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# Travel Guide Rzeszów

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## Quick view

### Rzeszów – a brief overview

Rzeszów is southeast Poland's largest city. With a pretty Old Town and some impressive architecture, including unique churches and synagogues, it's easy to while away few days in this relatively unexplored corner of Eastern Europe. Despite being the area's main metropolis, it's a breeze to cover the city centre on foot, making it ideal for getting lost and discovering hidden streets and alleyways.

With plenty of history and some terrific museums and galleries, there's plenty in Rzeszów to put it right up there with other Polish cultural gems such as Poznań and Wrocław.



## Poland

### General Information

#### Country overview

One of Europe's most underrated countries, Poland offers a huge amount for travellers of all stripes, from the wild scenery of its mountainous south, with its great skiing and hiking, to the stunning Old Towns of Cracow, Zamość and Gdańsk, and the wilderness of the Białowieża National Park and the Great Masurian Lakes in the country's north. Poland's scenic beauty is as varied as it is extraordinary.

The Baltic coast has some excellent sandy beaches, as well as the Słowiński National Park with its ethereal forests, bogs and sand dunes. The Cracow-Wielun Upland with its limestone areas, caves and medieval castles is another highlight, while perhaps most beautiful area of all is around the Carpathian Mountains in the far south.

#### Geography

Poland shares borders to the east and northeast with Russia, Belarus, Ukraine, Lithuania and the Russian exclave of Kaliningrad, to the south with the Czech Republic and Slovakia and to the west with Germany. To the north lies the Baltic Sea. The Baltic coast provides almost 525km (325 miles) of sandy beaches, bays and steep cliffs; between Gdańsk, and the port city of Szczecin to the west there are many seaside towns offering unpolluted water and some fine beaches, with sunbeds and umbrellas available for hire. These sand and gravel deposits also form the shifting dunes of Słowiński National Park, the sand bars of Hel and the Vistula Lagoon.

Northern Poland is dominated by lakes, islands and wooded hills joined by many rivers and canals. The Masurian Lake District to the northeast is a patchwork of lakes and forests with Lake Hańcza, the deepest lake in Poland, located here. The longest river, the 1,090km (675 mile) Vistula, or Wisła, rises in the Tatra mountains and empties into the Baltic, cutting a wide valley between the capital, Warsaw in the heart of the country, to Gdańsk on the coast.

The rest of the country rises slowly to the Sudety mountains, which run along the border with the Czech Republic, and the Tatra mountains, which separate Poland from Slovakia.

To the west, the River Oder, with Szczecin at its mouth, forms the northwest border with Germany.

Poland counts almost two dozen national parks, covering an area of 3,200 sq km

(1,235 sq miles), and including the oldest, Białowieża National Park, east of Warsaw on the border with Belarus, and one of the largest, Bieszczady National Park, part of the Carpathian mountain range. These parks are home to European bison (the largest mammal in Europe), brown bears, lynx, wolves and even some wild horses. And Białowieża contains a fragment of the forest that once covered Europe in prehistoric times, with some oaks dating back half a millennium. Polish forests are largely pine though, accounting for two-thirds of the total.

## General knowledge

### Key facts

Population: 38.42 million (2017)

Capital: Warsaw

### Language

Polish is the official language. There are a few small German-speaking communities primarily in the southwest. English and, increasingly less so, Russian are also spoken. French is also popular.

### Currency

Złoty (PLN; symbol zł) = 100 groszy. Notes are in denominations of zł200, 100, 50, 20 and 10. The coins are in denominations of zł5, 2 and 1, and 50, 20, 10, 5, 2 and 1 groszy.

### Electricity

230 volts AC, 50Hz; continental plugs with two round pins.

## Public holidays

Listed below are the public holidays for the period January 2020 to December 2021.

