a prior phone call or e-mail arrangement

Photo: Rzeszów City Office

Address: ul. Ks. Jałowego 25, 35-010 Rzeszów

Opening hours: Visiting is possible after a prior phone call or e-mail arrangement

Phone: +48 17 853 35 46

Wanda Siemaszkowa Theatre



Wanda Siemaszkowa Theatre is the only professional dramatic theatre that has been operating in Podkarpackie Province since 7 October 1944.

It plays an important role in shaping cultural life in south-eastern Poland. In addition to production, it runs Szajna Gallery organizes a significant competition - International Theatre Poster Biennale, and organizes two nationwide theatre reviews - Rzeszow Theatre Meetings and Rzeszow Carnival Meetings. The repertoire of the Theatre is varied in terms of genre and style, and thus addressed to various age groups.

Wanda Siemaszkowa Theatre actively conducts educational activities for children and the youth. Student premiers, theatre tours or theatre workshops are just some of our proposals that allow young people to get to know the theatre from the inside.

Ticket office:

From Tuesday to Friday 16:00-19:00

Saturday and Sunday 14:00-19:00

Photo: Rzeszów City Office

Address: ul. Sokoła 7-9, 35-010 Rzeszów

Phone: +48 17 853 20 01

Internet: <http://teatr-rzeszow.pl/>

Szajna Gallery



On 13 March 1997, at the 75th anniversary of his birth and the 50th anniversary of creative work of the world-famous theatre producer and an

artist - Professor Jozef Szajna, the adapted attic of the theatre saw the opening of the gallery of the artist's works.

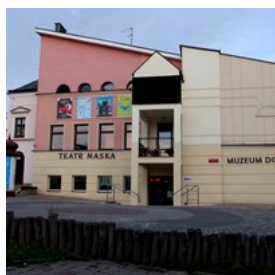
It is the only exhibition of Professor Jozef Szajna's works in Poland and in the world, one of the most important artists of the 20th century. All the works that can be seen in the Gallery are gifts from Professor to Rzeszow - the city where he was born.

Jozef Szajna's body of work is shown in terms of aesthetic transformations, hence we can admire here paintings and objects, puppets, drawings and collages created during various periods of the artist's life. There are 54 works in the gallery: monumental paintings, drawings, collages, spatial compositions and stage design items from Szajna's most outstanding theatrical performances.

The exhibition is a retrospective presentation of the artist's work. Next to the works shown at many prestigious exhibitions in Poland and abroad, there are new exhibitions from the last period of his work. Since its inception, the Gallery has been a meeting place for artists representing various fields: artists, writers, musicians, theatre people.

Photo: Rzeszów City Office
Address: Sokoła 7/9, 35-010 Rzeszów
Phone: +48 17 853 20 01
Internet: <http://teatr-rzeszow.pl/szajna-galeria/>

Maska Theatre



"Maska" Theatre in Rzeszow is the only professional theatre in Podkarpackie Province. The theatre repertoire includes plays for

children, adolescents and adults.

The number of shows per year is 350 on average, and the number of viewers reaches over 55,000. It produces plays on its own stage in Rzeszow and around the entire Podkarpackie Province. The Theatre is engaged in theatre education, which introduces young viewers to the secrets of theatre art.

It has a Museum of Theatre Puppets, where you can see dolls, decorations and stage designs. It is involved in the organization of such events as: "Maskarada", Festival of Theatres of Animated forms and "Sources of Memory. Szajna-Grotowski-Kantor. " "Maska" Theatre in Rzeszow was created on the basis of The Puppet and Actor Theatre "Kacperek", a place with a long tradition.

Photo: Rzeszów City Office
Address: ul. Mickiewicza 13, 35-064 Rzeszów
Phone: +48 17 862 68 08
Internet: www.teatrmaska.pl
Email: teatrmaska@teatrmaska.pl

Przedmiescie Theatre

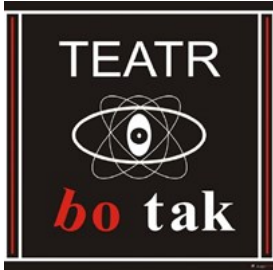


Przedmieście Theatre was created in 2001 on the initiative of Aneta Adamska. She quickly created a consistent vision of working on shows. In August 2006, the team changed its headquarters to Lancut, where it worked until August 2010. Since then, the theatre has been operating independently and exhibiting its art in Rzeszow. The theatre creates original plays and performances inspired by works of Polish and world literature.

Photo: Rzeszów City Office

Address: ul. Reformacka 4, 35-026 Rzeszów
Phone: +48 601 376 697
Internet: www.teatrprzedmiescie.pl

"BO TAK" Theatre

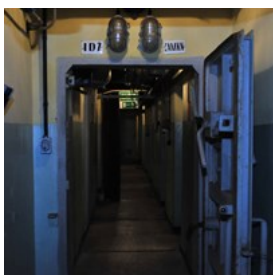


TEATR BO TAK Association was founded in 2013 on the initiative of professional actors from Rzeszow. As part of the theatre business, four productions have been made so far: "The Truth" by F. Zeller, directed by Marcin Sławiński, "Mel Gibson's colleague" by T. Jachimek, directed by Paweł Szumec, "Love and Politics" by P. Sauvil and "Trained Man" by J.von Duffel, both directed by Marcin Sławiński.

Over the past four years the theatre has produced about 130 shows, which were watched by over 25,000 viewers in both Rzeszow and around Podkarpackie Province. The performances of the Bo Tak Theatre can be watched all year round in the Concert Hall of the Faculty of Music of UR, addressed primarily to viewers looking for ambitious entertainment.

Photo: Teatr Bo Tak
Address: ul. B.Chrobrego 14/21, 35-077 Rzeszów
Phone: +48 790 44 66 00
Internet: www.teatrbotak.pl

MARYSIEŃKA NUCLEAR SHELTER



The "Marysieńka" shelter was built during the Cold War period of 1956-60 as a backup command post for the army. It is located in the basement of the

house that now hosts an exhibition on the Cold War.

Photo: City of Rzeszów

Address: ul. Królowej Marysieńki 3 35-628 Rzeszów
Opening hours: Visiting is possible after prior booking by phone.
Phone: +48 601 885 820

NIERZECZYWISTA GALLERY



The Rzeszow Photography Association is a group of photography lovers, professionals and amateurs, who have been cooperating for more

than 10 years to develop their skills and promote the art of photography among the inhabitants of Rzeszow and residents of "closer and further surroundings".

It collaborates with associations and photographers from Poland, Ukraine and Slovakia. It organizes exhibitions, including open-type ones, where residents of Rzeszow can present their photos, as well as open air exhibitions, displays, workshops and presentations.

The Association is also in charge of Nierzeczywista Gallery - the seat of the association, the RSF photo studio, which is the venue of Monday's photo shoots, open to the public, photographic operations, displays, exhibitions and meetings.

Photo: RSF Rzeszow
Address: Rzeszów, ul. Matejki 10, Rzeszów 1
Internet: www.nierzeczywista.art.pl www.rsf.rzeszow.pl
Email: kontakt@rsf.rzeszow.pl

City Hall



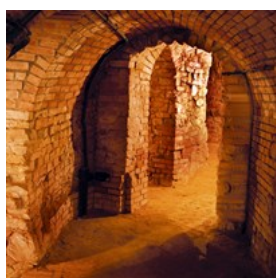
The central square of the Old Town is the Market Square with the Town Hall and a well from the 17th century. The present Market is slightly different from the original 15th-century appearance - only the three frontages are built-up with tenement houses that have undergone reconstruction over the centuries.

There are hotels, restaurants, clubs, pubs, museums and various institutions. One of the more interesting is the tenement house No. 19. The fragments of brick-stone walls and Gothic arches and lintels discovered in the basement that can be seen in the Underground Tourist Route, date back to the beginning of the 15th and 16th centuries.

On summer evenings, near the Town Hall you can watch the performances of famous singers, music and vocal groups and dance troupes.

Photo: Rzeszów City Office
Address: Rynek 1, 35 - 064 Rzeszów

The Rzeszów Cellars



UNDERGROUND TOURIST ROUTE
„RZESZOW CELLARS”
Underground Tourist Route, 369 m long, runs under the tenant houses and the Market Square. It consists of 25 basements and 15 corridors, reaching up to 10 m deep under the ground, named to reflect their function and the town's history. You can find there the relics of medieval walls, signs of fire, remains of iron bars and hinges, few hundred's

years old hand shaped bricks, hidden passages.

In lower parts various goods were stored and during the Tatar invasions and wars they constituted a shelter for the inhabitants of the castle. There is a Tourist Information Desk at the entrance to the Underground Tourist Route.

