



Hotels

Aparthotel Zakątna **UPMARKET**
In a renovated historical townhouse mere minutes from the main square, Zakątna offers 6 rooms and apartments in an assortment of European styles. **► C-4, ul. Zakątna 19, tel. (+48) 513 09 73 92, www.aparthotelzakatna.pl**

Bristol **UPMARKET**
Tarnów's most exclusive hotel, Bristol's immaculate rooms come with mini-bars, cable television, spacious beds and luxurious showers. **► C-4, ul. Krakowska 9, tel. (+48) 880 47 74 77, www.hotelbristol.pl. 17 rooms (2 apartments).**

Hotel GAL **UPMARKET**
This handsome Art Nouveau hotel has been beautifully restored, retaining historic architectural details while modernising the facilities. **► A-6, ul. Dworcowa 5, tel. (+48) 14 688 99 30, www.hotelgaltarnow.pl. 33 rooms (3 apartments).**

Cristal Park **MID-RANGE**
West of the centre, this is a solid value with numerous suites, a sauna, salt room, restaurant, and 24hr bar with billiards. **► ul. Traugutta 5 (Mościec), tel. (+48) 14 633 12 25, www.cristalpark.pl. 75 rooms.**

Słoneczne Wzgórze **MID-RANGE**
Located just east of the Old Town in Sanguszko Park, this hotel is designed specifically for those with disabilities, but all are welcome. **► ul. Sanguszków 28A, tel. (+48) 14 688 00 50, www.sloniecznewzgorze.tarnow.pl.**

U Jana **MID-RANGE**
Arguably the best accommodation on the market square, this historical inn offers great views, food, bike rental, billiards and more. **► D-4, Rynek 14, tel. (+48) 14 626 05 64, www.hotelujana.pl. 12 rooms.**

Tourist Information Centre **BUDGET**
Clean, carpeted accommodation right on the Rynek, directly upstairs from the Tourist Info Centre. Available on booking.com. **► D-4, Rynek 7, tel. (+48) 14 688 90 90, www.tarnow.travel. 4 rooms.**

Arrival & Transport

Getting There

Eighty kilometres east of Kraków, thanks to the fast and free A4 highway, Tarnów is easily reached by car, and **less than an hour's drive east from Kraków**. A good network of train and bus services link Tarnów with major destinations throughout Poland; connections to Kraków are fast and frequent, and train times to Warsaw are under 3.5hrs. Use **e-podroznik.pl** to easily search bus and train timetables, compare prices and buy tickets. The nearest airport to Tarnów is **Kraków Balice** (90km by motorway).

Train Station

One of the largest, and most beautiful Polish stations east of Kraków, Tarnów's railway station was opened in 1910, and has been fully modernised to include all the services you'd expect (ticket machines, shops, cafes and eateries, free wifi, charger ports), while retaining its original character - including Edmund Ciechkiwicz's paintings of the Tatra and Pieniny mountains, which were funded by the early train owners over a century ago. In front of the station is a large public square, while inside you'll find a **modern art gallery** displaying works by Małopolska artists (open 09:00 - 17:00; closed Mon; admission free) and **Galeria Panorama** - a branch of the Tarnów District Museum (open 08:00-16:00, Sun 10:00-14:00 (from May until 16:00); closed Mon, Sat, admission 5/3zł). Walking to the market square only takes 10mins up ul. Krakowska, while a taxi from outside the station costs about 10-12zł. **► A-6, Pl. Dworcowy 4, www.rozklad.pkp.pl. Ticket windows open 06:00-21:00.**

Bus Station

Near the train station, Tarnów's bus station doesn't offer much in the way of services or facilities aside from a snack bar, an ATM (bankomat), toilets, and a few kiosks. Don't be duped by the ticket windows, they mostly sell monthly passes and local fares, which explains why everyone just buys their tickets from the driver. A walk to the market square takes about 10mins, or a taxi (find them parked outside) will take you there for less than 10zł! You can also ride buses 2, 9, 12 or 30 five minutes up ul. Krakowska, getting off at 'Berna-Targowa'. **► A-6, ul. Dworcowa 1. Open 06:00-20:00.**

Getting Around

Once you've arrived in Tarnów your main mode of transport is likely to be your own feet, or rent a bike, the latter can be done from April until the end of November using the **Tarnów City Bike** system (all bike stands are marked on the map), or by visiting the Tourist Info Centre (D-4, Rynek 7).

