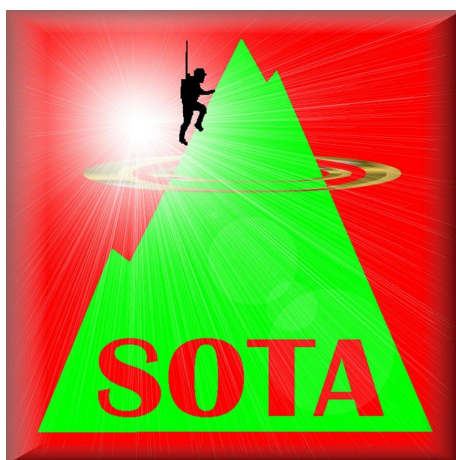


# Summits on the Air

## Poland (SP)

### Association Reference Manual



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Association Manager	Bartosz Kuźma SQ9APD
Summits-on-the-Air	an original concept by G3WGV and developed with G3CWI

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**1. CHANGE CONTROL**

Date	Version	Details
01-Mar-08	1.0	First formal issue of this document
01-June-13	1.1	<p>a) New Association Manager</p> <p>b) “Programme derivation” (item 2.1) – some text updated</p> <p>c) added summits: PO-004, WS-003, BI-030, SP-003, BW-009, SS-019, BZ-080, BZ-081, BZ-082</p> <p>d) deleted summits (no P150): BW-005, SS-011, WS-001, BS-030, GS-004, BZ-079, BZ-071, BZ-067, TA-013; BZ-017 (no SP)</p> <p>e) corrected name: BZ-028, BZ-058, SS-006, BZ-047, BZ-068, BZ-037, SS-013, BZ-060</p> <p>f) corrected coordinates: BS-019, BS-020, BS-024, BS-026, BS-027, BZ-063, SZ-005, BZ-009, BI-027, BP-002, BP-003, BP-008, SS-008, SS-009, BP-002, BS-014, BZ-052, BZ-051, BZ-054, BZ-053, BZ-061, BP-001, BP-007, BZ-038, BP-006, BZ-058</p> <p>g) added new ways to access SOTA SP (item 2.1)</p> <p>h) “Safety considerations” (item 2.5) – some text updated</p> <p>i) added other mountain awards in Poland (item 2.7)</p> <p>j) renamed Region (item 3.13) and changed keyword for WS-001</p> <p>k) changed keyword for TA-015, TA-016 (item 3.11)</p> <p>l) “Maps and navigation” (item 2.4) – some text updated</p> <p>m) added description of the restrictions of Region Tatry (item 3.11)</p> <p>n) added description of the restrictions of Region Bieszczady (item 3.12)</p> <p>o) expanded Region Pojezierza (item 3.15)</p>
01-Sept-18	1.2	<p>a) deleted summits (border summits): BI-012, BS-004, TA-005, TA-006, TA-007, TA-008, TA-015, BZ-009, BZ-019, BZ-073, KA-001</p> <p>b) deleted summits: BZ-051 (no P150), BZ-076 (no P150), BI-014</p> <p>c) added summits: BS-034, BS-035, BZ-083, PO-005, BI-031</p> <p>d) corrected coordinates: BW-009</p> <p>e) recalled summits: BP-007 to SZ-011</p> <p>f) changed min. height for bonus: 1000m ASL (item 2)</p> <p>g) renamed Region: Pojezierza to Niziny (item 3.15)</p> <p>h) “Regional notes” (item 3.15.1) - some text updated</p>
01-Feb-21	1.3	<p>a) deleted summits (no P150): BS-021, BZ-042, SS-015</p> <p>b) added summits: BP-009, BS-036, BZ-084</p> <p>c) corrected coordinates: all positions</p> <p>d) corrected name: SS-011, SS-013, SS-014, SW-001, BZ-010, BZ-011, BZ-012, BZ-015, BZ-016, BZ-018, BZ-021, BZ-027, BZ-028, BZ-029, BZ-031, BZ-035, BZ-036, BZ-043, BZ-046, BZ-047, BZ-048, BZ-049, BZ-053, BZ-055, BZ-056, BZ-058, BZ-060, BZ-068, BZ-074, BZ-077, BZ-078, BZ-081, BS-007, BS-011, BS-012, BS-013, BS-017, BS-018, BS-025, BS-028, BS-029, BS-031, BS-033, BS-034, BW-002, BW-004, BW-006, BW-007, BW-008, BP-001, TA-014,</p>

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		<p>TA-016, BI-004, BI-011, BI-015, BI-019, BI-021, BI-022, BI-023, BI-024, BI-027, BI-028, BI-029, BI-030, BI-031, WS-003, GS-003, PI-001, PO-004</p> <p>e) corrected altitude: SZ-007, SZ-008, SS-018, SP-002, SP-003, BZ-037, BZ-060</p> <p>f) corrected summit's score: SS-018</p> <p>g) "Safety considerations" (item 2.5) - some text update</p> <p>f) "Awards" (item 2.7) - some text update</p>
01-Jul-21	1.4	<p>a) deleted summits (no P150): SZ-004</p> <p>b) added summits: SZ-012</p>
01-Feb-23	1.5	<p>a) corrected coordinates: SP/BS-023</p> <p>b) deleted summit: SP/BZ-023</p> <p>c) added summit: SP/BZ-085</p>

## 2. ASSOCIATION REFERENCE DATA

Association	Poland (SP)
Commencement date	01 April 2008
Regions	
Association parameters <sup>1</sup>	
Summit operation criteria	Operation must be within 25m vertically of the summit
Band 1, score 1 point	<= 600 m a.s.l.
Band 2, score 2 points	>=600 m a.s.l. <700 m. a.s.l.
Band 3, score 4 points	>=700 m a.s.l. <850 m. a.s.l.
Band 4, score 6 points	>=850 m a.s.l. <1000 m. a.s.l.
Band 5, score 8 points	>=1000 m a.s.l. <1300 m. a.s.l.
Band 6, score 10 points	>=1300 m. a.s.l.
Seasonal bonus	Yes
Bonus rationale	Winter period with highest probability of sub-zero temperatures and deep snow
Min. height for bonus	3 Points for activations >=1000m ASL
Bonus period dates	1 December to 15 March inclusive
Association sponsored awards	None
Association Manager	Bartosz Kuźma SQ9APD (sota.poland@gmail.com)

### 2.1 Programme derivation in Poland

The initiator and first association manager of Programme SOTA in Poland was Michał Sadowski SQ6JNX – Michał, thank you for a job well done.

Polish SOTA is an extension of similar programmes already active in other countries. Much of the initial list of summits was based on the work of Piotr Mielus published on <http://www.peaklist.org/> website (Thank You Piotr!).

