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a master
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INTRODUCTION.....	4
CITY TOURIST ATTRACTIONS.....	5
OUR NATURE.....	16
ACTIVITIES.....	22
DEVELOPMENT OF USTKA.....	31
ACCOMMODATION BASE, SPA, HEALTH RESORT.....	38
EVENTS.....	43

CLICK

BECOME THE MASTER OF LEISURE!

Ustka is the dream destination for summer holidays. The local beaches are considered the most beautiful on the entire coast. The harbor breakwaters and promenade are an ideal place for romantic strolls. You can sail on a Baltic cruise from the harbor. The city center is a beautifully restored old town, with elegant villas, original museums, dozens of atmospheric cafes... Guests can enjoy hotels, guesthouses, apartments and resorts for any budget. There is also a spa infrastructure, since Ustka is officially recognized as a health resort.

In town surrounding areas it is worth climbing the moving dunes of the Słowiński National Park, discovering your talent for ornithology over the unique coastal lakes, or visiting one of the villages with „checkered” half-timbered housing.

But Ustka is not just about the summer. It is worth coming here in the fall, when the holiday buzz quietsens, and there is some magic to walks on the almost empty beach. Spring is equally charming when the days get warmer one after another. Winter, on the other hand, is a time of spectacular storms - during the largest waves they easily overflow the pier. The air has the most iodine at this time and it is worth absorbing it deeply.



CITY TOURIST ATTRACTIONS

BEACHES

Ustka is renowned for its beautiful beaches - it is because of them that many vacationers arrive here; they are considered one of the greatest on the Polish coast. We have two bathing areas: Ustka Wschód (Ustka East) and Ustka Zachód (Ustka West). The first one is situated on the eastern side of the port, near the city center - which is why it enjoys greater popularity. The section guarded by lifeguards stretches for about half a kilometer, although the beach itself is much longer. Its width has also increased recently thanks to an artificial reef affixed in the sea limiting the destructive activity of the waves. Visiting the beach in winter is also quite fashionable. The air is filled with the largest amounts of iodine at that time, as well as amber on the sand (you can collect it without permission since recently). Winter is also the time of ice swimmers, i.e. enthusiasts of crisp baths...

On the other side of the port there stretches the western bathing beach, which has recently been made more easily accessible thanks to the rotating footbridge. The beach here is wider and much calmer, and its guarded part is 200 m long. Going further you can reach the third pier, an unfinished investment from the times of the Third Reich.



HARBOR

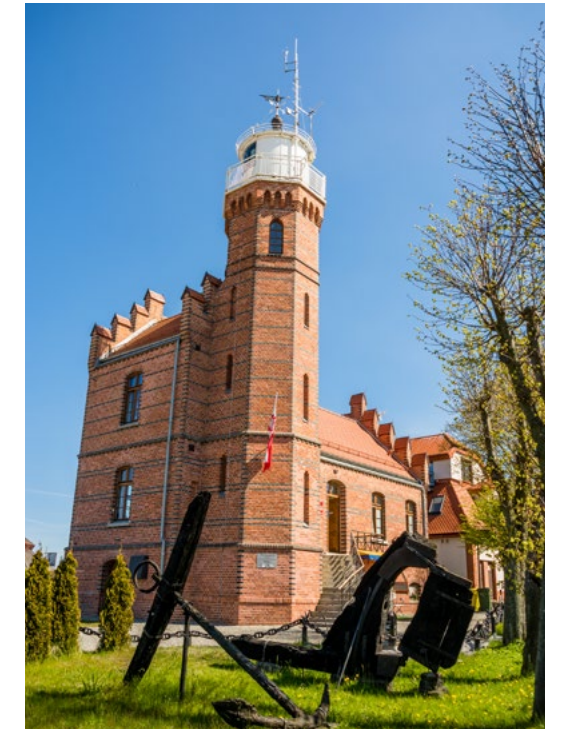
Alongside the promenade, the harbor quays are one of the favorite pedestrian zones in Ustka. The marina was built at the place where the Słupia River flows into the Baltic Sea - it is known that it existed here already in the first half of the 14th century (almost a hundred years before the Battle of Grunwald). As a natural course of events, there is a settlement around the harbor. Interestingly, in the 16th century, vessels were loaded and unloaded in Słupsk, and the units were taken there from the sea by river. Strong Baltic storms destroyed the port several times - it was not until the 19th century that it was thoroughly modernized. Created, among others, were breakwaters in today's shape. Amazingly, but earlier their function was performed by... wooden crates filled with stones.

A walk along the breakwaters (piers) is an excellent opportunity to go "into the sea" and admire the city from this unusual perspective. Since recently, you can connect both piers in one trip. This is possible thanks to the rotary footbridge, i.e. a movable pedestrian bridge, which can be used to cross to the other side of the harbor.



LIGHTHOUSE (MARYNARKI POLSKIEJ 1 STREET)

At the port, where the eastern breakwater (pier) and promenade begin, there is a lighthouse. It has the shape of a slender brick building, with an attached octagonal tower (about 20 m high). The lighthouse was erected at the end of the 19th century and managed to survive both world wars. It is equipped with a thousand-watt light bulb, whose light can be seen from a distance of 18 nautical miles (over 33 km). The interior is open to visitors.



MUSEUMS

Ustka is not just about the beach and the sea. You can find out a lot about the history of the city and the life of its former inhabitants in the Museum of Ustka (Marynarki Polskiej 64 Street). Here you can admire an ethnographic collection, archival photos and documents devoted to the history of the local shipbuilding industry. An asset are the headquarters of the institution - a renovated half-timbered building from the 18th century.

Mineral Museum (Limanowskiego 9 Street), occupies ... the former air raid shelter, located in the vicinity of the promenade and near the port. Here a collection of minerals (including the largest rock crystal in Poland), a dinosaur skeleton and shells from around the world have been preserved.

The Museum of Bread (Marynarki Polskiej 49 Street) is housed in the attic of a bakery. It brings closer the history of bakery and confectionery in an interesting way. Exhibits such as former waffle irons, baking machines, a dough mixer or a 19th century refrigerator operating without electricity were collected here. There is also a table for making gingerbread and small bakery gadgets (postage stamps, postcards).



↑ The Museum of Ustka
↙ The Museum of Bread



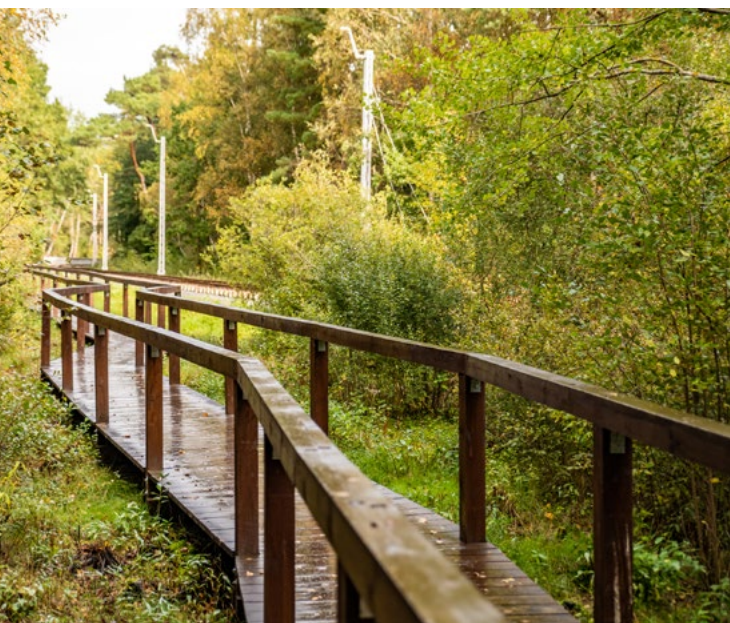
BLÜCHER BUNKERS (BOHATERÓW WESTERPLATTE STREET)

The complex of former German fortifications from before World War II is a treat for military enthusiasts. They are located in a strategic place on the west side of the port, and consist of four coastal batteries, shelters connected by tunnels and an ammunition bunker located at a distance from them. The complex is open for guided tours, and on site you can see, among others, a film presenting a raid on the beach. Other attractions include the possibility of shooting replicas of historic weapons, or treasure hunting with a metal detector.



