



visit.sopot.pl

# SOPOT

business & leisure



Sopot

200

YEARS AS A SPA RESORT

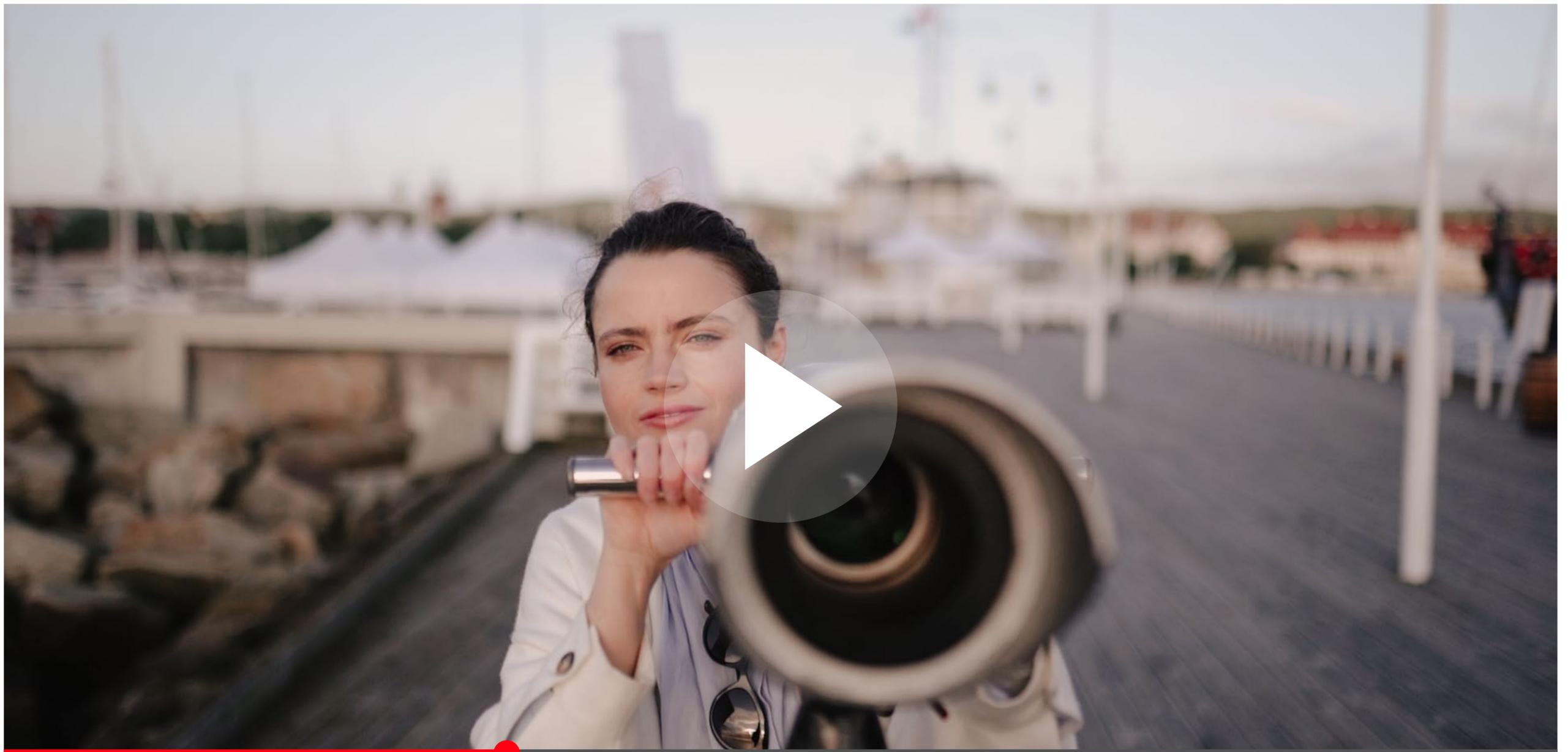
Zoppot - Kurgarten





SOPOT - plaza

# Discover Sopot



03:47 / 10:00



# Facts & Figures

population

 **35 000** in Sopot

 **750 000**  
in Gdansk, Sopot & Gdynia



currency  
**PLN**



time zone  
**GMT / UTC**  
UTC +1 winter  
UTC +2 summer

contact & **emergency** numbers

**+48**

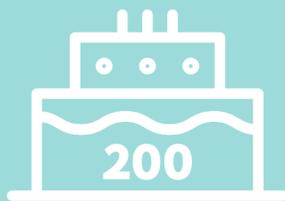
country code

**+58**

area code  
of Sopot

**112**

emergency  
service number



in 2023 the City of **Sopot**  
celebrates **the 200. anniversary**  
of the spa resort traditions

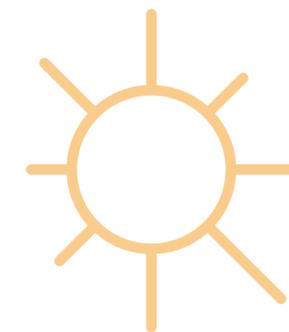
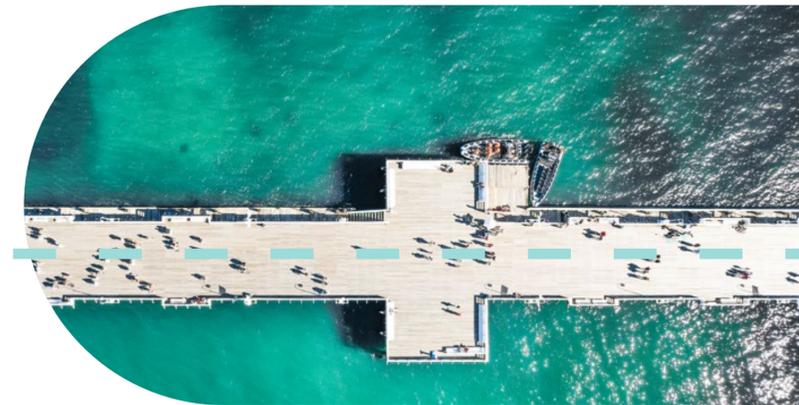
**4.5 km**

is the the total stretch of sandy beaches

**60%** of the city's area is green 

**511.5 m**

is the total  
length  
of the pier



**1823**

the first bathing  
complex in Sopot



**EU driving  
license**



**tap water  
is safe to drink**



**safe city**

# How to get to Sopot?

Flight duration to Gdansk from selected cities:

<b>Oslo</b>	1 h 30 min
<b>Stockholm</b>	1 h 20 min
<b>Helsinki</b>	1 h 50 min
<b>Amsterdam</b>	1 h 40 min
<b>Munich</b>	1 h 30 min
<b>Frankfurt</b>	1 h 20 min
<b>London</b>	2 h 10 min
<b>Copenhagen</b>	50 min
<b>Warsaw</b>	45 min

Sopot is located only **18 km** from Gdansk Airport.



# Big Brother

**Gdańsk** is a city with the population nearing half a million, without doubt one of the most popular tourist and cultural centres, a rapidly developing academic and commercial centre.

The city is **more than 1000 years old**, visited by thousands of tourists each year and it combines cultural traditions of many nations. It is a paradise for enthusiasts of old architecture. One can infinitely walk among beautiful houses and historical monuments representing various architectural styles.

Additionally, shops with a "soul", charming restaurants and cafes as well as cultural events not encountered anywhere else create a **unique atmosphere**.





# About Sopot

**'Sopot - Poland's Riviera'** is the premier beach and spa resort on the Baltic Sea. The resort's excellent reputation for healthy and active leisure together with its wide range of top-class conference and meeting places make it the perfect choice for your business and leisure.

Sopot is an extraordinary city of intellectual inspiration, festivals, conferences, sandy beaches and wonderful opportunities to relax.

This historic resort has blossomed once again into one of the most complete places for rest, relaxation, outdoor activities, active leisure and health and beauty treatments and we warmly invite you to Visit Sopot to discover your next favourite European destination.





