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## Potential of Religious-Cognitive Tourism in Polish Cittaslow Towns

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**Abstract:** Most of the Polish Cittaslow towns “due to limited accessibility resulting from both their peripheral location (and often-underdeveloped public transport network), as well as a lack of adequate tourist facilities, tend to lose, in terms of tourist attractiveness, against the big cities in their vicinity” (Zawadzka 2017c, p. 91). However “silence and calmness – the rarest goods of the modern western world” (Zawadzka 2017c, p. 101) prevailing in these towns, as well as the cultural heritage (numerous monument churches) translate into a t large potential of religious-cognitive tourism. The article fills the gap regarding Polish Cittaslow towns, because much is written about the Cittaslow towns in the context of *slow tourism*, *sustainable tourism* and *green tourism*, while *religious-cognitive tourism* is barely mentioned and does not appear in scientific studies. The aim of this article is to explore the religious and cognitive areas of the city of Cittaslow by identifying (1) Christian symbols in the coats of arms of cities. (2) significant sacred buildings and (3) towns of Cittaslow through which the Road of Saint Jacob passes. The potential of religious-cognitive tourism in polish Cittaslow towns is determined based on preassigned point values. The study was largely predicated on desk research methods.

**Keywords:** small towns, small cities, locality, Cittaslow, sustainable tourism, endogenous capital, religious tourism, Christian symbolism in the coats of arms, Road of Saint Jacob

### 1. Introduction

Cittaslow is an alternative development direction for small towns (less than 50 000 inhabitants) that exposes local uniqueness as a response to the globalization and homogenization of urban spaces. It is symptomatic that the authorities and local leaders recognize their membership to the Cittaslow network as a chance for the existence of small cities in the minds of the inhabitants of the region, and thus stimulate their socio-economic development (Zawadzka, 2017a, 2017b, 2017c). Nowadays, as of June 2019, 262 towns in 30 countries and territorial areas in the world belong to the Cittaslow network. Poland, after Italy – a founder country having 84 towns in the network, is the second best with 30 member towns. The structure of Polish Cittaslow network is diverse – the network includes urban communes, entire urban-rural communes, individual towns that are part of urban-ru-

ral communes as well as one rural commune (Table 1).

The analysis of more than 70 scientific articles published between 2005 and 2018 (of which more than 70% is from 2015–2018) has confirmed the continuously increasing importance of the Cittaslow idea perceived as a research matter. Among the issues being in the scope of interest of researchers representing different science disciplines there are: *sustainable tourism* (e.g. Jung et al., 2014; Park and Kim, 2015; Presenza et al., 2015) also called *slow tourism* (Dickinson and Lumsdon, 2010; Lowry and Lee, 2011), *slow travel* (Dickinson and Lumsdon, 2010; Sukiennik, 2014), *rural tourism* (Adeyinka-Ojo and Khoo-Lattimore, 2013; Hjalager et al., 2017) and *green tourism* (Maćkiewicz and Konecka-Szydłowska, 2017). The Cittaslow is also a subject of general considerations on philosophical ideas behind the movement itself,

the certification process, the tourist aspect of the phenomenon (the above-mentioned *slow tourism* as well as eco-gastronomic) and social issues like the *slow lifestyle* (Galibarczyk, 2017; Górski et al., 2017; Knox, 2005; Konecka-Szydłowska, 2017; Kopeć, 2012; Lowry and Lee, 2011; Nilsson et al., 2011; Parkins and Craig, 2006; Pink, 2009; Presenza et al., 2015; Rembarz and Labuhn, 2017; Salm, 2017; Strzelecka, 2017a, 2017b; Sukiennik, 2014; Zaděcka, 2016).

The potential of religious tourism in Polish Cittaslow towns was mentioned only in the A4-size brochure posted on the site *cittaslowpolska.pl* entitled "On the sacred route". Four towns located on the Road of Saint Jacob were listed (Reszel, Barczewo, Nowe Miasto Lubawskie through Murowana Goślin) and "pearls of religious architecture" located in eight towns were shortly described (Nowe Miasto Lubawskie, Lubawa, Dobre Miasto, Lidzbark Warmiński, Stoczek Klasztorny – near Lidzbark Warmiński, Bisztynek, Reszel, Święta Lipka – near Reszel). In "Strategia Rozwoju Turystyki Województwa Warmińsko-Mazurskiego do roku 2025" [Tourist Development Strategy for the Warmińsko-Mazurskie Voivodeship by the year 2025] categorizes tourist products into four groups: (1) image product, (2) basic product, (3) niche products, (4) complementary products (Galibarczyk, 2017, pp. 117–119). Cittaslow towns belonging to "Stowarzyszenie Polskie Miasta Cittaslow" qualified to the first group – image product (together with Kraina Wielkich Jezior Mazurskich, Kraina Kanału Elbląskiego and flagship cultural and natural

trails). Whereas "pilgrimage and sacred tourism" together with "active tourism – horse riding" qualified to the fourth group – complementary products.

Most of the Polish Cittaslow's towns, apart from Reszel and Lidzbark Warmiński (in which there are well-known castles), Ryn (where Ekomarina is located), Gołdap (which is the only health resort among all Polish Cittaslow towns) are not the main tourist destinations (Zawadzka, 2018, pp. 50–51). But "instead of global hotel networks, restaurants or shops (apart from cultural, social and natural values of their regions) they offer tourists the opportunity to meet silence and calmness – the rarest goods of the modern western world" (Zawadzka, 2017c, p. 101). This specific atmosphere of small towns favors silencing the mind and contemplating values that are really important. A characteristic feature of the vast majority of Polish Cittaslow towns is their historical location and the presence of historic sacred buildings of historical and cognitive value. This dual (sacral-cognitive) character of the facilities combined with the atmosphere of small towns can be an alternative to mass tourism – an offer for people seeking spiritual values and silence. Religious-Cognitive tourism is this kind of tourism that happens in two dimensions: material and spiritual one. It is a journey not only on the trail of Christian artifacts, but also deep within themselves. For example, in order to re-think your relationship with God, yourself, and other people living together every day.

## 2. Christian symbolism in the coats of arms of Polish Cittaslow towns

The largest number of Polish Cittaslow towns (22) is located in the Warmińsko-Mazurskie Voivodeship, two in the Opolskie Voivodeship, one in the voivodeships of Śląskie, Wielkopolskie, Pomorskie, Lubelskie, Łódzkie Voivodeship and Zachodnio-Pomorskie. Among 30 coats of arms of Polish Cittaslow towns, 17 have Christian symbols (Table 1).

**Barczewo's** coat of arms<sup>1</sup> presents two angels with golden wings on a blue background, hovering over a green hill and holding a bishop's miter between them. **Biskupiec's** coat of arms<sup>2</sup> features episcopal castle with a sloping roof and two towers with battlements; the entirety is surrounded by a defensive wall, and in the central part there is a shield presenting the family coat

<sup>1</sup> According to *Appendix no 1 of Uchwała Nr LIX/431/2018 Rady Miejskiej w Barczewie z dnia 23 października 2018 r. w sprawie uchwalenia Statutu Gminy Barczewo*.