GHOST SHIP

(WESTERN OUTSKIRTS OF THE CITY)



Scouts of horror and dark tales cannot miss the Ghost Ship, though it is better not to venture here at night ... This swampy lake has for centuries been shrouded in legends about lurking phantoms and those who have entered the water attracted by an unusual light (and never left). The victim of the mysterious pond was, among others a local heir who drowned with his whole family when his carriage fell into the water.

Today, the place is very calm - it seems that the ship lost its deadly properties. It is worth going for a walk here, especially since the area has been renovated and an observation deck was built on the shore.



THE MERMAID

The Ustka Mermaid - a monument of a bare fish-girl gazing at the sea enjoys great sympathy of vacationers. It was set at the entrance to the eastern breakwater. The originator of the Mermaid was the Local Tourist Organization, and the author - sculptor Michał Rosa. It is said that touching her bust brings happiness and ensures one's return to Ustka. Judging by the polished fragment, tourists indulge in this activity with enthusiasm.



GRADUATION TOWER

One of the latest attractions of Ustka is the graduation tower, located in the Ustecki Shipyard Park. Its walls are lined with blackthorn, which overflows with brine from the local deposit “Ustka 1”. Flowing down, it splashes, creating a miraculous aerosol, which is further purified by a bactericidal ultraviolet lamp and a sand filter. The graduation tower works in a closed circuit, and the brine is stored in two underground circulation and supplementary tanks. Its concentration in water is regulated automatically and amounts to 5%. It is replaced every two months.

People with respiratory disorders should visit here often, although we could all use some fresh air.



CAPTAIN HAASE’S HOUSE (CZERWONYCH KOSYNIERÓW 21 STREET)



If one wishes to see a traditional Pomeranian residential building up close, they should make sure to visit Captain Haase’s House. It is a half-timbered structure from the beginning of the 19th century, with a wooden skeleton filled with bricks and the so-called “fach”, i.e. cane mixed with clay. An interesting fact is that the half-timbered skeleton was only discovered during a recent renovation. Before the war, the building was the headquarters of the hotel. Today, it is the place of operation of the Baltic Culture Center.

CITY HALL (WYSZYŃSKIEGO 3 STREET)

Walking around the center of Ustka, it's worth finding the town hall building. This nice structure was erected in 1910 and initially served as a school. Architecturally, it is a stylistic mix (so-called eclecticism) - you may find here the influence of Art Nouveau and neo-Gothic. What especially strikes us is the massive tower, reminiscent of Pomeranian castles or city gates from the Middle Ages. The building was designed by a citizen of Bydgoszcz, Friedrich Engelbrecht. He did it for free, for which he was rewarded by the chairman of the commune who offered him ... silver tableware.

The school existed here until 2004, and in recent decades it was named after the famous sailor Leonid Teliga.



OTHER ATTRACTIONS

The Centre for Creative Activities (Zaruskiego 1a Street) is an initiative of the Baltic Gallery of Contemporary Art. The meticulously renovated port granary houses exhibition halls and numerous studios (including sculpture, computer and film graphics).

The Church of the Most Holy Savior stands out against the city panorama (corner of Marynarki Polskiej and Wyszyńskiego Streets). It is a neo-Gothic structure from the 1880s. An interesting example of equipment are the organs from the workshop of master Christian Friedrich Voelkner.



↑ The Centre for Creative Activities



↑ The Red Shed

← The Church of the Most Holy Savior

A relic of the former sea rescue is the Red Shed - in the past a base of rescuers. It dates back to the 2nd half of the 19th century; it served its function until 2010. It is equipped with, among others, a wagon adapted to carry a lifeboat (also on the beach). Statistics show that local rescuers saved 166 survivors in the years 1867–1945.



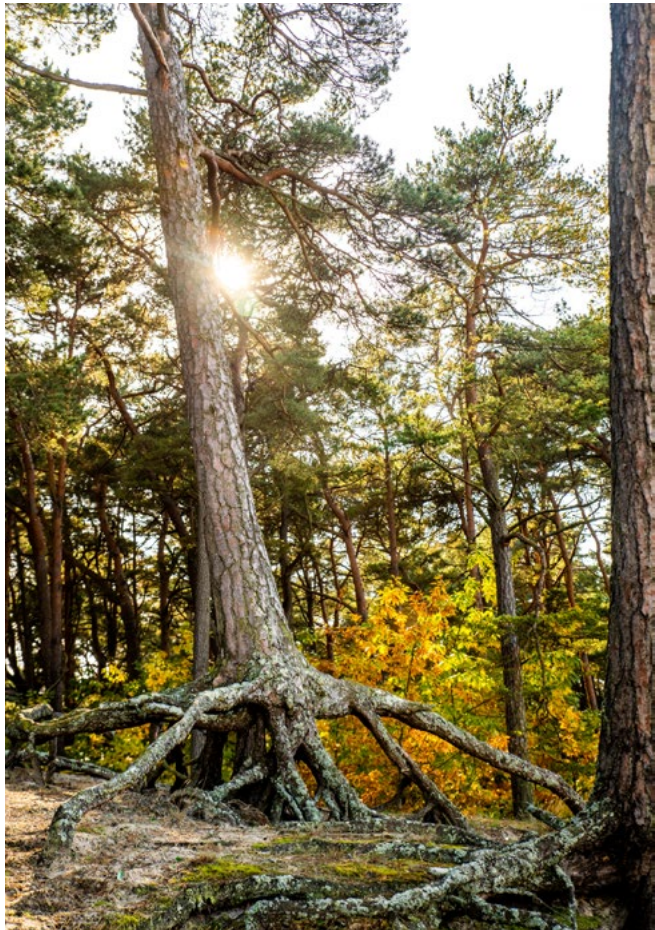
OUR NATURE

FLORA

Ustka captivates with a whole palette of ecosystems. The city is situated by the sea, among high hills, in a unique river valley and in the vicinity of a... haunted pond. Each of these sites is a separate natural universe and is easy to visit as part of a pleasant stroll.



Nature lovers can enjoy Ustka all year round: in summer, when the woods smell of essential oils, in spring when beeches tempt with fresh greenery, in autumn when leaves become discolored, and in winter - when the sea is the most restless and the air is saturated with iodine like no other time of year.



Tourist routes and trails leading to all the most interesting places help in befriending Ustka's nature. Information boards and special QR codes have been prepared next to them; they can be scanned for access to further information.



