

- Family-friendly Podlaskie
- Active leisure in Podlaskie
- Slow leisure in Podlaskie
- Podlaskie – European bison, elks, birds and insects
- Water leisure in Podlaskie
- Podlaskie – a melting pot of cultures



Podlaskie

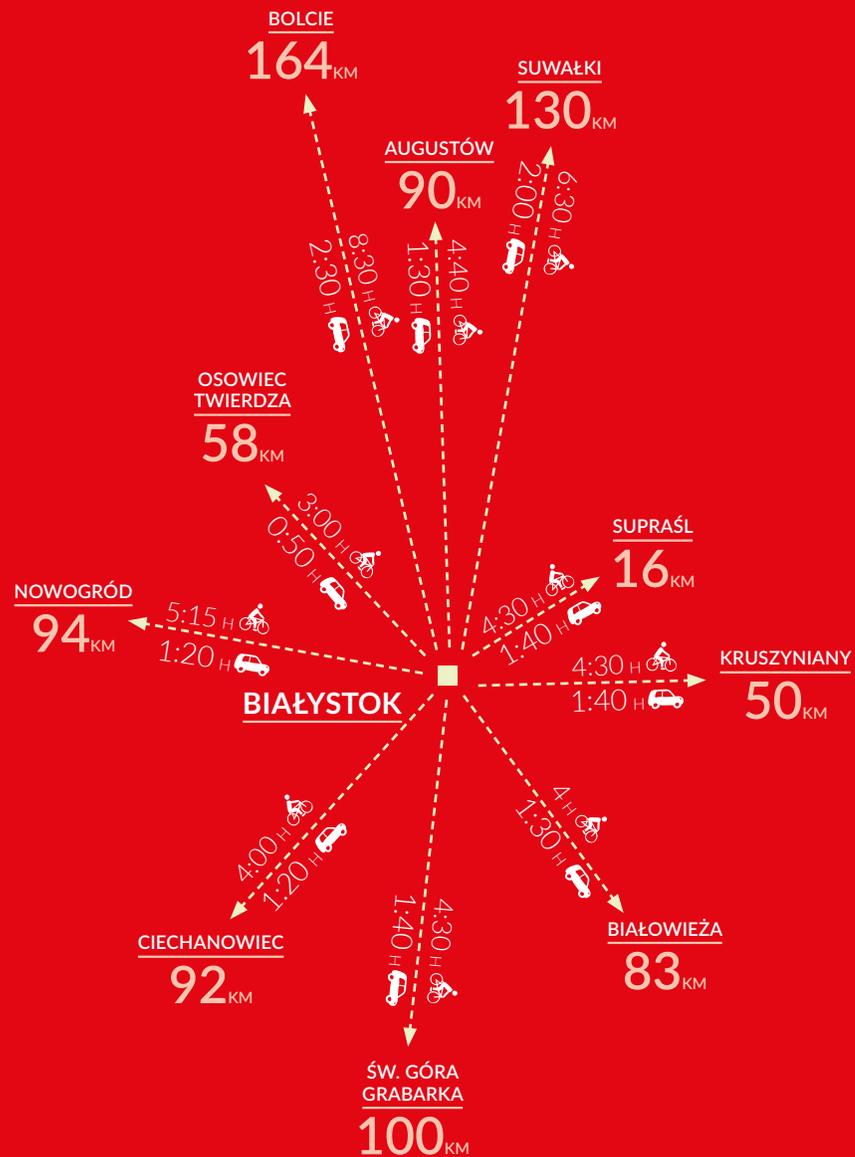
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PODLASKIE

family-friendly



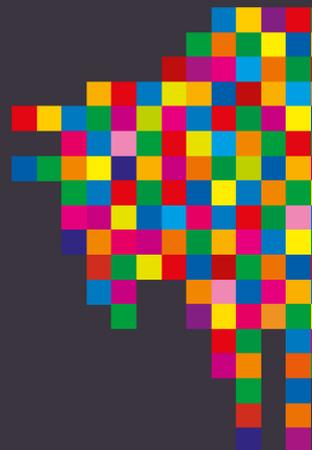


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# Introduction



The Podlaskie Region offers excellent active leisure opportunities to spend time with your family. Biking rallies in local forests (Białowieża, Augustów and Knyszyn), cruises on the Narew river backwater, rope parks, or walks along the Fairy-Tale Trail of Suwałki Region are but a few attractions awaiting tourists who visit the region.