Photo: Rzeszów City Office
Address: ul. Rynek 12, Rzeszów
Opening hours: Tue-Fri 10am-6pm, Sat-Sun 11am-5pm
Phone: +48 178754774
Internet: www.trasa-podziemna.erzeszow.pl
Email: rzeszowskiepiwnice@gmail.com

The Fara Church



ST. STANISLAUS AND ST. WOJCIECH FARA CHURCH
The church probably existed before 1363, but it was destroyed during the great fire. Only the Gothic presbytery, dating back to the beginning of the 15th century, remained. In the first half of the 17th century a belfry was erected, and in 1754 the main aisle was rebuilt, lateral aisles were added and it was given a baroque décor. In the chancel there are gravestones of the Rzeszów's families. In the years 1962-1965 a thorough restoration of the church took place.

Photo: Rzeszów City Office
Address: Square Farny 5, Rzeszów

3 Maja Street



The oldest street in Rzeszów's old town, at the same time the most representative. There is the Fara Church, the Piarist convent, the statue of Tadeusz Nalepa, many dining options,

“Zorza” cinema - the oldest cinema in the city. The street before the partitions was called Pijarska. On the map from 1826 it is listed as Expiaristengasse, or popijarska, but two years later it was already known as Herrengasse - Pańska street. In the interwar period, despite having the official name of “3 Maja” it was called “Pańska” and also “Paniega”.

After the renovation in 2017, the street gained a pre-war look. As a result of the archaeological work carried out at the house No. 14, a window of time has been created showing how the street surface has changed over the centuries.

Photo: Rzeszów City Office
Address: Rzeszów, 3 maja street

The Piarist Monastery



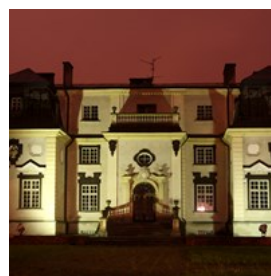
The Piarist Convention included a church, a monastery and a school. The postpiarist complex features the church of St. Cross in the centre, built between 1644-1649 according to the design of Tylman of Gameren. It is a one-nave temple with two towers in the facade and a chapel on the north side. Late baroque decor with stucco decorations by Jan Ch. Falconi from the end of the 17th century. In the chancel, at the entrance to the sacristy, there is a mausoleum of the Lubomirskis family.

In the monastery building there is now the Regional Museum, with rich collections in the fields of art, history, ethnography and archaeology, exhibited in the form of permanent exhibitions (e.g. Galeria Dąbskich) or temporary exhibitions. In the old refectory you can see frescoes from the end of the 17th century.

The Piarists founded the Collegium Ressoviense next to the monastery in 1658. Fr. Stanisław Konarski taught here - currently the patron of Secondary School No. 1. The school is one of the oldest in Poland. Many of its students were glorified on the pages of Polish history and in culture. Ignacy Łukasiewicz, Józef S. Pelczar, Władysław Sikorski, Władysław Szafer or Julian Przyboś.

Photo: Rzeszów City Office
Address: 3-go Maja 20, Rzeszów
Internet: www.muzeum.rzeszow.pl

The Lubomirski Summer Palace



The Lubomirski Summer Palace was built by the efforts of Hieronim A. Lubomirski, and designed by Tylman of Gameren. Located in close

proximity to the Lubomirski Castle, it has undergone many redevelopments over the centuries. It has not retained its original architecture, nor the baroque gardens that used to be around it. The District Medical Chamber is located here nowadays.

Photo: Rzeszów City Office
Address: Dekerta 2, 35-030 Rzeszów

Art Nouveau Villas



There are Art Nouveau Villas at al. Pod Kasztanami: No. 6 - built in 1903, designed by eng. K. Hołubowicz, eclectic, with a rich facade and a bust of A. Mickiewicz in the niche; and two Swissstyle villas, designed by T. M. Tekielski: No. 8 (1899) and No. 10 (1900), called Pod Sową,

on which there is a sundial with the sentence:
You see the hour, yet you do not know the hour.

Photo: Rzeszów City Office

Ethnographic Museum in Rzeszow



The Franciszek Kotula Ethnographic Museum - Branch of the Regional Museum in Rzeszow documents all the manifestations of life of the old inhabitants of the countryside.

The Museum collection contains not only agricultural tools and household items, but also women's and men's outfits worn by Lesioki, Rzeszowiacy and Pogorzanie. Here are numerous exhibits representing the former inhabitants of the village. Museum collection is enriched with source documents and ritual attributes. Also, the collection of folk instruments, often made by country musicians themselves, is of great historical value. The archives of the history of folk culture constitute an integral part of the Museum.

Photo: Rzeszów City Office

Address: ul. Rynek 6, Rzeszów

Opening hours: Tuesday - Thursday: 9:00-15:30 Friday:
10:00-17:30 Sunday: 10:00-16:00

Phone: +48 17 862 02 17

Internet: www.muzeum.rzeszow.pl

Email: etnografia@muzeum.rzeszow.pl

The Lubomirski Castle



The construction of the castle was started at the end of the 16th century by the contemporary owner of Rzeszow - Nicholas Spytek Ligęza.

In the second half of the 17th century the

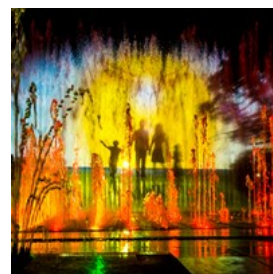
Lubomirskis expanded the castle and encamped it with a stone wall with bastions.

It owes its current appearance to the last redevelopment performed at the turn of the 19th and 20th century. At present, the castle houses the District Court. Transformation of the castle into a cultural institution is being planned at the moment.

Photo: Rzeszów City Office

Address: Plac Śreniawitów 3, Rzeszów

Multimedia Fountain



At the foot of the Castle is there is the Rzeszow Multimedia Fountain. The main attraction of the fountain complex are water jets dancing to the music and foggy water screen, where audience can watch film, laser and 3D presentations.

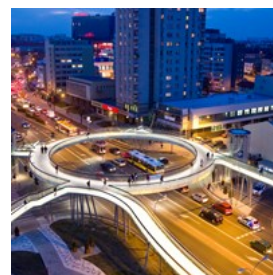
Next to the fountain there is an amphitheatre, where you can watch spectacles, which are a combination of music, light and moving water.

Photo: Rzeszów City Office

Address: Aleja Lubomirskich, 35-959 Rzeszów

Internet: <http://fontanna-multimedialna.pl/rzeszow/>

Round Footbridge



Round footbridge is the only object of this type in Europe. In addition to its innovative shape, it is distinguished by the selection of finishing materials: specially bent and hardened glass, elevator shafts, exotic wood, resistant to changing weather conditions alongside illumination of the whole object.

This unique structure was created over the intersection of al. Piłsudskiego and Grunwaldzka St.- one of the most frequented places of the main communication artery in Rzeszow. Thanks to its location, the footbridge provides an excellent viewpoint.

Photo: Rzeszów City Office

Address: Grunwaldzka 34, 35-001 Rzeszów

Bernardine Monastery Complex



Bernardine monastery with The Assumption of the Blessed Virgin Mary Church was established in the first half of the 17th century. Originally it was the site of a wooden church, built in 1536. In the chancel there are gravestones of the Ligęza family.

At the Shrine of Our Lady of Rzeszow - Patroness of Rzeszow - there is a late Gothic figurine of Our Lady with the Child from 1513. In 2008 the church received the title of Minor Basilica.

At the foot of the Monastery there are Bernardine Gardens arranged in Italian style. They are open every day 7:00-21:00.

Photo: Rzeszów City Office

Address: ul. Sokoła 8, Rzeszów

Phone: +48 178 520 952

Internet: <http://www.bernardyni.rzeszow.pl/>

EVENTS



Rzeszów City Office

Due to its geographical position, Polish cuisine has absorbed the influences of the cultures and countries surrounding it and transformed them into distinctive national flavours. The cold winter climate has also played its part, creating a menu that is hearty and filling. The typical Polish diet therefore consists of thick soups such as Zurek and Bigos, a sauerkraut-based stew. A combination of meat is a particular favourite and is usually accompanied by the other staples of Polish cuisine like root vegetables, bread or dumplings.

The European Stadium of Culture



The European Stadium of Culture is currently the most important cultural event of Rzeszow. The European Stadium of Culture - the East of Culture has taken place every June since 2011. It was launched in connection with the Euro 2012 Football Championship. Since 2013, it has been implemented using a new formula under the project EAST OF CULTURE, with the involvement of three cities - Rzeszow, Lublin, Bialystok.