<sup>2</sup> Arms is graphically depicted without description in *Appendix no 2 of Uchwała Nr XXI/126/2012 Rady Miejskiej w Biskupcu z dnia 26 czerwca 2012 r. w sprawie uchwalenia Statutu Gminy Biskupiec*.

of arms of bishop Henryk Sorbom (in the red field, a silver broken wall in the shape of two-sided stairs) and the episcopal miter. The coat of arms of bishop Henryk Sorbom is also found in **Bisztynek's** coat of arms<sup>3</sup>. The description is as follows: in the blue field of the Spanish-style late-Gothic shield, shield with the personal coat of arms of bishop Henryk Sorbom (in the red field, a silver broken wall in the shape of two-sided stairs), behind it the golden bishop's pastor diagonally upside down with a shawl hanging from it silver (panisellus) with three tassels. **Braniewo's** coat of arms<sup>4</sup> presents a linden tree on a silver background with thirteen leaves growing on a green hill. Under the tree stand a winged two-legged dragon on the left and a deer on the right. The animals are red, have golden horns, claws, hooves. The heads of the animals are raised. The symbolism of the coat of arms is as follows: a winged two-legged red dragon – a symbol of defeated paganism, a red deer – a symbol of Christianity. Tree denotes the city. Thirteen leaves are the symbol of thirteen historic lime trees that grew in front of the city gate. The deer is also in the coats of arms of Dobre Miasto and Ryn. **Dobre Miasto's** coat of arms<sup>5</sup> depicts a dark red deer, with brown hooves, with two green oak leaves in its mouth, turned to the right, with a raised right front leg, standing on a green ground from which a green stalk grows, penetrating into the underbelly of the deer. The image is placed in the white field of the shield. **Ryn's** coat of arms<sup>6</sup> depicts a deer lying under a tree. **Działdowo's** coat of arms<sup>7</sup> presents the image of Saint Catherine standing in a gothic portal in a blue shield rounded at

the bottom with proportions of 7:6 (ratio of height to width), facing left with a fragment (1/4 of the total) of a torture wheel held in her right hand, and a sword in her left hand, the tip of which rests on the ground. On both sides of the portal, halfway up its height, there are knightly shields divided into 12 spaces in a red and white chessboard. **Głubczyce's** coat of arms<sup>8</sup> depicts a standing angel with partly spread wings holding two shields. The whole composition is placed on a heraldic shield with a two-colored red-yellow field. Under the right hand a shield with a red field showing a white lion. Under the left hand there is a blue field shield with three white bare feet. The whole composition is placed on a triangle-shaped shield with a two-colored red (top) and yellow (bottom) field. **Lidzbark Warmiński's** coat of arms<sup>9</sup> depicts the Lamb of God against a blue background standing on a green grass, holding in his bent leg a golden crosier surrounded in the upper part by seven points of golden color. The Lamb is facing left. **Lubawa's** coat of arms<sup>10</sup> presents bishop Christian who brought the Christian faith to the Lubawa region. He also symbolizes the rulers of the city, who were the Chełmno bishops for five hundred years. On his head the Bishop has a very low medieval miter with an isosceles cross in the middle: a very straight face, almost childish, with long hair. Dressed in a chasuble and alb, in his left hand he holds a pastoral staff with its curved top facing left, and his right hand is raised for blessing. He stands between two trees saying that the Lubawa region was once rich in mixed forests. There are two versions of coat of arms

<sup>3</sup> According to Appendix no 1 of Uchwała Nr XXVII/159/17 Rady Miejskiej w Bisztyнку z dnia 31 marca 2017 r. w sprawie ustanowienia herbu, flagi i pieczęci Gminy Bisztynek oraz zasad ich używania

<sup>4</sup> According to Appendix no 1 of Uchwała Nr XV/79/15 Rady Miejskiej w Braniewie z dnia 28 października 2015 r. w sprawie ogłoszenia tekstu jednolitego Statutu Miasta Braniewa.

<sup>5</sup> According to Appendix of Uchwała nr XVIII/122/2015 Rady Miejskiej w Dobrym Mieście z dnia 29 grudnia 2015 r. w sprawie uchwalenia Statutu Gminy Dobre Miasto.

<sup>6</sup> According to Appendix of Uchwała Nr XLIX/360/18 Rady Miejskiej w Rynie z dnia 26 września 2018 r. w sprawie Statutu Gminy Ryn.

<sup>7</sup> According to Appendix no 2 of Obwieszczenie Nr 2 Przewodniczącego Rady Miasta Działdowo z dnia 10 listopada 2011 r. w sprawie ogłoszenia jednolitego tekstu uchwały Nr VI/60/03 Rady Miejskiej w Działdowie z dnia 27 marca 2003 r. w sprawie uchwalenia Statutu Gminy – Miasto Działdowo.

<sup>8</sup> Was approved by Uchwała Rady Miejskiej Nr XV/174/95 z dnia 23 listopada 1995 r.,

<sup>9</sup> According to Appendix no 2 of Uchwała Nr XII/91/2015 Rady Miejskiej W Lidzbarku Warmińskim z dnia 2 września 2015 r. w sprawie Statutu Miasta Lidzbark Warmiński.

<sup>10</sup> According to Appendix no 2 of Obwieszczenie Nr 1/2019 Rady Miasta Lubawa z dnia 22 sierpnia 2019 r. w sprawie ogłoszenia tekstu jednolitego Statutu Miasta Lubawa.

Table 1. Basic information regarding Polish Cittaslow towns (Author's own study)

Town <sup>1</sup> (in Cittaslow since)	Arms	Type of commune (part belonging to Cittaslow)	Town (in Cittaslow since)	Coat of arms	Type of commune (part belonging to Cittaslow)	Town (in Cittaslow since)	Coat of arms	Type of commune (part belonging to Cittaslow)
Barczewo (2013)		urban-rural (only the town)	Jeziorany (2016)		urban-rural (only the town)	Orneta (2015)		urban-rural (the whole commune)
Bartoszyce <sup>2</sup> (2015)		urban (the whole commune)	Kalety (2014)		urban (the whole commune)	Pasym (2014)		urban-rural (only the town)
Biskupiec <sup>3</sup> (2007)		urban-rural (the whole commune)	Lidzbark (2015)		urban-rural (only the town)	Prudnik (2015)		urban-rural (the whole commune)
Bisztynek (2007)		urban-rural (only the town)	Lidzbark Warmiński <sup>4</sup> (2007)		urban (the whole commune)	Rejowiec Fabryczny <sup>5</sup> (2014)		urban (the whole commune)
Braniewo <sup>6</sup> (2019)		urban (the whole commune)	Lubawa <sup>7</sup> (2012)		urban (the whole commune)	Reszel (2007)		urban-rural (only the town)
Dobre Miasto (2013)		urban-rural (only the town)	Murowana Goślina (2010)		urban-rural (only the town)	Ryn (2012)		urban-rural (only the town)

Działdowo <sup>8</sup> (2015)		urban (the whole commune)	Nidzica (2014)		urban-rural (only the town)	Sepol (2016)		urban-rural (only the town)
Głubczyce (2016)		urban-rural (the whole commune)	Nowe Miasto Lubawskie <sup>9</sup> (2010)		urban (the whole commune)	Sianów (2017)		urban-rural (the whole commune)
Gołdap (2013)		urban-rural (the whole commune)	Nowy Dwór Gdański (2014)		urban-rural (only the town)	Rzgów (2017)		urban-rural (the whole commune)
Górowo Iławeckie <sup>10</sup> (2014)		urban (the whole commune)	Olśztynek (2012)		urban-rural (only the town)	Wydminy <sup>11</sup> (2019)		rural (the whole commune)