When planning your leisure activities with kids, why don't you choose the sites that will help them to learn about nature and history, while letting them vent their energy, and you can join them in their carefree childhood.

Where to find such attractions? You will find them thematically arranged in this folder:

- **Go green** (forest gardens, educational and natural footbridges, a mini-zoo and an animal reserve);
- **A long, long time ago...** (dinosaur theme parks, indoor and open-air museums);
- **In a fairy-tale mood** (sites connected with tales and legends, the Fairy-Tale Trail of Suwałki Region, a walk with a Water Nymph and the Forest Spirit, night stays in a tipi, a Santa Claus Village);
- **Go for sports** (entertainment parks, rope parks, water park, snow park, ski lifts and cross-country courses, and a golf course); and,
- **Have a good time** (narrow-gauge railways, water tram cruises, escape room).

No matter what season, the Podlaskie Region is an attractive tourist destination for families. Sports centres offer attractions all year round. In the summer, you can take walks in Podlaskie forests and parks, go by bike, horseback, or by narrow-gauge railway. You can spend winter holidays on the slopes or cross-country skiing. You can go along thematic trails, such as the Folk Crafts Trail or the Fairy-Tale Trail of Suwałki Region by car or on foot. You might also visit the Open-air Museum of Kurpie in Nowogród and the Fire Service Museum in Nowodworce.

## Go green

Four national parks, three landscape parks, and nearly 100 reserves: this is the Podlaskie landscape within the area of the Green Lungs of Poland. Here, you can take a good rest with your family amongst old forests and on the Narew River (“the Polish Amazon”), you will meet European bisons and their forest companions and spend environmental holidays in a local village.



Howieny Estate, photo E. Zajczyk

“Podlaskie with your family” offers relaxation in the bosom of nature. You might visit thick, wild and often wetland forest areas with older children or to take smaller ones for a walk in the **Silvarium forest garden in Poczopek**. It is a perfect place for family walks. The children will learn to track wild animals, see various owl species, and have the opportunity to run around the Megalith Park, whilst their parents relax on the Feng Shui Avenue. The park area is beautifully landscaped – with wooden bridges, natural clocks, benches, and shelters where you can take rest, a water spring and a pond, as well as sculptures, e.g., of a pinecone and an acorn. A small but very interesting natural museum also awaits visitors.

Holidays in a village, in particular, the one situated on the verge of the forest offers a completely different ambience. In **Howieny Estate (Majątek Howieny)**, among domestic animals (horses, ponies, nannies, alpacas, goats, geese, swans and rabbits), your kids will forget about computers and smartphones, busy playing and stimulating imagination in the Podlaskie nature. The aromas of regional dishes from the nearby restaurant will certainly raise their appetite.

The country atmosphere also rules in **Ziołowy Zakątek (Herbal Haven) in Koryciny**. Time passes slower here, people live in harmony with the changing seasons, the omnipresent scent of herbs makes us aware how useful the practical knowledge of botany of our grandmothers is. The Herbal Haven offers a lot of attractions, e.g., composing one’s own herbal mixtures and creating herbal medicinal compounds. Visitors can also participate in pottery workshops and visit the Podlaski Botanical Garden, using an outdoor swimming pool and bike rental. The Podlaskie Nature Farm in Koryciny also keeps animals. They breed horses, cows, pigs, goats, sheep, pheasants, turkeys, ducks, geese, hens, and rabbits, and they have a donkey. Historical houses from the mid-19th century add to the picturesque rural scenery. The farm offers unique accommodations.

Education about nature is best absorbed in the open air, amongst the setting of virgin nature. This is why national parks have marked educational trails that families like so much. The **Śliwno-Waniewo Footbridge** among many

such trails in the Podlaskie Region is particularly worth visiting. It leads through the backwater of the Narew River – “The Polish Amazon.” Floating platforms are special attractions. Everybody, not just the youngest tourists, will feel a childlike joy dragging the platforms on the boggy ground. The footbridge also has a solid, wooden platform and a lookout tower. The family will long remember enjoying bird-watching on the river and the views of the Narew stretching up to the horizon.