### 2020

Nowy Rok (New Year's Day): 1 January 2020  
Święto Trzech Króli (Epiphany): 6 January 2020  
Pierwszy dzień Wielkanocy (Easter Sunday): 12 April 2020  
Drugi dzień Wielkanocy (Easter Monday): 13 April 2020  
Międzynarodowe Święto Pracy (Labour Day): 1 May 2020  
Święto Narodowe Trzeciego Maja (Republic Day): 3 May 2020  
Pierwszy dzień Zielonych Świątek (Whitsun): 31 May 2020  
Dzień Bożego Ciała (Corpus Christi): 11 June 2020  
Wniebowzięcie Najświętszej Maryi Panny (Assumption): 15 August 2020  
Wszystkich Świętych (All Saints' Day): 1 November 2020  
Narodowe Święto Niepodległości (Independence Day): 11 November 2020  
Pierwszy dzień Bożego Narodzenia (Christmas Day): 25 December 2020  
Drugi dzień Bożego Narodzenia (Second Day of Christmas): 26 December 2020

### 2021

Nowy Rok (New Year's Day): 1 January 2021  
Święto Trzech Króli (Epiphany): 6 January 2021  
Pierwszy dzień Wielkanocy (Easter Sunday): 4 April 2021  
Drugi dzień Wielkanocy (Easter Monday): 5 April 2021  
Międzynarodowe Święto Pracy (Labour Day): 1 May 2021  
Święto Narodowe Trzeciego Maja (Republic Day): 3 May 2021  
Pierwszy dzień Zielonych Świątek (Whitsun): 23 May 2021  
Dzień Bożego Ciała (Corpus Christi): 3 June 2021

Wniebowzięcie Najświętszej Maryi Panny (Assumption): 15 August 2021  
Wszystkich Świętych (All Saints' Day): 1 November 2021  
Narodowe Święto Niepodległości (Independence Day): 11 November 2021  
Pierwszy dzień Bożego Narodzenia (Christmas Day): 25 December 2021  
Drugi dzień Bożego Narodzenia (Second Day of Christmas): 26 December 2021

All information subject to change.



## Travel etiquette

### How to fit in

#### Social conventions

There are major differences between city life and life in the countryside. Rural communities are often more religious (Roman Catholic), and their lifestyles are much more traditional. People greet one another with a handshake; women will often receive a kiss on the hand.

The standard pleasantries are also expected, and hosts always appreciate a bouquet of flowers.

Clothing should be modest, but can also be casual. More elegant clothing is expected at good restaurants or for special occasions.

Smoking is prohibited in some public buildings, such as train stations.

#### Photography

Photography is not permitted at military facilities, industrial buildings or important junctions marked with a camera with a line through it.

#### Tipping

Tips are not included in restaurant prices; a 10-15 percent tip is customary.



## Health

### Health

#### Main emergency number: 112

There is the risk of contracting Lyme disease from ticks from April to October throughout Poland, especially in grasses, shrubs and undergrowth. The risk can be minimized by wearing clothing that covers the skin and by using insect repellent.

Tick-borne encephalitis (TBE) is also transmitted by ticks. The main provinces affected are Białystok, Olsztyn, Suwałki, and Masuria, as well as the regions from Siedlce to the Belarusian border, west of Krakow, and east of Poznan, Szczecin, and Gdansk. A vaccination is available for this disease.

Cases of hepatitis A and hepatitis B occur in Poland. A vaccination to protect against hepatitis A is generally advisable. For longer visits or visits involving close contact with the local population, or with children and young people, the hepatitis B vaccine is recommended.

Whooping cough occurs in Poland.

A combined vaccine to protect against measles, mumps and rubella (MMR) is advisable for travelers who are planning a longer visit, who have not been

sufficiently vaccinated, or who did not have these illnesses as children.

Rabies is present throughout Poland. Carriers include dogs, cats, forest animals and bats. Vaccinations are advised for backpackers, children, those at risk for vocational reasons, and those staying in Poland for longer periods. Victims of animal bites should seek medical attention as soon as possible.



## Phone calls & Internet

### Phone calls & Internet

#### Telephone

Country code: +48

#### Mobile telephony and Internet

Since June 2017, EU citizens traveling within the EU, and also in Iceland, Norway and Liechtenstein have been able to use their cell phones and surf the Net without incurring any extra charges: In other words, customers pay the same price for phone calls, text messages and data volume as they do at home. Restrictions do apply to the constant use of SIM cards abroad, however, and caps may be set on data packages. For full details, contact your mobile telephony provider in your country. Travelers using a SIM card from a non-EU state do not benefit from the new arrangement.