EAST OF CULTURE is the largest undertaking of its kind in Poland consolidating the activities of

three cities into one coherent project, using the best traditions of the cultures of the east and the west.

There are about 40 different events, including concerts, exhibitions, shows, film presentations, workshops, and meetings.

At the main concert over the last three years the city of Rzeszow was visited by the following bands: White Lies, Kayah, Jamal, The Fratellis, Kasia Kowalska, Patrycja Markowska, Within Temptation, Skubas and Jono McCleery from Great Britain, Sarsa and Green Room & Dato Lomidze from Georgia. Piotr Rogucki, Kortez, Guano Apes, guitarist Dean Brown, Hey, Voo Voo, Julia Marcell and many more.

Photo: Rzeszów City Office
Internet: <http://stadionkultury.pl/>

Paniaga Festival



Paniaga Festival is one of the favourite cultural events in Rzeszow, taking place during the May 3rd Constitution Day. 3 Maja Street, formerly Pańska Street, is one of the most important and oldest streets of Rzeszow, once used to be called the Paniaga. Uninterruptedly since the 14th century, it has been the centre of the city and the place of cultural events. Starting from 2003, May 3 celebrates not only the adoption of the Constitution, but also the Paniaga Festival, the favourite pedestrian promenade in Rzeszow. During the event 3 Maja street is full of life, offering numerous attractions such as outdoor exhibitions, dance shows, movies, food tastings, and concerts on several stages set in the city centre.

The traditional feature of the Paniaga Festival is a handicraft and regional products fair, as well as an opera concert, which is presented every year on the Rzeszow Market Square.

Photo: Rzeszów City Office
Address: 3rd of May Street

Maskarada - Festival of Theatres



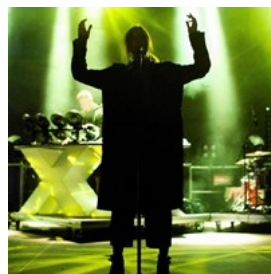
Review of the most interesting theatres performances of recent years. The main goal of "Maskarada" is to discover the variety of masks which present-day theatres put on.

The festival provides performances for children and adults, big plenary session as well as small, cosy plays, performances based on motion and those with text as the most important part. At the same time. Beside the theatre performances there are organized theatre workshops.

13 - 20 MAY

Photo: Rzeszów City Office

Urban Space Festival



The City Space Festival is an opportunity to talk about the social and spatial development of contemporary Rzeszów. Every year the event is organized in another, surprising place, which is specially adapted for the festival.

Every year different space and place are chosen to locate the festival, sometimes it is Industrial sites, atypical or otherwise - known and popular,

but for the duration of the Festival those places change their face and are used differently than on a daily basis.

This idea serves to revitalize and tame urban space, and to make citizens to look at the city from a different perspective than usual. The program includes lectures, workshops, presentations, installations, films, concerts and other cultural.

The Festival is an event that integrates the local community, giving a real opportunity to discuss the condition of the city and its impact on its development.

Photo: Rzeszów City Office
Address: Rzeszów,
Internet: <http://festiwalprzestrzeni.pl/>

Rzeszów Breakout Days



International music festival, was created to commemorate father of Polish blues - Tadeusz Nalepa. The originator of the event is Piotr Nalepa.

The event has already become a permanent part of the calendar of cultural events in the region as well as in whole country, bringing together a multitude of rock and blues enthusiasts. Admission to all festival concerts is free.

"Rzeszów Breakout Days Festival" allows for creative continuation of the best traditions of Polish and world cultural life, but above all it is a place of confrontation of modern trends in music culture and the creation of new values and means of artistic expression.

The aim of the event is to promote and support artistic creativity, to present heritage of polish

and world music culture, and to develop high cultural competences.

Photo: Rzeszów City Office
Address: Fryderyka Szopena 30, Rzeszów
Phone: +48 17 853 80 04
Internet: <http://estrada.rzeszow.pl>

„REGGAE ON THE WISŁOK”



The first edition of the event called „Reggae on the Wisłok - 5 years of the Rzeszow House of Culture” took place on June 14, 2015 in the Park of Culture

and Recreation at Rzeszow Boulevards. The stars of the memorable evening were two well-known singers - the legendary Ghetto Priest from Great Britain and the popular Mesajah from Poland. Concerts were accompanied by thematic music and handicraft workshops related to reggae culture, as well as entertainment and games for children.

The audience of thousands and the positive reception of the first edition of the event made „Reggae on the Wisłok” quickly become one of the most interesting cultural proposals aimed at Rzeszow residents and reggae fans from all over Poland. During the next events, participants from all over the country had the opportunity to see and hear live leading representatives of the Polish and international reggae, dub and dancehall scenes, such as: Jamal, Vavamuffin, Dark Angel, Radikal Guru, Dreadsquad, Taboo and Junior Stress. The previous editions were also enhanced by interesting accompanying initiatives, such as all-night dance Afterparties, which took place twice in the Vinyl music club, and Night-skating Rzeszow in reggae

climates, i.e. a night-time roller-skating ride through the streets of the city.

Photo: MDK Rzeszów

WORLD FESTIVAL OF POLISH FOLKLORE GROUPS



Every three years, traditionally in July, the World Festival of Polish Folklore Groups takes place in Rzeszow, integrating Polish

diaspora from different continents. So far, over 250 different groups have taken part in the festivals, and some of them have participated many times. The most numerous groups were from the USA, Canada, France and Great Britain. There were also groups from Germany, Sweden, Denmark, Switzerland and Romania, as well as from far away Australia, Brazil, Argentina and Kazakhstan. Since the beginning of the nineties, Polonia teams from Ukraine, Lithuania and Belarus have been increasingly represented.

Each time, the Festival begins with a beautiful, colourful procession of Polonia groups dancing and singing through the streets of the city. During the Festival, the participants present their artistry and artistic achievements on the Rzeszow stages and in many places in our region. The tradition of the Festival includes the Song and Dance Concert of Countries of Residence, during which the guests bring the folklore of their new homelands closer to the audience.

The whole event is crowned with an impressive gala concert in which all the Festival groups participate. During the Festival, numerous accompanying events are organized: artistic workshops with the participation of the best Polish choreographers, exhibitions popularizing Polish history, culture and art, scientific conferences on topics related to Polish communities, fairs, contests in knowledge about Poland, and performances of regional song and dance groups.

Photo: City of Rzeszów

SOURCES OF REMEMBRANCE SZAJNA - GROTOWSKI - KANTOR



Scientific and artistic festival „Sources of Remembrance Szajna - Grotowski - Kantor”, a project dedicated to Jerzy Grotowski, Tadeusz

Kantor and Józef Szajna, three outstanding figures of world theatre who have their pedigree in Rzeszow and Podkarpacie. The legacy of the three great reformers of the theatre is still vivid and inspiring for the next generations of directors, actors, theatre critics, artists - visual artists. The festival is organized by the Maska Theatre in Rzeszow and Przedmieście Theatre.

Photo: City of Rzeszów

CAIENDAR OF CUITURAL AND SPORTS EVENTS JANUARY

- Three Kings' Procession
- Finale of the Great Orchestra of Christmas

Charity

- Anniversary of the founding of the city of

Rzeszow

MARCH

- Birthday of the Bedtime Story Museum with the collections of Wojciech Jama

APRIL

- National Festival of Acting, Film and Musicals „Song in a bowler hat”
- Rzeszow Half Marathon
- Podkarpackie Ultramarathon

MAY

- "Paniaga Festival" (Festival of 'Lord's St.', now 3 May St.)
- Student/Cultural Festival
- International Festival of Songs of the Rzeszow Carpathia Festival
- European Night of Museums
- „Masquerade” Festival of Animated Forms
- Day of Explorers - Interactive Picnic of Knowledge

JUNE

- Science Explorations Picnic
- Reggae on the Wisłok
- Festival of Urban Space
- Sparring - 10 km Run
- Cultures of the East - European Culture Stadium

JULY

- World Festival of Polish Folklore Groups Rzeszow (every three years)

AUGUST

- Rzeszow Rally
- Solidarity Run
- Rzeszow Street Ball Challenge, Podkarpacie

3x3 basketball Grand Prix

SEPTEMBER/OCTOBER

- „Rock” Festival of Alternative Bands
- European Days of Cuisine Culture Heritage
- Rzeszow Breakout Days
- Sources of Remembrance.