List of summits was based on data found in:

- data on [The relative peaks of Poland](#),
- data found in online maps at <http://www.geoportal.gov.pl>,
- different regional and hiking maps made by Compass, Sygnatura, Galileos.

The summit database is likely to be complete. If you find a summit which you'd like to add to SOTA SP, or you find a mistake in this ARM please contact the Association Manager. Activators are asked to submit details of proposed additional summits to the Association Manager. Summits cannot be counted for points until a reference number has been allocated by the Association Manager.

### 2.2 General information

Regions are based on macroregions of [physico-geographical regionalization of Poland](#) by

<sup>11</sup> See General Rules for parameter definitions

Jerzy Kondracki with few exceptions (explained in Region Reference when necessary).

All regions do have the same points rationing scheme.

To qualify for a summit it has to meet the following requirements:

- The summit must be listed in the hiking map 1:50 000 with a corresponding Name
- The summit must be elevated at least 150 m from its surroundings
- In the case of doubt the Management Team will decide whether the Summit will be added to the list

The summit database does not claim to be completed and can only be changed by the acceptance of the management team. Summits cannot be counted for points until a reference number has been allocated by the association manager.

There is a unwritten rule which that you should say “Hello”, “Good Morning” and “Afternoon”, etc (in polish “Dzień dobry” [żeń dobry]) to other people you meet on footpaths, esp. in Sudetes.

### **2.3 Rights of way and access issues**

Footpaths in Poland are usually well marked. Anyhow you should take a good map of the region where you want to hike plus GPS and/or compass if you have one. Never hike without a map, always follow the footpath. We (the Association team) don't know anything about summits which are private property. If you find one, you'll need owner's permission before attempting activation.

### **2.4 Maps and navigation**

The easiest way to obtain a map is to buy one in the city or village which is closest to the summit. We are sure, that you will be able to obtain one in almost every bookstore, shop or kiosk. Best maps (scale 1:50000) are printed by [Compass](#), [Sygnatura](#), and [Galileos](#), but not exclusively. They also offer digital version for use in: smartphones, tablet's or GPS-receivers, by using the software: Mapy.cz, Locus, Trekbuddy and other. In every table of summits there is a column “Mountain Range” (keyword), which will help you to find most accurate map for summit's surroundings. Most areas of Poland are covered by APRS.

### **2.5 Safety considerations**

Before hiking always ask for a weather forecast or check it i.e. on <http://new.meteo.pl/>. Please remember, that weather in the mountains can change rapidly and you should always be prepared both for snow, rain, strong wind or intense sun, especially over 1000 meters a.s.l.

In case of emergency you should call GOPR or TOPR (mountain rescue services) using mobile phone number +48 601 100 300 or 985. You can dial the general emergency number for mobile phones: 112.

Rescue a free app “Ratunek” that is the only application that has been approved by the GOPR, TOPR, MOPR, and WOPR rescue services and is a part of the official system for reporting accidents. In case of an accident or getting lost in the mountains or by the water:

- Do you know where you are?
- Do you know where to call and do you know the rescue services' phone number?



All you need to do is use the Rescue “Ratunek” app (for Android, Windows and iOS) which gives your exact location when you report an accident. For more information see here: <http://en.ratunek.eu/>

## 2.6 Foreign HAMS in Poland

Holders of CEPT Licenses are authorised to transmit according to their licenses and IARU Region I Bandplan. You should have a copy of your license with you.

You should prefix your callsign with “SP/” (SP is the main prefix in Poland, other prefixes are: SQ, SN, HF, 3Z and SR). Then you can add “/QRP”, “/P”, “/M” and when working using power from socket (230V) you should use “/n”, where *n* depends on the region you are in (shown on map on the next page). Second stroking isn't mandatory.

If you'd like to transmit from Poland for longer than 3 months you should contact UKE (Urząd Komunikacji Elektronicznej, Office of Electronic Communications) in order to obtain a (F Class) license. You can contact UKE via:

### Office of Electronic Communications

(Urząd Komunikacji Elektronicznej)

7/9 Giełdowa Street

01-211 Warsaw

Poland

e-mail: [uke@uke.gov.pl](mailto:uke@uke.gov.pl)

<http://www.en.uke.gov.pl/>

Office hours: from 8:15 until 16:15 Monday through Friday.





Division of Poland (Author unknown)

## **2.7 Awards**

There are no Association-specific awards at the moment.

## **2.8 Disclaimer**

Hiking, hill-walking and rock-climbing are potentially dangerous activities. The SOTA Management Team and their associates assume no responsibility for accidents. Each participant does so at his or her own risk, and must decide, on the basis of their own ability, whether an objective is achievable. The listing of a summit in the reference does not mean that it is easy to reach, and it is always worth seeking local advice for all but the simplest of expeditions.

### 3. SUMMIT REFERENCE DATA

#### 3.1 Region Reference – Sudety Zachodnie

<b>Association</b>	<b>Poland (SP)</b>
Region	Sudety Zachodnie (SP/SZ-xxx)
Region manager	Refer to Association Manager

##### 3.1.1 Regional notes

Sudety Zachodnie (Western Sudetes) are mainly located in both in Poland and Czech Republic, close to the German border.

##### 3.1.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available		Pts
		[m]	[ft]					since	until	
SZ-001	Wysoka Kopa	1126	3694	240	50.8499	15.4201	Góry Izerskie	1 Apr 2008		8
SZ-002	Kamienica	973	3192	206	50.8839	15.4419	Góry Izerskie	1 Apr 2008		6
SZ-003	Skalnik	945	3100	220	50.8084	15.9002	Rudawy Janowickie	1 Apr 2008		6
SZ-004	Baraniec	720	2362	250	50.9408	15.8843	Góry Kaczawskie	1 Apr 2008	30 Jun 2021	4
SZ-005	Okole	714	2343	176	50.9807	15.8184	Góry Kaczawskie	1 Apr 2008		4
SZ-006	Turzec	684	2244	161	50.8922	15.9688	Góry Kaczawskie	1 Apr 2008		2
SZ-007	Poręba	673	2208	183	50.8916	16.0394	Góry Kaczawskie	1 Apr 2008		2
SZ-008	Lubrza	670	2198	166	50.9164	15.9906	Góry Kaczawskie	1 Apr 2008		2
SZ-009	Żeleźniak	664	2178	160	50.9464	15.9753	Góry Kaczawskie	1 Apr 2008		2
SZ-010	Krzyżna Góra	654	2146	179	50.8642	15.8683	Rudawy Janowickie	1 Apr 2008		2
SZ-011	Ostrzyca (Ostrzyca Proboszczowicka)	501	1644	151	51.0560	15.7632	Pogórze Kaczawskie	1 Aug 2018		1
SZ-012	Folwarczna	723	2372	155	50.9438	15.8728	Góry Kaczawskie	1 Jul 2021		4

#### 3.2 Region Reference – Karkonosze

<b>Association</b>	<b>Poland (SP)</b>
Region	Karkonosze (SP/KA-xxx)
Region manager	Refer to Association Manager

##### 3.2.1 Regional notes

Karkonosze (or Giant Mountains, a translation of the German term Riesengebirge) are de

facto part of Sudety Zachodnie (Western Sudetes) but because of their popularity and height (Śnieżka, 1602 m a.s.l. is the highest peak in Karkonosze and the highest peak of Czech Republic) had been excluded from them.

