

Ⓢ **MultiSport**

Spend spring
and summer in the
south of Poland
**with the
MultiSport card!**



We invite you to spend an active spring and summer in the south of Poland!

We have prepared a special guide to help you discover the most beautiful places and the most interesting attractions of the region. Whether you like to spend time alone, in company, or with family and friends, our guide to southern Poland will help you choose the right activity.

The MultiSport card will provide you with the necessary amount of exercise, as well as many opportunities for rest and recreation!





Explore the tourist treasures of southern Poland

In spring and summer, southern Poland is a true paradise for lovers of active rest. Whether you prefer water sports, climbing or team activities, here you will find something for yourself. Get ready for an amazing adventure and experience unforgettable moments with the MultiSport card!

Southern Poland is not only beautiful landscapes and picturesque towns, but also a broad offer for anyone who wants to spend time actively. Wieliczka, known mainly for the Salt Mine, is a place of extraordinary historical and cultural significance, with the Underground Tourist Route as one of the attractions. Katowice, the capital of Silesia, inspires awe with its green parks, museums and contemporary architecture. Krakow is a city with a rich cultural life, full of charming monuments that attract tourists from all over the world. Lanckorona, a village in the Małopolskie province, enchants with its traditional wooden architecture. Dobczyce, located by the lake, is an ideal place for rest and recreation by the water, with attractions

such as a fortified castle and a landscape park. Cieszyn, a city on the Polish-Czech border, is famous for its cultural heritage and beautiful mountain scenery. Busko-Zdrój is a health resort with a wide range of spa offerings, a Spa Park and numerous walking trails. Goczałkowice-Zdrój, located by Lake Goczałkowice, is a health resort that provides a wide range of outdoor activities, while the Eagles' Nests Landscape Park, full of castles, has been attracting history lovers for years. Many historical traces, blending seamlessly with modernity, can also be found in cities such as Gliwice, Ruda Śląska, Chorzów and Zabrze.

Take care of your health with MultiSport

– check out activities for spring and summer

In spring and summer, southern Poland offers plenty of opportunities for activities both outdoors and in sports facilities. With the MultiSport card, you can enjoy activities that will not only improve your shape, but also allow you to take full advantage of the beauty of the individual locations.

Here are some of the available activities:



Nordic walking – walking with poles is an excellent form of outdoor activity that strengthens muscles and has a beneficial effect on overall fitness. With the MultiSport card, you will discover the beauty of the surrounding walking trails.



SUP board – this activity is gaining popularity. Hardly surprising – swimming on a SUP board is not only great fun, but also an excellent workout for the whole body. You can find available SUP zones with the MultiSport card.



Canoeing – canoeing down scenic rivers is a great way to spend some interesting time in nature. With the MultiSport card, you can use the canoe rental offer.



Beach volleyball – playing volleyball on the beach is a great way for active rest with friends. With MultiSport you can use beach volleyball courts in popular leisure destinations.



Rope park – a visit to a rope park is an unforgettable experience for those who like challenges and adrenaline. Find out where the nearest parks available with MultiSport are.



Wake park – water sports fans are encouraged to visit a wake park, where they can try their hand at wakeboarding or a water obstacle course. With the MultiSport card, you have access to many such places.





Pedalo – cruise the lake or river, enjoying the beautiful landscapes and fresh air. With the MultiSport card, you can use pedalo rentals in attractive locations.



Climbing wall – climbing is not only a brilliant form of physical activity, but also fun for the whole family. The MultiSport card enables the use of climbing walls in various locations.



Swimming pool – swimming is a perfect way to strengthen muscles and improve fitness, as well as relax. The MultiSport card gives you access to many outdoor swimming pools in southern Poland.



Sauna – after an intense workout, it's a good idea to relax in the sauna, which will help you recover and relax. Check out the saunas MultiSport offers.



Tennis – playing tennis is a great way to improve physical fitness and coordination. Take advantage of the available tennis courts with the MultiSport card.



Gym – there is no better time to take care of your fitness than spring and summer. Take advantage of the facilities that the MultiSport card provides access to and work out indoors or outdoors.



Salt cave – a stay in a salt cave is an excellent way to regenerate and improve well-being. Find out where there are salt caves available with the MultiSport card.

MultiSport also allows you to enjoy many other activities, such as aqua aerobics, fitness classes, yoga, pilates or dancing, which you can do at sports facilities – regardless of the current weather conditions.