Explanations: <sup>1</sup> Cittaslow towns are listed in alphabetical order; <sup>2</sup> The urban commune of Bartoszyce is surrounded by the rural commune also named Bartoszyce (rural commune of Bartoszyce is not a member of the Cittaslow network); <sup>3</sup> The urban-rural commune of Biskupiec Cittaslow is located in the Olśztyński County. In the Nowomiejski County there is the rural commune of Biskupiec which is not a member of Cittaslow network; <sup>4</sup> The urban commune of Lidzbark Warmiński is surrounded by the rural commune also named Lidzbark Warmiński (rural commune of Lidzbark Warmiński is not a member of Cittaslow network); <sup>5</sup> To the west of the urban commune of Rejowiec Fabryczny is the rural commune also named Rejowiec Fabryczny, and to the east is the urban-rural commune of Rejowiec (rural commune of Rejowiec Fabryczny is not a member of Cittaslow network); <sup>6</sup> The urban commune of Braniewo is surrounded by the rural commune also named Braniewo (rural commune of Lubawa is not a member of Cittaslow network); <sup>7</sup> The urban commune of Działdowo is surrounded by the rural commune also named Lubawa (rural commune of Lubawa is not a member of Cittaslow network); <sup>8</sup> The urban commune of Działdowo is surrounded by the rural commune also named Działdowo (rural commune of Działdowo is not a member of Cittaslow network); <sup>9</sup> The urban commune of Nowe Miasto Lubawskie is surrounded by the rural commune also named Nowe Miasto Lubawskie (rural commune of Nowe Miasto Lubawskie is not a member of Cittaslow network); <sup>10</sup> The urban commune of Górowo Iławeckie is surrounded by the rural commune also named Górowo Iławeckie (rural commune of Górowo Iławeckie is not a member of the Cittaslow network); <sup>11</sup> Commune of Wydminy is the only rural commune among 30 Polish members of the Cittaslow network.

of **Murowana Goślina**. The first one – Great coat of arms of Murowana Goślina<sup>11</sup> presents shield held by an angel in a red robe, a sash, orifice, golden halo and hair. Shield presents in the blue field a silver (white) strip with a right slant, on it three red roses. The second versions – Coat of arms of Murowana Goślina presents shield without the angel. **Nowy Dwór Gdański's** coat of arms<sup>12</sup> is as follows: on a shield with a silver (white) head, in which three red roses in a stripe, in a blue field a silver (white) castle with three blank towers with red roofs, of which the central one is crowned with a golden cross, side ones with bullets, a closed golden gate and five black window openings. The castle wall is finished with battlements. **Olsztynek's** coat of arms<sup>13</sup> presents Saint Peter. Description of the coat of arms: In the silver field, on the green grass, the figure of Saint Peter in a blue robe with a gold key with the tooth upwards to the right, in his right hand, supported by a golden stick with his left hand. The image is placed on the shield. The figure of Saint Peter in a long undulating robe, with a halo around his head without a hat. Bare legs stick out from under the long sash. Yellow shield on white

background. Face hands and feet pink-yellow, hair, beard, mustache and a halo of white color. The ratio of width to length 5:6. **Pasym's** coat of arms<sup>14</sup> is an image of the Mother of God wearing a crown, in a blue robe with Baby Jesus on her left hand. In her right she holds a scepter of lilies. The figure stands on a green turf against the backdrop of a red city gate with four towers. The heads of the Mother and Child are surrounded by yellow halos. The image is embedded on a silver heraldic shield. **Reszel's** coat of arms<sup>15</sup> presents an image of a brown bear climbing a silver episcopal staff with a golden head. Dark green background with black wire, stylized acorn motifs in light green. **Sianów's** coat of arms<sup>16</sup> is an image of a silver fishgriffin against a red background. It is facing right and its head wears a crown decorated with a cross. At the bottom there is a diagonally running blue wavy ribbon symbolizing the Polnica River flowing through the town (inflow of the Unieść River). **Rzgów's** coat of arms<sup>17</sup> is the figure of Saint Stanisław Bishop in the blue field in silver robes and a golden halo, with his right hand in a gesture of benediction, holding a gold crosier in his left.

### 3. Significant churches and sanctuaries

Despite the progress of secularization in the contemporary world, there has been an intense growth in visits to places of religious worship in Poland since the beginning of the 1990s (Flaga and Markiewicz, 2014, p. 71). The churches and sanctuaries of importance were selected based on the administrative division of the Catholic Church. There are 15 metropolises in Poland

(including one Greek Catholic). There are 44 dioceses among the metropolises including two Greek Catholic: Archieparchia Przemysko-Warszawska – located to the east of the Vistula River and Eparchia Wrocławsko-Gdańska – located to the west of the Vistula River. All the Polish Cittaslow towns are located in 8 metropolises (I-VIII) and 11 dioceses (1-11) and fall

<sup>11</sup> According to Appendix no 2 of Uchwała Nr XLVIII/449/2018 Rady Miejskiej w Murowanej Goślinie z dnia 18 września 2018 r. w sprawie uchwalenia Statutu Miasta i Gminy Murowana Goślina.

<sup>12</sup> According to Uchwała Nr 446/LVI/2018 Rady Miejskiej w Nowym Dworze Gdańskim z dnia 18 października 2018 r. w sprawie uchwalenia Statutu Gminy Nowy Dwór Gdański.

<sup>13</sup> According to Appendix no 5 of Uchwała Nr XXXVIII-410/2014 Rady Miejskiej w Olsztyнку z dnia 6 listopada 2014 r. w sprawie Statutu Gminy Olsztynek.

<sup>14</sup> According to Uchwała nr XII/78/2011 Rady Miejskiej w Pasymiu z dnia 16 grudnia 2011 r. w sprawie: Statutu Gminy Pasym.

<sup>15</sup> According to Appendix of Obwieszczenie Nr 1/2019 Rady Miejskiej w Reszlu z dnia 29 sierpnia 2019 r. w sprawie: ogłoszenia tekstu jednolitego uchwały w sprawie Statutu Gminy Reszel.

<sup>16</sup> According to Uchwała Nr V/25/90 Rady Miejskiej w Sianowie z dnia 14 września 1990 r. w sprawie herbu miasta Sianów.

<sup>17</sup> According to Uchwała Nr XXVI/216/2001 Rady Gminy Rzgów z dnia 28 maja 2001 r. w sprawie herbu i flagi Rzgowa i Gminy Rzgów.

under: (I) Metropolia Gdańska: (1) Diecezja – Toruńska (Działdowo, Lidzbark, Lubawa, Nowe Miasto Lubawskie); (II) Metropolia Gnieźnieńska: (2) Archidiecezja Gnieźnieńska (Murowana Goślina); (III) Metropolia Katowicka: (3) Diecezja Gliwicka (Kalety) and (4) Diecezja Opolska (Głubczyce, Prudnik); (IV) Metropolia Lubelska: (5) Archidiecezja Lubelska (Rejowiec Fabryczny); (V) Metropolia Łódzka: (6) Archidiecezja Łódzka (Rzgów); (VI) Metropolia Przemysko-Warszawska Kościoła Grekokatolickiego: (7) Archieparchia Przemysko-Warszawska Kościoła Grekokatolickiego (Braniewo, Orneta, Bartoszyce, Dobrze Miasto, Górowo Iławeckie, Lidzbark Warmiński, Reszel, Wydminy); (VII) Metropolia Szczecińsko-Kamieńska: (8) Diecezja Koszalińsko-Kołobrzewska (Sianów); (VIII) Metropolia Warmińska: (9) Archidiecezja Warmińska (Barczewo, Bartoszyce, Biskupiec, Bisztynek, Braniewo, Dobrze Miasto, Górowo Iławeckie, Jeziorany, Lidzbark Warmiński, Nidzica, Olsztynek, Orneta, Pasym, Reszel, Sępólno); (10) Diecezja Elbląska (Nowy Dwór Gdański) and (11) Diecezja Ełcka (Gołdap, Ryn, Wydminy).

