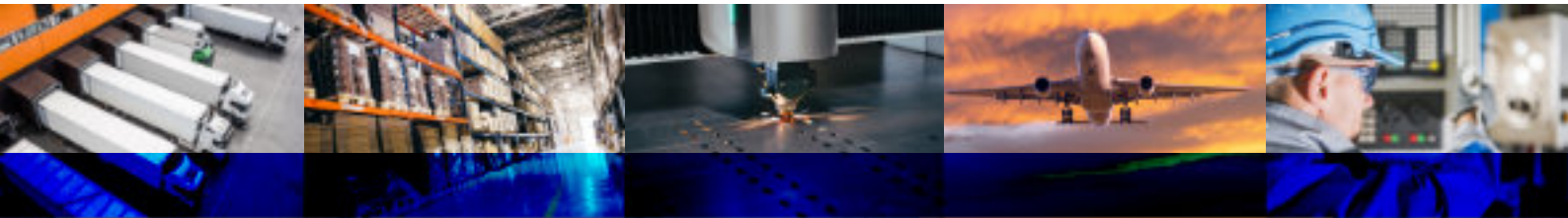


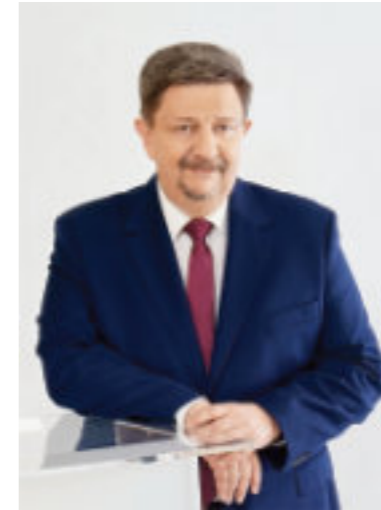


# invest in the lodzkie region



development plus





*Dear Investors,*

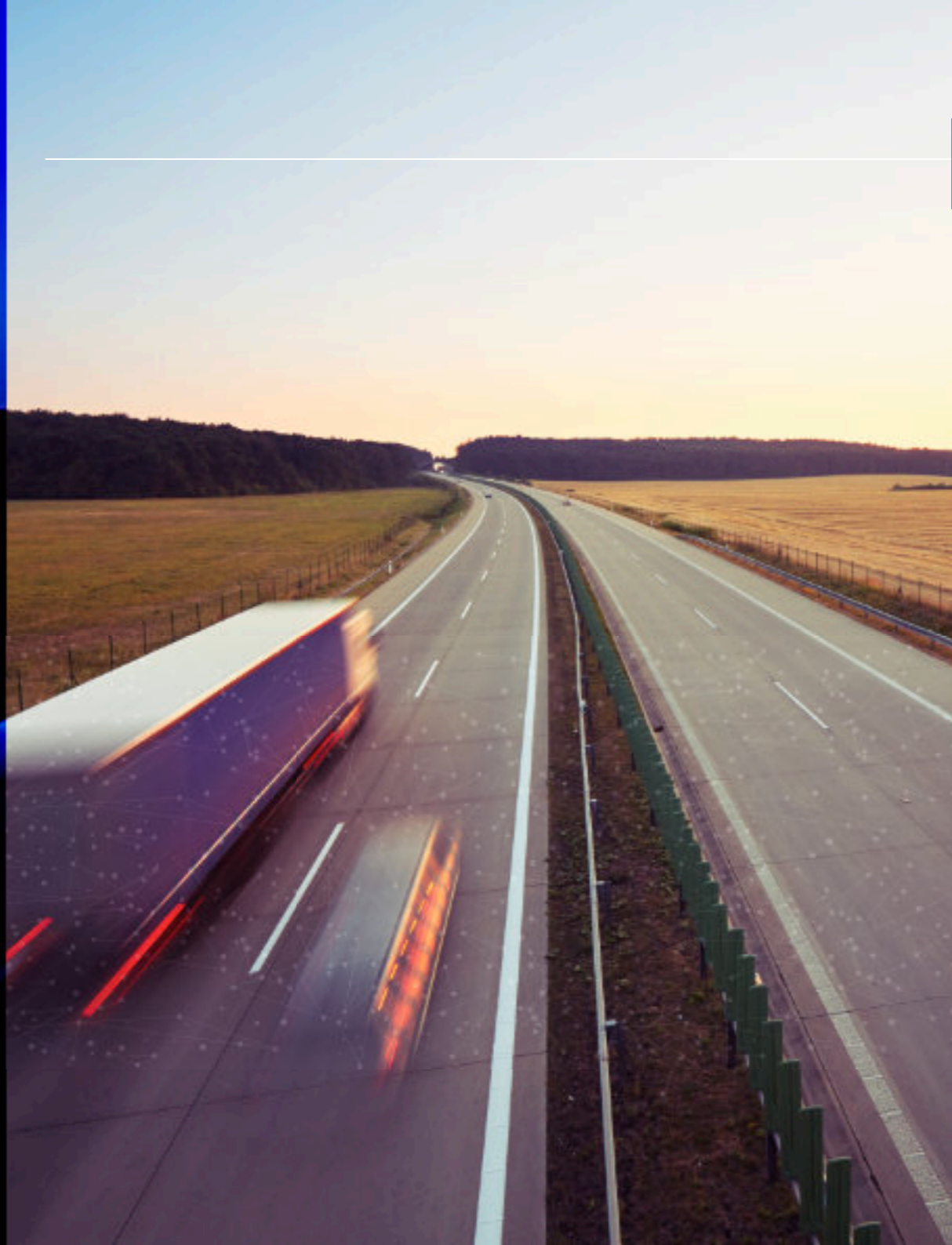
*I would like to sincerely welcome you to the Lodzkie Region, a place that is open and friendly to business initiatives. We have immense scientific and research potential as well as a diversified and multi-sector industry, which distinguish the Lodzkie Region from other provinces and make Lodzkie a very competitive location.*

*One of the assets of our region is its location in Central Poland, at the crossroads of major national routes. We have a skilled workforce of professionals, and the local government's policy is focused on economic growth and support for entrepreneurship. All this makes the Lodzkie Region a very attractive destination for investors.*

*We invite you to cooperate and invest in the Lodzkie Region.*

*Marshal of the Lodzkie Region*

*Grzegorz Schreiber*



## lodzkie region - so close to everything



An advantage of the Lodzkie Region is its location in the middle of Poland and Europe. Owing to this central geographical location, the region has excellent transport connections to Polish and foreign cities (first place in Poland in terms of kilometres of highways, second place in terms of the aggregate kilometrage of highways and expressways).

The Lodzkie Region lies at the intersection of the A1 and A2 highways, which are part of the Trans-European Transport Network (TEN-T) connecting Western Europe with Eastern Europe (North Sea-Baltic Corridor), and the Baltic countries with the southern part of the continent (Baltic-Adriatic Corridor).



## all roads lead to the lodzkie region

The S8 expressway to the south of Lodz and the S14 expressway (west of the city) are also roads of international importance, and the capital of the region is the first city in Poland with a full ring of top-category roads.



Within a 10-minute drive from the centre of Lodz, there is the Lodz Airport Central Poland which operates passenger and cargo traffic. And in Warsaw, 130 km away, there is the Warsaw Chopin Airport, where you can head out to more than a hundred destinations around the globe.



