

ABOUT US

Baranowski Hotel is situated in Slubice, about 2 kilometres away from Slubice-Frankfurt (Oder) border crossing, and 2 kilometres from Swiecko border crossing. The hotel's chief asset is its location by the A road to the West of Europe. The hotel, set up by Tadeusz Baranowski, has existed since September 1, 2000.

The hotel provides high-quality services. It also meets the requirements of the rooms' standard and equipment. For that reason, we were granted the status of a three-star hotel (***) in the year 2001 by the Provincial Governor of the Lubusz District (województwo lubuskie), the decision number 43/2001.

The hotel complex consists of 4 buildings with 80 rooms altogether, a conference room, a restaurant, a sauna, and a salt cavern. The perfect location combined with quality service and top equipment make our hotel an excellent place for business meetings and social gatherings.

RESTAURANT

Welcome to our restaurant. The chef recommends traditional Polish specialities as well as delicacies from all over the world.

Friendly welcoming service and period interior are chief qualities of our restaurant. Our cozy bar is a perfect place for relaxation over a cup of coffee. We also offer a good selection of drinks, cocktails and alcohols.

Spacious interiors that can hold up to 120 people allow us to organize banquets, receptions and other celebrations. Our offer enjoys popularity thanks to the hotel's chief asset: the complex's location outside of the town centre.

We offer catering services.

The restaurant is open everyday from 7 am to 11 pm.

Wedding reception offer

Dinner Broth with noodles Pork chop coated with breadcrumbs Rissole Poultry chop Pork chop with stuffing Potatoes Vegetable salads Gravy Appetizers Poultry in aspic Pork rolls Poultry rolls Herring in oil Stuffed mushrooms Stuffed pork tenderloin steak Stuffed pork neck Stuffed bacon Galantine Greek-style fish Vegetable salads Beef Tatar (raw, spiced minced meat) Traditional vegetable salad Supper Stew soup Tripe Fried chicken legs Borsch with a...

Dinner

Broth with noodles

Pork chop coated with breadcrumbs

Rissole

Poultry chop

Pork chop with stuffing

Potatoes

Vegetable salads

Gravy

Appetizers

Poultry in aspic

Pork rolls

Poultry rolls

Herring in oil

Stuffed mushrooms

Stuffed pork tenderloin steak

Stuffed pork neck

Stuffed bacon

Galantine

Greek-style fish

Vegetable salads

Beef *Tatar* (raw, spiced minced meat)

Traditional vegetable salad

Supper

Stew soup

Tripe

Fried chicken legs

Borsch with a pasty

Bigos (a traditional Polish dish of sauerkraut, meat, and mushrooms) with sausage

Cake

Fruit

Coffee

Tea

Beverages

Our guests need to cater for the wedding cake and alcohol at their own expense.

Price list:

30 - 60 person

1 person (+ continuation of wedding celebrations the day after) – 200 PLN

1 person (without continuation of wedding celebrations the day after) – 180 PLN

60 person - ...

1 person (+ continuation of wedding celebrations the day after) – 180 PLN

1 person (without continuation of wedding celebrations the day after) – 150 PLN

Continuation of wedding celebrations the day after lasts from 12 a.m. to 5 p.m.

Staff (the music band and cameramen) – half of the price

Children aged up to 6 – half of the price

A room for the newlyweds – free of charge

A double room for the guests – 120 PLN

GRILL HOUSE

The grill house located at the back of the hotel, with a spot for a bonfire, is a great attraction for our guest. It can hold up to 130 people.

It is an attraction for both tourist groups that want to have company integration parties and social gatherings by the bonfire organized, and for those who simply prefer something else than traditional reception at the table in a restaurant.

It often happens that the newlyweds decide on having the wedding reception organized at the restaurant, and the continuation of wedding reception – in the grill house. The casual atmosphere in the grill house makes the event exceptional and unusual.

The cost of renting the grill house – 200 PLN.

ROOMS

The hotel has 180 accommodation places in 80 available rooms (single, double, triple, and 4-person rooms) and 4 suites.