Across all Polish Cittaslow towns there are one Co-cathedral (in Gołdap), two Collegiates (in Lidzbark Warmiński and in Dobrze Miasto) and ten sanctuaries (two in Braniewo and one in Bartoszyce, Biskupiec, Bisztynek, Działdowo, Lubawa, Nowe Miasto Lubawskie, Orneta and Pridnik Las). In addition, there are three sanctuaries located near the Cittaslow towns: in Stoczek Klasztorny – 10 km from Lidzbark Warmiński, in Lipy – 2 km from Lubawa and in Święta Lipka – 7 km from Reszel.

**In Barczewo**, in Dekanat Barczewo there are two parish churches dedicated to:

- Święty Andrzej Apostoł (Monument No. 266 (B/124) from 20.03.1957),
- Święta Anna (Monument No. 267 (B/126) from 18.03.1957).

**In Bartoszyce**, in Dekanat Bartoszyce there is Sanctuary of Święty Brunon Bonifacy z Kwerfurt Biskup i Męczennik near the parish of Święty Brunon (Monument No A-4470 from 3.07.2007). It was built in 1882–1883 in the Neo-Gothic style. There are also three parish churches dedicated to:

- Święty Brat Albert,

– Święty Jan Chrzciciel (Monument No. 248 (B/19) from 12.03.1957),

– Święty Jan Ewangelista i Matka Boska Częstochowska (Monument No. A-213 from 12.03.1957).

In Greek Catholic Dekanat olsztyński there is a parish church dedicated to Święty Andrzej Apostoł. It is in the former fire station building. In the years 1996–1998 the building was rebuilt and adapted to the needs of religious worship.

**In Biskupiec**, in Dekanat Biskupiec Reszelski there is Sanctuary of Matka Boska Fatimska near the Parish of Błogosławiona Karolina **Kózkówna** (Monument No. 2129 from 8.09.1987). In 1842–1946 Lutherans built a temple here, and in 1868–1871 they added a tower. It is a three-nave church, not oriented, in the form of a basilica (the main nave is higher than the aisles and rays of sun coming through the windows of the main nave illuminate the aisles), with a semi-circularly closed presbytery. It was built in the Neo-Roman style with Italian inspirations referring to the Tuscan architecture. This impression is compounded by a free-standing bell tower in the type of Italian campanile, reminiscent of a tall chimney. The temple, which belonged to the evangelical community, was abandoned after 1945 and began to deteriorate. In the 80s of the last century, the diocese of Warmia made efforts to acquire this object for the needs of Catholic religious worship. There are also five parish churches dedicated to:

- Święty Jan Chrzciciel in Biskupiec (Monument No. 122 (B/12) from 13.09.1949),
- Święty Mikołaj i Święty Antoni Padewski in Biesowo (Monument No. A-4141 from 18.01.2000),
- Święty Józef in Kobyły (Monument No. A-4136 from 18.01.2000),
- Święty Józef i Wniebowzięcie Najświętszej Maryi Panny in Stanclowo,
- Chrystus Król in Węgój (Monument No. A-4313 from 20.01.2005).

**In Bisztynek**, in Dekanat Reszel there is the Diocesan Sanctuary of Najdroższa Krew Pana Jezusa near the Parish of Święty Maciej Apostoł i Najdroższa Krew Pana Jezusa (Monument No. A-413 from 12.10.1957). This is one of the largest churches in Warmia. The sanctuary has been

a place of worship of the Blessed Sacrament since ancient times, to which the Eucharistic miracle contributed. The church was built in the late 13<sup>th</sup> century in the Gothic style. It is an oriented, three-nave church with eight spans, with a separate presbytery, erected on a rectangular plan. The structure is made of stone (up to half its height) and bricks, later plastered. A characteristic element of this building is the late Baroque wide western facade with a semi-oval pediment. It is decorated with several pairs of pilasters, as well as a profiled cornice. The Gothic tower pulled into the body was built in the 16<sup>th</sup> century. It is made of brick, decorated with ogival blinds and topped with a Baroque helmet with a lantern. Relics of the Gothic nave have also been preserved in the walls of the nave. The church area is separated from the street by a baroque wall with pillars of 12 apostles.

**In Braniewo**, in Dekanat Braniewo there are two sanctuaries. The first is the Decanter Sanctuary of Matka Boska Fatimska near the Parish of Święta Katarzyna (Monument No. B/39 from 14.12.1957). The construction of the church began in 1346. It was erected in the place of an existing wooden church built in honor of Saint Catherine, which was there already in 1280. In 1381, the construction of the choir and church body was completed (without the vault). From 1399 the church was fully operational. Around 1426, work began on the construction of a large tower climbing to the sky. Two chapels were built at the feet of the tower. The works were completed in 1442. The sanctuary is a Gothic hall church with a length of 41 m (including the presbytery and tower – 61 m) and 25 m wide. The three-nave interior consists of ten octagonal, massive pillars arranged in two rows and a stellar vault. At the end of World War II, the church and the tower suffered the most damage in their 600-year history. Thanks to the efforts of the Warmian bishops, the ruins of the church returned to the possession of the diocese. In 1979 reconstruction began and the temple was restored. Since 1982, services have been held there again. In 2001, the church gained the status of Basilica Minor. The second sanctuary **in Braniewo** is the Sanctuary of Krzyż Święty near the Parish of Krzyż Święty (Monument No. B/40 (544/97) from 14.12.1957). The church

was built in 1722–1747 as a classicist building on the Greek cross plan with a dome built at the intersection. It is built of plastered brick. Its facades are decorated with niches, which hold statues. The interior has retained a Rococo décor, with richly decorated altars and a pulpit. On the barrel vaults of the arms there is gilded stucco decoration, and in the cupola of the dome – polychrome made in 1951. On the left and right side of the presbytery there are two sacristies with cross vaults. There are also two parish churches dedicated to:

- Święty Wojciech,
- Święty Antoni (Monument No. A-432 from 14.12.1957).

In Greek Catholic Dekanat elbląski there is a parish church dedicated to Święta Trójca (Monument No. A-427 from 14.12.1957).

**In Dobrze Miasto**, in Dekanat Dobrze Miasto there is the Collegiate Basilica near the parish of Najświętszy Zbawiciel i Wszyscy Święci (Monument No. 8 (D/1) from 16.09.1949), the second largest temple in Warmia. There is also a parish church dedicated to Święta Faustyna. In Greek Catholic Dekanat olsztyński there is a parish church dedicated to Święty Mikołaj (Monument No. A-51 from 16.09.1949).

**In Działdowo**, in Dekanat Działdowo there is the Sanctuary of Męczennicy Działdowscy Arcybiskup Julian Nowowiejski i Biskup Leon Wetmański near the parish of Święta Katarzyna Aleksandryjska. It is the youngest sanctuary among the discussed (from June 8, 2014) and the only one that is not considered a monument. There are also two parish churches dedicated to:

- Święty Wojciech Biskup i Męczennik (Monument No. A-1678 from 26.04.2000),
- Podwyższenie Krzyża Świętego (Monument No. a-672 from 21.10.1967).