## advantages of the region's location

- location in the centre of poland
- proximity to highways and expressways
- proximity to major national and international markets
- scientific and technical facilities
- availability of human resources
- access to full technical infrastructure



## lodzkie region in figures

[area]



**18 219** km<sup>2</sup>

[population]



**2,38** million people

Statistics Poland 2023

[urban population]



**1,48** million people

Statistics Poland 2021

[population density]



**131** people/km<sup>2</sup>

Statistics Poland 2021

## lodzkie region in figures

[number of businesses]



**277** thousands

Statistics Poland 2022

[average gross monthly salary  
in the business sector]



**6762** pln

Statistics Poland 2023

[number of students]



**71** thousands

Statistics Poland 2022

[number of graduates]



**16** thousands

Statistics Poland 2022

## lodzkie region in figures

[gross domestic product]



**6%**

Statistics Poland 2021

[number of businesses]



**160**

thousands

Statistics Poland 2022







## lodzkie region in figures

[employment and unemployment]

employment rate of

**62%**



unemployment rate of

**5,7%**

Statistics Poland 2023

[labour market]



textile and clothing industry



it / bpo



white goods



pharmaceutical and cosmetic industry



logistics



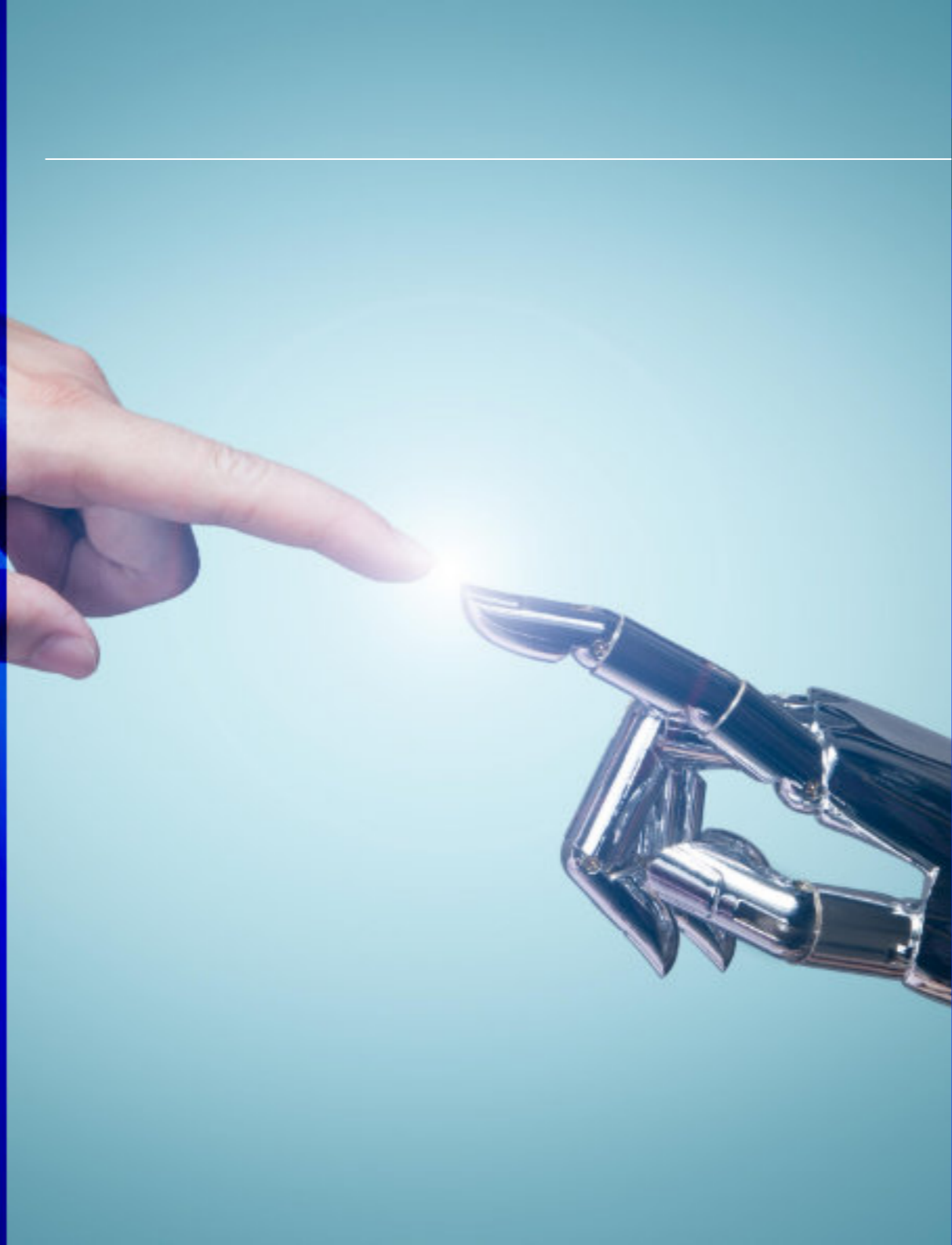
construction materials

## scientific and educational facilities

The capital of the region is a scientific and research hub of national importance and an important academic centre. Several universities, scientific institutes and research establishments in Lodz and the region provide opportunities for young people to gain marketable professional qualifications and offer conditions for the development of research staff. The most important universities include:

- the university of lodz
- lodz university of technology
- medical university of lodz
- academy of fine arts in lodz
- university of music in lodz
- lodz film school





## regional specialisations

### smart specialisations of the lodzkie region

Smart specialisation means identifying and selecting the areas with the greatest potential to secure a competitive advantage for the region at the international level and focusing support on them, including support for research and innovation development, in particular.

The concept of smart specialisation represents an attempt to view the issue of specialisation in science, technology and economy in the EU in a comprehensive (holistic) manner.

The smart specialisations in the Lodzkie Region include:

- **medicine, pharmacy, cosmetics**
- **modern textile and fashion industry**
- **innovative agriculture and agri-food processing**
- **energy (including res)**
- **advanced construction materials**
- **it and telecommunications**

Logistics is also a strategic sector, as the Lodzkie Region hosts some of the most important logistics hubs in Central Europe.





## regional specialisations

### medicine, pharmacy, cosmetics

Biotechnology is one of the most dynamically developing fields of technical science in the region, and the results it delivers have been successfully applied in medicine, pharmacy and cosmetics production. Biotechnology is supported through research and development projects, educated staff and a strong research infrastructure (laboratories).

These industries are increasingly relying on the potential of nanotechnology. The region offers strong scientific and research potential focused on biological, medical and chemical sciences, as well as extensive medical facilities (Medical University, Institute of the Polish Mother's Memorial Hospital in Lodz, Institute of Occupational Medicine and Bionanopark. The latter conducts research into new forms of cosmetics, medicines and nanomaterials.

The region is proud to have a large number of students and graduates in biotechnology, molecular biology, microbiology and chemistry, trained at Lodz's three largest universities: the Lodz University of Technology, the Medical University of Lodz and the University of Lodz.



### modern textile and fashion industry

The textile industry traditions in the Lodzkie Region date back more than 150 years.

At present, due to the strong research and development facilities provided by a number of universities, institutes and research centres, the textile and clothing industry has transformed into a vibrant and state-of-the-art industry with more than 6,000 businesses. These enterprises manufacture high-quality, unique garments, fabrics (cotton, wool, synthetic) and hosiery.