Public Buses

Though trams once trundled the streets of Tarnów, today the city makes do with an extensive public bus system, which runs daily from **04:00 - 24:00**. Though many visitors will find them unnecessary, buses are useful for travelling to Mościec, St. Martin's Hill, and hotels not located right in the centre. Use **tarnow.jakdojade.pl** to figure out how to get to your destination. Tickets are sold primarily at kiosks, and a single fare/30min ticket costs 3.20zł; note that the bus driver only sells 4.60zł/60min tickets. Make sure you immediately **stamp your ticket** in the small machines on-board; inspectors regularly travel the lines handing out costly fines to those without valid tickets. **► www.komunikacja.tarnow.pl.**

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ONLINE PRINT MOBILE

Restaurants & Cafés

American Dream **AMERICAN**
Serving burgers, ribs and steaks, the results are a bit hit-and-miss in this over-the-top diner, but it's a nice departure from Polish food. **► C-4, ul. Sowńskiego 9, www.americanrestaurant.pl. Open 11:00-22:00; Fri, Sat 11:00-23:00. €€.**

Bistro Przepis **INTERNATIONAL**
A friendly family restaurant with good food, specialising in thin-crust pizza, pasta and pierogi, plus coffee and cakes. **► D-4, Pl. Kazimierza Wielkiego 3. Open 12:00-21:00; Fri, Sat 12:00-23:00; closed Mon. €€. €€**

Cafe Tramwaj (Tram Cafe) **CAFES**
This stationary antique tram serves up the spirit of the old days, plus coffee, cake, ice cream and wifi. **► D-4, Pl. Sobieskiego 2. Open 06:30-21:00; Sat 08:00-21:00; Sun 10:00-21:00. €.**

Cristalino Kuchnia i Wino **INTERNATIONAL**
This upscale hotel restaurant is one of Tarnów's best, with fine food to suit all tastes, attractions for kids and a huge wine list. **► ul. Traugutta 5 (Mościec), www.cristalino.pl. Open 06:30-22:00; Sat, Sun 08:00-22:00. €€€.**

The Nosh Kosher Cafe **CAFES**
This strictly meatless kosher cafe offers Jewish snacks and home cooking, while also serving as a Jewish cultural centre, shop and gallery. **► D-4, ul. Lwowska 2 (entrance from ul. Wałowa), www.thenoshkoshercafe.com. Open 08:30-19:00; Fri 08:30-17:00; Sun 10:00-19:00; closed Sat. €.**

Pól Na Pól **INTERNATIONAL**
Hidden just off the Rynek, this stylish favourite offers some of the most daring and delicious food in town. **► D-4, Pl. Kazimierza Wik. 2 (Pasaż Tertilia), www.polnapol-tarnow.pl. Open 12:00-22:00; Fri, Sat 12:00-24:00. €€.**

Soprano **ITALIAN**
Tarnów's top spot in terms of food and atmosphere, featuring exquisite tastes and a lovely garden. **► C-4, ul. Mościckiego 6, www.soprano-tarnow.pl. Open 10:00-22:00; Fri, Sat 10:00-23:00; Sun 11:00-22:00. €€.**

Stara Łazienka (The Old Bathhouse) **POLISH**
This excellent Polish-Jewish restaurant in Tarnów's historic former Jewish bathhouse embodies the city's pre-war elegance. **► E-3, Pl. Więźniów KL Auschwitz 1, www.lazienka.tarnow.pl. Open 12:00-21:00; Fri, Sat 12:00-22:00; closed Mon, Tue. €€.**

Sofa **BREAKFAST**
One of Tarnów's most contemporary eateries, this cafe/bistro offers a wide range of healthy breakfast and lunch options in cosy surroundings. **► D-3, ul. Wałowa 15, www.sofatarnow.pl. Open 07:00-20:00; Sat 08:00-21:00; Sun 09:00-21:00. €.**

Tatrzarka **POLISH**
One of Tarnów's oldest and most respected restaurants, offering traditional Polish food and professional service in elegant surroundings. **► C-4, ul. Krakowska 1, www.kudelski.pl. Open 09:00-22:00. €€.**

Nightlife

Alfa Club
An enormous dancefloor flanked by mirrors and lounge sofas, this is Tarnów's most modern dance club, and probably also its best. **► C-4, ul. Staszica 3, www.alfacub24.pl. Open Fri, Sat 21:00-04:00 only.**