The children adore nature walks, especially if they can have closer contact with animals. In the quest for wildlife, you may go to the **European Bison Show Reserve near Białowieża**. No child will refuse a meeting with the king of the forest – the European bison – or the opportunity to watch other animal species – roe deer, red deer, or wolf.

## ATTRACTIONS

### Howieny Estate

Pomigacze 91, 18-106 Turośń Kościelna  
Phone: + 48 600012348  
E-mail: [biuro@majatek-howieny.pl](mailto:biuro@majatek-howieny.pl)  
[www.majatek-howieny.pl](http://www.majatek-howieny.pl)

### Silvarium forest garden in Poczopek

Poczopek 6D, 16-113 Szudziałowo  
Phone: + 48 85 7229640  
E-mail: [krynki@bialystok.lasy.gov.pl](mailto:krynki@bialystok.lasy.gov.pl)  
[www.krynki.bialystok.lasy.gov.pl/silvarium](http://www.krynki.bialystok.lasy.gov.pl/silvarium)

### Herbal Haven in Koryciny

Koryciny 73b, 17-315 Grodzisk  
Phone: + 48 85 6568668  
E-mail: [biuro@ziolowyzakatek.pl](mailto:biuro@ziolowyzakatek.pl)  
[www.ziolowyzakatek.pl](http://www.ziolowyzakatek.pl)

### Śliwno-Waniewo Footbridge (educational path)

Narew National Park  
Kurowo 10, 18-204 Kobylin-Borzymy  
Phone: + 48 85 7181417  
E-mail: [npn@npn.pl](mailto:npn@npn.pl)  
[www.npn.pl](http://www.npn.pl)

### European Bison Show Reserve near Białowieża

Phone: + 48 85 6812398  
[www.bpn.com.pl](http://www.bpn.com.pl)



## A long, long time ago...

The time you spend together with your children is the most precious gift you can offer them. How can you best use it for their benefit and development? We suggest a family leisure time with history in the background. Take them to a dinosaur park, or let them feel like a farmer in an old village, or take them on a walk around an open-air museum.



📷 Dinosaur Park in Jurowce, photo E. Zajączk

The Podlaskie Region abounds with areas where you can show your kids history in a very attractive manner. Children adore playing, and they will find plenty of opportunities for play in the forest village at **Sioło Budy** complex. Such attractions as beating butter, making *pierogi* (Polish dumplings), craft workshops, threshing, and weaving await them on the spot. They can also learn about local tradition in the setting of the 19th-century buildings of the local open-air museum, feeling the atmosphere of an olden village. The complex also includes:

- A recreational garden with see-saws, a sandpit, and Baba Yaga's hut;
- Osoczniaka Inn serving dishes once popular on the tables of peasants, the nobility, masters of the hunt, boyars, and tsars;
- The Great Master of the Hunt's shed;
- An open-air museum with original 19th-century architecture; and,
- Typical borderland houses offering accommodation.

**The Fire Brigade Museum in Nowodworce** will certainly attract children and their dads alike. Historical fire brigade vehicles and pumps are unique exhibits, more than 50 years old. The "platform" – a horse-drawn cart with a diesel motor pump – is particularly noteworthy. Shovels, fire hooks, and hoses are also on display.

Family holiday in Podlaskie open-air museums: **The Museum of Agriculture in Ciechanowiec** and the **Podlaskie Museum of Folk Culture in Jurowce** will be equally attractive. As the tourists open the gate to the Ciechanowiec Museum, they will see cottages covered by thatched or wooden shingle-covered roofs, surrounded by flower gardens, animal sheds, a palace, stables, a water mill, and a garden full of therapeutic plants. In Jurowce, children are allowed to run freely around a vast area, among old cottages and other architectural landmarks. The Museum often organises ethnographic festivals, museum lessons, as well as craft workshops and shows. A night's stay in one of the historical wooden cottages can be a special

attraction. An inn serving regional dishes – Folwark Naddawki – is near the museum.