Special-purpose fabrics modified with nano- and micro-particles are also manufactured in the region. One single material can be bioactive, serve a thermoregulatory function or accelerate the decomposition of pollutants. Special-purpose fabrics are used in medicine and for security purposes, as well as in tourism and the construction industry.





## regional specialisations

### innovative agriculture and agri-food processing

Arable land represents more than 53% of the region's area, making agriculture a vital part of the Lodzkie Region's economy. The black soil found in the north of the region allows the development of orchards and vegetable production, and therefore, of agri-food processing (production of preserves, concentrates, juices and beverages).

Producer groups operating in the region offer high-quality organic food without preservatives or artificial colouring. Innovative agriculture and agri-food processing employ green biotechnology; in addition, new crop varieties and species (with improved functional characteristics) are being developed, and bio-fertilisers or biological plant protection products are being produced.

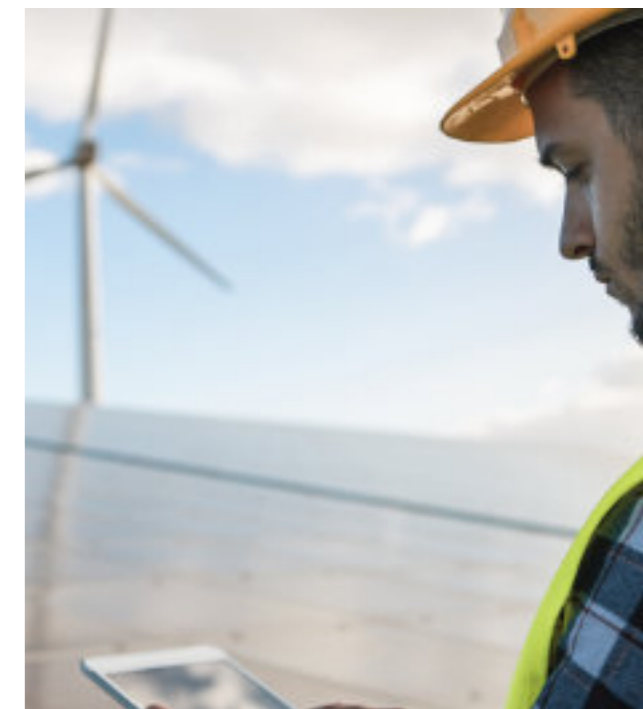
### energy (including res)

The sector is represented by the Piotrkow-Belchatow Industrial District with the Belchatow lignite mine and the Belchatow power station, which generates around 20% of Poland's annual electricity supply.

The region offers great potential for the development of renewable energy, in particular, wind energy – owing to the location and the natural conditions, it provides a favourable environment for the development of wind farms (there are currently 207 such installations in the region, with a total capacity of over 580 MW).

Thermal water energy is also utilised, with total exploitable beds estimated at almost 1,000 m<sup>3</sup>/h. The geothermal potential of the region is constantly being researched, and new wells are planned to explore new thermal water deposits.

Due to substantial agricultural production, the region enjoys fairly good conditions for plant biomass energy generation (straw, energy crops), as well as biogas production from sewage treatment plants and landfills.



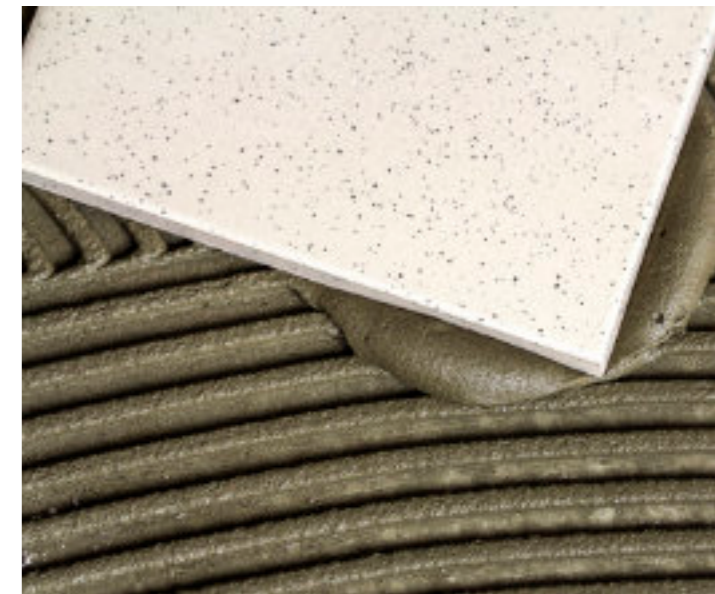


## regional specialisations

### advanced construction materials

This sector is particularly well developed in the Lodzkie Region.

More than half of domestic production of ceramic goods and construction materials (ceramic tiles, terracotta, construction mortars and adhesives, glass) comes from well-known and recognised Polish and European manufacturers in the Lodzkie Region. Travertine, a highly regarded finishing material, is also mined in the region.



### it and telecommunications

This sector is strongly aligned with the development of other industries and, especially in the age of information society, is of key importance for further development of the knowledge-based economy. Also, the success of businesses may depend on information technology and its use to profile specific products or services in line with clients' expectations and needs. Likewise, the region's innovation level is inseparably associated with the issue of access to and use of ICT infrastructure, including the development of e-services.

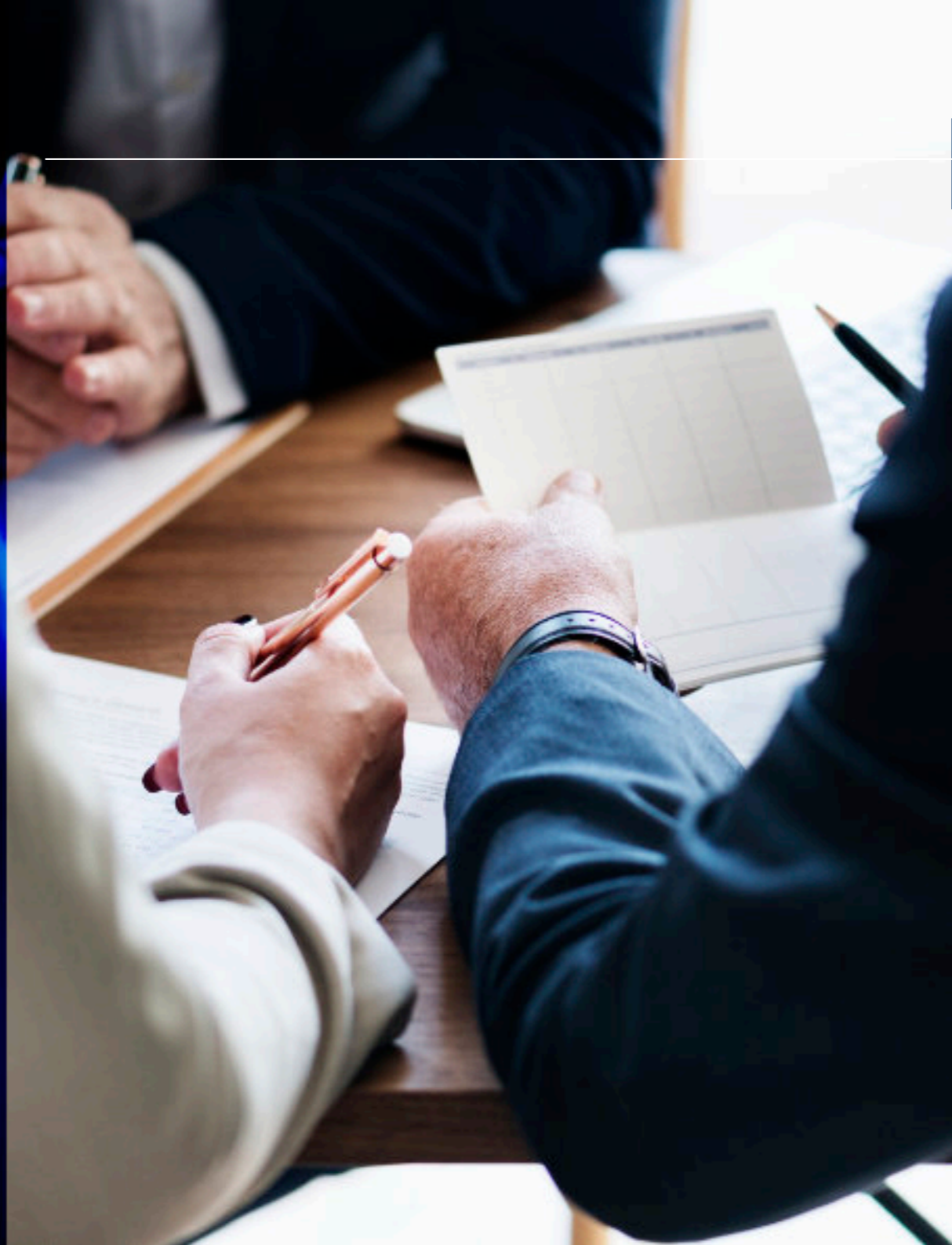
### prospective areas of development of the lodzkie region logistics