SZLAK UROCZYSKO
SZLAK UZDROWISKOWY

SZLAK PORTOWY
SZLAK DAWNEJ USTKI

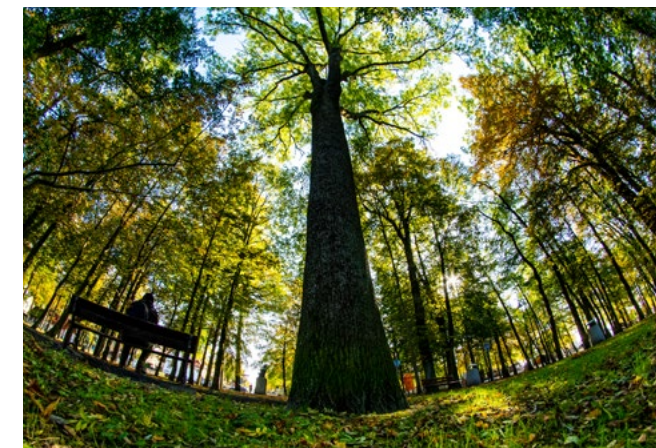
SZLAK BUCZYNA NAD SŁUPIĄ ↓



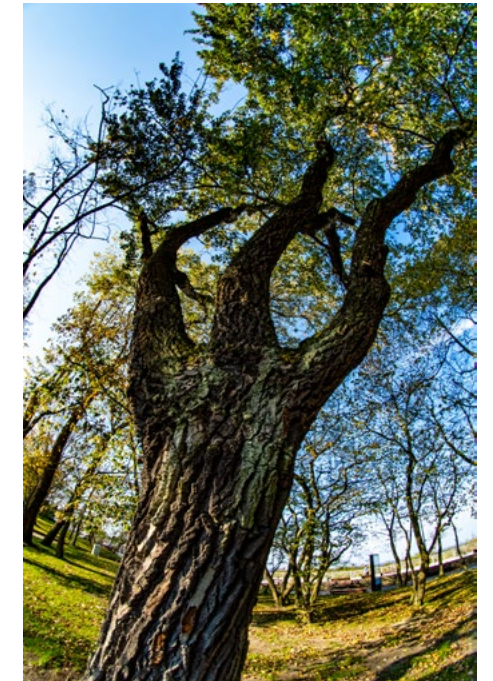
Coastal and coniferous forests are a kingdom of bent pines and intensely green undergrowth. The sand dunes bordering the beach are overgrown with the most resistant grasses, while on the beach itself you can come across isolated clusters of *Cakiletea maritima*, i.e. unstable vegetation living on organic soil thrown out by the sea. Słupia Valley is decorated with beautiful beech trees. Marvelous trees and monuments of nature also grow on the seafront promenade in the city center - while walking, it's worth having some fun and tracing them. Four specimens have been granted protection: Trident of Neptune (white poplar), Rays of Helios (common beech), Zeus (common ash) and Gwido (maple sycamore).



↑ Rays of Helios



↑ Zeus



↑ Trident of Neptune



← ↑ *Cakiletea maritima*



FAUNA

The animal world of Ustka and the surrounding area is equally rich. There is fauna typical of the Central European lowland here, as well as alluvial - mainly from the humid west of Europe and from the drier continental east. There appear previously rarely seen animals (such as the moose who recently went for a stroll to the harbor), and even new ecosystems. An example would be an artificial reef built along the shore to prevent beach degradation. It was established only a few years ago, and new natural habitats have already begun to form near it.



↑ moose



↑ sand lizard



↑ blindworm ↓ common viper



The world of mammals represents several dozen species, from wild boars and deer to squirrels, martens and bats. You can also find sea mammals: gray seals or porpoises that appear sometimes. As for birds, it is easiest to spot gulls and terns (several species each), swans and ducks (garganey, teal, or common shelduck). The most common reptiles are lizards, including the blindworm confused with a snake. The snakes themselves are represented by the grass snake and the common viper. Among the amphibians, you can meet here the newt (called the underwater dragon) and several species of frogs and toads.



← porpoise

The location of Ustka favors the wealth of ichthyofauna. There are freshwater fish, sea fish as well as such that feel good in both environments (e.g. pike, zander, bream and stickleback).



↑ silver seagull



↑ grey seal ↓ cormorant



ACTIVITIES

GAMES AND EXCURSIONS

There are many ways to visit Ustka. An unusual form of getting to know the city can be taking part in a tourist game or a themed excursion.

The former includes geocaching, i.e.... treasure hunting. It's a real treat, especially for younger tourists. Attractive locations in the city hide ten „kechas”, or containers with treasures. The latter are interesting gadgets and promotional materials, often not available elsewhere. There is also a so-called book of finds (logbook) here where lucky winners leave behind a word or two. To start the game, you need to register at one of the geocaching websites, e.g. opencaching.pl. You will receive the necessary information, such as coordinates of boxes, their location map, descriptions of places of hiding and comments of previous users. For the search itself you will need a device with a GPS receiver, e.g. a smartphone. Contrary to appearances, reaching the destination does not mean automatically finding the container. It is often cleverly hidden, and in some cases, you will need additional equipment such as a screwdriver, flashlight or QR code reader (information on the necessary equipment is always on the page, when describing a particular “kecha”). After finding the treasure, put the box back in its original position.

To participate in other tourist games, you should visit the Tourist Information Center. You will receive special game cards with route descriptions, along with tasks to perform and interesting facts from the history of Ustka. The route around the city is covered using the directions in the description (sometimes you have to show some perceptiveness and orientation in the area). Just like during the treasure hunt, you finally get to the box with the book of finders and a seal to put on the game card.

We have prepared two tourist games. The first is the “Ustka Time Machine”, which leads through historically important places in the area of the Old Fishermen's Settlement (it also locates objects that existed in the past and have not survived to this day).



↑ Tuesday with Captain Haase

The second, „The Tales of the Little Mermaid”, focuses on urban legends. Information about both games is also available at opencaching.pl.

Fans of more traditional urban trips can go for a stroll as part of a Tuesday with Captain Haase. Although maybe not quite as traditional, since the captain appears at the meeting point wearing a historical dress. As the name suggests, the tour takes place on Tuesdays (only in season). To participate, you must appear before 10.00 a.m. at the entrance to the Church of the Most Holy Savior (Kościelna 4 Street). The walk takes about two hours and is free.

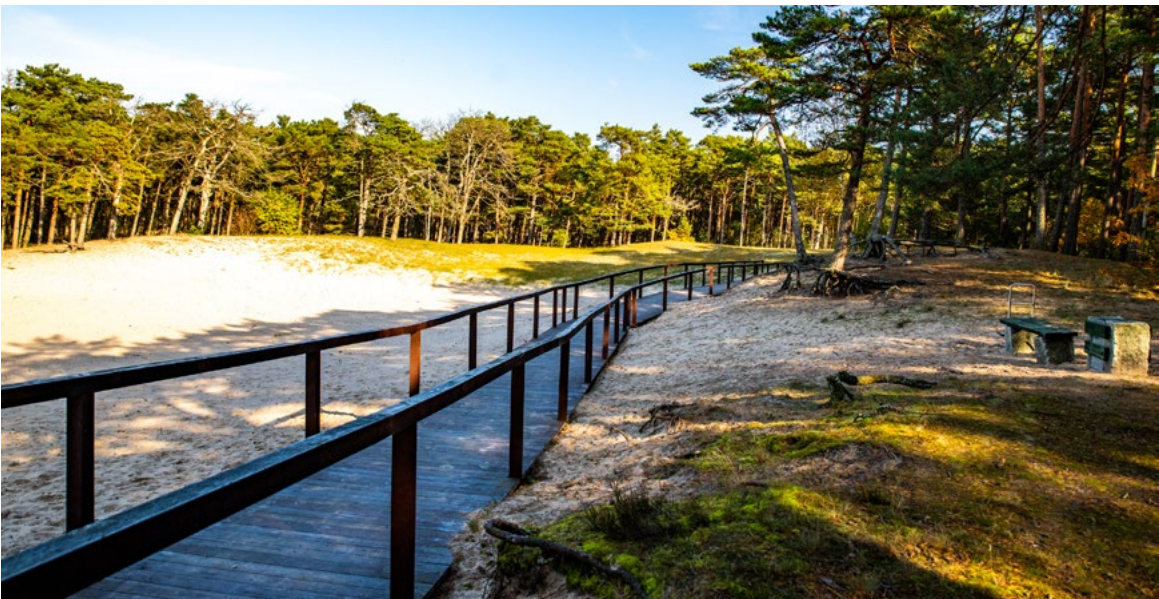
The second trip takes place every Wednesday on holidays and leads along the „Trail of Ustka legends”. It is addressed to children, of course under adult supervision. During the journey you learn about the most interesting legends and stories related to the city. Place and start time are the same (Church of the Most Holy Savior, Kościelna 4 Street; at 10.00 a.m.), the trip is also free.



← Trail of Ustka legends



HIKING TRAILS



Ustka and its vicinity are made for walking. Strolls along the beach and promenade are a „must-see” point on the agenda, but it is worth going further by setting your own route or using the marked trails. The latter includes the Seaside Trail (red signs), which is part of the route that runs all over Europe. The most attractive section is to the east of Ustka: it runs almost exclusively along the beach, to Orzechów (5 km) and Rowy (16 km). If you would like to move away from the sea for some time, you can choose the Słupia Valley Trail (yellow signs), leading to Bytów through a beautiful river valley, passing, among others the “Buczyna nad Słupią” nature reserve.