Sports activities in spring and summer – what is worth remembering?

The MultiSport card opens the door to many physical activities! Doing sports is not only about excitement and endorphins, but also a matter of strategy, which requires proper preparation. In the bustling spring and summer season, it's worth remembering a few basics.



The first of these is **proper warm-up**. It is the foundation of every training session, allowing our muscles and joints to prepare for intense exertion. Its key element is stretching, which improves the body's flexibility and minimises the risk of injury, allowing you to enjoy sports challenges to the fullest.

Also remember to stock up on **healthy snacks and drinks**. This will help you maintain optimal energy and hydration levels during the workout. In the spring and summer season, when temperatures are high, it is important to take care of the body's condition and ensure that it is protected from excess solar energy.

Also, don't forget to **choose clothing** appropriate to the sport. The proper fit of running shoes or cycling attire ensures comfort of the activity, as well as your safety.

Motivation is also key to success in achieving your sports goals. It helps you maintain the desire to practice your chosen activities and improve performance. Support yourself with a **healthy diet**, rich in essential nutrients that will give you energy and speed up recovery after training.



A healthy diet doesn't have to be boring – check out regional dishes

Southern Poland delights both with its unique landscapes and unforgettable taste sensations. When looking for inspiration for a healthy diet, try out traditional local recipes, which are treasure troves of flavours and aromas.

The south of Poland is famous for its unique dishes, such as oscypek, Prądnik bread, Ojców trout and bigos. These culinary gems are also an important part of the region's culture. They provide not only the original taste experience, but also the energy needed for regular physical activity.



The southern part of Poland is extremely diverse in terms of cuisine. Krakow is famous for its delicious obwarzanki, a signature snack. At the Living Museum of Obwarzanki in Krakow, we can learn about the history and ways of baking this traditional delicacy. Also worth recommending is the Prądnik bread, which is prepared according to a recipe dating back to the 14th century. At the same time, it is impossible not to mention iconic markets such as Stary Kleparz or Plac Nowy in Kazimierz, where you can try local specialties such as Krakow maczanka or grilled cheese baguettes.

Southern Poland is also famous for its unique cheeses, such as oscypek – a crumbly, smoked sheep’s cheese that has become a symbol of the pastoral culture of Podhale (Polish Highlands). Another excellent cheese is bundz – with a mild, delicate flavour, which is made from sheep’s milk. Smoked korbacz (whip-shaped cheese) and bryndza are other delicacies worth trying when travelling through the region.

Also not to be overlooked is the wealth of dishes associated with pickling vegetables, which are characteristic of Lesser Poland. Charsznica is famous for its tradition of sauerkraut pickling, and bigos is one of the most famous dishes in Polish cuisine.



Fit recipes inspired by the delicacies of southern Poland

The culinary heritage of Lesser Poland encourages experimentation with traditional delicacies. Here are some familiar dishes in new fit versions.



Pierogi (dumplings)

with cabbage and mushrooms

Ingredients:

- 2 glasses of wholemeal flour
- 1/2 glass of water
- 2 glasses of chopped cabbage
- a glass of sliced mushrooms
- 1/2 glass of cooked lentils
- salt
- pepper
- turmeric

Preparation:

- In a bowl, mix the wholemeal flour and water to make an elastic dough. Add more water if the dough is too dry or flour if it is too sticky.
- In a frying pan, sauté the chopped cabbage, sliced mushrooms and cooked lentils, and season to taste with salt, pepper and turmeric. Fry for about 10-15 minutes until the ingredients are soft.
- Roll out the dough into thin pancakes. Cut out discs using a glass or dumpling mould.
- Put a small amount of filling on each disc of the dough. Fold the edges together to form dumplings.
- Cook the dumplings in salted water for about 5-7 minutes until they float to the surface.
- Serve hot with Greek yoghurt.



Southern stew

Ingredients:

- 2 diced carrots
- onion
- diced red pepper
- 300 g of chicken fillet in pieces
- a glass of lentils
- 2 glasses of vegetable stock
- salt
- pepper
- thyme
- rosemary
- optional: smoked paprika

Preparation:

- Fry the chopped onion, then add the chopped chicken meat. Fry until the meat is browned.
- Add sliced carrots and red peppers. Fry for a few minutes until the vegetables soften.
- Pour lentils into the pot and vegetable stock over the whole thing.
- Simmer the stew over low heat, covered, for about 20-30 minutes, until the ingredients are soft.
- Season the stew with salt and pepper and add chopped herbs: thyme and rosemary. You can also add smoked paprika to give the dish a more intense flavour.
- Serve the stew hot, preferably with your favourite groats or bread.