The Lodzkie Region's warehouse market is attracting an increasing number of enterprises interested in expansion in Europe. Some of the most important logistics centres in Central Europe are here, which makes the region one of the fastest-growing warehouse markets in Poland.

The region offers more than 4 million m<sup>2</sup> of space (mainly at the intersection of the A1 and A2 highways near Strykow, as well as in the vicinity of Piotrkow Trybunalski and the industrial districts of the region's capital city). Both logistics parks and modular warehouses or production halls are available. The offer is continuously expanding as new investment projects are implemented on an ongoing basis.

Among the entities renting space, the largest group comprises retail companies (both e-commerce and traditional trade), while industrial sectors are dominated by the light industry.





## competitive advantages

### why invest in the lodzkie region?



A favourable geographical location at the intersection of transport routes, including the China–Europe transcontinental route.



Regular cargo rail connection to China (to Chengdu).



Attractive investment offers for investors in Lodz and the Lodzkie Region, including areas managed by Łódzka Specjalna Strefa Ekonomiczna S.A. (Lodz Special Economic Zone).



Well-developed economic infrastructure of the region's capital city – Lodz.



Numerous universities and vocational schools equipping graduates with the highest skills.



Significant scientific and research potential of universities and research centres in Lodz.



The Lodzkie Region is an attractive place to work, live and do business.



Numerous small and medium-sized industrial and service businesses.



Effective and resourceful business partners.



Active economic and pro-investment policy of the Lodzkie Region's local government.



## Lodzkie for business

The proactive economic policy of the region's authorities, its dynamic economic development, its location at the heart of Poland and Europe, human capital, and energy resources, as well as its natural and social assets make

the Lodzkie Region one of the best places to invest in and develop. Investors and entrepreneurs enjoy the services offered as part of the innovative, comprehensive economic support system, "Lodzkie for Business".

### the "Lodzkie for business" support system offers:

- Start-up support.
- Business development consultancy.
- Expansion into foreign markets.
- Free consultancy for start-ups and SMEs.
- Support for exports.
- Training, workshops, networking,
- National and international fairs.

### skyhub - a non-commercial co-working space:

- A free co-working space for individual work and project teams.
- Free mentoring and expert advice.
- Support in setting up a business.
- Events supporting the regional start-up ecosystem.

### business development support:

- Free business consultancy onsite at companies.
- Diagnosis of business needs with the production of an individual development offer.
- Information on funding, loans, subsidies.
- Information on current business events, fairs, competitions and training courses.
- Organisation of business events.





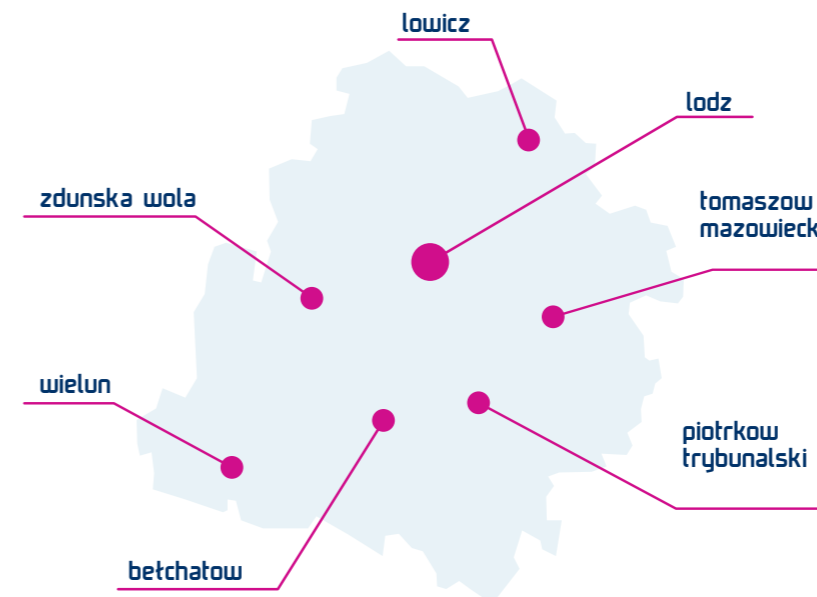


## lodzkie for business

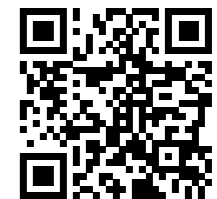
### expansion into foreign markets:

- Searching for sources of export financing.
- Searching for foreign partners in a selected market or industry.
- Organisation of participation in fairs at home and abroad.
- Organisation of export upskilling training.

### 7 offices – lodzkie for business



The "Lodzkie for Business" system is also an information platform for all the business actors in the region. For the first time, a comprehensive information service providing the most important information for entrepreneurs from the Lodzkie Region, but also the current business offer of the Lodzkie Region and its subordinate units is available in one place on a common platform: [www.biznes.lodzkie.pl](http://www.biznes.lodzkie.pl).



[www.biznes.lodzkie.pl](http://www.biznes.lodzkie.pl)

## coie

**The Investors and Exporters Service Centre (COIE) of the Marshal's Office of the Lodzkie Region**, as an official partner of the Polska Agencja Inwestycji i Handlu S.A. (Polish Investment and Trade Agency, PAIH), acts as a direct partner for investors and Polish exporters in

the Lodzkie Region. The activities of the COIE are aimed at increasing the activity of entrepreneurs from our region in foreign markets and at increasing the level of foreign investment in Poland, including in the Lodzkie Region, through access to information on the environment for business in the Lodzkie Region.

