

a handy

PRACTICAL GUIDE

to the Green Velo trail

Where to sleep?

Where to eat?

How to get around?

What to see?

Where to fix your bike?

The Green Velo - East of Poland Cycling Trail: for 2000 kilometres and 2000 reasons to stay for longer

The Green Velo Trail is the longest consistently marked cycle trail in Poland. Covering more than 2000 kilometres of specially marked routes (the main route is 1,887 km long with a further 192 km of connecting and side routes), the trail leads through five voivodships in Eastern Poland: Warmia-Masuria, Podlaskie, Lublin, Podkarpackie and Świętokrzyskie.

The trail is intended for both cycling enthusiasts - fans of long-distance routes - as well as people keen on active tourism who enjoy combining sightseeing with cycling tours. Visitors can begin their trip along the Green Velo at any place and travel in any direction. It's the perfect way to explore the most beautiful parts of Eastern Poland.

The Green Velo Trail begins in Elbląg and runs along the Vistula Lagoon through Frombork to Braniewo, and then through Warmia and Masuria - up to the tripoint at which the borders of Poland, Russia and Lithuania all meet. It then passes through the area around Suwałki and Augustów Forest and into Podlasie, where it runs along the border of Belarus and Ukraine, through several national parks: Biebrza National Park, Białowieża National Park and Narew National Park. In the Lublin region, it traverses the picturesque surroundings of the Bug River and Roztocze National Park. In the Podkarpackie voivodship, it leads through Przemyśl and Rzeszów, amongst the scenery of the Przemyśl Plateau and the Dynów Plateau, and also the San Valley, from where it heads to Sandomierz, and then through the Świętokrzyskie Mountains and Kielce until it reaches Końskie.

The uniqueness and diversity of the regions through which the trail leads are highlighted by the many local tourist attractions, both those situated directly on the route and also ones located within a 20km radius on either side of the trail. They include many sites which form an important part of Polish cultural heritage, including the cathedral in Frombork, the castle in Lidzbark Warmiński, the monastery complex in Supraśl, the former Jewish towns of Tykocin and Leżajsk, the cities of Chełm, Włodawa and Szczepieszyn which are known for their multicultural heritage, the Bug river sanctuaries of different denominations in Kostomłoty, Kodeń and Jabłeczna, the old town in Przemyśl, the castle in Łańcut, the medieval town of Sandomierz and the ruins of the Renaissance castle in Ujazd. Not to mention the large number of places of great environmental value, which include 5 national parks, 15 landscape parks, 26 special protection areas for birds and 36 special habitat protection areas.

The Green Velo Cycling Trail runs mainly on asphalt public roads with low traffic density. New and rebuilt cycle paths, and combined footpath-bike paths, account for about 300 kilometres of the route, with renovated unpaved roads covering around 150 kilometres. Approximately 580 km lead through wooded areas, with a further 180 km going through river valleys. The route runs along very attractive river embankments and former railway embankments for another 70 km. Occasionally, due to protected areas and certain geographical conditions, minor difficulties can be expected on the route (mainly in severe weather conditions) and so, for that reason, we recommend using a touring or cross-country bike.



The publishers of this guide have made every effort to ensure that the information presented is as complete and accurate as possible. They cannot be held responsible for any changes which may have occurred after the publication's release, however, so it is therefore highly advisable to confirm whether there have been any alterations to the services you would like to use (accommodation, eating, drinking, transport, or other) before embarking on your planned trip.

Marking of the Green Velo Trail

The Green Velo - East of Poland Cycling Trail is marked by metal signs with a coloured trail logo on an orange background. There are several thousand signs of five different types along the entire length of the trail. The basic square R-4 sign, measuring 20 x 20 cm, marks the trail route and also confirms the continuation of the trail at crossroads, while the direction of the trail at the crossroads is indicated by the arrow-shaped R-4b sign. The R-4c, R-4d and R-4e signs are all additional markings showing the distances to the most important towns along the trail, and also indicating the course of any other cycle paths crossing the Green Velo route. Additionally, dozens of connecting routes have been created which allow cyclists to link to junctions and major tourist attractions near the main trail. They are also marked with R-4 signs with a black trail logo and a specific route number. The first digit of the number refers to the voivodeship where the route begins, while the next two digits identify the route.