SZLAK BUCZYNA NAD SŁUPIĄ

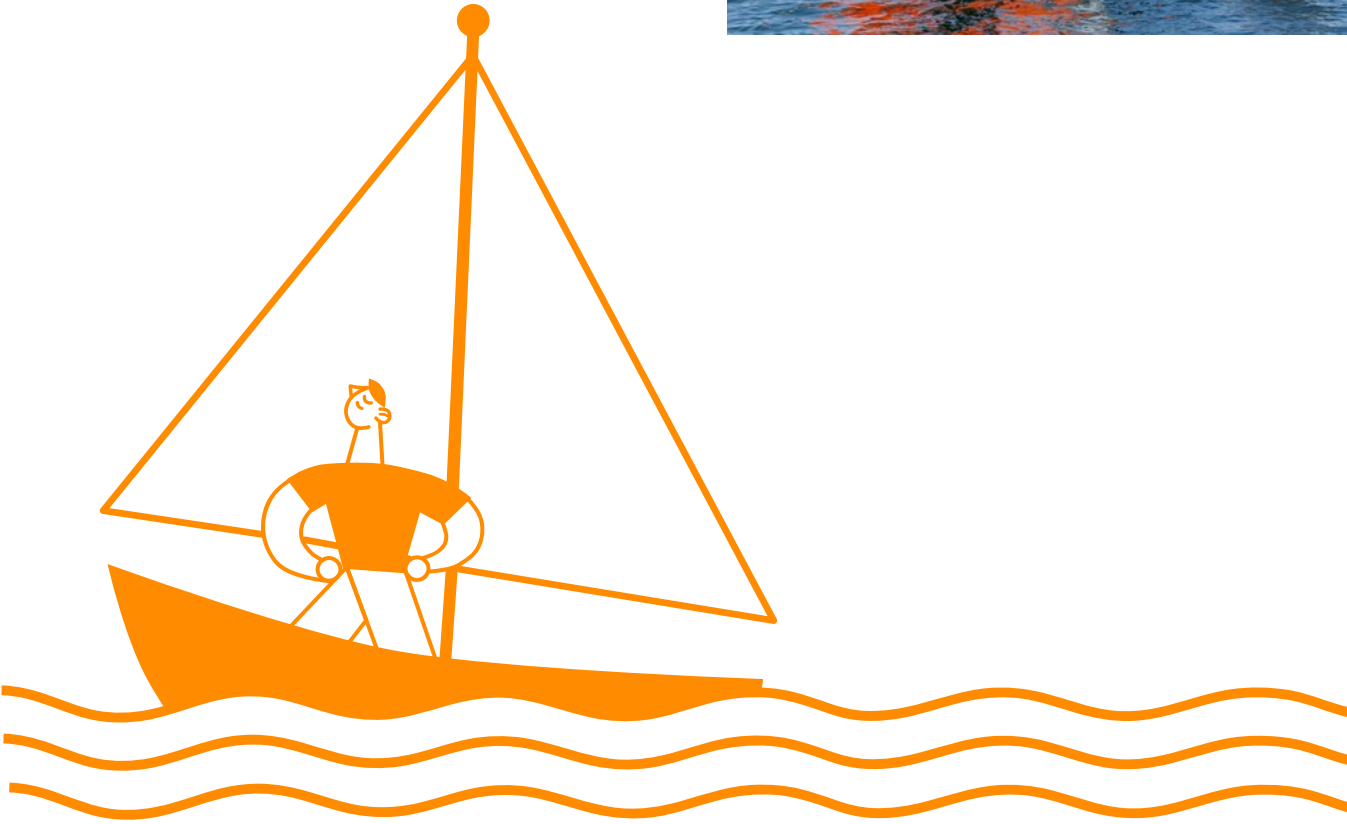


NORDIC WALKING

Walking with sticks is all about health - to the extent that the Ustka Spa offers this activity to patients as one of the treatments. Nordic walking also has the advantage that it can be practiced nearly anywhere. The promenade, which has recently been extended and can now be used for quite a long hike, is perfectly fit for this. An original destination will be the west beach (on the other side of the harbor) - much less popular, yet equally attractive as the eastern one.

SAILING

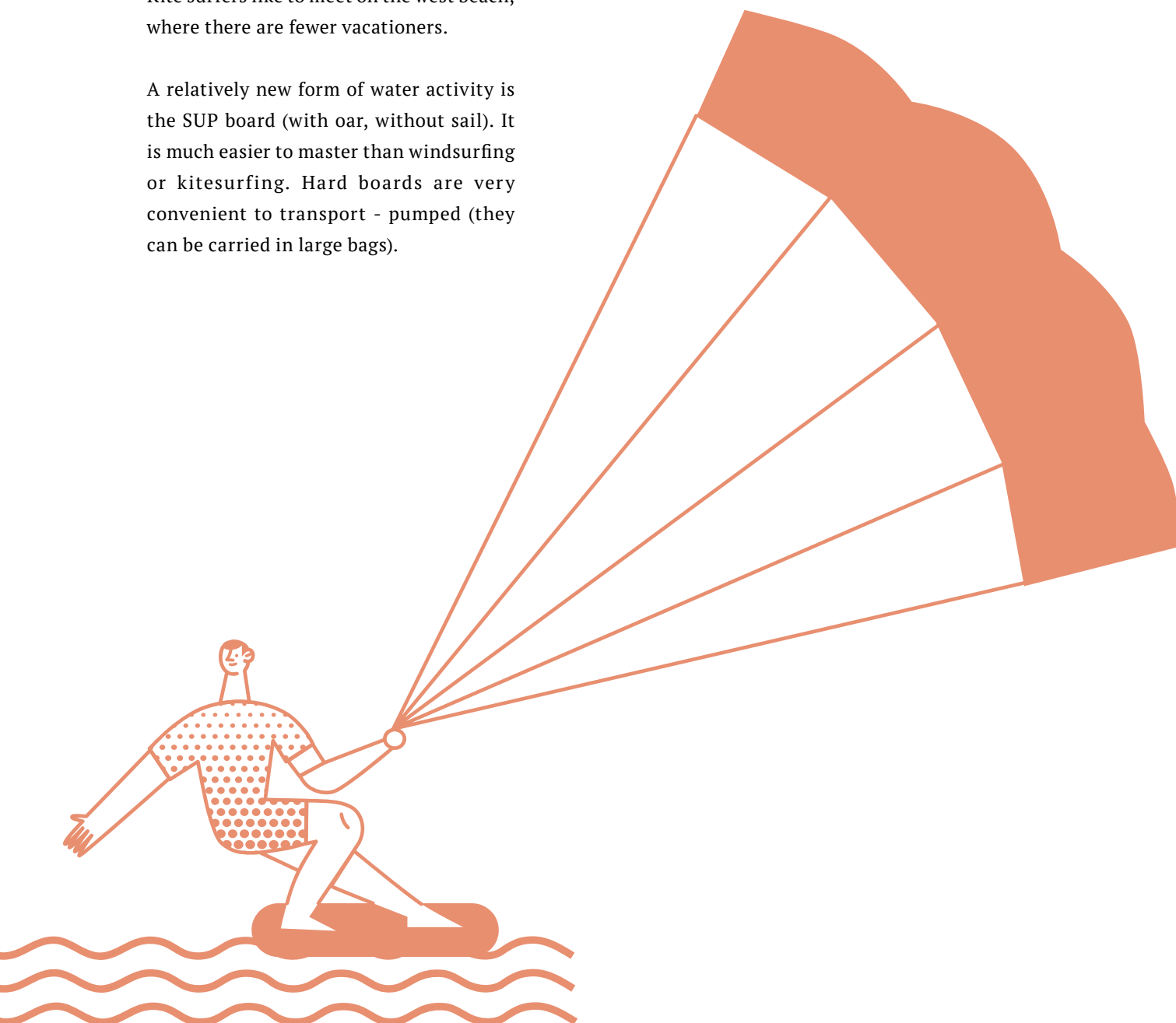
Holidays at the seaside are a great opportunity to start your adventure with water sports. Sailing enjoys the greatest popularity. The yacht harbor is situated in the western part of the port - crews of mooring vessels have access to electricity, drinking water as well as toilets and showers. The offer also includes yacht wintering service. There is already a sailing club in the port, and a large marina is to be built in the near future. In the summer, youth training is conducted on smaller units.