Free Internet access via Wi-Fi is possible in many busy tourist spots. When using public Wi-Fi networks, it is a wise precaution to ensure encryption of all passwords, credit card details and banking TANs entered. Use of a VPN app or security software to check the safety of a hotspot is recommended.



## Top 10 sights

### Top 10 sights in Rzeszów

#### Old Town

In the heart of the city centre, Rzeszów's Old Town is the first place you're likely to come on a visit. With small, pretty streets, impressive squares and striking architecture, it's one of Poland's most beautiful urban areas.

Old Town  
Rzeszów  
Poland

#### Lubomirskich Castle

This distinctive structure dates back to the 16th century and was home to the Lubomirski noble family. Reconstructed over the centuries, it is Rzeszów's most distinctive building, easily accessible from the Old Town. It plays host to regular concerts and exhibitions. Check local listings for details.

plac Śreniawitów 3  
Rzeszów  
Poland

Opening times:  
Various

#### Old Town Synagogue

First built in the 17th century and rebuilt after countless fires, this pretty synagogue



Tel: +48 17 853 5278

Sat 1000-1600

[www.muzeum.rzeszow.pl](http://www.muzeum.rzeszow.pl)

### Bernardine Church and Monastery

A Renaissance period building, this old monastery and church is home to some stunning effigies of the Ligęza family, who ruled the city during the late 16th and early 17th centuries. Not to be missed.

Sokoła 8  
35-010 Rzeszów  
Poland  
Tel: +48 17 853 3495

Opening times:  
Various

### Rzeszów Cellars

Take a guided tour through this fascinating underworld. The 45-minute trip takes you through cellars dating from the 15th century until the last, all connected via a dedicated route. A cool and different way to see a whole new side of Rzeszów.

Rynek 26  
35-064 Rzeszów  
Poland  
Tel: +48 17 875 4774

Opening times:  
Tue-Fri 1000-1900 (May-Sep)  
Sat-Sun 1100-1800 (May-Sep)  
Tue-Fri 1000-1800 (Oct-Apr)  
Sat-Sun 1100-1700 (Oct-Apr)

[www.trasa-podziemna.erzeszow.pl](http://www.trasa-podziemna.erzeszow.pl)

### Museum of the City of Rzeszów

The permanent 'six centuries of Rzeszów' exhibition here is absolutely superb. Historical artefacts such as armour, weapons and key documents help tell the story of the town from its beginnings in 1354 right through to its role in WWII. A must-see.

Rynek 12  
35-030 Rzeszów  
Poland  
Tel: +48 17 875 4198

Opening times:  
Tue-Thu 0900-1530  
Fri 1000-1730  
Sat 1000-1600

[www.muzeum.rzeszow.pl](http://www.muzeum.rzeszow.pl)

### Shopping in Rzeszów

#### Key Areas

Around the main town square (Rynek), there are a good number of small shops selling traditional Polish toys and handicrafts, perfect for souvenir hunters. The city centre also has a pedestrianised shopping area, centred on 3 Maja, with an array of excellent local boutiques and stores.

#### Markets

Rzeszów has one of the most vibrant flea markets in Poland. It takes place every Saturday and is ideal if you like trawling through bric-a-brac for hidden treasures.

Just remember to show up early, as stalls tend to wind up around noon.

### Shopping Centres

Galeria Graffica (Lisa-Kuli 19) is where you can find leading global brands, as well as luxury items. Pasaż Rzeszów (Słowackiego 16) is also a good bet if you're looking to pick up high-street treats for yourself or anyone back home.



## Restaurants

### Restaurants in Rzeszów

Hearty Polish meals are not hard to come by in Rzeszów. The large student population also means that there are plenty of cheap eats to be had, as well as a growing number of more internationally flavoured spots to grab a bite after a day's sightseeing.

### Grzesznicy

Fine-dining joint with super fresh ingredients and creative dishes.

3 Maja 7  
35-030 Rzeszów  
Poland

Price: Expensive

### Loft

One of Rzeszów's higher-end eateries, Loft is big on fresh, local ingredients and unique dishes.

Tadeusza Rejtana 20  
35-315 Rzeszów  
Poland

Price: Expensive

### Pablo Picasso

A spread of Italian and Spanish dishes make this a good go-to restaurant if you've had enough of rich meats and dumplings.