### 3.2.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available		Pts
		[m]	[ft]					since	until	
KA-001	Śnieżka	1602	5256	1202	50.73611	15.74028	Karkonosze	1 Apr 2008	30 Sept. 2017	10
KA-002	Wielki Szyszak	1509	4951	331	15.5678	50.7769	Karkonosze	1 Apr 2008		10

### 3.3 Region Reference – Sudety Środkowe

Association	Poland (SP)
Region	Sudety Środkowe (SP/SS-xxx)
Region manager	Refer to Association Manager

#### 3.3.1 Regional notes

Sudety Środkowe (Central Sudetes) are located in southern part of Lower Silesian Voivodship, and also in western part of Czech Republic. Notable city are Kłodzko and Świdnica. This is a region with couple of spa towns, i.e. Polanica-Zdrój, Duszniki-Zdrój, Kudowa-Zdrój and Szczawno-Zdrój.

#### 3.3.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available		Pts
		[m]	[ft]					since	until	
SS-001	Wielka Sowa	1015	3330	485	50.6804	16.4856	Góry Sowie	1 Apr 2008		8
SS-002	Jagodna	977	3205	247	50.2524	16.5646	Góry Bystrzyckie	1 Apr 2008		6
SS-003	Kalenica	964	3163	163	50.6428	16.5464	Góry Sowie	1 Apr 2008		6
SS-004	Waligóra	936	3071	366	50.6807	16.2780	Góry Kamienne	1 Apr 2008		6
SS-005	Szczeliniec Wielki	919	3015	259	50.4847	16.3408	Góry Stołowe	1 Apr 2008		6
SS-006	Czerniec	891	2923	201	50.1891	16.5791	Góry Bystrzyckie	1 Apr 2008		6
SS-007	Borowa	853	2799	223	50.7230	16.3045	Góry Wałbrzyskie	1 Apr 2008		6
SS-008	Lesista Wielka	851	2792	241	50.7023	16.1914	Góry Kamienne	1 Apr 2008		6
SS-009	Chelmiec	851	2792	281	50.7791	16.2104	Góry Wałbrzyskie	1 Apr 2008		6
SS-010	Stożek Wielki	841	2759	211	50.7024	16.2273	Góry Kamienne	1 Apr 2008		4
SS-011	Dzikowiec	836	2743	149	50.7250	16.2083	Góry Kamienne	1 Apr 2008	1 June 2013	4
SS-012	Trójgarb	778	2552	208	50.8127	16.1637	Góry Wałbrzyskie	1 Apr 2008		4
SS-013	Szeroka Góra (Kłodzka Góra)	765	2510	282	50.4537	16.7586	Góry Bardzkie	1 Apr 2008		4
SS-014	Święta Góra (Święta Góra Lubawska)	701	2300	166	50.7028	16.0129	Góry Kamienne	1 Apr 2008		4

SS-015	Dziób	693	2274	163	50.6699	16.1481	Góry Kamienne	1 Apr 2008	31 Jan 2021	2
SS-016	Kraślak	692	2270	182	50.8414	16.0581	Góry Wałbrzyskie	1 Apr 2008		2
SS-017	Góra Wszystkich Świętych	648	2126	173	50.5507	16.5208	Góry Bardzkie	1 Apr 2008		2
SS-018	Wilkowiec (Wilczy Kopel)	598	2001	168	50.5344	16.5396	Góry Bardzkie	1 Apr 2008		1
SS-019	Zadziarna	724	2374	152	50.7222	15.9595	Wzgórze Lubawskie	1 June 2013		4

### 3.4 Region Reference – Sudety Wschodnie

<b>Association</b>	<b>Poland (SP)</b>
Region	Sudety Wschodnie (SP/SW-xxx)
Region manager	Refer to Association Manager

#### 3.4.1 Regional notes

Sudety Wschodnie (Eastern Sudetes) are located in south and south-eastern part of Lower Silesian Voivodship, both on Polish and Czech side of the border.

#### 3.4.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available		Pts
		[m]	[ft]					since	until	
SW-001	Śnieżnik	1425	4675	657	50.2075	16.8474	Masyw Śnieżnika	1 Apr 2008		10
SW-002	Czarna Góra	1205	3953	156	50.2520	16.8050	Masyw Śnieżnika	1 Apr 2008		8
SW-003	Borówkowa	900	2953	235	50.3906	16.9030	Góry Złote	1 Apr 2008		6
SW-004	Biskupia Kopa	878	2881	163	50.2563	17.4292	Góry Opawskie	1 Apr 2008		6
SW-005	Jawornik Wielki	872	2861	289	50.4068	16.8511	Góry Złote	1 Apr 2008		6
SW-006	Kobyła Kopa (Kaniczek)	860	2822	176	50.3417	16.9389	Góry Złote	1 Apr 2008	30 Sept. 2017	6

### 3.5 Region Reference – Przedgórze Sudeckie

<b>Association</b>	<b>Poland (SP)</b>
Region	Przedgórze Sudeckie
Region manager	Refer to Association Manager

#### 3.5.1 Regional notes

Przedgórze Sudeckie (Sudetes Foreland) is located in the southern part of Województwo Dolnośląskie (Lower Silesian Voivodship), south from the capital city of the region, Wrocław.

Przedgórze Sudeckie consists of many hills, but only Masyw Ślęży (Ślęża Massive) has proper prominence.

**3.5.2 Table of summits**

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available		Pts
		[m]	[ft]					since	until	
SP-001	Ślęza	718	2356	468	50.8647	16.7079	Przedgórze Sudeckie	1 Apr 2008		4
SP-002	Radunia	581	1906	193	50.8386	16.7083	Przedgórze Sudeckie	1 Apr 2008		1
SP-003	Szczytna	462	1526	185	50.8203	16.6292	Przedgórze Sudeckie	1 June 2013		1

**3.6 Region Reference – Beskidy Zachodnie**

Association	Poland (SP)
Region	Beskid Zachodnie (SP/BZ-xxx)
Region manager	Refer to Association Manager

**3.6.1 Regional notes**

Beskid Zachodnie (Western Beskides) are located in Śląskie and Małopolskie Voivodeships. Western Beskides consists with the largest number of summits in Poland. Notable Cities are Krakow and Bielsko-Biala.