- 🌀 Warmia-Masuria: 101, 102 etc.
- 🌀 Podlaskie: 201, 202, 203 etc.
- 🌀 Lubelskie: 301, 302, 303 etc.
- 🌀 Podkarpackie: 501, 502, 503 etc.
- 🌀 Świętokrzyskie: 501, 502, 503 etc.

MOR (CSPs - Cyclist Service Points)

The Green Velo - East of Poland Cycling Trail is remarkable for the extremely extensive and well-developed recreational infrastructure along its route. A network of Cyclist Service Points has been created, based on the idea of motorway service stations. There are about 230 Cyclist Service Points on the route from Elbląg to Końskie, situated every 8-10 kilometres, usually near tourist attractions and towns of interest. The locations of these Cyclist Service Points are shown on the interactive trail map on the website at www.greenvelo.pl/en (select the appropriate pictogram on the map legend) and also on specific route maps along the trail.

All CSPs are uniformly marked and equipped with sheds, benches, U-shaped bicycle racks, information boards and rubbish bins. A number of them are also equipped with portable toilets and water containers.

CSPs enable cyclists to rest and they also serve as a shelter in the event of rain. Visiting the CSPs is free, but please remember that CSPs are only for resting, and not camping.

Please note that for the purposes of this guide we have used the English term of CSP (Cyclist Service Point) but on the route itself only the Polish term of MOR will be visible.



MPR (CFPs - Cyclist-Friendly Places)

A supplement to the Cyclist Service Points is the system of Cyclist-Friendly Places (CFPs) which has been set up. CFPs are divided into five categories of various accommodation and catering facilities,

tourist attractions and tourist information points as well as service facilities, such as rental and bicycle service points, shops and petrol stations, which are all tailored to the needs of people who enjoy cycling tourism and offer services aimed directly at cyclists. They are places where cyclists can eat, sleep and go sightseeing without worrying about the security of their bike or about finding a warm welcome. The network of CFPs is a unified system of recommended facilities along the route and in the so-called "trail corridor", the strip of land which stretches out within a 20km radius along the route. A full list of all CFPs, searchable by various different criteria, can be found at www.greenvelo.pl/en and it is sure to come in very handy when you plan your trip along the Green Velo Trail.

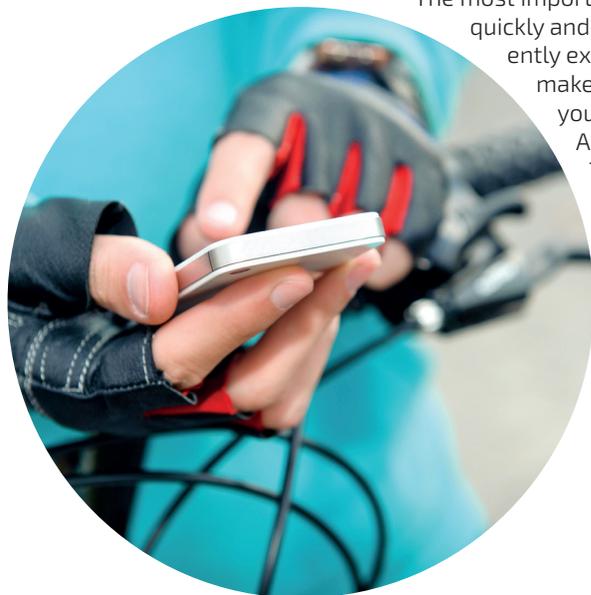
As above, the term CFP (Cyclist-Friendly Place) is used for the purposes of this guide only and on the route, the Polish term MPR will be used.