#### coie for investors – “pro-biz” support:

- Information on the economic potential and current economic situation in the region.
- Current investment incentives.
- Searching for available investment sites.
- Comprehensive services for potential investors during the implementation of an investment project.
- Promotion of the investment offering of the Lodzkie Region

#### coie for exporters – “pro-export” service:

- Consultancy for SMEs planning export activities.
- Communication of current fairs and exhibitions in Poland and abroad.
- Information on export and investment conditions in foreign markets.
- Searching for sources of export financing.
- Information on export support instruments.
- Presentation of business offers at national and international fairs.



<https://www.investinlodzkie.com>



## business environment

A number of business environment institutions are active in the Lodzkie Region. They provide a multitude of services to assist entrepreneurs at all stages of their operations.

**Łódzka Agencja Rozwoju Regionalnego S.A. (ŁARR)** is a business environment institution dedicated to supporting entrepreneurs and local government units in the Lodzkie Region. The services offered by ŁARR include, among others:

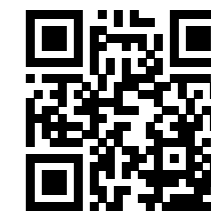
- Drawing up applications for business development funds.
- Developing strategic documents for local government units.
- Export/import support.
- Organisation of trade missions.
- Loan funds for micro-, small and medium-sized enterprises.



<https://larr.pl>

**The Lodz Chamber of Industry and Commerce (LCIC)** is one of the largest regional business environment institutions, bringing together established companies representing various economic sectors. The LCIC is a member of the National Chamber of Commerce and represents the interests of entrepreneurs from the Lodzkie Region on the national level. The LCIC's main areas of activity include in particular:

- B2B meetings, conferences and training.
- Economic advice and information.
- Representation of the interests of member companies.
- Implementation of EU co-funded projects.
- Support in strengthening competitiveness in foreign markets.
- Legalisation of documents in international trade.
- Issuing universal certificates of origin for goods.
- Provision of electronic signature services.



<https://izba.lodz.pl>



## business environment

**Łódzka Specjalna Strefa Ekonomiczna S.A. (ŁSSE)** belongs in the top three of the best economic zones in Poland and has been consistently ranked among the world's top 10 special economic zones since 2018, according to the fDi Global Free Zones of the Year ranking, published by the Financial Times Group.

The ŁSSE provides support in the form of CIT or PIT exemptions for natural persons conducting business activities. When investing in the ŁSSE, the entrepreneur can benefit from income tax exemptions of up to 70% of the eligible investment costs.

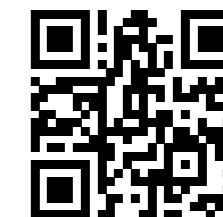
### the tax exemption is available to businesses planning to:

- Set up a new production facility.
- Reinvest, i.e. an increase in production capacity, production diversification or production process changes.

The ŁSSE's support is available to companies providing manufacturing, warehousing services and modern business services.

The ŁSSE also provides an extensive range of services for businesses consisting of, among others:

- Issuing, on behalf of the minister responsible for the economy, support decisions which entail exemptions from income tax (CIT or PIT).
- Access to technology, by connecting companies with start-ups accelerated in the zone.
- Funding for SME staff upskilling – the Strefa RozwoYou Programme.
- Specialised technical education, unique on the national scale, offered by the Automation and Robotics Technical Secondary School in Poland, and a broad training offer from Strefa Edukacji.
- Networking.
- Attracting foreign talent in the field of technology and innovation.
- Assistance in networking with business partners (Strefa Partnera).



<https://sse.lodz.pl>

who has trusted us?



## major investors

ABB	Drahtzug Stein Łódź	Nordea Bank
Accenture	DSV Road	Panasonic
Addev Materials	E.G.O. Polska	Panattoni
Albea Group	Eko Energetyka	Payair Technologies
Amazon	Enginova	Peter Smith
Amcor Flexibles Reflex	Epassi	Philips Polska
Amcor Tobacco Packaging Polska	Ericsson	PMP Group
AOMB	Euroglas Polska	Pöyry
AQ Wiring Systems	Fitqbe	Primulator
Aquila Radomsko	Flextronics	Printpack Poland
Armeton	Flint Group	Procter & Gamble
Asco Numatics	Frijo Logistics	Profilpas Polska
Atos (AMG Net)	Fuji Seal Poland	Prologis
August Faller	Fujitsu Technology Solutions	Prowell
Barry Callebaut	Gillette Poland International	Rossmann
Better Collective	Greiner Multifoam	RR Donnelley
Bilplast	Haering Polska	Sanitec Kolo
Bluerank	Hapam Poland	Schaumaplast-Organika
BMS	Harman	Schraner Polska
Bora Poland	Hatrans	Segro
BSH Sprzęt Gospodarstwa Domowego	Hexagon	Signify
Cablex-P	Hillwood	Sii
Capita Customer Solutions	HPE	Sirmax Polska
Cardif	Hutchinson Poland	Sitel
Ceri International	Idemia (Oberthur Technologies R&D Poland)	Stora Enso Poland
Clariant	Indesit Company Polska	T-Mobile
Coko-Werk	Infosys	Takeda
Collabera	Interprint Polska	Tate&Lyle
Commerz Systems	Isopak	TomTom
Compin Polska	Kampmann Polska	UPS
Conduent	Kellogg Pringles	Vandemoortele
Daikin	KOKI Europe	Veolia
Deante	Logicor	Vistex
Dell Products	Manuli Hydraulics Manufacturing	Wirthwein
DesleeClama	Miele	Whirlpool Polska
Digital New Agency	Nippon Seiki	Yangtze Optical Fibre and Cable
Dimar		Zalando



## investment sites

Attractive venues prepared for major investments in various locations in the Lodzkie Region are one of the key assets appreciated by investors from Poland and abroad. The region offers a wide range of investment opportunities, including not only warehouse space but also A-class office buildings or greenfield sites for manufacturing plants. The Polish Investment and Trade Agency's database of investment offers (Investment Offer Gene-

rator) includes up-to-date locations available to new owners. The catalogue is continuously being expanded. With the Investment Offer Generator, potential investors can easily locate the most suitable real estate property in Poland, including in the Lodzkie Region. The solution allows for a comparison of up to 6 selected offers of the same type, with parameters meeting PAIH standards.



<https://baza.paih.gov.pl>



aerial photos of investment areas: Rafał Michałowski - Wniebowzięte



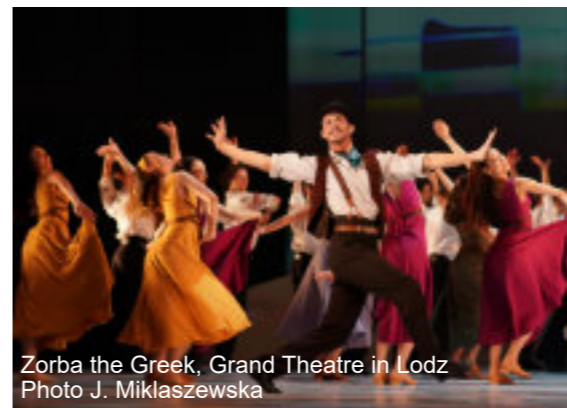
## region's highlights

The Lodzkie Region offers a wide range of cultural and educational events, concerts, festivals and historical reenactments.