Sugar-free apple pie

Ingredients:

- 2 glasses of wholemeal flour
- 1/2 glass of water
- 4 medium-sized apples, hollowed out and sliced
- juice of 1 lemon
- cinnamon
- coconut oil for the dough
- erythritol or maple syrup to sweeten (depending on preference, optimally half a glass)

Preparation:

- Mix the wholemeal flour with a little coconut oil and water to make the dough.
- Cut apples into thin slices, sprinkle them with lemon juice and cinnamon. Add erythritol, starting with a smaller amount, such as about 1/4 of glass, and then adjust the amount to your preference.
- Arrange a layer of dough, then a layer of apples. Repeat the layers until you have used all the ingredients.
- Bake in a preheated oven until the cake is golden and the apples are soft.



Stay active with loved ones – MultiSport offers a wide range of opportunities

Moments spent with loved ones are of great importance to our well-being, both physical and mental. Physical activity is not only a healthy way to spend leisure time, but also an excellent opportunity to build family ties and strengthen relationships with friends. This creates shared experiences that connect generations.

Introducing children to the world of sports from an early age is crucial for their physical, emotional and social development. Sports form healthy lifestyle habits, develop strength, endurance and coordination, and teach fair play and cooperation. Outings to the pool or outdoor team sports give children joy and contribute to building their confidence and self-esteem.

The benefits that physical activity brings to seniors should not be overlooked either. Regular exercise is crucial for them to maintain

physical fitness, mobility and independence. Walking, fitness classes or swimming also have a positive effect on the psyche, improving mood and sleep quality as well as reducing stress.

Joint sports activities are an ideal way to take care of your health. Remember that the MultiSport Programme encourages all of your loved ones to be active by offering a variety of products, such as the MultiSport Kids and MultiSport Senior cards.

Activities in southern Poland – choose your place

Here is a wide range of activities available in southern Poland to meet the needs of all ages and sports preferences.

In these places, you will benefit from a variety of activities that not only support a healthy lifestyle, but also provide loads of entertainment and relaxation.

Wieliczka:

- gym
- martial arts
- dance
- fitness classes (e.g. yoga, pilates)
- swimming pool (e.g. aqua aerobics)
- tennis
- team sports (volleyball, basketball, football)

Chorzów:

- beach volleyball
- swimming pool
- martial arts
- fitness classes
- gym
- salt cave
- sauna

Ruda Śląska:

- outdoor swimming pool
- martial arts
- rolletic
- Vacu Well
- fitness classes
- gym
- yoga
- dance
- spinning
- swimming pool

Zabrze:

- dance
- zumba
- gym
- fitness classes
- trampoline park

Gliwice:

- Nordic walking
- dance
- martial arts
- cross training
- yoga
- pilates
- sauna
- gym
- fitness classes
- aqua aerobics
- rolletic
- Vacu Well
- roller skating
- obstacle course racing (OCR)
- swimming pool

Katowice:

- swimming pool
- aqua aerobics
- sauna
- martial arts
- fitness classes
- dance
- gym
- squash

Kraków:

- SUP board
- pedal boating
- canoeing
- outdoor swimming pool
- beach volleyball
- rope park
- Nordic walking
- swimming pool
- gym

Sosnowiec:

- wake park
- outdoor swimming pool

Bytom:

- outdoor swimming pool

Dąbrowa Górnicza:

- outdoor swimming pool

Pszczyna:

- rolletic
- Vacu Well
- fitness classes
- gym
- dance
- sauna
- squash
- tennis

Dobczyce:

- gym
- fitness classes
- yoga
- zumba

Cieszyn:

- climbing wall
- rolletic
- Vacu Well
- cross training
- gym
- fitness classes
- martial arts

Bobrowniki:

- SUP board
- pedal boating
- canoeing

We invite you to use the broad range of sports and recreational activities in picturesque locations of southern Poland. The time spent actively will provide numerous benefits to physical and mental health. **Enjoy a host of activities with the MultiSport card!**

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Check out the details in the **MultiSport** search engine!