The www.greenvelo.pl/en portal and mobile app

When planning your trip along the Green Velo trail, it is a good idea to start your preparations by checking out our website www.greenvelo.pl/en. The largest and most accurate cycling guide to Eastern Poland, it enables potential visitors to find out all about the route of the trail, as well as other recommended tour routes and bicycle routes nearby. It also contains information about local tourist attractions and the location of accommodation and gastronomic facilities on the trail. The regular news updates, events calendar and newsletter also mean you can stay fully up-to-date with all the latest news and events while you're out on the trail.

The most important component of the website is the easy-to-use trip planner, which allows you to quickly and effortlessly plan your cycling trip along the Green Velo trail, and then to subsequently export it to our mobile app using a specially generated letter code or QR. The planner makes it easy to determine the length of the trip, its duration, the places and towns that you want to visit, and also to find accommodation and catering facilities along the route. All before you even leave home.

The Green Velo mobile app contains all the information and usual website functionalities that you will need, and it's available on three platforms (Android, iOS, Windows Phone). The app makes it easier to search for tourist attractions, accommodation facilities, catering and bicycle service points. It is also possible to check recommended trails and bicycle tours around the trail. The most important information is available offline, which reduces potential problems with coverage. What's more, the app saves the route of your bicycle trip as you're going along, which means it's also possible to plan future routes by indicating points on the map, and the system will then automatically show you the most convenient way to get there.



A CHAIN OF ATTRACTIONS





“GREEN VELO – my challenge”

“Green Velo – my challenge” is a proposition for true cycling enthusiasts who like clocking up the kilometres on their bikes. It’s a proposal for cyclists used to riding long distances, who are well-prepared both in terms of their physical abilities and also equipment (a reliable bike, suitable clothing, helmet and panniers are the essentials in this regard). Finally, it is also an excellent opportunity to spend a long holiday by combining physical activity with the chance to get to know all of Eastern Poland.

The entire Green Velo trail is about 2000 km long and it is the longest marked bike trail in Poland. Experienced bicycle enthusiasts will be able to complete it in one go, but even they will need to set aside plenty of free time to do so. For this reason, we have decided to split the “Green Velo – my challenge” into two parts. It means you can start your adventure on the Eastern Bicycle Trail at either of the two ends - in Końskie or in Elbląg - or even in the middle, by setting off from Janów Podlaski. It’s possible to go north or south, or choose a shorter distance

which simply fits the amount of time you have available and any preferences regarding places you want to visit. We advise you to read all about the 1st and 2nd parts of “Green Velo – my challenge” so you can choose the right option for you.

Końskie – Janów Podlaski - part 1 (ca 1000 km)

Trail route: Końskie 0 km - Borków 96 km - Sandomierz 196 km - Leżajsk 293 km - Rzeszów 364 km - Babice 450 km - Stubno 523 km - Narol 621 km - Nielisz 709 km - Chełm 789 km - Okuninka 854 km - Terespol 929 km - Janów Podlaski 972 km - (arrival at Biała Podlaska 992 km)

Day 1: Końskie – Borków 96 km

The starting point of the trail is located next to the open-air playground in the palace and park complex in Końskie (in front of the gloriolite). The trail runs along a separate bicycle path in the section from Końskie - Radoszyce and also in Kielce, while for the remaining part it runs along local roads with small sections of paved road (around Polichta and some of the forest sections in Kielce). It’s possible to reach the centre of Kielce following connecting trail no.s 501 and 502.)

Końskie - one of the most interesting park and palace estates in Poland from the second half of the 17th century and the first half of the 19th century; also of interest is the late-gothic Church of St. Nicholas - www.konskie.travel

Sielpia - a holiday resort located by Sielpia Lake, also the Museum of the Old-Polish Industrial Region - www.konskie.travel

Oblęgorek -Palace of Henryk Sienkiewicz (and Museum of Henryk Sienkiewicz) - www.mnki.pl/sienkiewicz/eng/visitors

Podzamcze Piekoszowskie -the ruins of Tarnów Palace, which was built around 1645-1650.