**3.6.2 Table of summits**

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available		Pts
		[m]	[ft]					since	until	
BZ-001	Diablak (Babia Góra)	1725	5659	1075	49.5732	19.5296	Beskid Żywiecki	1 Apr 2008		10
BZ-002	Polica	1369	4491	351	49.6236	19.6192	Beskid Żywiecki	1 Apr 2008		10
BZ-003	Romanka	1366	4482	236	49.5608	19.2419	Beskid Żywiecki	1 Apr 2008		10
BZ-004	Lipowska	1323	4341	173	49.5316	19.2186	Beskid Żywiecki	1 Apr 2008		10
BZ-005	Turbacz	1315	4314	605	49.5429	20.1113	Gorce	1 Apr 2008		10
BZ-006	Kudłoń	1274	4180	265	49.5726	20.1762	Gorce	1 Apr 2008		8
BZ-007	Radziejowa	1262	4140	533	49.4493	20.6041	Beskid Sądecki	1 Apr 2008		8
BZ-008	Skrzyczne	1257	4124	585	49.6844	19.0300	Beskid Śląski	1 Apr 2008		8
BZ-009	Wielka Racza	1236	4055	391	49.4125	18.9694	Beskid Żywiecki	1 Apr 2008	30 Sept. 2017	8
BZ-010	Gorc (Gorc Kamieniecki)	1228	4029	178	49.5653	20.2528	Gorce	1 Apr 2008		8
BZ-011	Rycerzowa Wielka	1226	4022	196	49.4159	19.0919	Beskid Żywiecki	1 Apr 2008		8
BZ-012	Barania (Barania Góra)	1220	4003	175	49.6114	19.0106	Beskid Śląski	1 Apr 2008		8
BZ-013	Lubań	1211	3973	365	49.4893	20.3390	Gorce	1 Apr 2008		8
BZ-014	Mogielica	1171	3842	421	49.6552	20.2768	Beskid Wyspowy	1 Apr 2008		8

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BZ-015	Beskidek (Mędralowa)	1169	3835	173	49.6130	19.4612	Beskid Żywiecki	1 Apr 2008		8
BZ-016	Muńczoł (Muńcuł)	1165	3822	190	49.4553	19.1045	Beskid Żywiecki	1 Apr 2008		8
BZ-017	Oszus (Wysoki Beskid)	1155	3789	205	49.4097	19.1861	Beskid Żywiecki	1 Apr 2008	1 June 2013	8
BZ-018	Będoszka (Bendoszka Wielka)	1144	3753	154	49.4278	19.0442	Beskid Żywiecki	1 Apr 2008		8
BZ-019	Hruba Buczyna	1132	3714	202	49.4875	19.2319	Beskid Żywiecki	1 Apr 2008	30 Sept. 2017	8
BZ-020	Klimczok	1117	3665	388	49.7397	18.9953	Beskid Śląski	1 Apr 2008		8
BZ-021	Jaworzyna (Jaworzyna Krynicka)	1114	3655	444	49.4180	20.8955	Beskid Sądecki	1 Apr 2008		8
BZ-022	Jałowiec	1111	3645	221	49.6608	19.4772	Beskid Żywiecki	1 Apr 2008		8
BZ-023	Wierch nad Kamieniem	1083	3553	193	49.4848	20.7946	Beskid Sądecki	1 Apr 2008	31 Jan 2023	8
BZ-024	Ćwilin	1072	3517	417	49.6887	20.1916	Beskid Wyspowy	1 Apr 2008		8
BZ-025	Pusta Wielka	1060	3478	190	49.4062	20.8258	Beskid Sądecki	1 Apr 2008		8
BZ-026	Jasień	1052	3451	167	49.6309	20.2202	Beskid Wyspowy	1 Apr 2008		8
BZ-027	Jaworzyna	1047	3435	217	49.5925	19.4111	Beskid Żywiecki	1 Apr 2008		8
BZ-028	Praszywka Duża (Praszywka Wielka)	1044	3425	199	49.4553	19.0392	Beskid Żywiecki	1 Apr 2008		8
BZ-029	Sucha Góra	1040	3412	170	49.5269	19.1414	Beskid Żywiecki	1 Apr 2008		8
BZ-030	Modyń	1028	3373	273	49.6212	20.3760	Beskid Wyspowy	1 Apr 2008		8
BZ-031	Luboń (Luboń Wielki)	1022	3353	512	49.6535	19.9919	Beskid Wyspowy	1 Apr 2008		8
BZ-032	Prusów	1010	3314	160	49.5589	19.1456	Beskid Żywiecki	1 Apr 2008		8
BZ-033	Wielki Wierch	1007	3304	177	49.6123	20.2557	Gorce	1 Apr 2008		8
BZ-034	Śnieżnica	1006	3301	346	49.7160	20.1782	Beskid Wyspowy	1 Apr 2008		8
BZ-035	Czantoria Wielka	995	3264	311	49.6788	18.8047	Beskid Śląski	1 Apr 2008		6
BZ-036	Kiczory	990	3248	255	49.5953	18.8392	Beskid Śląski	1 Apr 2008		6
BZ-037	Przysłop (Dzwonkówka)	991	3225	159	49.4649	20.4810	Beskid Sądecki	1 Apr 2008		6
BZ-038	Szczebel	976	3202	342	49.6885	20.0105	Beskid Wyspowy	1 Apr 2008		6
BZ-039	Lubogoszcz	968	3176	423	49.7126	20.0988	Beskid Wyspowy	1 Apr 2008		6
BZ-040	Rachowiec	954	3130	204	49.5031	19.0042	Beskid Żywiecki	1 Apr 2008		6
BZ-041	Łopień	951	3120	251	49.6923	20.2655	Beskid Wyspowy	1 Apr 2008		6
BZ-042	Koziarz	942	3091	172	49.5000	20.4472	Beskid Sądecki	1 Apr 2008	31 Jan 2021	6
BZ-043	Bukowiński Dział (Bukowiński)	939	3081	229	49.5237	19.8343	Beskid Żywiecki	1 Apr 2008		6