All rooms have their own bathrooms and are equipped with TV sets, telephones, and radios. There is a possibility of connecting to wireless Internet in the rooms.

The rooms' interiors are tastefully furnished which enables you to relax and have a good rest. The rooms are decorated in soft colours, mainly cream and salmon-pink, which give the impression of warmth and harmony and bring out the charm of the interior.

The hotel has also 1 room suited for the needs of the disabled, as well as wheelchair ramps in each building.

We offer accommodation price discounts for organized groups.

Room	Cost
single room	125 PLN
double room	160 PLN
double room typ "S"	280 PLN
triple room	200 PLN
4-person room	230 PLN
suites	480PLN

* Breakfast is not included in the price

SUITES

We offer 6 suites of different surface. They are adjusted to be single, double, or triple suites. The suites are perfect not only for people visiting Slubice on business, but also for families who visit the place as tourists.

Room	Cost
single room	125 PLN
double room	160 PLN
double room typ "S"	280 PLN
triple room	200 PLN
4-person room	230 PLN
suites	480PLN

* Breakfast is not included in the price

CAR PARK

The hotel car park is available for our guests for free.

There is a possibility of parking a car at our car park for 20 PLN per day.

Room	Cost
single room	125 PLN
double room	160 PLN
double room typ "S"	280 PLN
triple room	200 PLN
4-person room	230 PLN
suites	480PLN

* Breakfast is not included in the price

LEISURE

SAUNA

There is a Finnish-style sauna and a steam sauna at the hotel.

Using sauna has great health benefits:

- it detoxicates the body by inducing perspiring to provide a comprehensive cleansing of the skin and sweat glands (opening pores and flushing impurities from the body) and getting rid of waste product;
- it stimulates bodily fluids circulation;
- skin temperature rises to 40°C (104°F) – the increased blood flow brings important nutrients to subcutaneous and surface tissue, promoting cellular activity and growth;
- during a sauna session, the heart rate increases by 50-75% (it raises at the beginning of the session, and drops at the end). Also blood flow to the skin increases to as high as 50-70% of cardiac output;
- the breath rate increases, which leads to the lungs ventilation

All of these changes and processes are essential for a healthy person, because they provide a training for the circulation system (blood vessels become more flexible and there is increased circulation to the extremities) and the respiratory system. They also stimulate the functioning of the endocrine system in which hormonal changes are provoked. What is crucial is stimulation of the pituitary gland which regulates homeostasis.

To sum up, sauna has got a favorable influence on the nervous system and mental state. A period of stimulation is followed by relaxation, sometimes resulting in drowsiness.

Undoubtedly, steam sauna is particularly worth taking into consideration as it guarantees optimum skin moisture at a moderate temperature. Hence, after a long journey, the hotel guests have a chance not only to rest in our comfortable rooms, but also to use

all the attractions that guarantee relaxation and getting rid of stress and tension, and raise our guests' spirits, simultaneously improving their physical condition.

		Dry sauna	Steam sauna
1 hour	1 person	20 PLN	25 PLN
1 hour	2 people	30 PLN	40 PLN
1 hour	3 people	40 PLN	50 PLN
1 hour	4 people	50 PLN	60 PLN

SALT CAVERN

The salt cavern providing iodine inhalations is definitely a great attraction for our guests as it produces a healthy maritime microclimate. It is based on utilizing both the natural properties of salts and equipment which, when combined, create a characteristic microclimate of a seacoast and a salt mine. The microclimate retains required humidity, temperature, and it contains all necessary chemical elements, e.g.: iodine, calcium, magnesium, sodium, chlorine, potassium, iron, copper, selenium, chromium, bromine. Medicine discovered the benefits of the brine use and staying at health resorts a long time ago. Since the cavern supports treatment of many illnesses, it mainly has medical recommendations. It helps treat the following diseases:

- infections and diseases of the upper- and lower respiratory tract: sinusitis, rhinitis, laryngitis, pharyngitis, bronchitis, bronchial asthma;
- dermatological diseases: psoriasis, nettle rash, dermatitis, acne;
- diseases of the cardiovascular system: hypertension, coronary disease;
- diseases of the digestive system: gastrointestinal ulcers, duodenal ulceration, metabolism disorders
- rheumatic diseases
- problems with the nervous system: high nervous tension, neurosis, states of irritation, exhaustion;

These are the reasons why the salt cavern is so popular not only among tourists visiting our hotel, but also tourists staying across the border, and inhabitants of S³ubice who wish to improve their physical condition. Thus, not only does this attraction guarantee relaxation and a chance to unwind, but it also improves the physical state and health.

Recommended treatment – on alternate days for 2 weeks, with a 2-week break after.

Price list			
Session	An adult		20 PLN
Session	A child	aged up 12	10 PLN
		to	
Karte für			
6 sessions	An adult		100 PLN
12 sessions	An adult		180 PLN
6 sessions	A child	aged up 12	50 PLN
		to	
12 sessions	A child	aged up 12	90 PLN
		to	

POOL

Slubice – an outdoor swimming pool at the Sports Stadium

Bad-Saarow – thermal waters, about 40-50 kilometres away from Slubice

SaarowTherme complex is one of the most beautiful and most modern brine-baths resorts in Germany. Double geysers, massaging 'mushroom' with a water flow channel, whirlpool baths, and massage seats ... you simply cannot resist the temptation of healthy pleasure. SaarowTherme offers a full well-being and wellness programme in the largest thermal and brine bathing resort in Middle and Northern Germany.

Water is a symbol of life. Thermal brine from the Catharina Spring flows from inside the Earth and, on its way through the rock layers, it has been enriched with minerals and trace elements. Together with the motto: "Sanus per aquam" (SPA), i.e. "Health through water", the brine is the basis of the FunVital section offer. SaarowTherme complex offers: full skin care and body treatment in the Beauty Oasis, feast for the palate in the Bellevue and Aquamarin restaurants, making your dreams come true in Regina's Shop, and fitness trainings with the best instructors at Fitness Treff studio.

Tropical Island – about 100 kilometres away from Slubice.

GOLF CLUB

Welcome to **Slubice Golf Club and Baranowski Hotel** 9-hole golf course, situated almost in the very centre of Slubice, about 3 kilometres from the Hotel.

The first six holes were open in July 2005, and the next three are to be open in May 2007. Slubice Golf Club is the only golf club in Poland situated so close to the town centre, as well as to the Polish-German border. It takes only 5 minutes of driving to get from the course to Frankfurt (Oder). The course, designed by a Dutchman, Rasmus Jensen, was initially intended for beginner golfers, but it also mounts a challenge for more advanced players.

Apart from 9 full-size holes, our Golf Club offers:

- 20 posts at Driving Range
- Academy course
- Putting green
- Chipping area
- Practice bunker (to practise strokes at the hole)
- Clubhouse with a café and a terrace

- A golf shop
- A golf school
- A workshop (golf equipment repair, adjusting golf clubs to individual needs and requirements)
- A manned car park

The Club is open from Monday to Sunday, between 8 a.m. and 9 p.m.

CONFERENCE ROOMS

You can find a perfect venue for conferences and trainings only 2 kilometres away from Slubice-Frankfurt (Oder) and Swiecko border crossings.

Our conference and banquet room that can hold up to 40 people, together with a good hotel and restaurant base allow us to organize various kinds of meetings, conferences, and banquets. The cost of organizing a training (i.e. renting the room, a coffee break, dinner for the participants) depends on the menu that you choose.

The gross price of renting the room – 300PLN a day.

CONTAS US

Resturacja Hotel Baranowski

Tadeusz Baranowski

Transportowa 4c Street

69-100 Slubice

woj. lubuskie

tel/fax 048 95 758 21 02

tel/fax 048 95 758 39 90

tel/fax 048 95 758 28 42

e-mail: hotelbaranowski@slubice.net