KITESURFING AND SUP

Other water activities are becoming more and more popular. This applies particularly to kitesurfing (a type of surfing in which a paraglider kite is used for propulsion). Ustka has exceptionally favorable conditions for practicing this sport: wide beaches, sandy sea bottom and favorable wind circulation - you can swim in any wind except southern. Kite surfers like to meet on the west beach, where there are fewer vacationers.

A relatively new form of water activity is the SUP board (with oar, without sail). It is much easier to master than windsurfing or kitesurfing. Hard boards are very convenient to transport - pumped (they can be carried in large bags).



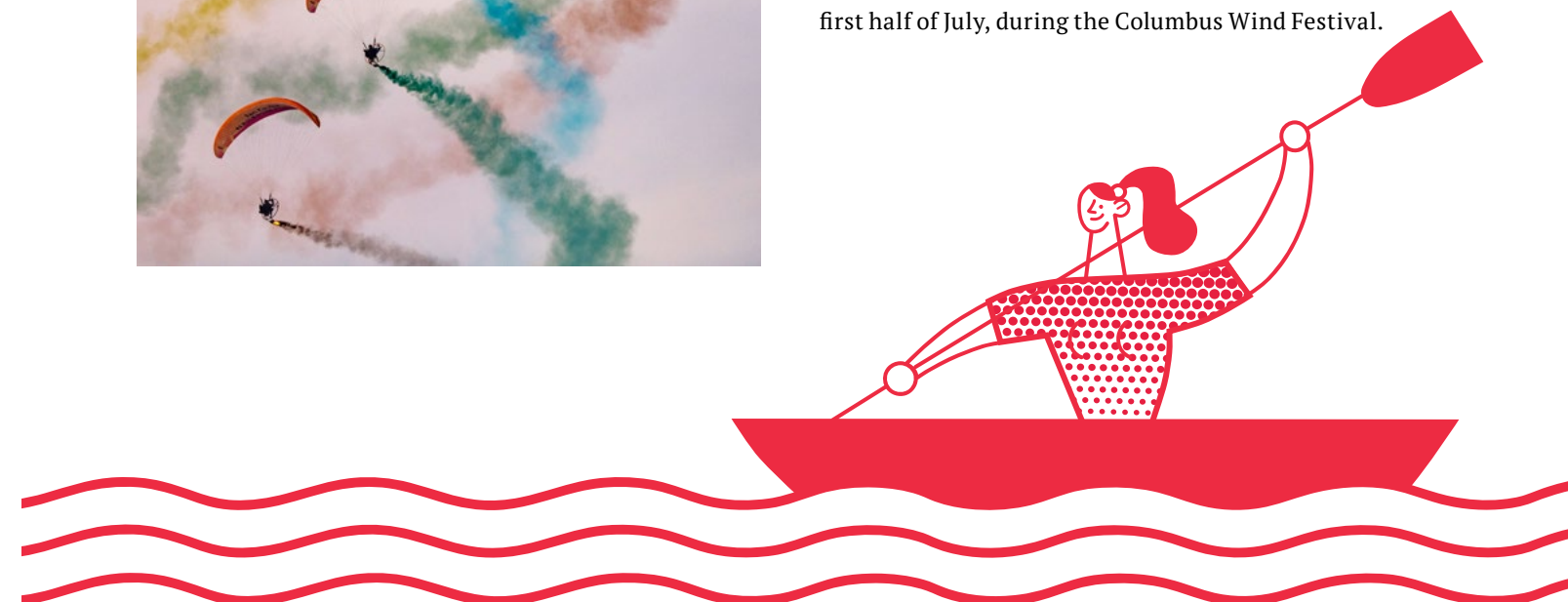
CANOEING

You can also go canoeing near Ustka. The Słupia current - one of the most beautiful rivers of Pomerania - is best suited for this. Rafting from Słupsk is also popular (the route is 35 km long). In windless weather, you can also go out to the sea. If you are setting off at the port, you should obtain permission of the harbor officer to cross it. There are canoe rentals in Ustka, which are usually also the organizers of rafting. A new kayak marina was opened for use in the summer of 2018. You can find it on Słupia, on the west side of the city, at Darłowska Street. There is a mooring platform, shed for drying canoes, sanitary facilities and a place to barbecue.



PARAGLIDING

There are winds blowing over Ustka, which is why paragliders feel perfectly at home here. The best conditions for practicing this aerial sport prevail over the beaches. Motoparagliders (paraglider with engine) give a little more navigation possibilities. As the only winged equipment it allows you to fly at very low ceilings (e.g. a few meters above the beach). Air sports enthusiasts should definitely visit Ustka in the first half of July, during the Columbus Wind Festival.



BIKES

Our city is cyclist friendly - bicycle routes have been marked out within and around it. The famous Hanseatic Seaside Route passes here; it circles the Baltic Sea and has a total length of over 8,500 km. Its section leading east, towards Rowy, is called the “Zwinięte Tory” Trail (a large part of it runs along the embankments of the liquidated railway line). There are 23 km to Rowy, and after adding a loop around Lake Gardno the route extends to 60 km. The trail is very well prepared, with designated resting points.

The same trail leads west, to Jarosławiec and then near the sea - to Darłowo.

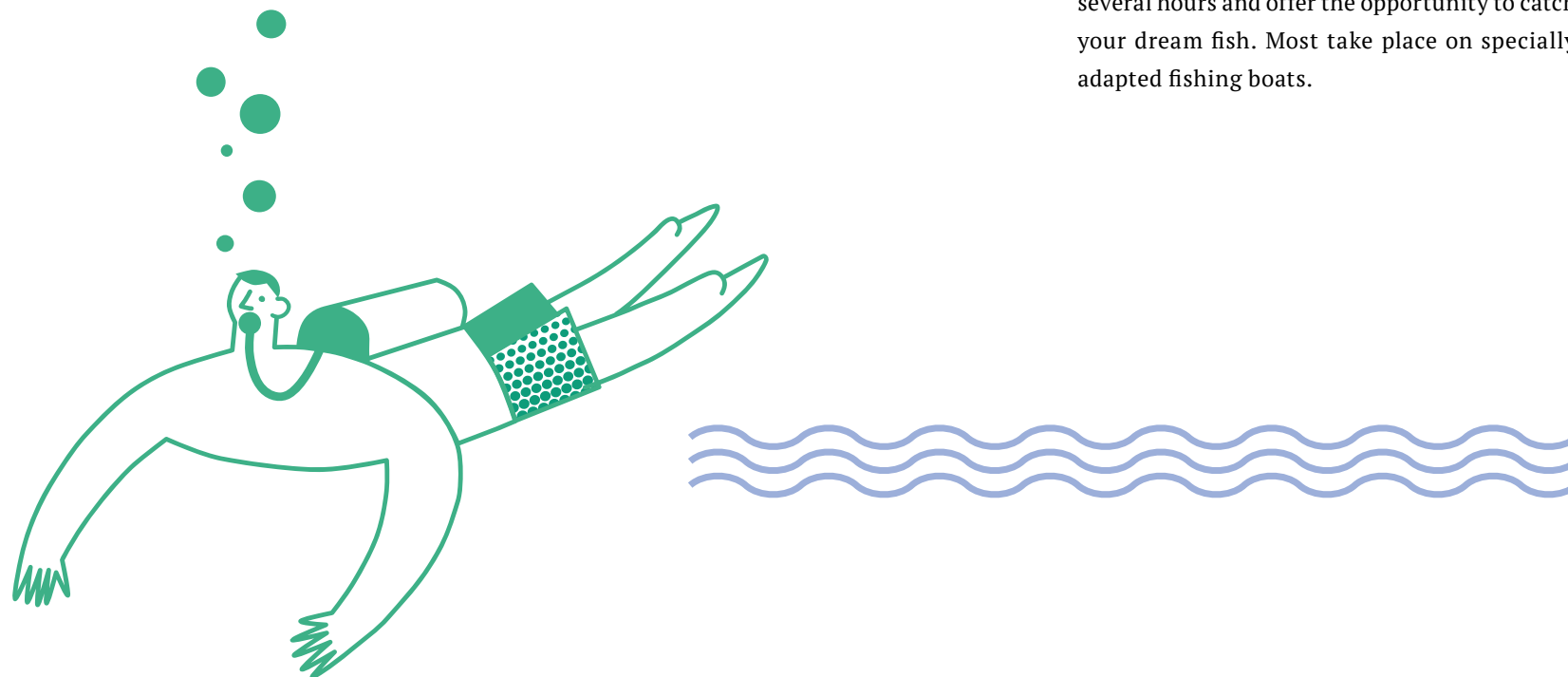
Inland, you can follow the USB-S trail from Ustka (Ustka – Słupsk – Bytów – Sominy), offering beautiful Pomeranian and Kashubian panoramas.