## Summits on the Air – ARM for Poland (SP)

	Wierch)									
BZ-044	Kraczonik	935	3068	265	49.3152	20.9394	Beskid Sądecki	1 Apr 2008		6
BZ-045	Pająków Wierch	934	3064	164	49.5175	19.7667	Beskid Żywiecki	1 Apr 2008		6
BZ-046	Czupel	933	3061	523	49.7681	19.1608	Beskid Mały	1 Apr 2008		6
BZ-047	Łamana Skala (Madohora)	929	3048	359	49.7635	19.3962	Beskid Mały	1 Apr 2008		6
BZ-048	Cichoń (Góra Księża)	926	3038	160	49.6431	20.3736	Beskid Wyspowy	1 Apr 2008		6
BZ-049	Jaworz	921	3022	416	49.7207	20.5208	Beskid Wyspowy	1 Apr 2008		6
BZ-050	Lubomir	904	2966	349	49.7669	20.0596	Beskid Makowski	1 Apr 2008		6
BZ-051	Ochodzita	894	2933	128	49.5458	18.9542	Beskid Śląski	1 Apr 2008	1 Aug 2018	6
BZ-052	Wysokie Bereście	894	2933	162	49.3661	21.0264	Beskid Sądecki	1 Apr 2008		6
BZ-053	Wielka Góra (Kocierz)	884	2900	249	49.7781	19.2847	Beskid Mały	1 Apr 2008		6
BZ-054	Równica	884	2900	166	49.7244	18.8567	Beskid Śląski	1 Apr 2008		6
BZ-055	Magurka	872	2861	211	49.7019	19.5717	Beskid Żywiecki	1 Apr 2008		6
BZ-056	Butorówka (Łosek)	868	2848	218	49.6425	19.3751	Beskid Żywiecki	1 Apr 2008		6
BZ-057	Koskowa Góra	866	2841	311	49.7508	19.7831	Beskid Makowski	1 Apr 2008		6
BZ-058	Zębalowa	859	2818	284	49.7128	19.9111	Beskid Makowski	1 Apr 2008		6
BZ-059	Kotoń	857	2812	256	49.7689	19.8961	Beskid Makowski	1 Apr 2008		6
BZ-060	Kiczorki (Trojaki)	850	2776	160	49.5215	18.9517	Beskid Śląski	1 Apr 2008		6
BZ-061	Stołowa Góra	841	2759	216	49.7075	19.8164	Beskid Makowski	1 Apr 2008		4
BZ-062	Groniczki	839	2753	176	49.8159	19.1441	Beskid Mały	1 Apr 2008		4
BZ-063	Ciecień	829	2720	324	49.7736	20.1425	Beskid Wyspowy	1 Apr 2008		4
BZ-064	Zabawa	824	2703	162	49.5325	19.0817	Beskid Śląski	1 Apr 2008		4
BZ-065	Ogorzała	806	2644	171	49.6662	20.1441	Beskid Wyspowy	1 Apr 2008		4
BZ-066	Kamionna	802	2631	347	49.7786	20.3963	Beskid Wyspowy	1 Apr 2008		4
BZ-067	Łysa Góra "Limanowska"	785	2575	144	49.7194	20.4528	Beskid Wyspowy	1 Apr 2008	1 June 2013	4
BZ-068	Bukowski Groń (Palenica)	767	2516	212	49.8179	19.2713	Beskid Mały	1 Apr 2008		4
BZ-069	Bąków (Czeretnik)	766	2513	196	49.6908	19.3680	Beskid Żywiecki	1 Apr 2008		4
BZ-070	Kostrza	730	2395	245	49.7708	20.2993	Beskid Wyspowy	1 Apr 2008		4
BZ-071	Kiczora "Kasińska"	725	2379	147	49.7278	20.0236	Beskid Makowski	1 Apr 2008	1 June 2013	4
BZ-072	Żurawnica	724	2375	214	49.7581	19.5072	Beskid Mały	1 Apr 2008		4
BZ-073	Ostry "Nydecki"	709	2326	164	49.6778	18.7528	Beskid Śląski	1 Apr 2008	30 Sept. 2017	4

BZ-074	Łopusze (Łopusze Zachodnie)	661	2169	176	49.8000	20.4472	Beskid Wyspowy	1 Apr 2008		2
BZ-075	Paproć	645	2116	180	49.7323	20.3478	Beskid Wyspowy	1 Apr 2008		2
BZ-076	Białowodzka Góra	616	2021	141	49.6861	20.6167	Beskid Wyspowy	1 Apr 2008	1 Aug 2018	2
BZ-077	Wielki Grojec	612	2008	162	49.6597	19.1958	Beskid Żywiecki	1 Apr 2008		2
BZ-078	Jaroszowska Góra (Jaroszowicka Góra)	544	1785	169	49.8465	19.5374	Beskid Makowski	1 Apr 2008		1
BZ-079	Czyżowiec	481	1578	107	49.7750	20.6639	Beskid Wyspowy	1 Apr 2008	1 June 2013	1
BZ-080	Wierzbanowska Góra	778	2552	203	49.7492	20.1155	Beskid Makowski	1 June 2013		4
BZ-081	Góra Orłowa	813	2667	151	49.6969	18.8783	Beskid Śląski	1 June 2013		4
BZ-082	Zęzów	693	2273	181	49.7467	20.3198	Beskid Wyspowy	1 June 2013		2
BZ-083	Kiełek	960	3148	156	49.5984	19.6833	Beskid Żywiecki	1 Aug 2018		6
BZ-084	Kotliny (Błyszcz)	945	3100	156	49.4965	20.4436	Beskid Sądecki	1 Feb 2021		6
BZ-085	Czarci Wierch	1091	3572	198	49.4811	20.8047	Beskid Sądecki	1 Feb 2023		8

### 3.7 Region Reference – Beskidy Środkowe

<b>Association</b>	<b>Poland (SP)</b>
Region	Beskid Środkowe (SP/BS-xxx)
Region manager	Refer to Association Manager

#### 3.7.1 Regional notes

Beskid Środkowe (Central Beskides) are located in south-eastern part of Poland, along Slovak border in both Małopolskie and Podkarpackie Voivodeship. Notable cities are: Nowy Sącz, and Krosno.