**In Głubczyce**, in Dekanat Głubczyce there are thirteen parish churches dedicated to:

- Podwyższenie Krzyża Świętego in Bogdanowice (Monument No. 110/2010 z 15.03.2010),
- Święty Jan Nepomucen in Braciszów (Monument No. 1163/66 from 18.02.1966),
- Święty Jakub Starszy Apostoł in Debrzyca (Monument No. 1165/66 z 18.02.1966),



- Narodzenie Najświętszej Maryi Panny in Głubczyce (Monument No. 112/54 z 12.07.1954),
- Święty Marcin in Gołuszowice (Monument No. 118/54 from 25.08.1954, 1170/66 from 19.02.1966),
- Ścięcie Świętego Jana Chrzciciela in Grobniki (Monument No. 1172/66 from 19.02.1966),
- Święty Wawrzyniec in Królowe (Monument No. 1174/66 from 19.02.1966),
- Podwyższenie Krzyża Świętego in Lisięcice (Monument No. 975/65 from 13.02.1965),
- Trójca Święta in Opawice (Monument No. 120/54 from 25.08.1954),
- Święty Jan Chrzciciel in Pomorzowice (Monument No. 796/64 from 13.04.1964),
- Święci Apostołowie Piotr i Paweł in Równie (Monument No. 640/59 from 13.11.1959),
- Trójca Święta in Ściborzyce Małe (Monument No. 430/58 from 8.10.1958),
- Święta Maria Magdalena in Zawiszce.

**In Gołdap**, in Dekanat Gołdap there is the Co-Cathedral of Najświętsza Maria Panna Matka Kościoła (the tower became Monument No. 49 in 22.03.1956, whereas the ruins are Monument No. 9 as of 13.02.1979). Built around 1570–1580, in the Gothic style, as a brick indoor temple, with a side porch and a massive tower from the west, its walls are 3 meters thick. Initially it was an Evangelical church (until 1945). During the war (1944–1945) it was almost completely destroyed and it was not until 1981–1984 that it was rebuilt and intended for religious worship. In 1992, the church was established by Pope John Paul II as the Co-cathedral of the Ełk diocese.

There are also three parish churches dedicated to:

- Święty Józef Robotnik in Gołdap,
- Święty Leon i Święty Bonifacy in Gołdap (Monument No. A-1713 from 7.10.1986),
- Święty Antoni Padewski in Górne.

**In Górowo Iławeckie**, in Dekanat Górowo Iławeckie there is a parish church dedicated to Najświętsze Serce Pana Jezusa (Monument No. A-3906 form 22.07.1996). In Greek Catholic Dekanat olsztyński there is a parish church dedicated to Podwyższenie Krzyża Świętego (Monument No. A-215 from 15.03.1957).

**In Jeziorany**, in Dekanat Jeziorany there is a parish church dedicated to Święty Bartłomiej (Monument No. 274 (J/26) from 16.03.1957).

**In Kalety**, in Dekanat Woźniki there are three parish churches dedicated to:

- Matka Boska Fatimska,
- Święty Józef,
- Święty Franciszek z Asyżu.

**In Lidzbark**, in Dekanat Lidzbarski there are two parish churches dedicated to:

- Święty Wojciech Biskup i Męczennik (Monument No. a-528 from 22.08.1960),
- Wniebowzięcie Najświętszej Maryi Panny i Święci Aniołowie Stróżowie.

**In Lidzbark Warmiński**, in Dekanat Lidzbark Warmiński there is the Collegiate of Święci Apostołowie Piotr i Paweł (Monument No. 50 (L/5) from 16.09.1949). It was built in the mid-14<sup>th</sup> century, in the form of a three-nave, five-span hall. The church has stellar vaults from the end of the 14<sup>th</sup> century in the nave and aisles and from the 15<sup>th</sup> century in the chapels by the tower. There are two parish churches dedicated to:

- Podwyższenie Krzyża Świętego (Monument No. 841 from 25.08.1968),
- Święty Andrzej Bobola.

In Greek Catholic Dekanat olsztyński there is a parish church dedicated to Święci Cyryl i Metody.

**In Stoczek Klasztorny** – located 2 km from Lidzbark Warmiński – there is the sanctuary of Nawiedzenia Najświętszej Maryi Panny (Monument No. 852 from 23.08.1968). It was built as a votive offering of Bishop Mikołaj Szyszkowski after the war with Sweden. The church in the form of a rotunda was built in the years 1639–1641. Stoczek Klasztorny was the second place of detention of the cardinal, Primate Stefan Wyszyński from 12.10.1953 to 6.10.1954.

**In Lubawa**, in Dekanat Lubawa there are two separate places related to the cult of Matka Boża Lipska: **in Lipy** – located 2 km from Lubawa – and Lubawa. The first of the two features a branch church (pilgrimage) of Nawiedzenie Najświętszej Maryi Panny

erected in the 19<sup>th</sup> century in the place of the original chapel (from the 13<sup>th</sup> century) (Monument No. 916 from 3.08.1968). It is one of the most important pilgrimage sites in Warmia and Mazury. In 1861, all the equipment in the temple burned down. The church was rebuilt in the neo-Gothic style. The second temple associated with the cult of Matka Boża Lipska is the parish church of Nawiedzenie Najświętsza Maryja Panna i Święta Anna located in the center of Lubawa (Monument No. 265 (L/51) from 20.03.1957). It is a Gothic, one-nave church built in 1330, which has been rebuilt and modified several times, especially after the fires of the 16<sup>th</sup> century. In later centuries it was enriched with Renaissance and Baroque elements. There are many interesting works of sacred art inside, including Baroque main altar from 1723 with a picture of Matka Boża Różańcowa dated around 1600, and Baroque side altars. It is also worth paying attention to two chapels located in the temple: Guardian Angels and Saint Barbara. In the latter, one can marvel the miraculous statue of Matka Boża Lipska resting on the baroque altar. In Lubawa there is also parish church dedicated to Święci Jan Chrzyciel i Michał Archanioł (Monument No. 264 (L/50) from 22.03.1957).

**In Murowana Goślina**, in Dekanat Gośliński there are two parish churches dedicated to:

- Najwyższy Arcykapłan Jezus Chrystus,
- Święty Jakub Apostoł (Monument No. 2393/A from 12.12.1932).

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**In Nidzica**, in Dekanat Nidzica there are three parish churches dedicated to:

- Błogosławiona Bolesława Lament,
- Miłosierdzie Boże,
- Niepokalane Poczęcie Najświętszej Maryi Panny i Święty Wojciech.

**In Nowe Miasto Lubawskie**, in Dekanat Nowomiejski there is the Sanctuary of Matka Boża Łąkowska near the parish of Święty Tomasz Apostoł (Monument No. N/7 from 24.06.1953). The first chapel was built by the Teutonic Knights at the end of the 13<sup>th</sup> century. During the Swedish wars the reformers' monastery burned down, after which a new seat was founded. During the partitions the monastery

was closed and its rooms served as a hospital for the mentally ill. In 1882, a lightning struck the church, and the building burned down. Fortunately, the figurine was saved from fire and transferred to the parish church in Nowe Miasto Lubawskie. For unexplained reasons, a year later the monastery also burned down. Subsequently, the figurine went to the parish church of Święty Tomasz Apostoł where it remains to this day. The church building features elements of the Gothic style. It is a three-nave brick structure with a three-span presbytery. The temple was built gradually, and during the fourteenth and fifteenth centuries rebuilt, giving it the layout of the basilica. At the beginning of the 17<sup>th</sup> century, in the corner, between the south nave and the presbytery, the Działyński grave chapel was added. The interior of the church is decorated with wall polychromes from various historical periods. The temple also features historic organs with an early Baroque external setting from 1610.