# SPA Resort

Sopot is undoubtedly the most beautiful resort in Poland today. Already in the 19th century, patients who wanted to improve their health thanks to healing baths were coming to Sopot.

The status of the international resort of Sopot gained in the interwar period. The treatments for the Polish sea were coming from all over Europe and the visit in Sopot was not only beneficial for health, but also in many circles obligatory for social reasons.

Currently, there are over a dozen **high-class SPA centers** operating in Sopot. The range of services offered by them can surprise with wealth and diversity. Both enthusiasts of exotic massages and more traditional treatments will find something for themselves. What undoubtedly connects Sopot spa and wellness centers is to base a significant part of the offer on the richness of the sea. Salts, amber and sea algae are an irreplaceable basis for many unique treatments.







## ~~~~~ Sopot Brine

The spa waters, or brine, from the St. Wojciech spring flow spontaneously from a depth of 800m. It is a **4.3% bromide-iodine brine**, containing large amounts of potassium, magnesium, and iodine.

The brine contains the same percentage of salt as the Red Sea. In its natural concentration of 4.3% it can only be used for **external purposes** such as **inhalation** or **bathing**.

The brine is only suitable for drinking in a diluted form and you can try it in the **Brine Water Pump Room** located on the top floor of the Spa House (entrance is via the panoramic elevator). Diluted brine can be used to supplement mineral salt deficiencies.

~~~~~



# ☆ Culture

Sopot is constantly expanding its cultural offer and its achievements in the promotion of culture and art have been recognised with numerous awards and top rankings.

Proportionately, Sopot has one of the highest cultural and art offerings for its residents in the country and the team of the Res Publica Foundation has recognised Sopot as a city in which creators of culture have the best conditions for development.

There is a strong **calendar of cyclical events** such as the Mundus Cantat International Choir Festival, the Literary Sopot Festival, as well as the Sopot Jazz Festival.

Aside from the cultural offer in Sopot there are also the **Forest Opera**, the **State Art Gallery**, **Sopot Museum** as well as **three theatre stages**.





# Sport

In Sopot you can enjoy almost all types of sport, from **sailing** and **windsurfing** through to **horse riding** and from **Nordic walking** to **winter sports**.

The sports and recreation options are supplemented with the largest indoor and outdoor **tennis** court complex in Poland.

The real pride of Sopot is the **40-hectare hippodrome**. This horse racing track host many international competitions every year, among which **CSIO 5\*** (Concours de Saut International Officiel) can be mentioned.



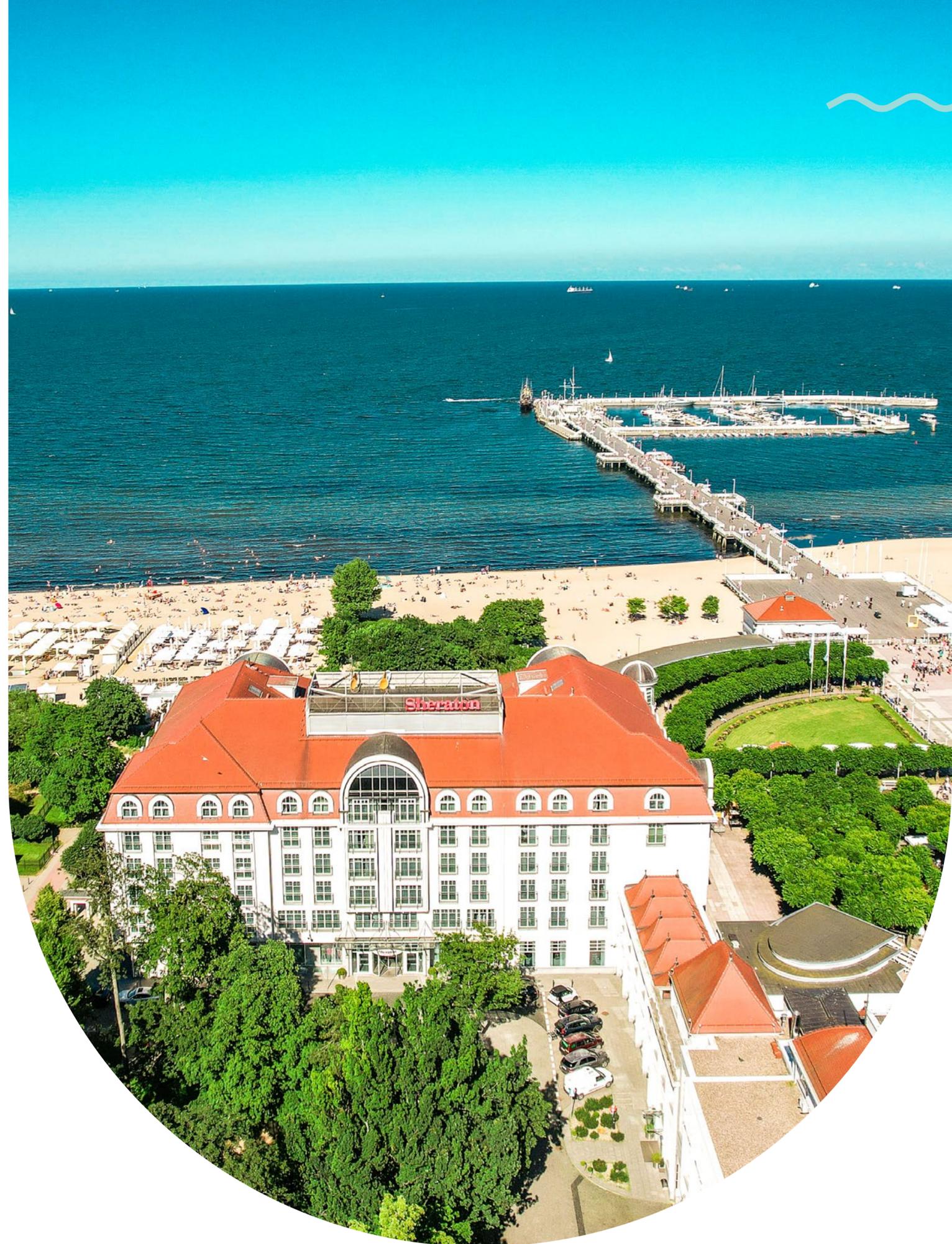
# Accommodation

The accommodation base in Sopot is very varied. There are **21** **classified hotels** in the city, which together can offer over **3 300** **beds**.