#### 3.7.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available		Pts
		[m]	[ft]					since	until	
BS-001	Lackowa	998	3274	361	21.1025	49.4265	Beskid Niski	1 Apr 2008		6
BS-002	Ostry Wierch	930	3051	175	21.1230	49.4385	Beskid Niski	1 Apr 2008		6
BS-003	Kozie Żebro	888	2913	198	20.8675	49.5460	Beskid Niski	1 Apr 2008		6
BS-004	Jaworzyna Konieczniańska	881	2890	271	21.2625	49.4472	Beskid Niski	1 Apr 2008	30 Sept. 2017	6
BS-005	Jaworze	880	2887	305	20.9128	49.5748	Beskid Niski	1 Apr 2008		6
BS-006	Jaworzynka	869	2851	224	21.2180	49.4472	Beskid Niski	1 Apr 2008		6
BS-007	Kamień	857	2812	222	21.8206	49.3970	Beskid Niski	1 Apr 2008		6
BS-008	Wielki Bukowiec (Pasika)	848	2782	183	21.9662	49.3451	Beskid Niski	1 Apr 2008		4
BS-009	Wątkowa	846	2776	289	21.3663	49.5754	Beskid Niski	1 Apr 2008		4

BS-010	Magura Małastowska	813	2667	228	21.2197	49.5534	Beskid Niski	1 Apr 2008		4
BS-011	Mareszka (Mereżka)	801	2628	176	21.3645	49.5426	Beskid Niski	1 Apr 2008		4
BS-012	Chełm	778	2552	273	20.9976	49.5970	Beskid Niski	1 Apr 2008		4
BS-013	Tokarnia	778	2552	193	22.0320	49.4326	Beskid Niski	1 Apr 2008		4
BS-014	Magurycz Duży	777	2549	152	21.3251	49.5466	Beskid Niski	1 Apr 2008		4
BS-015	Hłocza	774	2539	164	20.9657	49.5125	Beskid Niski	1 Apr 2008		4
BS-016	Rotunda	777	2549	167	21.2348	49.4714	Beskid Niski	1 Apr 2008		4
BS-017	Jawornik	762	2500	253	21.8507	49.4812	Beskid Niski	1 Apr 2008		4
BS-018	Baranie	754	2474	211	21.5975	49.4368	Beskid Niski	1 Apr 2008		4
BS-019	Rosochatka	750	2461	235	20.8584	49.6269	Beskid Niski	1 Apr 2008		4
BS-020	Maślana Góra	753	2470	328	21.0586	49.6436	Beskid Niski	1 Apr 2008		4
BS-021	Bordiów Wierch	748	2533	158	21.1033	49.4973	Beskid Niski	1 Apr 2008	31 Jan 2021	4
BS-022	Cergowa	716	2349	211	21.7177	49.5305	Beskid Niski	1 Apr 2008		4
BS-023	Kamień <sup>1)</sup>	714	2343	239	21.5109	49.5378	Beskid Niski	1 Apr 2008		4
BS-024	Zimny Wierch	702	2303	157	21.6541	49.4351	Beskid Niski	1 Apr 2008		4
BS-025	Dania	696	2283	181	21.5987	49.5339	Beskid Niski	1 Apr 2008		2
BS-026	Chyrowa	695	2280	190	21.6483	49.5303	Beskid Niski	1 Apr 2008		2
BS-027	Cyrla <sup>1)</sup>	695	2280	160	21.4426	49.4950	Beskid Niski	1 Apr 2008		2
BS-028	Kopa	672	2205	167	21.1234	49.5418	Beskid Niski	1 Apr 2008		2
BS-029	Żurawinka (Kuty)	664	2178	179	22.1144	49.4620	Beskid Niski	1 Apr 2008		2
BS-030	Łysiec	662	2172	145	21.1139	49.5667	Beskid Niski	1 Apr 2008	1 June 2013	2
BS-031	Suchy Wierch	648	2126	173	21.0914	49.5962	Beskid Niski	1 Apr 2008		2
BS-032	Kiczera Żdźar	609	1998	154	21.0772	49.5644	Beskid Niski	1 Apr 2008		2
BS-033	Franków (Patryja)	533	1749	153	21.6501	49.5720	Beskid Niski	1 Apr 2008		1
BS-034	Polana	673	2208	151	21.1540	49.5012	Beskid Niski	1 Aug 2018		2
BS-035	Piotruś (Pitrosa)	728	2388	161	21.7496	49.4766	Beskid Niski	1 Aug 2018		4
BS-036	Jaworzynka	772	2533	182	21.1160	49.4909	Beskid Niski	1 Jan 2021		4

<sup>1)</sup> required entry permit by the Magura National Park Management

### 3.8 Region Reference – Beskidy Wschodnie

Association	Poland (SP)
Region	Beskidy Wschodnie (SP/BW-xxx)
Region manager	Refer to Association Manager

#### 3.8.1 Regional notes

Beskidy Wschodnie (Eastern Beskides) are located Podkarpackie Voivodeship, between Slovak and Ukrainian Border.

SOTA-SP's Beskidy Wschodnie peaks list consists only of Góry Sanocko-Turczańskie.

#### 3.8.2 Table of summits

Ref. no.	Peak	Height	Prom	Lat	Long	Keyword	Available		Pt s
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		[m]	[ft]	[m]				since	until	
BW-001	Trohaniec	939	3081	329	49.2331	22.6578	Góry Sanocko-Turczańskie	1 Apr 2008		6
BW-002	Jaworniki	908	2979	313	49.3402	22.7128	Góry Sanocko-Turczańskie	1 Apr 2008		6
BW-003	Kamienna Laworta	768	2520	173	49.4447	22.5819	Góry Sanocko-Turczańskie	1 Apr 2008		4
BW-004	Jawor	741	2431	211	49.3904	22.4841	Góry Sanocko-Turczańskie	1 Apr 2008		4
BW-005	Brańcowa	677	2221	2	49.5125	22.5819	Góry Sanocko-Turczańskie	1 Apr 2008	1 June 2013	2
BW-006	Słonne (Góra Słonna)	668	2192	218	49.5406	22.3670	Góry Sanocko-Turczańskie	1 Apr 2008		2
BW-007	Magura	630	2067	180	49.4977	22.4702	Góry Sanocko-Turczańskie	1 Apr 2008		2
BW-008	Czulnia	576	1890	186	49.4473	22.3652	Góry Sanocko-Turczańskie	1 Apr 2008		1
BW-009	Truszwoskie	682	2238	161	49.5322	22.5479	Góry Sanocko-Turczańskie	1 Apr 2008		2

### 3.9 Region Reference – Pogórze Beskidzkie

Association	Poland (SP)
Region	Pogórze Beskidzkie (SP/BP-xxx)
Region manager	Refer to Association Manager

#### 3.9.1 Regional notes

Pogórze Beskidzkie or Pogórze Karpackie (Beskidzkie or Carpathian Montetaro) is located north from Central Beskides. South from city Przemyśl Pogórze Beskidzkie fades into Góry Sanocko-Turczańskie, which are a part of Eastern Beskides. Notable city is Przemyśl.