Outdoor exercise is good for children, but how to encourage them to take a walk around an area of ca. 1.5 hectares? Take them to the **Museum of Earth History** or the **Dinosaur Park in Jurowce**. You will hardly be able to catch up with your kids running around the prehistoric reptiles. An additional asset of the Park is its proximity to the above-mentioned open-air museum in Jurowce.

## ATTRACTIONS

### Sioło Budy

Budy 45, 17-230 Białowieża  
Phone: + 48 660681274, +48 664775554  
E-mail: rezerwacja@siolobudy.pl  
www.siolobudy.pl

### Fire Brigade Museum in Nowodworce

ul. 3 Maja 3, 16-010 Nowodworce  
E-mail: ospnowodworce@op.pl  
www.ospnowodworce.cba.pl

### The Rev. Krzysztof Kluk Museum of Agriculture in Ciechanowiec

ul. Pałacowa 5, 18-230 Ciechanowiec  
Phone: + 48 86 2771328  
E-mail: info@muzeumrolnictwa.pl  
www.muzeumrolnictwa.pl

### Podlaskie Museum of Folk Culture in Jurowce

ul. Leśna 7, 16-010 Wasilków  
Phone: + 48 85 7436082  
E-mail: pmkl@skansen.bialystok.pl  
www.skansen.bialystok.pl

### Dinosaur Park in Jurowce

ul. Nadawki, 16-010 Wasilków  
Phone: +48 601920701  
E-mail: park@jurajskiparkdinozaurow.pl  
www.jurajskiparkdinozaurow.pl

## In a fairy-tale mood

Dwarfs, water nymphs, ghosts, knights, kings, Indians, and even Santa Claus – you can meet all of them in the Podlaskie Region following the Fairy-Tale Trail of Suwałki Region, visiting the environs of Białystok, Suchowola or Hajnówka. You and your family will have the opportunity to travel the world of fairy tale.

A holiday adventure with fairy-tale characters awaits you on the **Fairy-Tale Trail of Suwałki Region**. Nothing will give your kid more pleasure than a meeting with a dwarf or a knight, and you will meet plenty of them on the trail of **Fairy-Tale Villages**. The trail consists of seven localities where the kids will meet

fairy-tale play and game leaders. Each of the stops on the way (Suwałki, Nowa Wieś, Kopiec, Puńsk, Bakalarzewo, Rutka-Tartak, Sejny) is a unique place for relaxation and recreation. The stops refer to the stories by Maria Konopnicka and regional legends. You will experience fantastic adventures in the Gifts of the



Forest and Forgotten Warriors Villages, the Town of Secret Streets, and the Lane of Dwarves. The whole family may try to find Mary the Orphan's geese, to go on a treasure quest, to follow a Blueberry Path, and to do various tasks assisted by the dwarf Sikorek. Special "Wanderer's Cards" have been prepared for children, to guide them around every attraction area and showing the next points on the way.

Where can you meet Native Americans and shoot a bow and arrow? At the **Puszczkówka Indian Village** near Suchowola! Here you can acquaint yourself with Native American culture and stay a night in a true tipi. Many additional attractions are offered to children and their parents, such as horse-riding, face painting, a snake race, fishing, shooting with a bow and with an air gun, an obstacle race, and a camp-fire.

Podlaskie offers attractions for children, including transferring them into a magic world at dusk. In the evening, **Szwędaczki Supraskie** (Supraśl Wanderers) will take the whole family for a hiking tour. Do not put your kids to bed; instead, go out together to explore the area, accompanied by Water Nymphs, the Spirit of the Forest, the Water Spirit, and other fairy-tale creatures. Many intriguing legends are associated with Supraśl, but only when you listen to them on a walk in torchlight, in a forest setting, you will feel an unforgettable thrill.

In Supraśl, you can also meet Baba Yaga – the witch. She lives near the famous European bison, in a small cottage on the order of the Białowieża Forest, near Hajnówka. **Baba Yaga's Hut** is a special attraction for children. When inside the cottage, the whole family will find itself in the world of magic. Following Baba Yaga, the children will take the roles of Hansel and Gretel (Polish: Jaś and Małgosia), whilst the parents will help them to solve a puzzle. A place to sleep behind the stove, dungeons, shelves with mysterious compounds, gingerbread ornaments, a see-saw woven by the spider... Check for yourself what else this magical place hides.