This group includes both hotels of **global chains** (Radisson Blu, Sheraton, Sofitel Grand, Marriott Resort & Spa) as well as **boutique and spa hotels** (Hotel Haffner, Hotel Sopot, Sopotorium Medical Resort, Hotel Testa, Hotel Sopot, Hotel Rezydent).

Some of them have **conference centers** that can accommodate events from several dozen to even 1 500 people.

In addition, over **11 000** **beds** are offered by **non-classified facilities** (apartments, private accommodation, camping sites).







# Unique venues & hotels

| Venue                     | Total capacity | Number of rooms | Arrangement options                                                                                                                                                                                                                                                                                                                                                                                                                           | On-site amenities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------|----------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AQUAPARK SOPOT            | 200            | 1               |                                                                                                   |                                                                                                                                                                                                                                          |
| ERGO ARENA                | 15 000         | 6               |                                                                                                   | <ul style="list-style-type: none"> <li>Main arena with 11,000 seated places</li> <li>Full-size sports arena</li> </ul>   (700 spaces)                                                                                                                                                                                                                                                                          |
| FOREST OPERA              | 5 000          | 1               |                                                                                                   | <ul style="list-style-type: none"> <li>Organisation of large events and smaller bespoke events</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                         |
| HIPPODROME                | 2 500          | 1               |                | <ul style="list-style-type: none"> <li>3 ha of green open space</li> <li>Equestrian competitions and displays</li> <li>Riding schools</li> </ul>   (200 spaces)                                                                                                                                                                                                                                                |
| OLIVIA STAR               | 350            | 10              |                                                                                               | <ul style="list-style-type: none"> <li>Unique views of the Bay of Gdansk and the Tri-city from the 34th floor</li> </ul>                                                                                                                                                                                                 |