Szajna-Grotowski-Kantor

- Rzeszow Marathon, Pratt & Whitney Cup Race

NOVEMBER

- Rzeszow 10 - Independence Run
- International Festival of Dance Ensembles „For the Rzech Laurel”

DECEMBER

- St. Nicholas Day in the Rzeszów Market Square
- Christmas Town
- Christmas Eve in the Rzeszów Market Square
- New Year's Eve in the Rzeszów Market Square

GASTRONOMY & LEISURE



MaxyM / Shutterstock.com

After a day's sightseeing, why not hit the town and join the locals with a shot or two of the local Wodka? Rzeszow's student population keeps the city's nightlife active, with lively bars and nightclubs, laid-back vibes and plenty of alternative live music. Be sure, also, to try some local brews.

Burger store Rzeszów



Photo: Burger store Rzeszów

Address: UL. Kopernika 5, Rzeszów

Opening hours: Mon - Thur 10 a.m. - 10 p.m.; Fird - Sat 10.00 a.m. - 12.00 p.m.

Phone: +48 731 776 179

Internet: <http://burgerstore.pl/>

Email: burgerstore.rz@gmail.com

Patio Restaurant



Photo: Patio Restaurant

Address: ul. Kościuszki 9, Rzeszów

Opening hours: 7.00 a.m. - 10.30 p.m.

Phone: +48 17 250 00 79

Internet: <https://restauracja-patio.eatbu.com/>

Email: info@grand-hotel.pl

Lukr Restaurant



Photo: Lukr Restaurant

Address: Al. Kopisto 1, Rzeszów

Phone: +48 881 540 200

Internet: <http://www.lukr.club/>

Email: info@lukr.club

Habana Sports BBQ



Photo: Habana Sports BBQ

Address: ul. 3 Maja 7 Rzeszów

Opening hours: 12.00 a.m. - 11.00 p.m.

Email: habana@sportsbarbq.pl

Sport Bar-B-Q



Photo: Sport Bar BQ

Address: Al. Kopisto 1, Rzeszów

Opening hours: 12.00 a.m./ - 10.00 p.m.

Phone: +48 667 106 105

Internet: <http://www.sportsbarbq.pl/>

Email: restauracja@sportsbarbq.pl

Stolarnia Food and Coffee



Stolarnia Restaurant is place where you can taste the cuisne of our region. The menu include authentic proziaki (polish pita bread), hrechanyki

(buckwheat flour bread) and Fuczki (fritters).

The interior of restaurant is very warm and cosy, finished with natural oak wood.

Photo: Stolarnia Restaurant

Address: ul. Juliusza Słowackiego 8, Rzeszów

Phone: +48 535 306 100

Internet: <https://stolarnia-restauracja.business.site/>

Email: restauracja.stolarnia@gmail.com

Rzeszów Old Brewery

Craft beer and grill bar



Photo: Stary Browar Rzeszowski

Address: ul. Rynek 20 - 23, Rzeszów

Phone: +48 17 250 00 15

Internet: <http://www.browar-rzeszow.pl/>

Anomalia Pub



DART | FOOTBALL
TABLE | SMOKING
ROOM | ACOUSTIC
CONCERTS | STUDENT'S
HAPPY HOURS | LIVE
SPORTS

Photo: City Office of Rzeszów

Address: ul. Joselewicza 6 / 1A

Opening hours: Mon. - Sat.: 10.00 a.m. - 1 a.m.

Phone: +481795 260 270

Internet: <http://pub-anomalia.pl/>

Email: pub_anomalia@op.pl

Kawa Rzeszowska



The café is located in the courtyard of the tenement house at Kosciuszki 3, it was recognized by "Marketing w praktyce" magazine as

"The most photogenic café in Poland" and the winner of the Sweets & Coffee Awards.

Kawa Rzeszowska is a freshly brewed Specialty coffee, originating from around the world, brewed in both traditional and alternative ways. It promotes the culture of coffee drinking, which perfectly fits in the lifestyle of Rzeszowians. Here

you will also enjoy a healthy and delicious breakfast, light lunch and delicious cakes.

You can also buy coffee brewing accessories and original coffees with the logo of Kawa Rzeszowska, which are ideal gifts from Rzeszow.

Photo: City Office of Rzeszów

Address: Kościuszki 3 Street, Rzeszów

Opening hours: 8.00 a.m. - 19.00 p.m.

Phone: +48 515 219 777

Konfitura Restaurant



Imagine a place where you can have sophisticated culinary pleasure. The place whose decoration gives you great impressions.

The place, where cooks waiters satisfy your palate, perfectly selected music exposes the uniqueness of tastes.

This is the Konfitura Restaurant.

Photo: City Office of Rzeszów

Address: Słowackiego Street 8, Rzeszów

Opening hours: mon. - 12.00 - 10.00 p.m. / Tues. - Thurs. - 10.00 a.m. - 10.00 p.m. / Frid. - Saturd. - 10.00 a.m. - 11.00 p.m. / Sund. - 10.00 a.m. - 10.00 p.m.

Phone: +48 17 784 44 40

Internet: <http://www.restauracjakonfitura.pl/>

K20 Pub



THERE IS A PLACE IN RZESZOW, WHERE THERE IS NO NOTICE OF THE PASSING TIME Here You can fight an epic battle to rule the

world, get on a train and explore countries you do not know and even save the world from extinction. Ladies and gentlemen, welcome to

paradise for board games players - K20 PUB!

A constantly growing number of games (over 110 titles), a large selection of craft and regional beers, tasty food prepared with fresh ingredients makes you want to stay here forever.

Come and we guarantee that our evenings will satisfy even the most demanding of customers.

Photo: City Office of Rzeszów

Address: Kopernika Street 4, Rzeszów

Phone: +48 516 319 525

Email: k20pub@gmail.com

Lord Jack



Craft and Regional Beers
Iconic Food Wide
Selection of Whiskey

Photo: City Office of Rzeszów

Address: Rynek 4 Rzeszów

Phone: +48 886 777 996

Internet: <http://lordjack.pl/>

Email: biuro@lordjack.pl

Pewex Pub



The most Student Pub in
Rzeszów Karaoke Retro
Disco Polish Hits

Photo: City Office of Rzeszów

Address: Rynek 18, Rzeszów

Opening hours: All week - 10.00 a.m. - 4.00 a.m.

Phone: +48 17 871 80 77

SPHINX RESTAURANT



In the Sphinx Restaurants we serve dishes of oriental and international cuisine. Our menu, according to the slogan - We have this taste !, offers an abundance of flavors and a wide range of dishes. Thanks to that, everyone will find something for themselves: great steaks and fish dishes, delicious salads and vegetarian dishes, sweet desserts and excellent coffee.

Our main oriental offerings are the iconic Shoarma®, Hummus Jamil prepared according to the original Lebanese recipe and a set of Middle Eastern meso snacks. In search of new flavors, our regular menu is being constantly enriched with seasonal fashionable products.

Friendly, informal atmosphere and uniform standards make Sphinx the perfect place for family gatherings, friend or business meetings.

Because of all this - we have this taste!

Photo: City Office of Rzeszów

Address: Kościuszki Street 9. CH AUCHAN Krasne 20 B, SC Galeria Pułsudskiego Street 44 Rzeszów

Phone: +48 17 853 45 98, +48 17 780 20 88, +48 17 888 60 40

Internet: www.sphinx.pl

Kuk Nuk



Adored by the locals for the delicious Polish fusion cuisine excellent burgers and perfect steaks prepared to your liking! Experience the unforgettable taste of Rzeszów with perfect view of the main market square.

Photo: Kuk Nuk
Address: ul. Matejki 4, Rzeszów
Phone: +48 533 219 000
Internet: <http://www.kuknuk.pl>
Email: kuknuk@kuknuk.pl

Curry Me



Oriental Cuisine in Rzeszów Inspired by the flavors of Asia we are going to take you for a walk through the streets of Orient countries.

Delicious and aromatic food is what we want to share with you every day.

CURRY * FALAFEL * PHO

Photo: Curry Me
Address: ul. Matejki 6a, Rzeszów
Phone: +48 570357535
Email: currymerzeszow@gmail.com

Kawa Rzeszowska



Caffee is located in the courtyard of the tenement at Kościuszki 3 street, was recognized, by the newspaper Marketing in practice, "The most

photogenic cafe in Poland" and also the winner of the Sweet's & Coffee Awards.

Rzeszów Coffee are Specialty types freshly roasted coffee, from all around the world, brewed both in a traditional as well as alternative way. We promote coffee culture what perfectly matches in Rzeszów citizens lifestyle. You can also eat here tasty and healthy breakfast, soft lunch and delicious cake. If you want you can buy accessories with our logo and high quality coffee grains to make your own, perfect coffee or to prepare a perfect gift.