#### 3.9.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available since	until	Pts
		[m]	[ft]							
BP-001	Sucha Góra	585	1919	280	49.7554	21.8151	Pogórze Beskidzkie	1 Apr 2008		1
BP-002	Liwocz	562	1844	237	49.8135	21.3515	Pogórze Beskidzkie	1 Apr 2008		1
BP-003	Bardo	534	1752	284	49.8884	21.5389	Pogórze Beskidzkie	1 Apr 2008		1
BP-004	Brzanka	534	1752	199	49.8446	21.0875	Pogórze Beskidzkie	1 Apr 2008		1
BP-005	Kopacz	533	1749	188	49.6175	22.1850	Pogórze Beskidzkie	1 Apr 2008		1
BP-006	Wał	523	1716	238	49.8845	20.9113	Pogórze	1 Apr 2008		1

							Beskidzkie			
SZ-011	Ostrzyca Proboszczowicka	501	1644	151	51.0560	15.7632	Pogórze Kaczawskie	1 Aug 2018	31 Jul 2018	1
BP-008	Kokocz	434	1424	169	49.9265	21.2109	Pogórze Beskidzkie	1 Apr 2008		1
BP-009	Wilcze	506	1660	152	49.8387	22.0196	Pogórze Dynowskie	1 Feb 2021		1

### 3.10 Region Reference – Pieniny

Association	Poland (SP)
Region	Pieniny (SP/PI-xxx)
Region manager	Refer to Association Manager

#### 3.10.1 Regional notes

Pieniny are located along Polish-Slovakian border and are surrounded by Western Beskides. They are mainly located in Slovakia.

#### 3.10.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available	Pts
		[m]	[ft]					since	
PI-001	Wysokie Skałki (Wysoka)	1050	3445	247	20.5556	49.3804	Pieniny	1 Apr 2008	8
PI-002	Okraglica (Trzy Korony)	983	3225	330	20.4141	49.4138	Pieniny	1 Apr 2008	6

### 3.11 Region Reference – Tatry

Association	Poland (SP)
Region	Tatry (SP/TA-xxx)
Region manager	Refer to Association Manager

#### 3.11.1 Regional notes

SOTA-SP's region Tatry consists of two geographical regions: Tatry (Tatra Mountains) and Pogórze Spisko-Gubałowskie (Subtatra Foothills). Tatry are the highest mountain range in Poland close to Slovakian Border and they're over-crowded both summer and winter because of their popularity.

#### 3.11.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available	Pts
		[m]	[ft]					since	
TA-001 <sup>1)</sup>	Mięguszowiecki Szczyt	2432	7979	207	49.1872	20.0599	Tatry	1 Apr 2008	10
TA-002	Świnica	2301	7549	351	49.2195	20.0094	Tatry	1 Apr 2008	10
TA-003	Kozi Wierch	2291	7516	165	49.2184	20.0286	Tatry	1 Apr 2008	10
TA-004 <sup>2)</sup>	Miedziane	2233	7326	204	49.2015	20.0489	Tatry	1 Apr 2008	10

TA-005	Starorobociański Wierch	2173	7129	219	49.1992	19.8214	Tatry	1 Apr 2008	30 Sept. 2017	10
TA-006	Krzesanica	2122	6962	323	49.2308	19.9100	Tatry	1 Apr 2008	30 Sept. 2017	10
TA-007 <sup>2)</sup>	Smreczyński Wierch	2068	6785	155	49.2042	19.8814	Tatry	1 Apr 2008	30 Sept. 2017	10
TA-008	Wołowiec	2063	6768	153	49.2083	19.7647	Tatry	1 Apr 2008	30 Sept. 2017	10
TA-009 <sup>2)</sup>	Tomanowy Wierch Polski	1977	6486	178	49.2134	19.9021	Tatry	1 Apr 2008		10
TA-010	Giewont	1895	6217	170	49.2509	19.9340	Tatry	1 Apr 2008		10
TA-011 <sup>2)</sup>	Kominiarski Wierch	1829	6001	370	49.2408	19.8355	Tatry	1 Apr 2008		10
TA-012	Bobrowiec	1663	5456	311	49.2461	19.7862	Tatry	1 Apr 2008		10
TA-013 <sup>2)</sup>	Hruby Regiel	1339	4393	147	49.2675	19.8892	Tatry	1 Apr 2008	1 June 2013	10
TA-014 <sup>2)</sup>	Zadnia Kopka	1333	4373	208	49.2606	19.8594	Tatry	1 Apr 2008		10
TA-015	Magura Witowska	1232	4042	270	49.2958	19.7944	Pogórze Spisko-Gubałowskie	1 Apr 2008	30 Sept. 2017	8
TA-016	Palenica (Palenica Kościeliska)	1199	3934	264	49.3039	19.8869	Pogórze Spisko-Gubałowskie	1 Apr 2008		8

<sup>1)</sup> peak only available for climbers or tourists with a Tatra guide

<sup>2)</sup> required entry permit by the Tatra National Park Management

### 3.12 Region Reference – Bieszczady

<b>Association</b>	<b>Poland (SP)</b>
Region	Bieszczady (SP/BI-xxx)
Region manager	Refer to Association Manager

#### 3.12.1 Regional notes

Bieszczady (Bieszczady Mountains; proper names are Polskie Bieszczady or Bieszczady Zachodnie; Polish– or Western Bieszczady) are located in the most south-eastern part of Poland. This is the less populated area in Poland.

#### 3.12.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available		Pts
		[m]	[ft]					since	until	
BI-001	Tarnica	1346	4416	494	49.0747	22.7263	Bieszczady Zachodnie	1 Apr 2008		10
BI-002	Krzemień	1335	4380	175	49.0860	22.7385	Bieszczady Zachodnie	1 Apr 2008		10
BI-003	Wielka Rawka	1307	4288	523	49.0988	22.5780	Bieszczady Zachodnie	1 Apr 2008		10
BI-004	Połonina Caryńska (Kruhły Wierch)	1297	4255	442	49.1384	22.6029	Bieszczady Zachodnie	1 Apr 2008		8
BI-005	Połonina Wetlińska (Roh)	1255	4117	383	49.1677	22.5283	Bieszczady Zachodnie	1 Apr 2008		8
BI-006	Paportna	1199	3934	293	49.1134	22.4419	Bieszczady Zachodnie	1 Apr 2008		8
BI-007	Jasło	1158	3799	203	49.1581	22.3609	Bieszczady Zachodnie	1 Apr 2008		8