A great place to rent a bike in Ustka is the LOT Tourist Information Center (Marynarki Polskiej 71 Street).



DIVING

How about checking what hides under the surface of the Baltic Sea? There are diving centers in Ustka that organize underwater descent courses (of varying levels of difficulty), and for experienced individuals - underwater expeditions. You can visit one of the few wrecks lying on the bottom, glacial boulder fields or clay structures with an unusual frame. Sometimes you can come across an interesting example of marine fauna. One of the association of divers, Alpha Team, has its base in the harbor.



ICE SWIMMING

Ustka is an attraction also in the winter. In low season you can enjoy the city’s charms but also ... take sea baths. Enthusiasts of ice water usually meet on the beach on Sundays. A high-impact warm-up is necessary before immersion in water (so that it gets hot), and it is best to enter the water while wearing a hat. One should not stay in the water for more than a few minutes, and you should change immediately after leaving. Icy baths are perfect in stimulating the cardiovascular system and the immune system.



CRUISES AND FISHING TRIPS

Cruise ships moor in the Ustka harbor, which can be used to sail on the Baltic Sea during the season. Cruises that imitate the look of pirate galleons or fast speed boats are popular. On the other hand, cruises for fishermen are a separate category of sea expeditions; they usually last several hours and offer the opportunity to catch your dream fish. Most take place on specially adapted fishing boats.



RUNNING

The number of runners in Ustka is growing year by year. The most popular is the beach, where you can run barefoot, treating yourself to a massage of foot receptors. It is worth choosing the western, calmer beach. The route to the so-called third pier and return with forest paths will take 3 to 4 km (depending on the chosen paths). The eastern beach usually runs from the breakwater to Wczasowa Street (3 km), you can also venture further to Orzechów and return through forests (about 10 km). This route is covered by the participants of the “Ustka ten with a hook” run. Ustka also organizes a cross-country grand prix. On the other hand, for a short run you can choose one of the city parks.



DEVELOPMENT OF USTKA

NEW OLD SETTLEMENT

If the old Ustka citizen were to move back in time and see today's city, he probably wouldn't be able to get out of admiration. A bustling city with an impressive port and elegant buildings sprouted on the site of a medieval fishing village. He could feel familiarly only in the so-called old fishing settlement, i.e. in an elongated area flanked by the streets of Czerwoni Kosynierzy and Marynarka Polska. The original spatial arrangement and the picturesque cluster of half-timbered fishing huts in black and white have survived here. Today the old town shines with a new splendor. Year 2004 saw the implementation of a multi-year revitalization plan of Ustka, as part of which both streets and the so-called Captain's Lane (the place where they joined, where the houses of the richest captains stood) were renovated. The splendor of traditional buildings was also restored (the most damaged houses had to be demolished and erected again - of course, with preservation of their original shape).



RESISTANT TO STORMS

One of the major elements of the city’s revitalization is the reconstruction of the port. To this day, Ustka is an important fishing center, and the port is a haven for cutters and other vessels mooring here (about 150 in total); hence the decision to modernize it. This is to be the largest investment in a hundred years: its estimated cost is almost PLN 200 million. By 2023, it is planned to rebuild the breakwaters that date back to the 19th century. During previous works in the 1880s, the so-called star blocks were used, which adversely affected the sound attenuation of waves at the port entrance. The biggest investment will be the construction of an additional western breakwater (approx. 800 m long), with a wave expansion spur and two quays, transshipment and mooring (the latter will connect the new breakwater with the old one). Water intake points, sanitary installations and the power grid will also be established here. The next stage will involve the erection of a new eastern breakwater (on the current site) and a turntable of about two hundred meters in diameter. After completion of the works, the harbor will occupy a noticeably larger area than at present. In addition to fishermen, tourists will also benefit: it is planned to build a permanent marina here.



ACROSS THE HARBOR



Ustka can boast of a curiosity on a European scale. It is a rotating footbridge, i.e. a building with a 24 m high pylon and a pavement attached to it. Put into service in 2013, it allows you to cross dry from one quay to the other. This steel structure is 58 m long, 4 m wide and weighs over 80 tons. It was carried low over the water (just over 2 m) and serves as a pedestrian bridge and - in an emergency - for emergency vehicles. The footbridge is permanently attached to the west wharf. It will be set in motion by an eco-friendly electric drive, and the rotation time is about four minutes. Opening and closing times are given at the entrances on both sides. The bridge is closed during strong winds (above 10 m/s) and upon poor visibility (below half a nautical mile).



A LONGER STROLL

The magnificent seaside promenade is the pride of Ustka. It stretches along the eastern beach, starting from the breakwater (pier). Thanks to modernizations and expansion it is a real showcase of the city. A few years ago, a new pavement was laid on the eastern section (to the Solidarity Route), and more than thirty atmospheric lighting lamps, benches and other elements of street furniture appeared. There was also a sanitary sewage system. Irena Kwiatkowska's bench at the promenade is a great destination for walks. The popular actress liked to spend her holidays in Ustka very much.



Recently, the promenade has been extended by another 900 meters - from the Solidarity Route to the eastern ends of Ustka. Further lighting lamps, several benches and bike racks were installed here, as the promenade is also available for cyclists. A 200-meter access to the promenade from Wczasowa Street (also illuminated) was formed here.



FISH IN THE PORT AND ON YOUR ... SMARTPHONE

Ustka must not be deprived of places for buying fresh fish. For that reason, after consulting local fishermen, it was decided to organize a fish market. Recently, the section of the port's wharf offers the possibility of buying directly from the cutter, which is the freshest possible. The sale of fish fits into the new Ustka trend, which promotes local products (there are, among others, Ustka fudges and mermaid-shaped cookies). The creation of the market is accompanied by various events and fairs, such as the promotion of fish cuisine, themed workshops, and the design of a calendar with recipes.



An interesting fact is the Fishmarket Ustka app, which makes buying fish much easier. It contains fishing boat numbers, telephone numbers of fishermen, approximate time of sale, quantity of fish available and current price per kilo of fish.



CORAL-LESS REEF

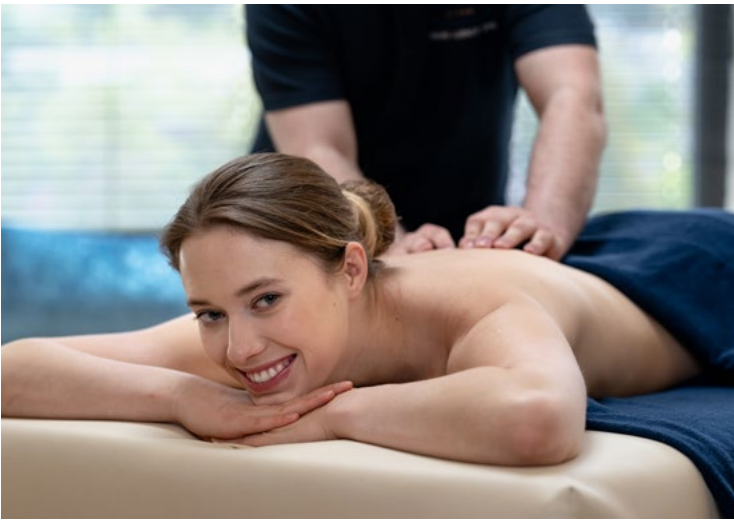
Until recently, the eastern beach of Ustka was exposed to the destructive effects of storms. Virtually every year it had to be supplemented with fertilized sand. Fortunately, it is now a thing of the past - one of the most interesting investments of recent years is the artificial reef. It serves to protect the shore against strong waves. It is estimated that this will broaden the beach by about 20 m. Taking the opportunity, an area of underwater exploration for divers was also created: you can swim between large boulders, underwater circles and other structures. There are speculations that in the future the reef may become an ecosystem for a diverse marine fauna and flora. The distance of the reef from the shore is about 200 m.