**In Nowy Dwór Gdański**, in Dekanat Nowy Dwór Gdański there are two parish churches dedicated to:

- Niepokalane Serce Maryi,
- Przemienienie Pańskie.

**In Olsztynek**, in Dekanat Olsztynek there are two parish churches dedicated to:

- Błogosławiona Aniela Salawa,
- Najświętsze Serce Pana Jezusa (Monument No. A-4132 from 17.01.2000).

**In the Orneta** commune, in Dekanat Orneta in Krosno (4 km from Orneta) there is the Sanctuary of Nawiedzenie Najświętszej Maryi Panny i Święty Józef near the parish of Nawiedzenie Najświętszej Maryi Panny i Święty Józef (Monument No. A-107 from 27.06.1953). In 1593, the mayor of Barczew, Jakub Barcz, the owner of Krosno, erected a chapel featuring the famous statue of the Mother of God with the Child, which was found at the end of the 14<sup>th</sup> century by children in the Drwęca Warmińska River. In 1685, the church authorities of the Diocese of Warmia assigned a priest to service the pilgrims coming here. Soon the chapel proved to be too small. Therefore, the construction of the currently existing temple in the Baroque style began. In 1715, the cor-

nerstone for the new church was consecrated. The church plans were modeled after the Sanctuary in Święta Lipka. On September 8<sup>th</sup>, 1720, the temple was consecrated. The three-storey western facade of the church looks impressive, flanked by two towers, separated by pairs of pilasters. In the years 1726–1777, cloisters were built around the church, forming an elongated quadrangle with the Way of the Cross. In the Orneta commune there are also five parish churches dedicated to:

- Święty Mikołaj i Święty Roch in Bażyny (Monument No. A-638 from 12.10.1967),
- Podwyższenie Krzyża Świętego in Chwałęcín (Monument No. A-203 from 09.03.1957),
- Podwyższenie Krzyża Świętego in Opin (Monument No. A-208 from 11.03.1957),
- Święty Jan Chrzciciel in Orneta (Monument No. A-185 from 17.11.1956).

In Greek Catholic Dekanat elbląski there is a parish church dedicated to Błogosławiony Omelan Kowcz.

**In Pasym**, in Dekanat Pasym there is a parish church dedicated to Najświętsze Serce Pana Jezusa (Monument No. A-4153 from 16.03.2000).

**In Prudnik**, in Dekanat Prudnik there is the Sanctuary of Święty Józef in Prudnik Las. In 1996 the monastery church was raised to the status of a sanctuary in connection with the internment in the monastery of the cardinal, Primate Stefan Wyszyński from 6.10.1954 to 27.10.1955. It was the third of four places of his of detention.

There are also seven parish churches dedicated to:

- Matka Boska Częstochowska in Łąka Prudnicka,
- Podwyższenie Krzyża Świętego in Moszczanka,
- Święta Anna in Niemysłowice (Monument No. 143/55 from 15.01.1955),
- Święty Michał Archanioł in Prudnik (Monument No. 480/58 from 15.10.1958),
- Miłosierdzie Boże in Prudnik,
- Trójca Święta in Rudziczka (Monument No. 175/55 from 28.09.1955),
- Święty Michał Archanioł in Szybowice (Monument No. 1081/66 from 4.02.1966, 198/56 27.04.1956).

**In Rejowiec Fabryczny**, in Dekanat Chełm-Zachód there is a parish church dedicated to Podwyższenie Krzyża Świętego.

**In Reszel**, in Dekanat Reszel there is a parish church dedicated to Święci Apostołowie Piotr i Paweł (Monument No. A-31 from 02.09.1949).

In Greek Catholic Dekanat węgorzewski there is a parish church dedicated to Przemienienie Pańskie (Monument No. A-32 from 02.09.1949). **In Święta Lipka**, in Dekanat Kętrzyn I – located 7 km from Reszel – there is the sanctuary of Nawiedzenie Najświętszej Maryi Panny (Monument No. A-45 (S/14, S/15, S/16) from 28.09.1953). The sanctuary is of Baroque style, with the church in its centre – a tall, three-nave basilica with a two-tower facade. The church with a slim silhouette is erected on a rectangular plan with two towers from the west. It is surrounded by a regular quadrangle of single-storey galleries made of plastered stone, with two-storey chapels at the corners.

**In Ryn**, in Dekanat Giżycko there is a parish church dedicated to Niepokalane Poczęcie Najświętszej Maryi Panny.

**In Sępól**, in Dekanat Sępól there is a parish church dedicated to Święty Michał Archanioł (Monument No. A-56 from 30.09.1949).

**In Sianów**, in Dekanat Mielno there are two parish churches dedicated to:

- Święty Antoni Padewski in Osieki (Monument No. 140 from 26.04.1957),
- Święty Stanisław Kostka in Sianów (Monument No. 76 z from 23.05.1955).

**In Sianów**, in Dekanat Sławno there is a parish church dedicated to Najświętsze Serce Pana Jezusa in Sieciemin (Monument No. A-221 from 27.07.2005) and in Dekanat Polanów there is a parish church dedicated to Matka Boża Szkaplerzna in Szczeglino (Monument No. 1186 from 25.09.1984).

**In Rzgów**, in Dekanat Tuszyński there is a parish church dedicated to Święty Stanisław Biskup i Męczennik (Monument No. 123-VII-1 from 23.08.1946 and A/155/189 from 29.08.1967).

**In Wydminy**, in Dekanat Giżycko there are two parish churches dedicated to:

- Chrystus Zbawiciel in Wydminy (Monument No. W/49 (A-256) from 15.03.1957 and 660 from 10.03.1989,

- Matka Boża Gietrzwałdzka in Zelki (Monument No. A-2760 from 10.03.1989).

In Greek Catholic Dekanat węgorzewski there is a parish church dedicated to Święci Włodzimierz i Olga.

#### 4. Cittaslow towns on the roads of silence

Road of Saint Jacob is the pilgrimage route that has existed for over a thousand years and leads to the cathedral of Santiago de Compostela in northwestern Spain. It is one of the most important Christian pilgrimage routes after the routes to Rome and Jerusalem. It spans across almost all European countries. Unlike mass walking pilgrimages known in Poland (to Sanctuary of Matka Boża Częstochowska na Jasnej Górze or to Sanctuary in Kalwaria Zebrzydowska), it is intended for individual pilgrims or small groups, regardless of religion and nationality, wanting to experience silence

and spiritual transformation. In Poland, as of September 1st, 2018, there are 6816 km of Road of Saint Jacob (Mróz, 2019, p. 103). There is a total of 36 roads divided into 61 sections. Four of said roads run through 12 out of 30 Polish Cittaslow towns<sup>18</sup>, namely: (1) Camino Polaco (Barczewo, Bartoszyce, Dobre Miasto, Jeziorany, Lidzbark Warmiński, Nowe Miasto Lubawskie, Olsztynek, Reszel); (2) Pomorska Droga św. Jakuba (Braniewo, Nowy Dwór Gdański); (3) Jasnogórska Droga św. Jakuba (Kalety); (4) Lubuska Droga św. Jakuba (Murówana Goślina).

