

Wojciech Giełżyński
Irena and Jerzy Kostrowicki

POLLAND

Arkady

Contents:

Introduction	5
Carpathians and Subcarpathians	24
Polish Uplands	78
Sudeten and the Silesian Lowland	128
Wielkopolska Lowland	162
Mazovia and Podlasie Lowland	188
Lakeland and Pomerania	232