Photo: Kawa Rzeszowska
Address: Kościuszki 3, Rzeszów
Phone: +48 515 219 777
Internet: <http://www.kawarzeszowska.pl>
Email: kontakt@kawarzeszowska.pl

Wina dajcie



Wina Dajcie (Give wine) is a place we created especially for you. In Wine bar, we hope you will enjoy with your friend the company of your friend, good wine, delicious food and music. Simply, enjoying your life!

This is a restaurant where you will find snacks and dishes from the best and only fresh products. We want to have fun with the kitchen and we hope that we will surprise you positively and tasty. This is a shop where you can buy your favorite wine for yourself and your friends.

Wine, kitchen, music, interiors, service is just an addition - you are the most important for us. Only with you we will be able to create the character of this place.

Write with us a story of Wine story! Be with us and let yourself fall in love with wine!

Photo: Wina dajcie
Address: ul. 3 Maja 9, Rzeszów
Phone: +48 502 659 113
Internet: <http://www.winadajcie.pl>
Email: winebar@winadajcie.pl

Parole Art Restaurant

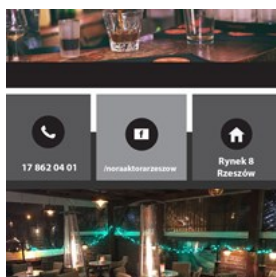


Parole, parole ,parole....
Parole, parole, parole.... a melody pleasant to the ear and heart, cuisine inspired by France, wines which allow to release words and art fulfil unique atmosphere.

Parole Art Bistro is a place where you will meet exceptional people and move to another culinary pleasure...

Photo: Parole Art Bistro
Address: ul. Sokola 7, Rzeszów
Phone: +48 511 131 019
Email: paroleartbistro@gmail.com

Nora Aktora



Music: for body and for soul, also live. Nora Aktora Club is located in climatic underground of old tenement on the Rzeszów Market Square.

You can be sure that we will surprise you with pleasant atmosphere and professional service.

Two climatic rooms, filled with comfortable, leather sofas, enjoyable music, rich menu it's only a part making it perfect place where on delicious coffee or original drink you can spend every afternoon or evening.

After visiting us for the first time it will become a new tradition to do that on every occasion.

Our regular customers know that our club is incomparable with anything else. It's time that also you could see it. So you are welcome!

Photo: Nora Aktora
Address: ul. Rynek 8, Rzeszów

Phone: +48 17 862 04 01
Internet: <http://www.noraaktora.pl/>
Email: pub@noraaktora.pl

Cocktail Culture



PIEŚCIMY ZMYŚLY
COCKTAIL CULTURE IS A UNIQUE PLACE ON THE GASTRONOMIC MAP OF RZESZOW. The property is located at the end of the corridor of the

ground floor of the tenement house on the Market Square, which brings to mind fashionable Speakeasy type places.

Cozy, atmospheric interior, a large selection of alcoholic drinks and very interesting menu cards allow you to enjoy delicious cocktails and the highest quality of Specialty coffee. Professional service will certainly help you make the best choice, and all that is left for You is to celebrate the moment.

Cocktail Culture - We caress your senses!

Photo: City Office of Rzeszów
Address: Rynek 16/6 Street, Rzeszów
Phone: +48 519 584 462
Internet: <https://www.cocktailculture.co/>

Irish Pub Galway



Irish Pub - the oldest and largest pub in Rzeszow. 8 rooms, 8 climates, the largest whiskey bar, excellent cuisine, sports broadcasts, open daily

until 4 in the morning.

This is why You should visit Galway Irish Pub.

Photo: City Office of Rzeszów
Address: 3-go Maja 8, Rzeszow

Opening hours: Monday - Sunday: 14:00-04:00
Phone: +48 17 853 22 77, 792 44 60 21
Email: maciej@rze.pl

SHOPPING



Rawpixel.com / Shutterstock.com

Whatever your shopping needs are, Rzeszów will be able to provide whatever you are looking for. Here you can find small boutiques selling Polish craft items or malls providing the latest high street fashions. You will be able to stock up on gifts for family and friends back home and still have a lot of zloty left in your pocket. Speciality Polish craft items to look out for include paper cut-outs, woodcarving, tapestries, embroidery, pottery, hand painted glassware, wooden boxes and chests.

Galeria Rzeszow



Another centrally located and modern shopping centre, Galeria Rzeszow offers all the services and amenities one would expect, including tons of shops, including fashion, accessories, home ware, electronics and more, as well as places to eat and relax.

Photo: NeonFor / Shutterstock.com (image cropped)
Address: Pilsudskiego 44, Rzeszow
Opening hours: Mon-Fri 9am-9pm, Sat 10am-9pm, Sun 10am-8pm

Phone: +48 17 777 10 00
Internet: www.galeria-rzeszow.pl
Email: info@galeria-rzeszow.pl

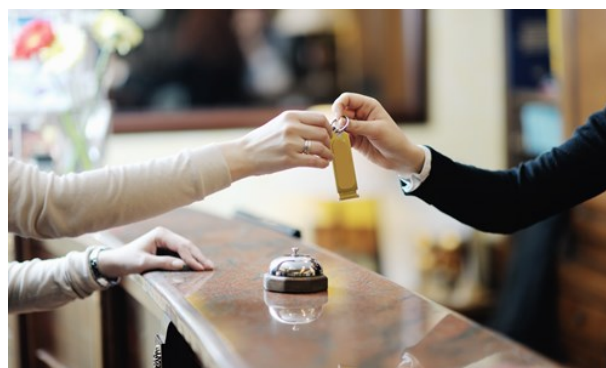
Millenium Hall



Find more great shopping opportunities at Millenium Hall, a large shopping mall that showcases all the usual fashion shops, fast food restaurants, electronics outlets, and much more.

Photo: [gpointstudio / Shutterstock.com](https://www.shutterstock.com)
Address: Kopisto 1, Rzeszów
Opening hours: Daily 10am-9pm
Phone: +48 17 770 07 00
Internet: www.milleniumhall.pl
Email: informacja@milleniumhall.pl

ACCOMMODATIONS



dotshock / Shutterstock.com

Rzeszów is the biggest city in the region and has through the years been associated with many celebrities like Lukasz Cieplinski, the hero of the anti-Nazi resistance. When exploring this city and its attractions you can chose between a range of accommodations like modern hotels and charming guest houses.

Ambadorski Hotel



Ambadorski**** Hotel in Rzeszow is the first four-star hotel in the Podkarpackie Province region, with 58 comfortably furnished rooms. Each room is air-conditioned, has a broadband connection, telephone, TV, personal locker and mini bar. Some of the rooms have facilities for the disabled.

The restaurant in the hotel offers a wide range of French, Polish, Italian and Asian dishes, it was also the first in Rzeszow to serve gluten-free menu. The restaurant is prepared for the organization of various banquets, wedding receptions and occasional parties in 4 separate rooms. We also provide services for companies.

We also encourage you to spend time enjoying delicious Italian coffee, desserts and tasty dishes in Cukiernia Wiedeńska pastry shop. You can sit here and enjoy the charming view of the Market Square. Our pastry shop offers a wide selection of homemade cakes, layer cakes and ice cream, made using traditional recipes.

Photo: City Office of Rzeszów
Address: Rynek 13 - 14, Rzeszów
Phone: +48 17 250 24 44, +48 784 340 587
Internet: www.ambadorski.com
Email: recepca@ambadorski.com

Eden Hotel



Eden Hotel is situated at one of the main street in Rzeszów, 4 km from city centre, train station and bus station. Very convenient location

makes it easy to get both by car and by public

transport. (nr 1, 3, 22, 26)

We offer single, double and triple rooms with bathroom, TV set and WiFi access. Parking lot is free of charge. For the bigger groups or in case of longer stay we provide very attractive discount system.

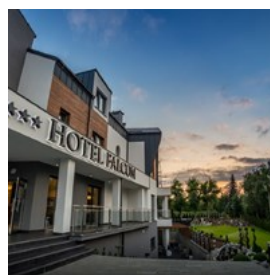
Hotel bar serves delicious polish and regional cuisine

There is also conference room - equipped with audiovisual equipment for conference and business meeting purpose.

The hotel has 2 spacious, air-conditioned banquet halls. We organize weddings and occasional parties as well as company events from 20 to 120 people at attractive prices.

Photo: Eden
Address: 35-506 Rzeszów ul. Krakowska 150
Phone: +48 17 85-25-683, +48 888-910-333
Internet: www.hoteleden.com.pl
Email: rezerwacje@hoteleden.com.pl

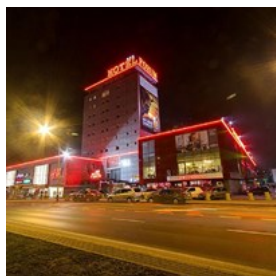
Falcon Hotel



The only in the city which connects gastronomy, accomodation and artistic infrastructure.