#### 5. Potential of religious-cognitive tourism in Polish Cittaslow towns

The potential of religious-cognitive tourism stems from Christian symbols found in the coats of arms of the towns, significant sacred buildings and also the presence of the Camino route passing through the towns of Cittaslow. A symbol is a semantic stylistic medium that has one literal meaning and a number of hidden meanings. The symbol was “originally a broken piece of dice or something that matched the edge of the rest so that it could be put together. In a figurative sense, symbols mean things that, by any similarity, show something spiritual. Man as a carnal-sensual being needs symbols to bring closer what is spiritual” (Forstner, 1990, p. 7). The Christian symbols in the coats of arms are as follows: the cross – redemption symbol (in Działdowo, Lubawa, Murowana Goślina, Nowy Dwór Gdański, Sianów, Rzgów); Saint Mary with Jesus child (in Pasym); lamb and deer – symbolizing Jesus Christ (in Lidzbark Warmiński, Braniewo, Dobre Miasto, Ryn); insignia of episcopal authority (in Barczewo, Biskupiec,

Lubawa, Reszel, Rzgów); angel(s) (in Barczewo, Głubczyce, Murowana Goślina); and saints of the Catholic church (in Działdowo, Olsztynek, Pasym, Rzgów). The Christian symbols can direct man’s thoughts to spiritual realities. The more so because the city’s coats of arms are located in the city space, on the walls of buildings or as free-standing objects. The towns through which the Camino route passes hold its symbol – a shell. The presence of churches explicitly refers to spiritual reality while providing cognitive value. The following point values have been assigned to determine the potential of religious-cognitive tourism in Polish Cittaslow towns (Table 2):

- 10 – for co-cathedral (in Gołdap);
- 8 – for a town on the road of Saint Jacob;
- 7 – for two collegiats (in Lidzbark Warmiński and in Dobre Miasto);
- 5 – for nine sanctuaries (two in Braniewo and one in Bartoszyce, Biskupiec, Bisztynek, Działdowo, Lubawa, Nowe Miasto Lubawskie and Orneta);

<sup>18</sup> Due to possibility of identification, Polish names of routes were used.

- 4 – for three sanctuaries located near Cittaslow towns (in Stoczek Klasztony, Lipy and Święta Lipka);
- 3 – for a building officially considered a protected monument (entry in the register of monuments and additional 3 points for recognition as a monument of history – Sanctuary in Święta Lipka near Reszel);
- 2 – for a town whose coat of arms has Christian symbols;
- 1 – for a single parish church;
- 0 – for a building that is not included in the register of monuments.

**Table 2.** The potential of religious-cognitive tourism in Polish Cittaslow towns (Author's own study)

Town	Co-Cathedral, Collegiate, Sanctuary <sup>19</sup> Roman Catholic Parish church dedicated to Greek Catholic Parish church dedicated to (Sanctuary in close proximity of the Cittaslow town)	Buildings	Christian symbols in coat of arms	Camino	Total
Barczewo	Święty Andrzej Apostoł	1+3	2	8	18
	Święta Anna	1+3			
Bartoszyce	<b>Sanctuary of Święty Brunon Bonifacy z Kwerfurtu Biskup i Męczennik</b> near parish of Święty Brunon	5+1+3	-	8	27
	Święty Brat Albert	1+0			
	Święty Jan Chrzyciel	1+3			
	Święty Jana Ewangelista i Matka Boska Częstochowska	1+3			
Biskupiec	Święty Andrzej Apostoł	1+0	2	-	28
	<b>Sanctuary of Matka Boska Fatimska</b> near the parish of Błogosławiona Karolina Kózkówna	5+1+3			
	Święty Jan Chrzyciel in Biskupiec	1+3			
	Święty Mikołaj i Święty Antoni Padewski in Biesowo	1+3			
	Święty Józef in Kobyły	1+3			
	Święty Józef i Wniebowzięcie Najświętszej Maryi Panny in Stanlewo	1+0			
Bisztynek	Chrystus Król in Węgój	1+3	2	-	11
	<b>Sanctuary of Najdroższa Krew Pana Jezusa</b> near parish of Święty Maciej Apostoł i Najdroższa Krew Pana Jezusa	5+1+3			
Braniewo	<b>Sanctuary of Matki Boskiej Fatimskiej</b> near parish of Święta Katarzyna	5+1+3	2	8	37
	<b>Sanctuary of Krzyż Święty</b> near parish of – Krzyż Święty	5+1+3			
	Święty Wojciech	1+0			
	Święty Antoni	1+3			
Dobre Miasto	Święta Trójca	1+3	2	8	26
	<b>Collegiate of Najświętszy Zbawiciel i Wszyscy Święci</b>	7+1+3			
	Święta Faustyna	1+0			
Działdowo	Święty Mikołaj	1+3	2	-	16
	<b>Sanctuary of Męczennicy Działdowscy Arcybiskup Julian Nowowiejski i Biskup Leon Wetmański</b> near the parish of Święta Katarzyna Aleksandryjska	5+1+0			
	Święty Wojciech Biskup i Męczennik	1+3			
	Podwyższenie Krzyża Świętego	1+3			

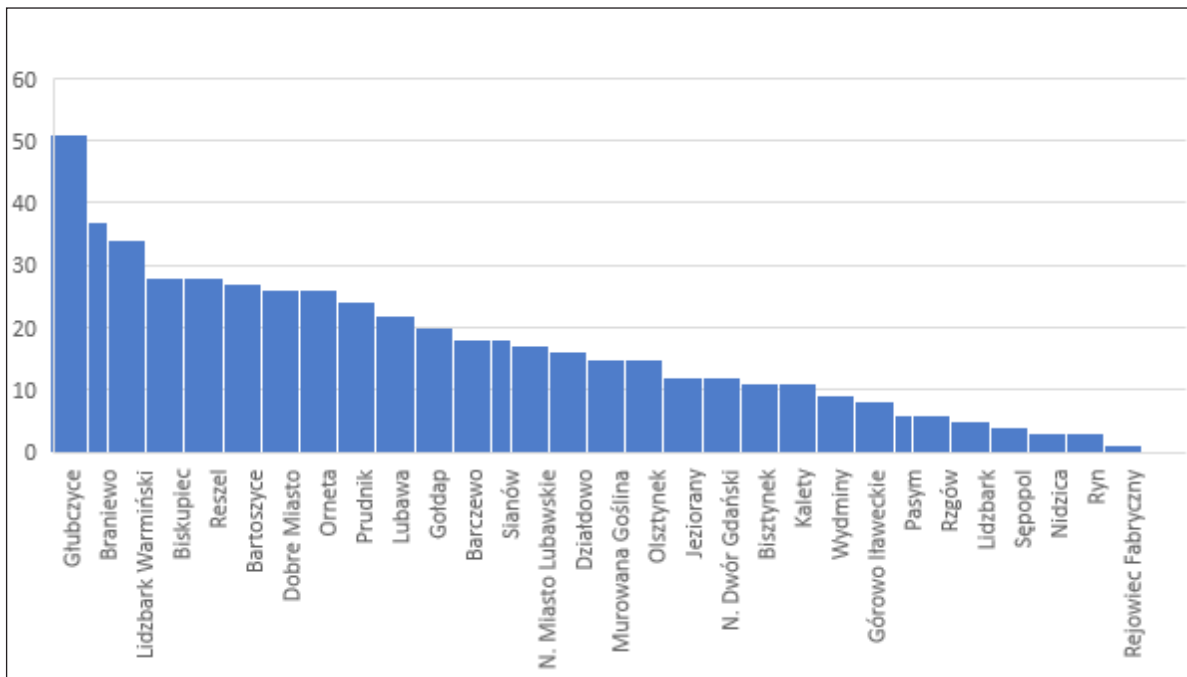
<sup>19</sup> Full names of patrons are provided in Polish to facilitate identification.