Somewhere over a hill, somewhere over a river, an agritourist farm in Podlaskie host a special guest – Santa Claus. Together with his retinue of dwarves and elves, he greets the children in a small **Santa Claus Village in Pomigacze**. A visit to this site is a dream of every child. The kids eagerly help the elves, participating in art workshops. They can also visit Santa's Post Office, to write a letter, to taste some gingerbread, and to watch live Nativity scenes. But to meet Santa Claus, you must come here around the Christmas. Don't be late – Santa is here every year, but he only drops in for a while!

## ATTRACTIONS

### Fairy-Tale Trail of Suwałki Region

Phone: + 48 690519644

E-mail: info@basniowyslak.pl

www.basniowyslak.pl

### Baba Yaga's Hut near Hajnówka

Orzeszkowo 98, 17-200 Hajnówka

Phone: + 48 600493666

E-mail: chatkababyjagi@ge-mail.com

www.chatkababyjagi.pl

### Villages on the trail

- The Lane of Dwarves, Suwałki, ul. Kościuszki 31, in the garden at the Maria Konopnicka Museum, phone + 48 87 5664133
- The Village of Cheerful Wanderers, Nowa Wieś 9, near Suwałki, at the Maziówka centre, phone + 48 87 5656355
- The Gifts of the Forest Village, Kopiec 7, Sztabin municipality near Augustów, by Janewiczówka agritourism farm, phone + 48 694579718
- The Village of Two Masters, Puńsk, ul. Szkolna 67, at the open-air museum, with an inn, phone + 48 87 5161079
- The Village of Forgotten Warriors, Bakalarzewo, ul. Młyńska 11, at the Municipal Public Library, phone + 48 87 5694065
- The Valley of Adventure on Szeszupa, Rutka-Tartak, ul. 3 Maja, the Szeszupa River bend at the bridge, phone + 48 87 5687201
- The Town of Secret Streets, Sejny, ul. Konarskiego 23A, by the municipal stadium, phone +48 518 689 518

### Szwędaczki Supraskie, KopArt Pracownia Artystyczna Katarzyna Kopec

ul. 3 Maja 3A, 16-030 Supraśl,

Phone: + 48 666238280

E-mail: biuro@szwedackisupraskie.pl

www.szwedackisupraskie.pl

### Puszczkówka Indian Village

Kolonia Pokośno, Suchowola

Phone: + 48 88 3615143, + 48 606101238

E-mail: info@puszczkowka.pl

www.puszczkowka.pl

### Santa Claus' Village in Pomigacze

Pomigacze 91, 18-106 Pomigacze

Phone: +48 600012348

E-mail: biuro@majatek-howieny.pl

www.majatek-howieny.pl

## Go for sports

On the ropes and climbing walls, in swimming pools, on sailing boats, skiing or biking – you will make positive use of your kids' energy! No matter the season, the whole family can spend active holidays in the Podlaskie Region, at water sports centres, rope parks, and other sites.



Stary Dwór w Stemianówce, photo E. Zajczyk

In the summer, leisure on the water enjoys great popularity. You will find something for yourself in the **Dojlidy Water Sports Centre**, situated by a reservoir – you might rent a sailing boat, a canoe, a kayak, a water bike, or a windsurfing board. Equipment for biking trips and sticks for Nordic walking which can be practiced in the woods nearby is available. The recreation centre on the Białystok reservoir has a beach, sanitary facilities, and a large playground. The reservoir area is also busy in winter – cross-country skiing enthusiasts crowd on the paths nearby.

Swimmers can enjoy modern **swimming pools in Białystok Sports and Recreation Centre (BOSiR)**. A smaller swimming pool and a sports swimming pool are available (both facilities have resting and relax zones). At the end of 2017, a family swimming pool opened in Stroma Street in Białystok. A water playing field, couches, and seats with hydromassagers, power showers, cascades, slides, a salt grotto, a dry sauna, an ice well, a Jacuzzi, and many other attractions are at hand.