Kielce - the capital of the Świętokrzyskie voivodeship, with the following places of interest: Palace of the Bishops of Kraków, a cathedral, Karczówka Monastery, the Museum of Toys and Play, and the History Museum of Kielce. The city has as many as 5 nature reserves within its borders, including four geological reserves at Kadzielnia, Ślichowice, Biesak-Białogon and Wietrznia with its Geoeducation Centre - www.swietokrzyskie.travel/en/

Borków - a summer resort by the lagoon of the Belnianka River.

Day 2: Borków – Sandomierz 100 km

The Green Velo route leads through the Cisowsko-Orłowski Landscape Park (where the highest range in the Świętokrzyskie Mountains - the Łysogóry - are visible in the distance), and then among the picturesque orchard areas of the Sandomierz Land. It proceeds through hilly terrain around Klimontowa, then short hardened ground sections (Ujny-Smyków), and a separate bicycle path on the section from Iwaniska-Kujawy and in Sandomierz. The remaining part of the trail runs along local roads with low traffic density.

Raków - a small town on Chańcza Lake which is associated with Arianism, with an Arian congregation and the Holy Trinity Catholic Church from the late baroque period - www.rakow.pl



Ujazd - ruins of the monumental castle of Krzyżtopór built in the 'palazzo in fortezza' style (palace in a fortress)

- www.krzyztopor.org.pl

Klimontów - the baroque Collegiate Church of St. Joseph, a Dominican monastery and the Church of the Blessed Virgin Mary and St. Hyacinth from the 17th century, as well as a neoclassical synagogue from 1851 - www.parafia.klimontow.pl

Koprzywnica (2.5 km from the trail) - a 12th century Cistercian monastery, the Church of the Blessed Virgin Mary and St. Florian, with preserved Romanesque elements.

Skotniki - the Church of St. John the Baptist from the mid-14th century and an 18th century manor house with alcoves.

Sandomierz - one of the oldest and most beautiful cities in Poland, with over 120 preserved architectural monuments from different eras. It has a medieval city layout, a Renaissance town hall, Opatowska Gate, an Underground Tourist Route, the Romanesque Church of St. James, a 14th century cathedral, a royal castle (Regional Museum), the House of Jan Długosz (Diocesan Museum) and the Collegium Gostomianum school from the 17th century - www.sandomierz.travel

Day 3: Sandomierz – Leżajsk 97 km

After crossing the Vistula in Sandomierz, the trail enters the Podkarpacie area. From this point on, the Green Velo route runs near the River San, crossing it twice. The trail runs mainly along local roads. On the section from Radomyśl nad Sanem - Ulanów, foot-path-bike paths predominate.

Radomyśl nad Sanem - a town known for its local traditions celebrated at Easter.

Ulanów - a town located at the bifurcation of the River Tanew and the River San, it is famous for its rafting tradition. The Holy Trinity church in the city is called the Raftmen's church

- www.ulanow.pl

Rudnik nad Sanem - centre of the wickerwork and basketwork tradition (the Basketry Centre has a Chamber of Tradition)

- www.rudnik.pl/wiklina

Krzyszów - centre of the tradition of frying damsons (Powidlaki - a culinary event in September), there is also a wooden church dating from 1727-28.

Leżajsk - the late-Renaissance defensive complex of a church and Bernardine monastery with the Basilica of the Annunciation of the Blessed Virgin Mary, the grave of Rabbi Elimelech, and Leżajsk Museum situated in the former Starościński Manor House

- www.kultura.lezajsk.pl

Day 4: Leżajsk – Rzeszów 71 km

One of the shorter sections of the Green Velo trail, allowing you more time to visit Łańcut and the capital of the Podkarpackie voivodeship - Rzeszów. It runs mainly along local roads (e.g. through Leżajsk and Łańcut). In Rzeszów, separate cycle paths predominate.

Łańcut - a castle built by the Lubomirski family (currently a museum with one of the most beautiful palace interiors in the country with a Carriage Museum and a vast park complex) - www.zamek-lancut.pl/en/

Rzeszów - attractions include the town hall, the district court building in the former castle, the market square with Galician townhouses, the Bernadine monastery complex with the late-Renaissance Church of the Blessed Virgin Mary, two synagogues, an Underground Tourist Route (www.trasa-podziemna.ereszow.pl) and the Museum of Bedtime Cartoons (<http://www.muzeumdobranoczek.com.pl/p/?ml=1&lang=uk>).