Since its foundation, the Grand Theatre in Lodz has organised the Lodz Ballet Encounters – the most prestigious ballet event in Poland, attracting the most outstanding ensembles from all over the world. The Theatre has hosted, among others: Maurice Béjart's Ballet of the 20th Century, Nederlands Dans Theater, Sadler's Wells Royal Ballet, Ballet Rambert, Ballet Nacional de Cuba Alicji Alonso, and Batsheva Dance Company. Every two years, the event offers dance enthusiasts an opportunity to learn about current trends in ballet art and the most important developments in contemporary choreography.

A festival that has become a regular feature in our region's calendar of events is the Touring Festival of the Lodz Philharmonic, "Colours of Poland". The event – which is held in the summer months at various venues across the region – offers the public an opportunity to experience different musical genres performed by the Lodz Philharmonic's musicians, as well as numerous tourist attractions, such as guided tours and kayak trips.

The Lodz House of Culture (ŁDK) successfully implements a broad cultural programme for the inhabitants of Lodz and the region. An important area of the ŁDK's activities is an organisation of regular events, such as: Lodz Theatre Encounters (one of Poland's most important alternative theatre festivals), Lodz Choral Festival "Cantio Lodziensis" (an important national forum for artistic



Zorba the Greek, Grand Theatre in Lodz  
Photo J. Miklaszewska



Lodz House of Culture  
Photo R. Stępień



Archives of Lodz Philharmonic  
Photo M. Stępień



Archives of Lodz Philharmonic  
Photo D. Kulesza



Archives of ŁDK





Archives of Lodz Philharmonic  
Photo M. Stępień



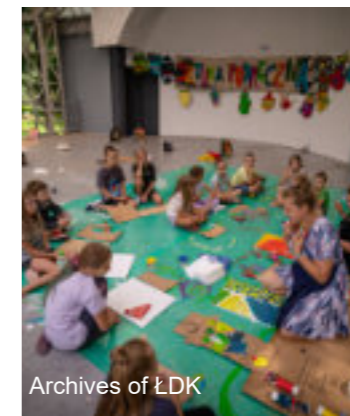
Open Hair Sieradz  
Archives of Sieradz City Council



The Nutcracker, Grand Theatre in Lodz  
Photo Ch. Zielinski



Archives of ŁDK



Archives of ŁDK



Carmen, Grand Theatre in Lodz  
Photo J. Miklaszewska

achievements of choirs and vocal ensembles), Lodz Review of Amateur Theatres "ŁÓPТА", and the region's classic shanty festival "Kubryk". Other important events include the "Rockowanie" Music Festival, the "Colourful Locomotive" environmental art project for children from the Lodzkie Region and a series of conferences for directors and curators of museums in the Lodzkie Region.

The capital city of the region is also home to one of the largest indoor sports and entertainment venues in Poland, the Atlas Arena, which has hosted music concerts by global stars (e.g. Metallica, Depeche Mode, Rihanna,

Coldplay, Peter Gabriel), as well as world and European championships in volleyball, basketball and enduro.

Every year, cultural events relating to local history and prominent local representatives are held in the Lodzkie Region. For instance, Open Hair in Sieradz is an event for hairdressing professionals and hair styling enthusiasts. It is associated with Antoine Cierplikowski, a brilliant hairdresser, artist and visionary from Sieradz. In Kutno, in turn, the oldest and largest Jeremi Przybora Festival "Stacja Kutno" is held, as well as the Sholem Asch Festival – to honour the life and work of the famous Yiddish

Łódzkie region after hours



Photo P. Augustyniak

writer and playwright. Meanwhile, Piotrkow Trybunalski hosts the Interakcje International Performance Art Festival and Radomsko – the Różewicz Open Festival dedicated to the remembrance and work of the Różewicz brothers.

The Łódzkie Region also takes pride in its rich offering for enthusiasts of historical re-enactments; at the Pilica River Skansen in Tomaszow Mazowiecki, events related to World War I and World War II are periodically recreated, and in Belen, the 1939 Battle of the Warta River is staged.

The Łódzkie Region is also the organiser of one of the most important economic events in Poland – the European Economic Forum (EEF). The Forum is an annual international event bringing together business representatives, economists, politicians, academics and entrepreneurs from a variety of economic sectors. It aims to promote dialogue, exchange experiences and discuss current topics related to the economy, innovation, entrepreneurship and regional development.



European Economic Forum



European Economic Forum



Archives of Kutno City Council  
Photo J. Stochliński



Archives of ŁDK



The Arboretum in Rogow  
Photo P. Banaszczak

## tourism

An undeniable asset of our region is its diversified history, architecture and culture, which attract visitors from Poland and abroad.

**Lodz** – the capital city of the Lodzkie Region is considered to be a very attractive place with rich cultural and leisure offering. Lodz is above all:

**Culture and Arts.** Lodz is considered the Polish capital of filmmaking. The city has a rich cinematographic history, which can be explored in more detail at the Museum of Cinematography. The capital city of the region is also known for its numerous initiatives, bringing together the film industry and film enthusiasts from all over the world. Moreover, the city features numerous art galleries, theatres, an opera house and museums with a wide range of diverse exhibitions and artistic events to offer.

**Industrial Architecture.** Many unique buildings from the industrial period have been preserved in Lodz. Here you can find many former factories converted into galleries, museums, offices or creative spaces appealing to architecture enthusiasts.

**Recreational Spaces.** Lodz offers plenty of parks, gardens and green spaces where you can relax and enjoy nature. J. Pilsudski Park, Helenow Park, Poniatowski Park or Lagiewniki Forest and the Lodz Heights Landscape Park are only some of the locations where you can spend time outdoors.

**Cultural, Sports and Entertainment Events.** Concerts, festivals, sports events and fairs attract both the local community and guests from other cities. Among the local events, it is worth mentioning the Light Move Festival and the Four Cultures Festival, which are attended by many tourists every year.

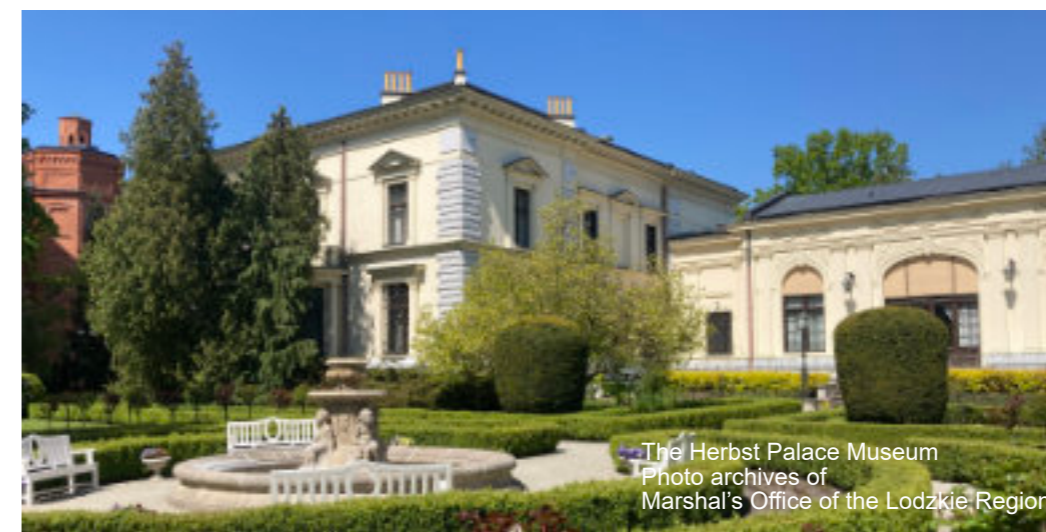
### what to see while in lodz?