When the weather outside is not too hot, you can test how fit you are in the **FastPark Rope Park** on the outskirts of Białystok. The entertainment centre in “Fasty” is a family-friendly place abundant with attractions promoting active leisure. Children can slide down inflated slides and jump on trampolines. They can pass an obstacle course in a mini rope park adjusted to their age, play bowling using mega-skittles, or play chess with figures of a child size. There are also merry-go-rounds, a whirling tunnel, mirrors, a pin-art wall (Przytulanka), and many other attractions.

In autumn, to extend the season of water pleasures, you may go to the **Water Park in Hajnówka**. You will restore your strength in swimming pools, a sauna, or a Jacuzzi. You can also give aqua-aerobics a try. The water park has a sports swimming pool (25 m long) and a recreational part with a pool where one can learn swimming, an underwater geyser, counter current, an artificial river, a wave ball, massage devices, and slides.

The north of the region is perfect for winter frenzy. **The Regional Sport and Recreation Centre Szelment** is a modern facility that guarantees active leisure for entire families. Seven ski lifts on Jesionowa Hill, a natural ice rink, cross-country courses, and a snow park, promise a lot of fun. Equipment hire is also available. In summer, a power-driven water ski lift (1 km long), a rope park, bike rental, and a mini-golf course with 18 holes are available.

An **ice rink** offers a pleasure of active leisure in the winter. A roofed ice rink, 30x60 m large, with equipment hire and skating lessons available in the sports complex at 11 Listopada

Street in Białystok. Skating makes you feel good and helps to keep your figure, besides it is a great pleasure, so families simply adore this place. When the warm spring comes, the ice rink in Białystok turns into a joyful Play Zone. You can use electric carts driving on a special course, a pneumatic football field, inflated slides, table tennis tables, trampolines, ball pools, a climbing wall for children, and other attractions.

## ATTRACTIONS

### Białystok Sports and Recreation Centre (BOSiR)

ul. Włókiennicza 4, 15-001 Białystok  
Phone: + 48 85 6652870  
E-mail: sekretariat@bosir.bialystok.pl  
www.miejskoaktywni.pl

### Ice rink in Białystok

ul. 11 Listopada 28, 15-320 Białystok  
Phone: + 48 85 7496230  
E-mail: lodowisko@bosir.bialystok.pl  
www.miejskoaktywni.pl

### Dojlidy Water Sports Centre

ul. Plażowa, 15-502 Białystok  
Phone: + 48 85 7433223 (office), + 48 85 7332555 (ticket office)  
E-mail: oswdojlidy@bosir.bialystok.pl  
www.miejskoaktywni.pl

### FastPark Rope Park

ul. Szosa Knyszyńska 21, 15-694 Fasty  
Phone: + 48 883599599  
E-mail: marketing@fastpark.com.pl  
www.fastpark.com.pl

### Water Park in Hajnówka

ul. 3 Maja 50, 17-200 Hajnówka  
Phone: + 48 85 8767860, + 48 720885388  
E-mail: biuro@parkwodny.hajnowka.pl  
www.parkwodny.hajnowka.pl

### Regional Sport and Recreation Centre (WOSiR) Szelment

Szelment 2, 16-404 Jeleniewo  
Phone /fax: + 48 87 5683007  
E-mail: biuro@wosir-szelment.pl  
www.wosir-szelment.pl

## Have a good time

It is more exciting to play outside, so have good fun in Podlaskie family entertainment centres – try to overcome fear in the escape room, take a narrow-gauge ride across the forest, go around Tykocin by water tram, climb and jump in a rope park.



© Rope Park at the Regional Sport and Recreation Centre (WOSiR), Szalimert, photo WOSiR Szalimert

Various quests, puzzles, situations almost seemingly with no way out, closed spaces and a suspense that rules all the time – these are the challenges to be met by the world's best team – the family. A visit to **Logic Room** in Białystok is an experience to be remembered for long. There are a few such facilities in town. Closed, on your own, the group has to fulfil the task within a fixed time. As you leave the room, satisfaction and the pleasure of being together guaranteed!