Day 5: Rzeszów – Babice 86 km

From Rzeszów, the Green Velo route goes southwards and enters the Dynów Plateau, where the more challenging part of the trip begins, during which slightly bigger differences in elevation have to be overcome.

In the area of Błażowa and Ulanica, the route runs along dirt roads (a total of about 15 km), while the remaining sections are local roads.

Błażowa - a manor from the 18th and 19th centuries, the town hall, a Jewish cemetery from the 18th century and the Social Museum of the Błażów Land

- www.muzeum.blazowa.net

Dynów - the final station on the historic Przeworsk - Dynów narrow-gauge railway - www.pogorzanin.powiatprzeworsk.pl

Piątkowa - the Orthodox Church of St. Demetrius from 1732 with the icon of St. John the Baptist from the 16th century.

Dubiecko - Kmita castle (currently a hotel and restaurant www.zamek.dubiecko.com), the Orthodox Church of the Elevation of the Holy Cross, the Church of the Immaculate Heart of the Blessed Virgin Mary and the Museum of Fossils and Minerals.

Day 6: Babice – Stubno 73 km

The next part of the trip along the Green Velo leads through the hills of the Przemysł Plateau, where the nearby Bieszczady mountains are visible from some places. Through Przemysł, the trail leads via bicycle paths and an attractive pedestrian-bicycle footbridge. After Przemysł, the route runs along local roads. In the Lowlands, cross the San River on a bicycle footbridge.



Krasiczyn - the castle and palace complex of the Krasicki family built at the turn of the 16th and 17th centuries (currently also a hotel and restaurant) www.krasiczyn.com.pl/en

Przemyśl - a multicultural city surrounded by dozens of well-preserved forts of the military fortress of the former Austrian monarchy (open to the public). Other attractions include: the castle, the market square, examples of Galician architecture (houses, public buildings), the Cathedral Basilica of the Assumption of the Blessed Virgin Mary and St. John the Baptist, the Byzantine-Ukrainian Archcathedral of St. John the Baptist, and the History Museum of Przemyśl City - www.visit.przemysl.pl/en

Bolestraszyce - an arboretum with many valuable and endangered plants, as well as a mansion from the 18th century with a museum exhibition (www.bolestraszyce.com) and the largest of the forts of the Przemyśl Fortress - Fort XIII San Rideau from the 1890s.

Day 7: Stubno – Narol 98 km

This Green Velo section runs right by the Polish-Ukrainian border through sparsely inhabited forest areas. The villages along the way are an excellent opportunity to get to know the culture and traditions of the Borderlands. The trail runs along local roads, except for a few short sections of dirt roads between Chotyń and Budzyń, as well as after passing Wólka Żmijowska, Nowiny Horynieckie and Polanka Horyniecka.

Chotyń - the Orthodox Church of the Nativity of the Mother of God from 1615, which is included on the UNESCO list.