**Manufaktura,** former industrial factory premises converted into a shopping and entertainment centre. In Manufaktura, visitors can find museums, art galleries, cinemas, restaurants and shops. A branch of the Museum of Modern Art, MS2, is located here.

**Piotrkowska.** This is the longest shopping street in Europe, brimming with cafés, restaurants, shops and nightclubs. While strolling along Piotrkowska Street, you can admire historic tenement houses and savour the city's atmosphere.

**Museum of Art in Lodz (MS1).** It is one of the most important museums of contemporary art in Europe presenting painting, sculpture, photography and art installations.

**Priests Mill.** the largest historic industrial complex in Lodz, erected in the second half of the 19th century. Nowadays, Księży Młyn has residential, recreational and cultural functions. The venue attracts both locals and tourists who are interested in the history of Lodz and wish to experience the charm of this unique neighbourhood.



The Herbst Palace Museum  
Photo archives of  
Marshal's Office of the Lodzkie Region



Piotrkowska Street  
Photo P. Wojtyczka



Arkadia  
Photo M. Kucharczyk



Nieborow  
Photo K.Pira



Lowicz Town Hall  
Photo G.Turski

**Izrael Poznanski Palace**, the head office of the Museum of the City of Lodz. This was a former residence of the industrialist Israel Poznanski, who played a prominent role in the industrial development of the city. Today, visitors can learn about both the history of the eminent factory owner who created one of the greatest financial powers of the 19th century in Lodz, and the history of the city itself and its distinguished citizens (such as Arthur Rubinstein).

**The Herbst Palace Museum**, a branch of the Museum of Art in Lodz. This historic building is inseparably linked to the fate of the Herbst and Scheibler families, counted among the richest and most influential industrialist families in the second half of the 19th century, not only in Lodz but also in the whole of Poland. The Herbst Palace is not only a historical residence but also an institution that collects and provides access to collections of old paintings, sculptures, graphic works and artistic crafts.

while in the lodzkie region, make sure to visit: \_\_\_\_\_

**Lowicz, Maurzyce and Sromow** \_\_\_\_\_

In the interregnum period, Lowicz was the capital city of Poland, but today it is mainly associated with its unique folklore whose most characteristic elements are handicrafts (such as cut-outs and special adornments called "spiders", made of multicoloured paper), as well as music,

dance and the original Lowicz traditional costume. In addition, Lowicz features exceptional architecture. The Cathedral Basilica of the Ascension of the Blessed Virgin Mary, the burial place of 12 Gniezno archbishops and primates, is an exquisite example of the Gothic and Baroque blend. Those interested in folklore should definitely visit the open-air museum in Maurzyce, located a couple of kilometres from Lowicz, and the Folk Museum of the Brzozowski's Family in Sromow.

**Arkadia and Nieborow** \_\_\_\_\_

While in the Lodzkie Region, you cannot miss Nieborow and Arkadia. The first of these localities houses the Radziwiłł Family Palace – one of the few well-preserved magnate residences in Poland, built in the Baroque style at the end of the 18th century. Today, it serves as a branch of the National Museum. Around the palace, there are gardens with numerous sculptures, a gardener's house, an orangery, stables and ponds.

In Arkadia, in turn, a romantic English-style park founded by Helena Radziwiłł in the 18th century has been preserved. Full of mysterious buildings, the most famous of which is the aqueduct, the park is also remarkable for the Temple of Diana, the Archpriest's Sanctuary and the Gothic House.



Uniejow Castle  
Photo archives of Uniejów City Council

### Uniejow

Uniejow (the only health resort in our region) can be reached not only by car or bicycle but also by kayak, as the town is located on the banks of the Warta River. The local geothermal waters benefit both the resort's clients and anyone wishing to visit the Termy Uniejow Water Park. Next to the thermal baths, the medieval castle of the Archbishops of Gniezno, today used as a hotel but also as a venue for knightly tournaments, overlooks the vicinity. Zagroda Mlynarska, which combines museum, accommodation and catering functions, is located nearby.

### Tomaszowska Okraglica, Spala and Inowlodz

The areas of Tomaszow Mazowiecki located by the Pilica River are well worth exploring, with Groty Nagorzyczne (with an underground tourist route) and the Pilica River Skansen located within the city limits. A complex of historic buildings from the Nadpilicze Region, as well as a unique collection of military vehicles excavated from the bed of the Pilica River, can be found here. The latter is a reminder of the dramatic events of January 1945. When visiting the Skansen, a walk to the nearby Niebieskie Zrodla Nature Reserve is a definite must.

Following the course of the Pilica River, one reaches Spala, a town famous for the visits of numerous monarchs. Today, a complex of buildings serving the guests of the Russian tsars is a reminder of them, as is a dignified statue of a European bison. Enthusiasts of active re-

creation can visit the Central Sports Complex – the Olympic Sports Centre in Spala.

A couple of kilometres further on, in Inowlodz, a characteristic tower of the Romanesque Saint Giles Church looms over the horizon. The reconstructed royal castle and the former synagogue are also worth a visit.

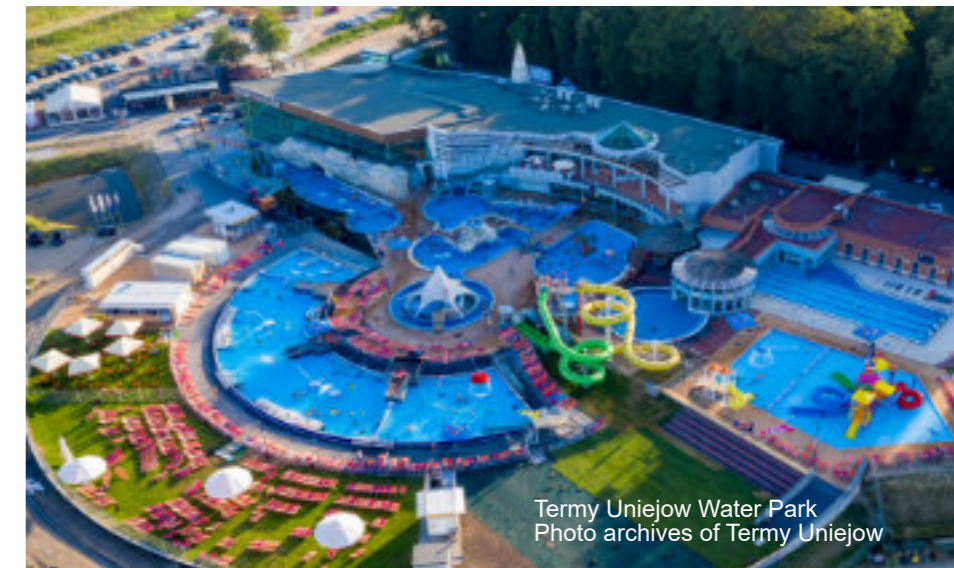
### Leczyca, Tum and Kwiatkówek

Leczyca is a town with a long history. It is overlooked by a castle built by Casimir the Great, used today as a museum. From the castle tower, it is possible to see, for example, the nearby monumental Romanesque collegiate church in Tum and the early medieval settlement reconstructed in the manner of the 13th century, on which, among other things, today's town of Leczyca was founded.