| PAVILLON MUSIC & MEETINGS | 700            | 4               |      | <ul style="list-style-type: none"> <li>Accommodation base with SPA</li> <li>&amp; Wellness facilities and conference center</li> </ul>      |
| SCENA EVENTS SOPOT        | 440            | 1               |                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| BALTICA RESIDENCE         | 40             | 1               |                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                            |
| HOTEL BAYJONN             | 32             | 1               |                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                       |
| HOTEL EUREKA              | 105            | 2               |                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                            |
| HOTEL HAFFNER             | 300            | 8               |                                                                                                                                                                                |                                                        |

| Venue                       | Total capacity | Number of rooms | Arrangement options                                                                                                                                                                                                                                                                                                                                                                                                                 | On-site amenities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------|----------------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HOTEL MOLO                  | 130            | 2               |                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                         |
| HOTEL RADISSON BLU SOPOT    | 1 550          | 13              |      | <ul style="list-style-type: none"> <li>Ballroom, Pavillon - separate event space</li> <li>Yoga house, 30-people sauna house, sauna complex</li> </ul>                                                                             |
| HOTEL REZYDENT              | 100            | 2               |                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| HOTEL SOPOT                 | 240            | 4               |      |                                                                                                                                                                                                                                   |
| HOTEL SOFITEL GRAND SOPOT   | 450            | 5               |                                                                                         | <ul style="list-style-type: none"> <li>Organisation of events on the beach and in the hotel garden</li> </ul>                                  |
| HOTEL TESTA                 | 40             | 2               |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                              |