Photo: Falcon
Address: ul. Jastrzębia 29 Rzeszów
Phone: +48 17 700 01 70
Internet: <http://www.hotelfalcon.pl>
Email: biuro@hotelfalcon.pl

Forum Hotel



hotel Forum is located in the centre of Rzeszów, in the area of Gallery Graffica Outlet. It offers climatic rooms ensuring a comfortable rest. Perfect

location of the Hotel provides view for the city centre.

We offer free parking lot and free WiFi connection for our guests. There is also cosy and comfortable conference room.

Every morning we provide breakfast in Hotel restaurant.

Photo: Forum

Address: ul. Lisa-Kuli 19, Rzeszów

Phone: +48 17 859 40 38, +48 17 859 40 38

Internet: <http://www.hotelforum.pl/>

Email: recepcja@hotelforum.pl

Rzeszów Hotel



Rzeszów Hotel is the largest business object in Rzeszów located in Shopping Center "Galeria Rzeszów". A perfect place offering a high standard

of service and excellent Italian cuisine in the Oranzeria Restaurant located on the second floor.

The best location in the heart of the city in the point of connection of national and international routes and railway stations what guarantee a quick access. Multifunctional conference rooms are perfect place for business meetings and special events with the only such view of Rzeszów.

The hotel's candy shop Haven and the Piekiełko Club provides place to relax, well-being and the fulfillment of guests' sweet dreams.

Photo: Hotel Rzeszów

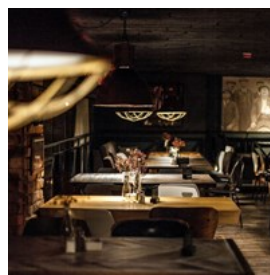
Address: Al. J. Piłsudskiego 44 Rzeszów

Phone: +48 17 777 10 10

Internet: www.hotelrzeszow.com.pl

Email: recepcja@hotelrzeszow.com.pl

Metropolitan Hotel



Metropolitan Rzeszów **** is a modern and comfortable Hotel in the heart of Rzeszów Old Town. It offers spacious and elegant rooms, as well as a convenient underground parking lot.

Multifunctional and electronically controlled conference rooms are a convenient place for organizing parties and other events. The central location guarantees the saving of time on a business trip, as well as the tourist and cultural attractions of Rzeszów at your fingertips.

The Manufaktura restaurant is a unique, multidimensional restaurant, buzzing every day. An entertainment with a brewery charm. You can eat here delicious food, drink a variety of crafted beer.

Photo: Metropolitan

Address: ul. Juliusza Słowackiego 16, Rzeszów

Phone: +48 17 777 14 14

Internet: <http://hotel-metropolitan.pl/>

Email: info@hotel-metropolitan.pl

Hotel Bristol "Tradition and Luxury"



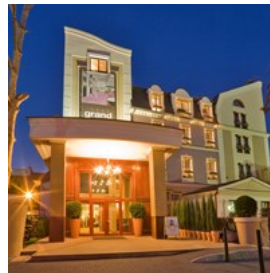
Hotel Bristol Tradition & Luxury ***** is located in the middle of the central city square. It's a boutique hotel which combine the traditional old Polish style and luxury in the most perfect meaning of the word. The unique interiors of the highest standard, lots of facilities for both business as well as for individual guests, in combination with the qualities of the region, making us one of the best hotels in Poland and in the world.

We offer 140 unique, individually designed rooms. Above the Wesele Restaurant menu that delights the palate of the greatest gourmets watching one of the best chefs in Poland - Arkadiusz Wejer. Thee object Bristol Tradition & Luxury also includes the Sushi Restaurant and Stary Browar Rzeszowski, which is the only place in Rzeszow weighs own beer, and visitors can watch the process of its creation by glass walls.

Te system of mobile walls of our conference rooms allows for the separation of 8, the largest of which - Sala Polska - can take up to 600 people on 2 levels audience. Modern technological facilities with audio-video system allows to organize even the most demanding events, such as concerts, theater performances, festive galas, fashion shows and launch of new car models.

Photo: Rzeszów City Office
Address: Rynek 20-23, Rzeszów
Phone: +48 172 500 050
Internet: www.bristol-rzeszow.pl
Email: info@bristol-rzeszow.pl

Grand Hotel Rzeszów



Grand Hotel Boutique ***** is located in the center of Rzeszów, within 150 meters from his sororal hotel Bristol Tradition & Luxury. The keynote of architects and decorators Grand Hotel Boutique were the words: "Your second home". The interior is modern solutions in the traditional and classical form. Te unusual of the hotel accent accessory in warm and bright colors witch contrasting with the sleek and stylish with wood and leather. Each of the 86 rooms offers the highest standard of comfort, guaranteeing a peaceful and relaxing time.

Grand Hotel Boutique impresses a great spectacular lobby and surprising interior design, even the heads of state! Pleasant, climatic and atmospheric - so frequently our guests describe Patio Restaurant in the Grand Hotel. The chef offers delicious dishes from the kitchen of all the world.

The complement of gastronomic offer is Vinoteka with a selection of wines not founding in other restaurants. Grand Hotel Boutique has 5 fully-equipped conference rooms, two of them have access to daylight.

The hotel also has a Wellness Zone with a large swimming pool, a Jacuzzi, two saunas, a tub of ice floe and a gym.

Photo: Rzeszów City Office
Address: Dymnickiego Str. 1A, Rzeszów
Phone: +48 172 500 000
Internet: www.grand-hotel.pl
Email: info@grand-hotel.pl

Grein Hotel



Grein Hotel is a modern 3-star hotel with a restaurant and a conference complex located in the centre of Rzeszow. Our guests are provided with 50 comfortable rooms, varied in terms of colour scheme and decor.

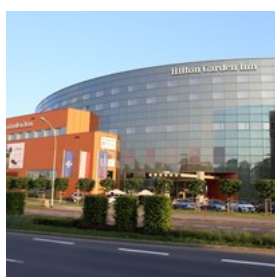
In addition, we have a free, monitored car park.

Grein Hotel restaurant is a mix of both international and traditional Polish cuisine. Dishes are also served in gluten-free versions. We are certified by The Polish Coeliac Society.

Warm interiors, professional service and excellent menu make Grein Hotel an ideal place for both business and leisure travellers.

Photo: Rzeszów City Office
Address: Tadeusz Rejtana Alley 1, 35-326 Rzeszów
Phone: +48 667 992 277, +48 17 85 03 888
Internet: <http://www.greinhotel.pl/>
Email: info@greinhotel.pl

Hilton Garden Inn



World standard in the Centre of Rzeszow. The Hilton Garden Inn Rzeszow is a perfect place for private meetings, business meetings, cozy stays, as well as for organizing both smaller and larger events.

Intimate interior, 9 spacious conference rooms, 101 comfortable rooms of world-class standards, and The Garden Grille & Bar Restaurant - are undoubtedly its biggest strengths. The hotel is renowned for its professional service, meeting all kind of

expectations, needs and visions, always at a reasonable price.

Photo: Rzeszów City Office
Address: ul. Majora Wacława Kopisto 1, Rzeszów
Phone: +48 177 700 000
Internet: hiltongardeninn3.hilton.com
Email: reservation@hgi.rzeszow.pl

Hotel Polonia Rzeszów



Hotel Polonia is located at the very centre of Rzeszow, near the main railway and bus stations. The location of the hotel is ideal for business

travellers, private guests as well as for groups of tourists. Hotel Polonia has 37 rooms, a total of 75 beds.

There are single, double and multi-bed rooms, which are equipped with a bathroom with a shower, a flat screen TV, a phone and a wireless WIFI internet access.

Hotel Polonia has a conference room ready to accommodate up to 20 people, where you can conduct both business training and social gatherings in a smaller group.

Guests are welcome to use the Restaurant, which offers a wide range of Polish dishes.

Photo: Rzeszów City Office
Address: Artura Grottgera 16, 35-001 Rzeszów
Phone: +48 17 852 03 12
Internet: <http://hotel-polonia.com/>
Email: rezerwacje@hotel-polonia.com

Schronisko PTSM "A youth Hostel"



Youth Hostel PTSM is based in Rzeszów at the Old Square in historic tenement "Alko", in which before the Second World War around 1920, there was a vodka, cognac, rosolis, wine, honey and juice factory.

Original bottles and labels from that period have been preserved and are kept in a shelter. The building with a modest classicist façade comes from the end of the 17th century, and was expanded in the 19th century.