	Podwyższenie Krzyża Świętego in Bogdanowice	1+3			
	Święty Jan Nepomucen in Braciszów	1+3			
	Święty Jakub Starszy Apostoł in Debrzyca	1+3			
	Narodzenie Najświętszej Maryi Panny in Głubczyce	1+3			
	Święty Marcin in Gołuszowice	1+3			
	Ścięcie Świętego Jana Chrzciciela in Grobniki	1+3			
Głubczyce	Święty Wawrzyniec in Królowe	1+3	2	-	51
	Podwyższenie Krzyża Świętego in Lisięcice	1+3			
	Trójca Święta in Opawice	1+3			
	Święty Jan Chrzciciel in Pomorzowice	1+3			
	Święci Apostołowie Piotr i Paweł in Równe	1+3			
	Trójca Święta in Ściborzycze Małe	1+3			
	Święta Maria Magdalena in Zawiszyce	1+0			
	<b>Co-Cathedral of Najświętsza Maria Panna Matka Kościoła in Gołdap</b>	10+1+3			
Gołdap	Święty Józef Robotnik in Gołdap	1+0	-	-	20
	Święty Leon i Święty Bonifacy in Gołdap	1+3			
	Święty Antoni Padewski in Górne	1+0			
Górowo Iławeckie	Najświętsze Serce Pana Jezusa	1+3	-	-	8
	Podwyższenie Krzyża Świętego	1+3			
Jeziorany	Święty Bartłomiej	1+3	-	8	12
	Matka Boska Fatimska	1+0			
Kalety	Święty Józef	1+0	-	8	11
	Święty Franciszek z Asyżu	1+0			
	Święty Wojciech Biskup i Męczennik	1+3			
Lidzbark	Wniebowzięcie Najświętszej Maryi Panny i Święci Aniołowie Stróżowie	1+0	-	-	5
	<b>Collegiate of Święci Apostołowie Piotr i Paweł</b>	7+1+3			
	Podwyższenie Krzyża Świętego	1+3			
Lidzbark Warmiński	Święty Andrzej Bobola	1+0	2	8	34
	<i>Święci Cyryl i Metody</i>	1+0			
	(Sanctuary of Nawiedzenia Najświętszej Maryi Panny in Stoczek Klasztorny)	4+3			
	<b>Sanctuary of Nawiedzenie Najświętszej Maryja Panna i Święta Anny</b>	5+1+3			
Lubawa	Święci Jan Chrzciciel i Michał Archanioł	1+3	2	-	22
	(Sanctuary of Nawiedzenie Najświętszej Maryi Panny in Lipy)	4+3			
Murowana Goślina	Najwyższy Arcykapłan Jezus Chrystus	1+0	2	8	15
	Święty Jakub Apostoł	1+3			
	Błogosławiona Bolesława Lament	1+0			
Nidzica	Miłosierdzie Boże	1+0	-	-	3
	Niepokalane Poczucie Najświętszej Maryi Panny i Święty Wojciech	1+0			
N. Miasto Lubawskie	<b>Sanctuary of Matka Boża Łąkowska</b> near the parish of Święty Tomasz Apostoł	5+1+3	-	8	17

N. Dwór Gdański	Niepokalane Serce Maryi	1+0	2	8	12
	Przemienienie Pańskie	1+0			
Olsztynek	Błogosławiona Aniela Salawa	1+0	2	8	15
	Najświętsze Serce Pana Jezusa	1+3			
Orneta	<b>Sanctuary of Nawiedzenie Najświętszej Maryi Panny i Święty Józef</b> near the parish of Nawiedzenie Najświętszej Maryi Panny i Święty Józef in Krosno	5+1+3	-	-	26
	Święty Mikołaj i Święty Roch in Bażyny	1+3			
	Podwyższenie Krzyża Świętego in Chwałęcín	1+3			
	Podwyższenie Krzyża Świętego in Opín	1+3			
	Święty Jan Chrzciciel in Orneta	1+3			
	<i>Błogosławiony Omelan Kowcz</i>	1+0			
Pasym	Najświętsze Serce Pana Jezusa	1+3	2	-	6
Prudnik	<b>Sanctuary of Święty Józef in Prudnik Las</b>	5+0	-	-	24
	Matka Boska Częstochowska in Łąka Prudnicka	1+0			
	Podwyższenie Krzyża Świętego in Moszczanka	1+0			
	Święta Anna in Niemysłowice	1+3			
	Święty Michał Archanioł in Prudnik	1+3			
	Miłosierdzie Boże in Prudnik	1+0			
	Trójca Święta in Rudziczka	1+3			
	Święty Michała Archanioł in Szybowice	1+3			
Rejowiec Fabryczny	Podwyższenie Krzyża Świętego	1+0	-	-	1
Reszel	Święci Apostołowie Piotr i Paweł	1+3	2	8	28
	<i>Przemienienie Pańskie</i> (Sanctuary of Nawiedzenie Najświętszej Maryi Panny in Święta Lipka)	1+3 4+3+3			
Ryn	Niepokalane Poczęcie Najświętszej Maryi Panny	1+0	2	-	3
Sępopól	Święty Michał Archanioł	1+3	-	-	4
	Święty Antoni Padewski in Osieki	1+3			
Sianów	Święty Stanisław Kostka in Sianów	1+3	2	-	18
	Najświętsze Serce Pana Jezusa in Siciemin	1+3			
	Matka Boża Szkaplerzna in Szczegilno	1+3			
Rzgów	Święty Stanisław Biskup i Męczennik	1+3	2	-	6
	Chrystus Zbawiciel in Wydmíny	1+3			
Wydmíny	Matka Boża Gietrzwałdzka in Zelki	1+3	-	-	9
	Święci Włodzimierz i Olga	1+0			

Cittaslow towns are very diverse in terms of their religious-cognitive potential (Fig. 1). Głubczyce has the greatest potential due to the fact that it is one of the seven urban-rural communes entirely belonging to Cittaslow. The top ten towns with the greatest potential include two towns with collegiates Lidzbark

Warmiński and Dobre Miasto, despite the fact that only the town areas are included in the Cittaslow network. The towns with the lowest religious-cognitive potential are Nidzica, Ryn and Rejowiec Fabryczny, in which parish churches are not entered in the register of monuments.



**Figure 1.** The potential of religious-cognitive tourism in Polish Cittaslow towns  
Source: Author's own study

## 6. Summary

The peripheral location of the Polish Cittaslow towns implies silence and calmness, and the sacred architecture objects create almost ideal conditions for *religious-cognitive tourism*. There are two dimensions of the religious-cognitive tourism: material and spiritual. It's possible to contemplate the sacred cultural heritage

(majority of sanctuaries are monument buildings). It's possible also, in silence, away from the hustle and bustle of tourists to follow the Road of Saint Jakub in order to listen to one's own interior. And you may be able to hear the voice of God Who speaks in silence, in a calm human heart.

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