SPA WITH STARS



In recent years Ustka has been enriched by a luxury spa complex combined with a five-star hotel. This is the Grand Lubicz Uzdrowisko Ustka (Wczasowa 4 Street). A few dozen years ago, there were plans to build the Natural Medicine Plant here, but the investment was abandoned due to financial reasons. Since 2010, the area is the property of the Lubicz family, who erected the above-mentioned object here. It covers a stretch of almost 30 thousand km2, which makes it the largest such complex in Pomerania. There are over three hundred rooms and 26 SPA rooms. Guests can enjoy whirlpool tubs, centrifuges, Scottish showers, salt and healing bog baths. There is also a two-story water park, fitness room, playground, gym and disco. The water park is equipped with, among others, a 70-meter slide, bath and sauna complex. In the brine pool you can listen to music from underwater speakers.



ACCOMMODATION BASE, SPA, HEALTH RESORT

HOTELS, VILLAS, GUESTHOUSES ...



As befits one of the largest seaside resorts in Poland, Ustka impresses with a rich accommodation base. Everyone will find a bed for their budget here: from a five-star hotel to a camping site. The city offers a large selection of comfortable hotels, cozy villas and boarding houses, well-furnished apartments, as well as places in private accommodation and recreation centers (including separate houses).

Most accommodation facilities are located in the city center, on the eastern shore of Słupia. It's a good choice for those who like to be central to all major attractions: the beach, the promenade, the port. When booking accommodation, it is worth checking whether the facility offers private parking spaces.

Przewłoka also has a rich accommodation base - located southeast of the center of Ustka, a few hundred meters from the sea. Villas and guest rooms dominate here, although you can also find holiday homes.

One more cluster of accommodation facilities is located on the west bank of the river, in the vicinity of Darłowska and Zubrzyckiego streets. It's a good place for those looking to relax on a quieter western beach (about a half hour walk).

People searching for accommodation connected with wellness centers (spa) will also be catered for here. These types of facilities are located on the eastern outskirts of the center of Ustka.

Keep in mind that the closer the vacation, the lesser the number of available beds. When planning to arrive in the high season, it is best considering booking much earlier (preferably several months in advance). This applies particularly to cheaper accommodation.



HEALTHY HOLIDAYS

Ustka is not only one of the holiday “capitals” of Poland, but also an official health resort. Staying in the city itself has a beneficial effect on health. The sea climate is softened by extensive forest complexes that surround the city from three sides (forests also grow between buildings). They provide effective protection against western winds, and the air, after breaking through millions of pine needles, it turns into a healthy aerosol, like in graduation towers. It is saturated with natural essential oils, as well as calcium and magnesium salts. Negative ionization of the air has an excellent effect on the mood.

Let's top this with the presence of iodine - its concentration on the Baltic coast is the largest in Europe (especially at a distance of up to three hundred meters from the sea). The greatest amount of it can be found in the air during strong winds, i.e. in the period from autumn to spring - this is another reason to visit Ustka also out of season. Iodine alleviates the symptoms of fatigue and depression, increases concentration, lowers cholesterol, and also improves metabolism, so staying at the sea can improve our appearance.

It is not just the air that is healthy in Ustka. Bathing in salt sea water is a must on the agenda, the city also has mud and mineral water resources. Spa facilities treat many conditions, including those of the upper and lower respiratory tract, rheumatological, orthopedic and traumatic, endocrine, metabolism, as well as the nervous and circulatory system. Medical infrastructure is available not only for patients, but also for healthy people.



IT BEGAN IN THE 19TH CENTURY

Over two hundred years ago, Europe went crazy about going “to the waters”. The purpose of spa travel was to improve health, but also to relax. The first guests appeared in Ustka in the second decade of the 19th century, and already twenty years later the settlement was visited by about four hundred people a year. Supply quickly began to adapt to demand: in the eastern part stylish villas and boarding houses there appeared for more and more new vacationers and patients (who previously stayed in the houses of fishermen). One of them was Prince Otto von Bismarck, who even had his own table in a cafe on the promenade.

In 1870, a bathing association was officially established, whose goal was organized and orderly expansion of the spa. The balneological facility was founded in 1911 and offered, among others, bathing in heated sea water, healing bog baths, carbonic acid and pine needle baths. Soon after, an official bathing beach was opened at the eastern beach, with separate changing rooms for men and women. Interestingly, the beaches were also separate, which forced desperate men to break into the women’s section to please the eye for a brief moment ...

Ustka’s popularity at the time may be evidenced by the fact that the number of vacationers in 1920 exceeded the number of inhabitants (both numbers were obviously many times smaller than the current ones). At the end of the 1930s, 3,500 people took time to relax here.

Further development was inhibited by the war. The State Enterprise “Uzdrowisko Ustka” was opened only in 1978, and after another decade the city was officially recognized as a health resort.

FROM BATH TO MASSAGE



The list of treatments offered by Uzdrowisko Ustka is very long. Everyone can enjoy them, including the relaxing and general ones. Others require medical consultation. This applies to, among others inhalation, collective gymnastics classes, various electrotherapy treatments, as well as a whole range of baths: brine, carbonic acid, brine with healing bog.



Commonly available treatments include:

- saline inhalations (inhalation of health aerosols);
- thermotherapy and cold therapy, including healing bog compresses for diseased body parts and cryotherapy, i.e. strong freezing of selected body surfaces for a period of 3 minutes;
- phototherapy (Sollux lamp using infrared radiation, Bioptron polarized light lamp and point laser therapy);
- hydrotherapy, or underwater massages (classic, multi-jet, as well as vortex massaging of limbs);
- pearl baths (in streams of air bubbles), including aromatic and with healing bog;
- classic massages, incl. spine, dry vibration, with hot stones and facial massages.



LUXURY AND COMFORT

Among the spa resorts in Ustka, Grand Lubicz Uzdrowisko Ustka offers the highest standard of accommodation and a variety of treatments. It is also the largest area in terms of surface.

The Institute of Natural Medicine is located in the city center near the promenade. It is housed in an elegant building, erected at the beginning of the last century in the area of the bathrooms at the time. It was designed by Heinrich Dunkel and cardiovascular, respiratory and rheumatic diseases were treated here. Treatments are offered to this day (also for vacationers).

Patients have at their disposal numerous accommodation facilities of various standards; it is also possible to stay in the sanatoriums (some have been modernized). These include the “Perła” (Pearl), “Promyk” (Ray), “Radość” (Joy) and “Tęcza” (Rainbow) branches. They offer double and triple rooms, as well as single rooms (“Perła”).