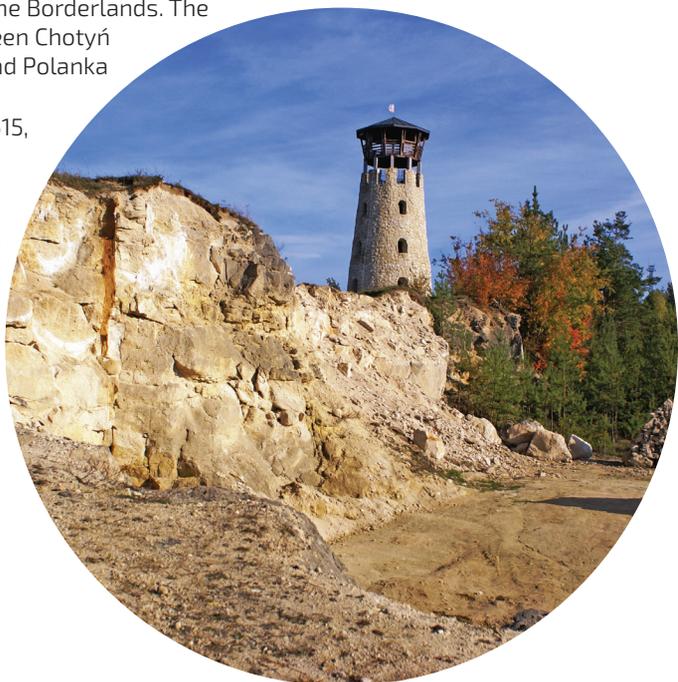
Wielkie Oczy - a village with places of worship for three denominations: the Church of the Immaculate Conception of the Blessed Virgin Mary, the Greek-Catholic Orthodox church of St. Nicholas the Miracleworker, and a synagogue - www.wielkieoczy.info.pl

Radruż - registered on the UNESCO list, a church and defence complex with the Orthodox Church of St. Parascheva from the end of the 16th century (one of the best preserved complexes of wooden architecture in Poland) - www.muzeumkresow.eu

Horyniec Zdrój - a health resort based on the healing properties of sulphide waters and peat deposits, a starting point for the Eastern Roztocze - www.horyniec.info

Nowiny Horynieckie - notable for the Chapel of the Blessed Virgin Mary, where she revealed herself to children in 1636, and mysterious stone circles commonly known as the Temple of the Sun - www.nowiny.horyniec.info

Narol - the baroque palace of the Łoś family, which dates back to 1776-1781.



Day 8: Narol – Nielisz 88 km

The Green Velo leaves the Podkarpackie voivodeship and enters the Lubelskie voivodeship. Here it intersects the most valuable areas of Roztocze: Roztocze National Park, Puszcza Solska Landscape Park and Szczepieszyn Landscape Park. The trail runs along local roads, and there is a bike path by the side of the road on the Wólka Łosiniecka - Susiec section. Parts of the stretches from Hamernia to Józefów and from Zwierzyniec to Szczepieszyn have a separate bicycle path, and a dirt road in some places. In Roztocze National Park, after passing Górecko Stare, the trail leads along a dirt road almost until Zwierzyniec.

Susiec - the "Nad Tanwią" reserve in the vicinity of the Tanew River, including the river gorge and numerous rapids creating picturesque waterfalls - www.turystyka.susiec.pl

Józefów - a summer resort which has two reservoirs, limestone quarries (the largest - "Babia Dolina" - has a lookout tower), a town hall, a parish church and a synagogue from the 18th and 19th centuries, as well as a Jewish cemetery with hundreds of graves (matzevahs) - www.ejozefow.pl

Zwierzyniec - a summer resort and the town where the administration of Roztocze National Park is located, with buildings from the times of the Zamoyski Family Fee Tail: a church on the water, a complex of buildings of the offices of the fee tail, the residence of the plenipotentiary and the old brewery. On the outskirts are the popular Echo Ponds - a popular swimming area - as well as an observation platform for looking at water birds and a refuge for Polish konik horses - www.roztozczanski.pl

Szczepieszyn - an Orthodox church from the 16th century, two Renaissance churches from the turn of the 16th and 17th centuries, a Jewish cemetery with around 400 graves (matzevahs) and also monuments to the beetle from the well-known tongue-twister (both in the city centre and in the foothills of Castle Hill) - mdk.szczepieszyn.pl

Nielisz - a holiday resort by a reservoir on the Wieprz River - www.nielisz.pl

Day 9: Nielisz – Chełm 80 km

The Green Velo route leaves the Roztocze and continues through the next region of Polesie. The trail leads straight to Chełm mainly on local roads with the many climbs and descents through the Chełm Hills compensated for by the beautiful views. There are sections with a separate, dirt bike path through Krasnystaw, while in Chełm there are bike paths on the roadside and separate bicycle lanes. Dirt roads should be expected in the forest behind Krasnystaw and around the villages of Maciejów and Zwierzyniec. Along the section Nielisz – Krasnystaw the Green Velo trail leads along asphalt roads in general traffic.