## Summits on the Air – ARM for Poland (SP)

BI-008	Hyrlata	1103	3619	306	49.1814	22.2820	Bieszczady Zachodnie	1 Apr 2008		8
BI-009	Wolosań	1071	3514	381	49.2397	22.2498	Bieszczady Zachodnie	1 Apr 2008		8
BI-010	Łopiennik	1069	3507	335	49.2454	22.3389	Bieszczady Zachodnie	1 Apr 2008		8
BI-011	Jawornik (Magura Nasiczańska)	1047	3435	173	49.1800	22.5712	Bieszczady Zachodnie	1 Apr 2008		8
BI-012	Opolonek <sup>1)2)</sup>	1028	3373	165	49.0028	22.8472	Bieszczady Zachodnie	1 Apr 2008	31 Aug 2017	8
BI-013	Magura Stuposiańska	1016	3333	231	49.1649	22.6448	Bieszczady Zachodnie	1 Apr 2008		8
BI-014	Stryb	1011	3317	201	49.1417	22.2806	Bieszczady Zachodnie	1 Apr 2008	01 Aug 2018	8
BI-015	Dwernik Kamień (Holica)	1004	3294	179	49.1919	22.5838	Bieszczady Zachodnie	1 Apr 2008		8
BI-016	Chryszczata	997	3271	181	49.3056	22.1881	Bieszczady Zachodnie	1 Apr 2008		6
BI-017	Matragona	991	3251	242	49.2001	22.2355	Bieszczady Zachodnie	1 Apr 2008		6
BI-018	Czerenina	981	3219	306	49.2152	22.4092	Bieszczady Zachodnie	1 Apr 2008		6
BI-019	Kiczera <sup>2)</sup>	971	3186	166	49.1101	22.6789	Bieszczady Zachodnie	1 Apr 2008		6
BI-020	Krzemienna	937	3074	171	49.2007	22.3874	Bieszczady Zachodnie	1 Apr 2008		6
BI-021	Magura (Wysoki Groń)	905	2969	238	49.2022	22.1246	Bieszczady Zachodnie	1 Apr 2008		6
BI-022	Korbania (Patrola)	894	2933	197	49.2843	22.3706	Bieszczady Zachodnie	1 Apr 2008		6
BI-023	Kopa (Kiczara)	848	2782	178	49.2098	22.2001	Bieszczady Zachodnie	1 Apr 2008		4
BI-024	Czereśnia	816	2677	160	49.1876	22.7035	Bieszczady Zachodnie	1 Apr 2008		4
BI-025	Suliła	759	2490	150	49.3628	22.1680	Bieszczady Zachodnie	1 Apr 2008		4
BI-026	Tolsta	748	2454	183	49.3001	22.4519	Bieszczady Zachodnie	1 Apr 2008		4
BI-027	Gabry Wierch	743	2438	175	49.3691	22.2354	Bieszczady Zachodnie	1 Apr 2008		4
BI-028	Jasieniowa	735	2411	150	49.3027	22.0962	Bieszczady Zachodnie	1 Apr 2008		4
BI-029	Wasyłkowa	724	2375	153	49.3297	22.2641	Bieszczady Zachodnie	1 Apr 2008		4
BI-030	Smerek (Wysoka)	1223	4011	158	49.1864	22.4799	Bieszczady Zachodnie	1 June 2013		8
BI-031	Stryb (Manewa)	1020	3346	190	49.1423	22.2880	Bieszczady Zachodnie	1 Aug 2018		8

<sup>1)</sup> required entry permit by the Bieszczady Border Guard Unit

<sup>2)</sup> required entry permit by the Bieszczady National Park Management

### 3.13 Region Reference – Wyżyna Śląsko-Krakowska

Association	Poland (SP)
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Region	Wyżyna Śląsko-Krakowska (SP/WS-xxx)
Region manager	Refer to Association Manager

### 3.13.1 Regional notes

SOTA-SP's Wyżyna Śląsko-Krakowska region consist of two summits in Wyżyna Krakowsko-Częstochowska and Wyżyna Śląska.

### 3.13.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available	Pts	
		[m]	[ft]					since		until
WS-001	Grodzisko	513	1683	128	50.2014	19.7736	Wyżyna Krakowsko-Częstochowska	1 Apr 2008	1 June 2013	1
WS-002	Góra Świętej Anny	400	1312	150	50.4558	18.1692	Wyżyna Śląska	1 Apr 2008		1
WS-003	Góra Zamkowa (Góra Janowskiego)	516	1691	256	50.4511	19.5536	Wyżyna Krakowsko-Częstochowska	1 June 2013		1

## 3.14 Region Reference – Góry Świętokrzyskie

<b>Association</b>	<b>Poland (SP)</b>
Region	Góry Świętokrzyskie
Region manager	Refer to Association Manager

### 3.14.1 Regional notes

Góry Świętokrzyskie (Świętokrzyskie Mountains or Holy Cross Mountains) are located in Central Poland. These are the oldest mountains in Europe. Notable cities are Kielce and Ostrowiec Świętokrzyski.

### 3.14.2 Table of summits

Ref. no.	Peak	Height		Prom [m]	Lat	Long	Keyword	Available	Pts	
		[m]	[ft]					since		until
GS-001	Łysica	612	2008	362	50.8914	20.8964	Góry Świętokrzyskie	1 Apr 2008		2
GS-002	Szczytniak	554	1818	199	50.8261	21.1606	Góry Świętokrzyskie	1 Apr 2008		1
GS-003	Bukowa Góra	484	1588	179	50.9564	20.8342	Góry Świętokrzyskie	1 Apr 2008		1
GS-004	Siniewska	455	1493	144	50.8083	20.4431	Góry Świętokrzyskie	1 Apr 2008	1 June 2013	1

## 3.15 Region Reference – Niziny

<b>Association</b>	<b>Poland (SP)</b>
Region	Niziny (SP/PO-xxx)
Region manager	Refer to Association Manager

**3.15.1 Regional notes**

Niziny Region (Lowlands) is a sum of Nizina Mazowiecka, Pojezierze Pomorskie, Pojezierze Mazurskie, Pojezierze Litewskie and Pojezierze Lubuskie with only one summit per each with notable cities Łódź, Gdańsk, Ostróda and Suwałki respectively. They're located in the central and northern part of Poland, the flattest part.

**3.15.2 Table of summits**

Ref. no.	Peak	Height		Prom	Lat	Long	Keyword	Available		Pts
		[m]	[ft]							
PO-001	Wieżycza	329	1079	272	54.2235	18.1234	Pojezierze Pomorskie	1 Apr 2008		1
PO-002	Dylewska Góra	312	1024	194	53.5505	19.9398	Pojezierze Mazurskie	1 Apr 2008		1
PO-003	Szeska Góra	309	1014	191	54.1831	22.3323	Pojezierze Litewskie	1 Apr 2008		1
PO-004	Bukowiec	225	739	172	52.3835	15.3229	Pojezierze Lubuskie	1 June 2013		1
PO-005	Góra Kamieńska	393	1289	180	51.2090	19.4300	Nizina Mazowiecka	1 Aug 2018		1