EVENTS

SEA DAYS



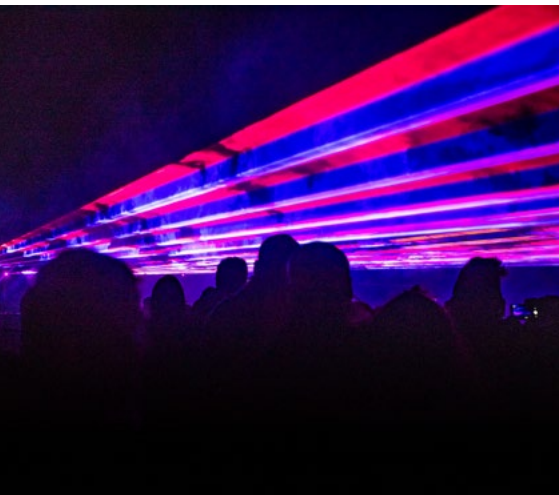
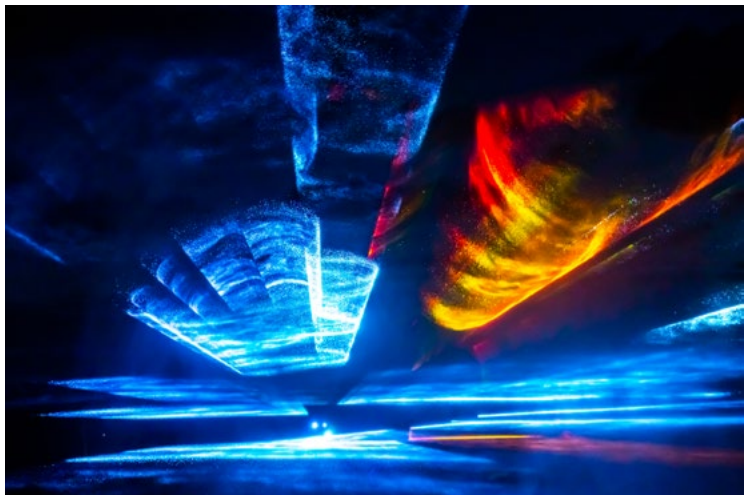
The annual Ustka Sea Days is one of the most popular and favorite events - our guests associate it with the beginning of vacation. The program is extremely varied, as befits a greeting of summer: a parade of vessels, concerts (including shanties) and a fish market on the west side of the port. The latest attraction is the “sprinkling” of the Ustecka Mermaid (as mermaids don’t like being dry for long). A unit of the Marine Rescue Service approaches the monument and generously pours it from a water cannon, to the delight of the gathered spectators. Spectacular regattas are also organized here every year. Those willing can try their hand at panning for gold.



GRAND LUBICZ FESTIVAL OF LIGHTS

Another party at the beginning of the holiday season. Eye-catching presentations combine music, laser shows at the seaside and complex lighting installations. Mushrooms, large dragonflies and water lilies will appear on the promenade and in the harbor the musical frame will be provided by excellent DJs and club music representatives. You cannot miss 3D mapping: multimedia projection, which involves displaying an image on existing objects (usually buildings). A mixture of special effects gives the viewers the impression of, e.g. a fire or a collapsing building. The first mapping in the history of Ustka took place in 2019 at the lighthouse.

The nature of the event causes that the most interesting performances take place after dark: it's worth allowing yourself some time and coming early enough to have a good view.



SOUND OF GRAVITY

The event taking place in July is a real treat for cycling sports enthusiasts - and in the most extreme version. Sound of Gravity is about stunting bicycle acrobatics at high altitudes (up to 6 meters!). They are performed by the best dirt jumping experts in Poland, repeatedly applauded at competitions around the world. The shows are arranged according to a complicated script, thanks to which the viewer is kept in suspense from beginning to end. Some of them take place during the day, while others after dark, in the light of spotlights, with additional special effects, such as fire dancing. Obstacle courses and themed competitions are also part of the event. Cyclists are accompanied by scooter and roller-skating champions. The event takes place on the promenade and in the port. The musical frame will be provided by electronic sounds at the highest world level.





COLUMBUS WIND FESTIVAL

A sky party above the water, usually taking place in July and gaining momentum year by year. During the Columbus Wind Festival, you have to look up high to enjoy breathtaking shows, including aerial and moto-paragliding acrobatics, and flying through an air armada. The staging of air fights and the “landing” of parachute jumpers arouse great emotions. Part of the festival are balloon shows, as well as paragliding competitions with the participation of the best competitors in the world. Anyone wishing to can find out more about this sport and even take up learning how to set a wing. You can see an exhibition of flying equipment and photographs taken from the air. After dark, spectators will see conspicuous pyrotechnic shows and music concerts. A peculiar attraction is the concert of the symphony orchestra to the accompaniment of hot air balloon burners.



BIELSKO BIAŁA AND THE BESKIDS IN USTKA

This event has already grown to a cyclical rank. Every year (in July) Beskid highlanders appear in Ustka, who introduce the culture of their region to the inhabitants and tourists. Gastronomy stands with culinary specialties of Podbeskidzie and Beskids are particularly popular. Everyone wants to taste pork neck, sour soup, or ... grilled pork snouts. There is also oscypek (cold and hot, with cranberry) and locally made pickled cucumbers. Of course, the event is not just about cooking. It is also the place of highland handicrafts presentations and folklore performances.



FISH HARVEST FESTIVAL (CITY FESTIVAL)

The August Fish Harvest Festival is one of the most important cyclical events on the Ustka calendar. They are celebrated as official Ustka Day and Armed Forced Day. There is quite much buzz on the promenade and in the port, although the agenda also includes the so-called Fish Parade along Marynarki Polskiej Street, during which fishermen change into historical costumes. Participants can enjoy fishing and maritime games, art workshops for children; sewing and fishing net repair shows, throwing competitions as well as numerous accompanying events are organized. There is also a fair during the Fish Harvest Festival, where you can buy local fish products and craftsmen’s works. Themed cooking shows are also planned. There are parades held as part of the Armed Forces Day. The evening is traditionally a season of concerts (including shanties).



FESTIVAL OF STREET ART MISTRAL FESTIVAL

At the turn of July and August, Ustka is marked by outdoor street performances. The city turns into a big stage, where open-air theater performances and numerous accompanying shows are held. The event is participated by artists from around the world. You can enjoy comedy, circus, illusionist performances, various dance shows as well as performances for children (including reading fairy tales by actors). Special juggling stations are also being prepared where you can try your hand at juggling or riding a unicycle. For dessert, after dark, guests enjoy the fire-show.



ORGAN AND CHAMBER MUSIC FESTIVAL



Enthusiasts of high-end cultural entertainment should visit Ustka in the summer season (July and August), when the Organ and Chamber Music Festival is organized. The event is nationwide - viewers can applaud artists from all over the country. The concerts take place in the evenings, and their stage is the neo-Gothic church of the Holy Savior (Kościelna 4 Street), equipped with priceless, 19th century organs from the workshop of Völkner from Duninów. In addition to their sound, you can also listen to vocal performances, as well as instruments such as the flute, violin or concert hall.



USTKA CHARLOTTA SAILING DAYS

August is the time of sailors in Ustka. The beginning of the month is marked by the Ustka Charlotta Sailing Days - an event of the rank of Polish championships in the class of Hobie Cat catamarans and 505 single-hull yachts and Flying Dutchman. The competition takes place on the high seas, so the crews of the running units must face difficult conditions on the route. During the first edition of the regatta, the wind speed reached 15 knots, and the waves are up to a meter in height. However, this did not deter the participants who appeared at the start in an impressive number of one hundred people (on fifty yachts).



NOT JUST IN THE SUMMER

Cyclical events take place in Ustka also out of season. December is the time of pre-Christmas preparations. During the Christmas fair, which takes place at the beginning of the month, you can buy a variety of products from local artisans, as well as groceries such as homemade tinctures, honey and other products. The stalls are traditionally set up on Dąbrowski Square or Marynarki Polskiej Street. The event will coincide with Ustka Mikołajki, with attractions such as a Christmas carol concert, games for children and of course a visit by Santa himself.

Ustka also has fun on New Year’s Eve. The outdoor party starts after 10 p.m. at the Promenade. In addition to classic New Year’s party with music, we also invite you to competitions with prizes. The fireworks show begins at the stroke of midnight.

Another type of winter event is the Ice Swimmers Rally, which takes place in February. The event begins in West Ustka (near Blücher’s Bunkers), from where the ice swimmers cross the footbridge and participate in the parade with the brass band orchestra This is followed by a common bath on the eastern beach and a regale with music.



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