The reception of the hostel is located on the ground floor in a room with a barrel vault, and on the first and second floor there are accommodation rooms.

Photo: City Office of Rzeszów
Address: Rynek 25, Rzeszów
Opening hours: Open all year round
Phone: +48 17 85 344 30, +48 781 422 152
Internet: www.ptsm-alko.pl
Email: schronisko@ptsm-alko.pl

Rzeszów Hostel



Hostel Rzeszow is located in one of the historic buildings on the Rzeszow's market square. Price per night is only 40 PLN. There is a kitchen where you can prepare your meal, and drink free coffee and tea. The hostel has a living room with board games and a computer. There is a free WIFI internet access throughout the hostel and a locker available for everyone. The hostel is recommended for those who want to feel the atmosphere of the Old Town, the area features

many pubs and restaurants, Underground Tour, Maska Theatre, Siemaszkowa Theatre and Podkarpacka Philharmonic. The station is about 500 meters away, and there is a free parking nearby.

Welcome!

Photo: City Office of Rzeszów
Address: Rynek 4, Rzeszów
Phone: +48 690 688 889
Internet: www.hostel-rzeszow.pl
Email: hostelrzeszow@gmail.com

TOURIST INFORMATION



Andrzej Rostek / Shutterstock.com

Airport



Rzeszów-Jasionka Airport (RZE) is located about 10 kilometres from the city centre. The city's public transportation system (run by MPK) has connections to the airport via bus lines 51 and L.

The journey takes approximately 30 minutes, and tickets can be bought directly from the driver or ticketmachines located in some buses or at the bus stops: (<http://bi.gazeta.pl/im/23/7f/11/z18347299V,Biletomaty-stacjonarne-w-Rzeszowie.jpg>)

Taxis are always available in front of the terminal, and the trip to the city should take about 15-20 minutes.

Photo: Rzeszów City Office

Address: Jasionka 942, 36-002 Jasionka

Phone: +48 178 520 081 / +48 177 178 611

Internet: www.rzeszowairport.pl

Public transport



bike path system.

The centre of Rzeszów can easily be explored on foot. You can also rent a bike from one of the bike stands, since the city has a pretty well developed

There are regular bus services operating to the newer part of town and the suburbs. Tickets can be bought for single use, one hour or a full day at machines or directly from the driver. Please note that these are regular fares and that the buses have specific rules regarding time limit and bus zones. Line 0 does a loop of the city passing all the major landmarks. The bus departs and terminates at the railway station.

RZESZOW CITY

TRANSPORT

Photo: Rzeszów City Office

Phone: +48 178 660 400

Internet: www.mpk.rzeszow.pl rtm.erzeszow.pl
info.erzeszow.pl

Taxi



Taxis are great alternatives for short journeys around town as they are extremely cheap. Make sure you choose a taxi company with a

TAXI-sign, license and registration numbers.

TAXI CORPORATIONS

Euro Taxi - 196 26

Idea Cars Taxi - 197 77

iTaxi - 737 737 737

Radio Taxi - 191 91

RES taxi - 196 66

Super Radio Taxi - 196 22

Taxi Rzeszow Van for 6 people

- 600 236 937

Taxi-Bus - +48 17 221 93 94

Taxi (luggage) - +48 17 853 47 77

TAXI STANDS

pl. Dworcowy

pl. Farny

al. Piłsudskiego (Voivodship Office)

pl. Wolności

ul. Targowa

ul. Naruszewicza (Specialist Hospital)

ul. Lisa Kuli

ul. Hetmańska (43)

ul. Dąbrowskiego (Institute of Music)

ul. Langiewicza / ul. W. Stwosza

ul. Bohaterów

al. Witosa / ul. Lewakowskiego

ul. Dukielska

ul. Marszałkowska

ul. Warszawska

ul. Krakowska (2)

ul. Krakowska (12a)

ul. Okulickiego (9)
ul. Ofiar Katynia
ul. Podwisłocze (40)
ul. Cicha
al. Rejtana / ul. Paderewskiego
al. Niepodległości / ul. Miodowa
ul. Lwowska (Provincial Clinical Hospital
No. 2)
ul. Cienista
ul. M. Kopernika (luggage)

Photo: Rzeszów City Office

Post



There are many post offices throughout the city. For sending postcards or letters you should look for the "Poczta". Rzeszów

Regional Post Office:

Photo: Andy Fuchs

Address: Ul. Asnyka 9, Rzeszów

Phone: +48 178 533 675

Internet: www.rzeszow.poczta-online.com

More Info: Located near the train station

Pharmacy



If you are looking for a pharmacy in Rzeszów you should look for the "Apteka". There are many pharmacies located around town. Hipokrates

Apteka:

Photo: Gemma Garner

Address: Adama Asnyka 2, Rzeszów

Opening hours: Mon-Fri 7:30am-7pm, Sat 9am-3pm

Phone: +48 17 853 30 53

Telephone



Country Code: +48 Area
Code: 17

Photo: Jardson Almeida

Electricity



220 V, 50 Hz European
plug

Photo: Stirling Tshan

ENTERTAINMENT



City Office of Rzeszów

Text

Kula - Bowling & Club



12 bowling lanes 6
billiard tables Dancefloor
Integration Events
Company Meetings

Photo: City Office of Rzeszów

Address: Krakowska Street 20, Rzeszów
Phone: +48 502 810 487/ +48 17 717 90 60
Internet: <http://kula-club.pl/>
Email: biuro@kula-club.pl

Trampoline Park "Happy Jump"



Experience incredible lightness when jumping from one trampoline to another and soft landing in a pool filled with 5 500 foam cubes !! Great fun

for kids, adolescents and adults - no age restrictions !! Relieve stress, feel light and most importantly

JUMP FOR HEALTH !!

We invite you to try free jumping and to organized activities - Jumping Fitness, Acrobatics, Jumping PE, Birthday parties.

Photo: City Office of Rzeszów
Address: Torowa St. 2, Rzeszów
Opening hours: open 10:00 a.m. - 9.00 p.m.
Phone: +48 698 739 228
Internet: www.happoyjump.com.pl
Email: kontakt@happoyjump.com.pl

Share Lock "Escape the room"



Share Lock is the first in Rzeszow "Escape the room" game. This is a great fun and an alternative to traditional forms of entertainment.

Together with a group of companions you are closed in the room. You have 45 minutes to get out . You have to rush...Solve a puzzle, find clues and connect elements of all to find way out.

Photo: City Office of Rzeszów
Address: Józef Piłsudski Alley 15, Rzeszów

Phone: +48 510 655 432, +48 782 645 739
Internet: <http://rzeszow.sharelock.pl/>
Email: sharelockrzeszow@gmail.com

Bajka Disco Club



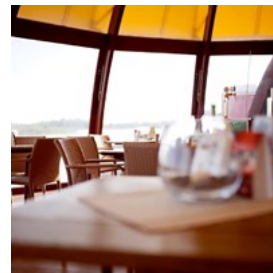
exclusive VIP room.

WEEKEND HERE STARTS ON THURSDAY Discover the hottest spot on the party map of Rzeszów. Two levels, three dance floors, one

The power of fun? Unlimited! From Thursday till Saturday 900 m2 dance floor is buzzing with music from the floor to ceiling.

Photo: Bajka
Address: ul. Piłsudskiego, Rzeszów
Phone: +48 30 638 577
Internet: <http://www.bajkadiscoclub.pl/>
Email: rzeszow@bajkadiscoclub.pl

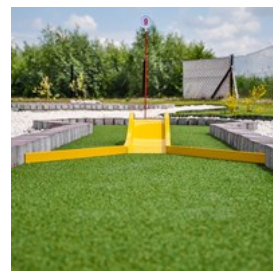
Przystań Cafe



Coffe shop Water equipment rental

Photo: Przystań Cafe
Address: ul. Leśna 1F, Rzeszów
Phone: +48 733 610 433
Email: kawiarnia.przystan@o2.pl

Mini Golf Rzeszów



Attraction for children Parties Summer Cinema Barbecues

Photo: Mini Golf Cafe
Address: ul. Leśna 1, Rzeszów
Phone: +48 791 966 169
Internet: <https://projektczarter.pl/mini-golf/>
Email: projektczarter@wp.pl

Open Mon-Fri 9am-6pm, Sat 10am-4pm
+48 178 524 611

Rickshaw Ride



Basic tourist services:
rides on the streets of a
beautiful, innovative city
from a different
perspective, comfortable
rides and direct drive to

the customer in the entire city.