Plac Jana Kilińskiego 2  
35-005 Rzeszów  
Poland

Price: Moderate

### Saigon

A Pan-Asian place, with a focus on Vietnamese dishes in particular.

Jana III Sobieskiego 14  
35-002 Rzeszów  
Poland

Price: Moderate

### Grotesque

Don't be put off by the name: this lunch spot is great value and serves mainly classic Polish meals.

Przesmyk 4  
Price: Cheap

35-065 Rzeszów  
Poland



## Nightlife Nightlife in Rzeszów

Rzeszów has a large student population, meaning that nightlife options are plentiful. As with most of Poland, the big focus is on bars selling strong, tasty, cheap beer. However, there are lots of places to head if you fancy a dance or a stronger drink.

### Stary Browar Rzeszowski

Head here for some of the tastiest home brew in Poland.

Rynek 20-23  
35-064 Rzeszów  
Poland

### Stara Drukarnia

One of Rzeszów's coolest pubs, the focus here is on the laid-back jazz, on the stereo and played live.

Bożnicza 6  
Rzeszów  
Poland

### Club Akademia

One for the night owls, this club plays banging tunes until well into the wee hours.

Piłsudskiego 34  
35-001 Rzeszów  
Poland

### Chilli Klub

This is one of Rzeszów's hottest spots, with an eclectic playlist and decent cocktails.

Mikołaja Kopernika 12  
35-002 Rzeszów  
Poland

### Gracjarnia U Plastykow

You can't get more central than this great pub, which has sharp décor to match its impressive drinks list.

Rynek 10  
35-064 Rzeszów  
Poland



## Calendar of events

### Calendar of events

#### Rzeszów Run

Runners battle it out in this annual race through the streets of Rzeszów. Usually held around Easter, the race draws huge crowds of clapping and cheering spectators who come out in force to support the adult and youth events. The day usually rounds off with live entertainment.

**April 5, 2020**

Venue: Starts from Witolda Świadka

#### Łańcut Music Festival

For over 50 years, this world-renowned classical music festival has been attracting an impressive line-up of international soloists and ensembles. Concerts take place in the ornate ballroom and rococo palace theatre of 17th-century Łańcut Castle, a 20-minute drive east of Rzeszów.

**May 2020**

Venue: Łańcut Castle, 17km east of Rzeszów

#### Carpathia: International Song Festival

Aiming to promote young musical talent, this competition features soloists and groups performing original compositions written especially for the event. It's a wonderful opportunity to hear up-and-coming musicians from across Europe. Don't miss the opening ceremony, which usually includes a song and dance show staged by Rzeszów's Vocal Arts Centre.

**June 2020**

Venue: Market Square and Maska Theatre

#### Cieszanów Rock Festival

A classic camping rock festival, this four-day music bash is held in Cieszanów, east of Rzeszów near the Ukrainian border. It's a head-banging, moshing affair featuring some of Poland's biggest mainstream and alternative rock bands, with plenty of other distractions including sports and adrenaline rides.

**August 2020**

Venue: Cieszanów, just under 100km east of Rzeszów



## Hotels

### Hotels in Rzeszów

For a relatively small town, Rzeszów is blessed with a number of good hotels, most of which fall into the moderate, business-style category. There is plenty of value to be found in every part of the market, with modern places rubbing shoulders with old-world establishments.

#### Bristol Tradition & Luxury

A 5-star spot with slick design flourishes and décor that's sure to leave you wowed.

Rynek 20-23  
35-064 Rzeszów  
Poland

Category: Expensive

### Hotel Rzeszów

Smart, luxurious rooms mark this city centre spot out from the crowd, and great rates round off an impressive package.

Józefa Piłsudskiego 44  
35-001 Rzeszów  
Poland

Category: Moderate

### Hubertus

Traditional style is the order of the day at this conveniently located hotel.

Mickiewicza 5  
35-064 Rzeszów  
Poland

Category: Moderate

### Fryderyk

Small, homely and highly rated. Fryderyk is all about old-style Polish hospitality in an Old Town location.

Fryderyka Szopena 33  
35-055 Rzeszów  
Poland

Category: Moderate

### Hetman

A business-style hotel for budget-conscious travellers, with cosy and spacious rooms.

Langiewicza 29B  
35-085 Rzeszów  
Poland

Category: Cheap