| HOTEL VILLA BALTICA         | 80             | 1               |                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                   |
| L'ENTRE VILLES              | 250            | 8               |                                                                                 | <ul style="list-style-type: none"> <li>Organisation of events in the restaurants garden</li> </ul>                                                                                                                                                                                                                                                                                                |
| NOVOTEL GDANSK MARINA       | 420            | 5               |                                                                                 |                                                                                                                                                                                                                                                                                                              |
| SHERATON SOPOT HOTEL        | 1 100          | 11              |                                                                                 | <ul style="list-style-type: none"> <li>Unique ballroom with sea view</li> <li>Events on the beach and the terrace</li> </ul>       |
| SOPOT MARRIOTT RESORT & SPA | 210            | 3               |                                                                                                                                                                      | <ul style="list-style-type: none"> <li>Swimming pool on roof-top terrace</li> </ul>                                                                                                                                     |

# Culinary

The variety of restaurants, bars and other dining options is impressive. Atmospheric spots are aplenty with beautiful views of the sea or hidden in small streets, parks or on pedestrian promenades all of which adds to their charm.

The wide variety of restaurants include those inspired by the concept of **Slow Food** by **regional produce**, **author's kitchens**, by **traditional Polish recipes** as well as those presenting dishes from other regions of Europe and from around the world.

Every year, at the end of June, the **Slow Food Festival – Sopot from the Kitchen** (Sopot od Kuchni) takes place on Sopot Pier, an event which promotes the rich bounty of the Baltic Sea and the entire Pomeranian region.



# Contact

## Who we are?

Visit Sopot is a joint venture between the local government and the local tourism industry which promotes the City of Sopot as an attractive spa, business & leisure destination.



**Thank you!**  
**Feel free to contact me!**

**Bartłomiej Barski**

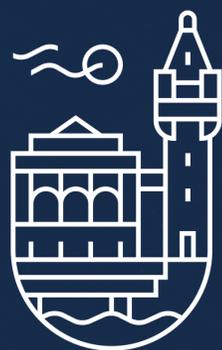
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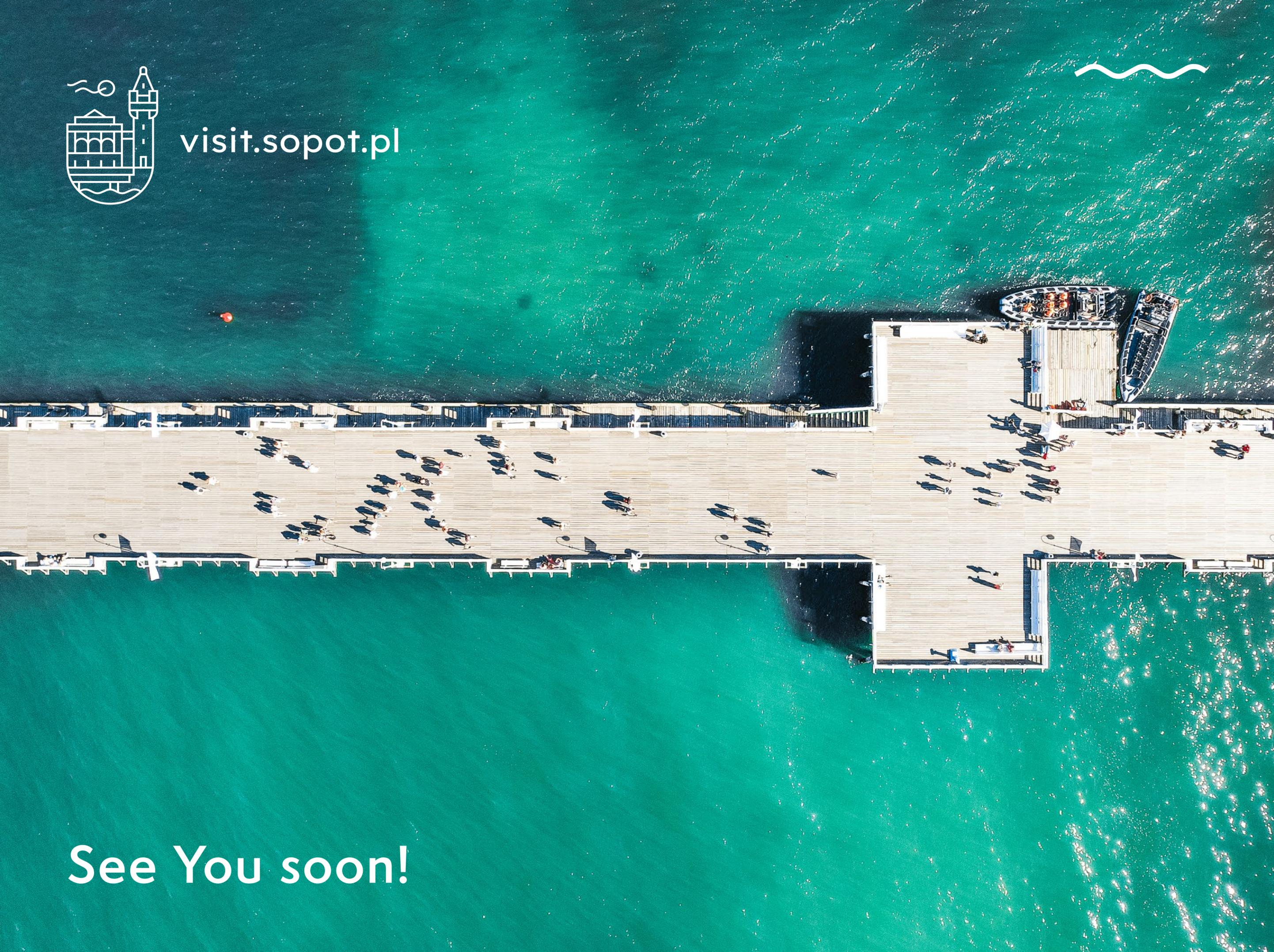
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**SOPOT**  
Tourism Organisation



[visit.sopot.pl](http://visit.sopot.pl)



See You soon!