Apart from its exceptional architectural monuments, the Lodzkie Region also offers numerous natural attractions, providing excellent living conditions. 7 landscape parks, 89 nature reserves, 16 protected landscape areas and the international protected sites "Natura 2000" are just some of the measures showcasing our care for our common space. The Lodzkie Region is home to one of the largest and most beautiful dendrological gardens in Poland – the Arboretum in Rogow, where an area of around 70 hectares features more than 6,000 species and varieties of plants from all over the globe.



Zagroda Mlynarska  
Photo archives of Uniejów City Council



Termy Uniejow Water Park  
Photo archives of Termy Uniejow



Termy Poddebice  
Photo archives of  
Marshal's Office of the Lodzkie Region

## sport and recreation

An appropriate sports infrastructure accessible to as many residents as possible is one of the fundamental conditions for the development of sports in any region. The Lodzkie Region offers sports facilities which are unparalleled in the country, such as: the Olympic Sports Centre in Spala, the mountain kayaking trail in Drzewica, the European Little League Baseball Centre in Kutno, the indoor speed skating track in Tomaszow Mazowiecki, and the Sports Bay at the Lodz University of Technology with a 50-metre championship standard swimming pool. With new sports facilities being built all the time, not only do we train new athletes and have the opportunity to hold high-level competitions, but it is also easier for us to encourage residents to pursue an active and healthy lifestyle..

**sports bay at the lodz university of technology** ———  
**lodz physical education and sports centre - lodz uni-**  
**versity of technology campus**

This sports, physical education and leisure facility includes an Olympic-size indoor swimming pool used for competitions and training in a number of aquatic disciplines, such as diving, water polo and synchronised swimming. The venue also features a wellness complex, a sports and entertainment hall, a pitch for team games, a climbing sports centre with a 17.5 m climbing wall and

a centre of strength sports, as well as numerous training rooms.

**thermal bathing and swimming pool complexes** ———  
**in uniejow and poddebice**

### Uniejow

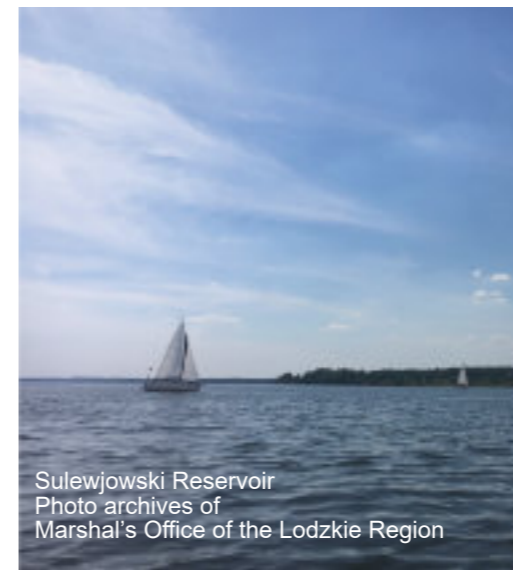
The swimming pool complex draws on one of Poland's few exploited geothermal water resources. It is one of the first such resorts in the country to use therapeutic thermal brine. Owing to the thermal waters, the centre is open all year round.

**recreational and sports complex in uniejow** ———

The complex includes two pitches used for training and Polish Premier League matches.

### Poddebice

The thermal baths in Poddebice are fed by 72°C thermal water from wells which are over 2,000 metres deep. Due to its chemical and microbiological purity, the water has a beneficial effect on the skin and supports rehabilitation.



Sulewowski Reservoir  
Photo archives of  
Marshal's Office of the Lodzkie Region



Termy Poddebice  
Photo archives of  
Marshal's Office of the Lodzkie Region



Gora Kamienska  
Photo archives of Kamiensk City Council

It is a venue that welcomes not only those seeking entertainment but also patients wishing to improve their health.

Visitors of the thermal baths near Lodz can choose from seven outdoor and indoor pools filled with thermal water, jacuzzis, sauna areas and a spa area offering baths and treatments (including physiotherapy and hydrotherapy).

**kayaking trail in drzewica**

While located in the lowlands, the trail is designed for mountain kayaking. The excellent water conditions on the Drzewiczka River and the perfect shape of the trail trough meet all the standards for top-level competitions, including world championships.

**skating track in tomaszow mazowiecki  
the ice arena**

The hall in Tomaszow Mazowiecki is one of the most modern skating facilities in the country. It is multi-purpose and open all year round – in addition to the track and ice rink, fold-out volleyball, handball, basketball courts, tennis courts and a tartan track can also be found here. The Ice Arena also offers comprehensively equipped conference rooms.

**central sports complex  
olympic sports centre in spala**

The Olympic Sports Centre in Spala is famous for its top-end, comprehensive training and accommodation facilities. The visitors will find here, for example, an athletics arena, a swimming pool, numerous sports halls and pitches for various disciplines.

**baseball centre in kutno**

The complex is dedicated to baseball and softball. At present, it serves the purpose of popularising these sports and training youth and adult athletes, as well as recreational activities.

**physical education and sports  
complex solpark and gora kamiensk solpark**

Do you want to improve your fitness, well-being and performance? All this is possible here, thanks to the pitch, sports and recreational swimming pools, salt grotto, billiard room, bowling alley and spa procedures, to name just a few.

**“gora kamienska” sports and recreation centre”**

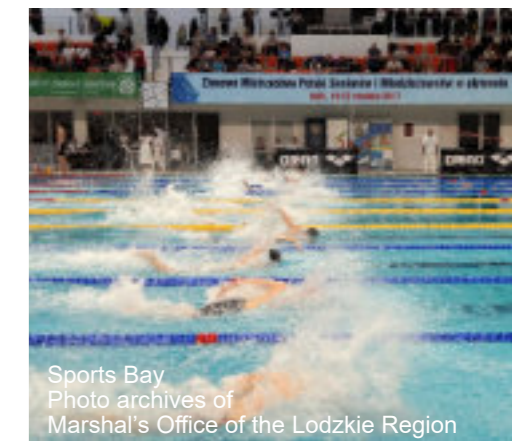
This year-round recreation and sports facility is one of the region's biggest tourist attractions. The artificially snowed and illuminated ski track with a four-person chairlift, located on the northern slope of the hill, is the longest and best-maintained track within more than 100 km of Belchatow. In summer, the only toboggan track in this part of Poland enjoys the greatest interest.

**recreation in the lodzkie region**

The Lodzkie Region also offers plenty of recreational opportunities thanks to its numerous parks, green areas and bicycle trails suitable for beginners as well as for more experienced cyclists. Sailing enthusiasts can also indulge in their passion in our region. The two largest water reservoirs in the region – the Sulejowski Reservoir and the Jeziorsko Reservoir – offer a wide range of water activities for sailors and windsurfers, from beginners to advanced practitioners.



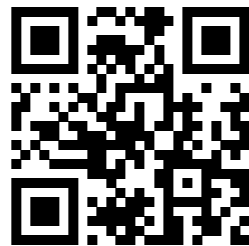
The Ice Arena  
Photo archives of  
Marshal's Office of the Lodzkie Region



Sports Bay  
Photo archives of  
Marshal's Office of the Lodzkie Region



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