A lot of fun is also offered in **Doktorce Rope Park**. In the setting of the forest and the Narew River, children and adults can give a try to such attractions as segway, aerial ropeslide, trampoline, inflatables, spring-rocking toys, rope slides, climbing a net or a wall, or railway ride. Those who are brave enough can make their adrenaline go up by trying their hand on the courses installed on trees or a 9D VR simulator of visual reality. The amusement park in Doktorce is a special land of adventure, not only for the youngest ones. The parents will also rediscover their inner child and be carried away in the play.

The Białowieża Forest with its extensive network of trails is a crown jewel amongst Podlaskie attractions. If you are too tired by hiking trips, take another way of visiting the forest. **Białowiecki Express** is a perfect alternative for families with small children and senior citizens. On the steam train ride, you will see unique landscapes and hear the guides' interesting stories. The **narrow-gauge railway ride from Hajnówka to Topiło** is equally attractive. The railway passes the backwoods of the Białowieża Forest silently and slowly, so the passengers can enjoy the natural beauty of the forest backwoods, the Leśna River valley, and the Głęboki Kał Reserve. The railway starts in the Hajnówka Forest District at the original station from the 1930s, next to which there is an outdoor mini-museum with an old steam engine and railway cars. You may also take a narrow-gauge railway ride in the Wigry National Park or you can take a ride by **old-fashioned train in Płociczno**, crossing the picturesque areas around Augustów. It stops at vantage points, among other things, offering a view of Lake Wigry.

While on holidays in Podlaskie, you may also take a river cruise down the Narew among the most beautiful sites of the Narew National Park. The **Flisak Park in Tykocin** takes all families on charming cruises by water tram in the historical part of the city and further on in the picturesque section of the "Polish Amazon," which is a habitat of many bird species.

## ATTRACTIONS

### Flisak Park in Tykocin

ul. Browarna 17, 16-080 Tykocin  
Phone: + 48 505725160  
E-mail: adamrudawski@wp.pl  
www.flisakpark.pl

### Kolejka Białowiecki Express, Echo sp. z o.o.

Teremiski 7, 17-230 Białowieża,  
Phone: +48 692558843  
E-mail: echoturystyka@wp.pl  
www.bialowieckiexpress.bialowieza.pl

### Logic Room Białystok

ul. Nowogródzka 1, 15-489 Białystok  
Phone: +48 789056442  
E-mail: kontakt@logicroom.pl  
www.logicroom.pl

### Doktorce Rope Park

Doktorce 2D, 18-105 Suraz  
Phone: + 48 500100270  
E-mail: biuro@doktorce.com  
www.doktorce.com

### Narrow-gauge forest railways in Hajnówka

Hajnówka  
ul. Kolejki Leśne 12, 17-200 Hajnówka  
Phone: + 48 85 6832378  
E-mail: hajnowka@bialystok.lasy.gov.pl, kolejki\_lesne@wp.pl  
www.hajnówka.bialystok.lasy.gov.pl/waskotorowe-kolejki-lesne

### Wigry Narrow-Gauge Railway

Płociczno-Tartak 40, 16-402 Suwałki  
Phone /fax: + 48 87 5639263, + 48 697075906, +48 603165390  
E-mail: biuro@augustowska.pl  
www.augustowska.pl

## CERTIFIED TOURIST

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Augustów, CIT, rynek Zygmunta Augusta 44, Phone: +48 87 6432883, it@urząd.augustow.pl

Białowieża, PIT BPN, ul. Park Pałacowy 11, Phone: +48 85 6812901, info@bpn.com.pl

Białowieża, PIT PTTK, ul. Kolejowa 17, Phone: +48 85 6812295, pttk@pttk.bialowieza.pl

Białystok, CIT, ul. Odeska 1, Phone: +48 85 7326831, cit@podlaskieit.pl

Białystok, PIT przy SSM „Podlasie”, al. Piłsudskiego 7B, Phone: +48 85 6524250, ssm@hostelpodlasie.pl

Choroszcz, PIT przy MGCKiS, ul. Sienkiewicza 29, Phone: +48 85 7191431, kultura@choroszcz.pl

Ciechanowiec, PIT, pl. 3 Maja 31, Phone: +48 507793404, it@ciechanowiec.pl

Czarna Białostocka, PIT przy UM, ul. Torowa 9, Phone: +48 85 7102281, promocja@czarnabialostocka.pl

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