Pay form: Cash, Card, Mobile phone

Photo: Ricksha Rzeszów
Address: Rynek, Rzeszów
Phone: +48 607 111 294.
Internet: <http://www.riksza.rzeszow.pl/>

Population

The capital of Podkarpackie Province has nearly 220 thousand inhabitants. In terms of number of students Rzeszow places first in the European Union (for every 1000 inhabitants there are 353 students). The average age of the inhabitants of the city is 39, so Rzeszow is often called the city of the young.

Currency

Polish Zloty (PLN) 1 = 100 groszy

Opening hours

Shops are generally open Mon-Fri: 10am-6pm and Sat: 10am-2pm. Supermarkets and shopping malls may stay open as late as 8pm. Businesses open on Sundays at their own discretion.

Internet

<http://www.rzeszow.pl/>

Newspapers

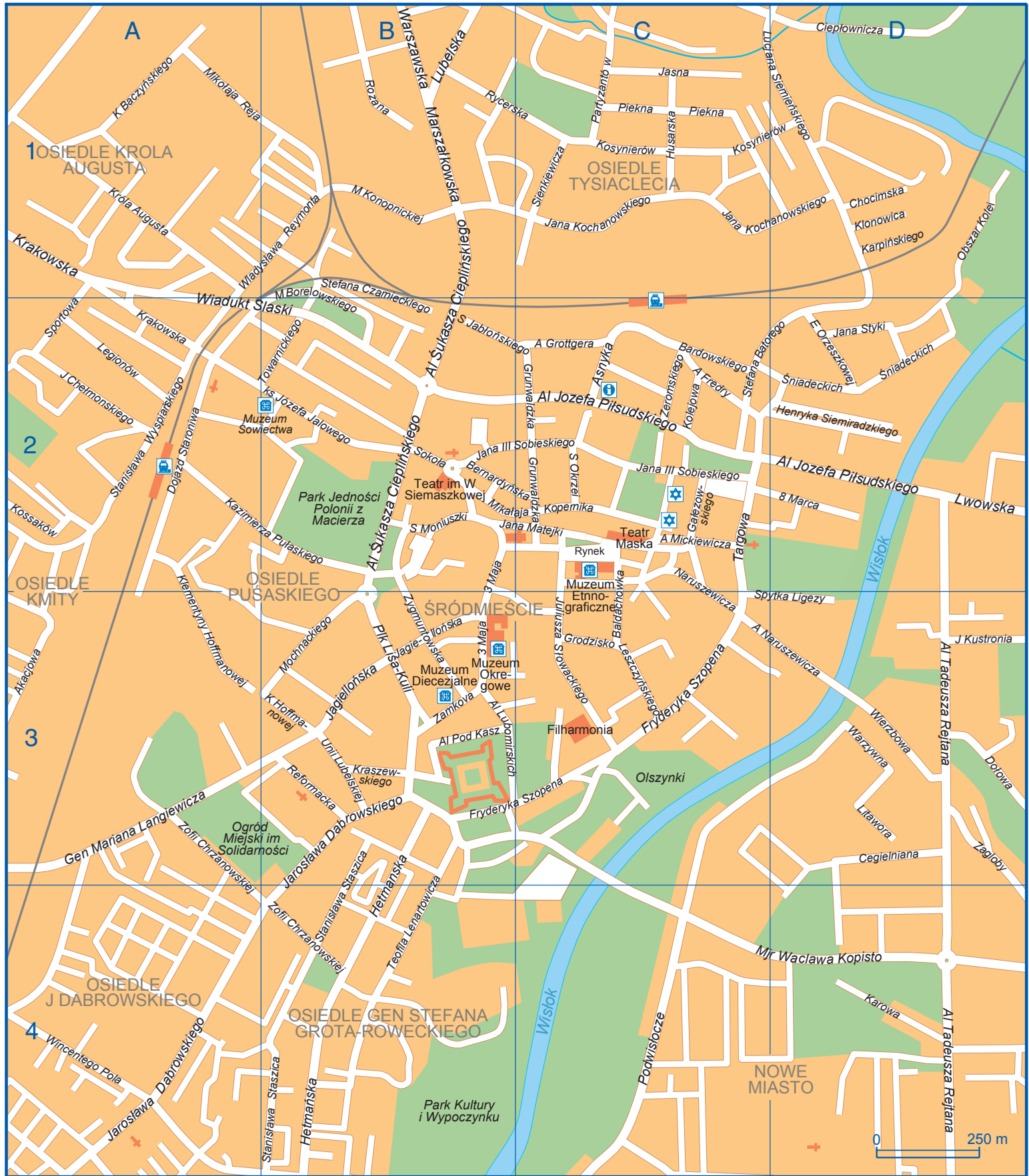
Nowiny
Super Nowości
Dzien Rzeszowa

Emergency numbers

Emergency Number: 112
Ambulance: 999
Fire Brigade: 998
Police: 997

Tourist information

Regional Tourist Information Centre
ul. Asnyka 6, Rzeszow



OSIEDLE KRÓLA AUGUSTA

OSIEDLE TYSIĄCLECIA

OSIEDLE PUŚASKIEGO

ŚRÓDMIEŚCIE

OSIEDLE J. DĄBROWSKIEGO

OSIEDLE GEN. STEFANA GROTA-ROWECKIEGO

NOWE MIASTO

0 250 m

3 Maja	B2 B3	Jana Styki	D2	Piekna	C1
8 Marca	D2	Jarosława Dąbrowskiego	A4 B3 B4	Plk Lisa-Kuli	B3
Adama Mickiewicza	C2	Jasna	C1	Podwislocze	C4
Adama Stanisława Naruszewicza	C2 C3 D3	Juliusza Słowackiego	C3	Reformacka	B3
Akacja	A3	Józefa Kustronia	D3	Rozana	B1
Al Józefa Piłsudskiego	C2 D2	Karowa	D4	Rycerska	B1 C1
Al Lubomirskich	B3	Karpńskiego	D1	Rynek	C2
Al Łukasza Cieplńskiego	B1 B2	Kazimierza Pułaskiego	A2 B2	Sienkiewicza	C1
Al Pod Kasz	B3	Klementyny Hoffmanowej	A2 A3 B3	Sniadeckich	D2
Al Tadeusza Rejtana	D3 D4	Klonowica	D1	Sokola	B2
Aleksandra Fredry	C2	Kolejowa	C2	Sportowa	A2
Artura Grottgera	C2	Kossaków	A2	Spytka Ligezy	C3 D3
Asnyka	C2	Kosynierów	C1 D1	Stanisława Jabłonskiego	B2 C2
Baldachowka	C2 C3	Krakowska	A1 A2	Stanisława Moniuszki	B2
Bardowskiego	C2	Kraszewskiego	B3	Stanisława Staszica	B3 B4
Bernardynka	B2 C2	Krzysztofa Kamila Baczyńskiego	A1	Stanisława Wyspiańskiego	A2
Cegielniana	D3	Króla Augusta	A1	Stefana Batorego	C2 D2
Chocimska	D1	ks Józefa Jalowego	A2 B2	Stefana Czarnieckiego	B1 B2
Cieplownicza	D1	Legionów	A2	Stefana Okrzei	C2
Dojazd Staroniwa	A2	Leszczyńskiego	C3	Targowa	C2
Dolowa	D3	Litawora	D3	Teofila Lenartowicza	B3 B4
Elizy Orzeszkowej	D2	Lubelska	B1	Towarnickiego	B2
Fryderyka Szopena	B3 C3	Lucjana Siemskiego	C1 D1	Unii Lubelskiej	B3
Galezowskiego	C2	Lwowska	D2	Warszawska	B1
Gen Mariana Langiewicza	A3	Marcina Borełowskiego	B2	Warzywna	D3
Grodzisko	C3	Marii Konopnickiej	B1	Wiadukt Śląski	A2 B2
Grunwaldzka	C2	Marszałkowska	B1	Wierzbowa	D3
Henryka Siemiradzkiego	D2	Mikołaja Kopernika	B2 C2	Wincentego Pola	A4
Hetmanka	B3 B4	Mikołaja Reja	A1	Władysława Reymonta	A1 B1
Husarska	C1	Mjr Wacława Kopisto	C4 D4	Zagłoby	D3
J Chelmonskiego	A2	Mochackiego	B3	Zamkowa	B3
Jagiellońska	B3	Muzeum Łowiectwa	A2 B2	Zeromskiego	C2
Jana III Sobieskiego	B2 C2	Obszar Kolei	D1	Zofii Chrzanowskiej	A3 A4 B4
Jana Kochanowskiego	C1 D1	Partyzantów	C1	Zygmuntowska	B3
Jana Matejki	B2 C2				