Basteja
Located inside the medieval walls, Basteja itself is nothing special, but the garden (April-Oct) is unbeatable and worth seeking out. **► D-3, ul. Kapitulna 8. Open 10:00-23:00; Mon 16:00-23:00; Sat 17:00-23:00; closed Sun.**

Haunted Haus
Finding this friendly cult bar is like crashing a house party only to be embraced by the hosts, offered a drink and introduced to everyone. **► D-3/4, ul. Zydowska 20. Open Thu, Fri 17:00-24:00; Sat, Sun 18:00-24:00; closed Mon, Tue, Wed. Opening hours are subject to change.**

Leprikon Irish Pub
Not the most authentic Irish pub, but still the Guinness, Irish breakfast and other pub grub - right on the Rynek - are a comfort to many. **► D-4, Rynek 16. Open 10:00-24:00; Fri, Sat 10:00-02:00.**

Śródmieście Pub
With Polish microbrews, cheap pub eats and beer snacks, teles for league matches and more, this is the most well-rounded bar in Tarnów. **► D-4, Rynek 16, Kazimierza Wik. 2 (entrance from Pasaż Tertilia). Open 11:00-24:00; Fri, Sat 11:00-03:00.**

Activities & Culture

Arena Jaskółka Tarnów **SPORTS CENTRE**
This modern sports hall in Mościec was opened in late 2019 and hosts sports events, concerts and all sorts of large-scale functions. **► ul. Romualda Traugutta 3B, www.arena.tarnow.pl. Open during events only.**

Ludwik Solski Theatre **THEATRE**
This theatre just north of the Old Town features three stages and a full repertoire for kids and adults, plus rotating art exhibits. **► D-3, ul. Mickiewicza 4, www.teatr.tarnow.pl. Box office open 09:00 - 17:00; Sat, Sun 2 hours before the performance; closed Mon. Tickets 12-40zł.**

Tarnów Amphitheatre **THEATRE**
This outdoor venue dates back to 1955 but has been fully renovated and is a wonderful place to enjoy concerts and events (May - Sept). **► C-3, ul. Kopernika 4, www.tck.pl. Open 10:00-20:00. Open from May to September.**

Tarnów Cultural Centre **CULTURAL CENTRE**
This cultural institution organises a range of events at their market square gallery, the cinema at Staszica 4 (C-4) and the Amphitheatre. **► D-4, Rynek 5, www.tck.pl. Open 08:00-18:00; Sat 10:00-17:00; closed Sun. Admission fee depends on the exhibition, check website for details.**

TOSIR Water Park **SWIMMING**
Tarnów has a respectable water park that includes a 90m water slide, kids' area, jacuzzis, saunas and more. **► D-1, ul. Piłsudskiego 30, www.tosir.com.pl. Open 06:00-22:00; Sat, Sun 08:00-22:00. Admission 13/9zł per hour.**

Shopping

Burek Square **MARKETS**
Tarnów's primary marketplace, this is the place to pick up produce, fruit, meat and flowers. Don't miss the Organ Grinder monument either. **► D-4, Pl. Gen. J. Bema. Open 07:00-17:00; Sun 07:00-13:00 (Sun flowers only).**

Cepelia **GIFTS & SOUVENIRS**
Specialising in folk art and crafts, Cepelia offers a treasure trove of local gifts and souvenirs including Tarnów T-shirts, dolls, painted eggs, mugs and more. **► D-4, Rynek 8, www.cepelia.com.pl. Open 09:00-17:00; Sat 09:00-13:00; closed Sun.**

Galeria Tarnovia **SHOPPING MALLS**
A modern shopping mall just southwest of the centre, and easily accessible by public transport. **► ul. Krakowska 149 (Koszyce), www.galeria-tarnovia.com. Open 10:00-21:00; Sun 10:00-20:00.**

Mina's Art-Gift Gallery **GIFTS & SOUVENIRS**
This gallery/gift shop sells the work of local Jewish artists, Judaica and souvenirs; proceeds go to the restoration of the Jewish Cemetery. **► D-4, ul. Lwowska 2 (entrance from ul. Wałowa), www.minasartgiftgallery.com. Open 08:30-19:00; Fri 08:30-17:00; Sun 10:00-19:00; closed Sat.**

Tourist Information Centre **GIFTS & SOUVENIRS**
One of your best bets for souvenirs, books, postcards, and the city's official blue beaded necklaces, Tarnówka tea and more. **► D-4, Rynek 7, www.tarnow.travel. Open 08:00-18:00; Sat, Sun 09:00-17:00.**