Krasnystaw - the baroque former Jesuit Church of St. Francis Xavier and a college (now the Regional Museum) - www.miejscapelnuroku.pl. The town is known for hosting the national holiday of hop-growers and brewers - "Chmielaki Krasnostawskie".

Chełm - a city known for its chalk deposits (there is an underground trail through the chalk rock - www.podziemiakredowe.pl). Also worth seeing are the Church of the Holy Apostles the Messengers, the Orthodox Church of St. John the Theologian, the Museum of the Chełm Land (www.mzch.pl) and Chełm Hill with its cathedral complex (Basilica of the Birth of the Virgin Mary - www.bazylika.net) - www.itchełm.pl



Day 10: Chełm – Okuninka 65 km

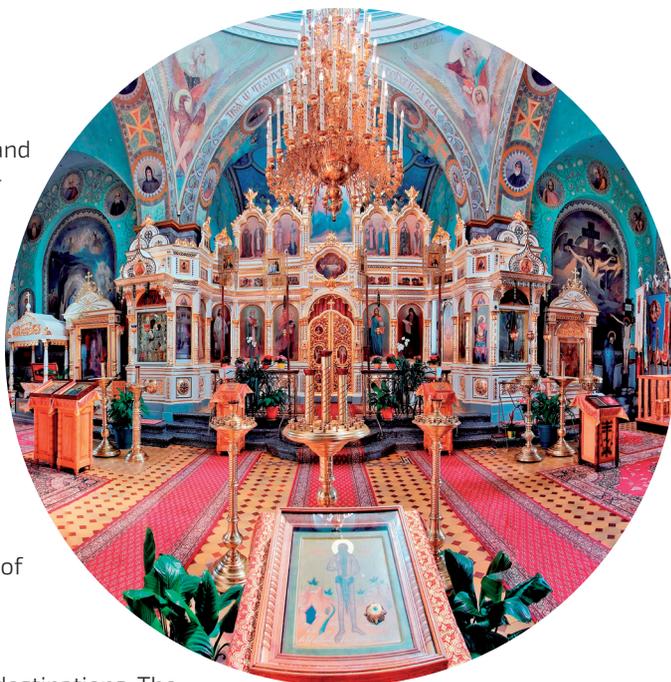
Part of the Green Velo route enters the environmentally valuable marsh land and peat moors (the "Żółtowie Błota", "Trzy Jeziora" and "Bagno Serebryjskie" reserves) of Chełm Landscape Park and Sobibór Landscape Park, as well as the large pine complexes of the Sobibór Forests (this section is a dirt road). Parallel to the trail, which leads along asphalt local roads (except for short hard ground sections), meanders the Bug River.

Uhrusk – a church from 1678, an Orthodox Church from 1875, and a park and manor house complex from the 19th century.

Wola Uhruska – a summer resort on an oxbow lake of the Bug River (with a beach, a swimming area, and water equipment rental) – www.wolauhruska.pl

Sobibór – the Museum of the Former Death Camp – a branch of the State Museum at Majdanek – www.sobibor-memorial.eu/en

Białe Lake (Okuninka) – one of the largest and cleanest lakes of the Łęczyńsko-Włodawskie lake area, with holiday resorts around the village of Okuninka – www.mosir.wlodawa.eu



Day 11: Okuninka – Terespol 75 km

This section of the Green Velo route is extremely rich in attractive tourist destinations. The proximity of the Polish-Belarusian border affects not only the denominational and cultural, but also the architectural, diversity of the areas along the way. The route continues along the Bug River. The section Okuninka – Włodawa – Sławatycze runs along a separate bicycle route, whereas the section from Sławatycze to Terespol is on asphalt local roads.

Włodawa – a city of three cultures: a baroque Catholic church with a Pauline monastery, a Byzantine-Ruthenian Orthodox Church and synagogue complexes with a large baroque synagogue (Museum-Synagogue complex in Włodawa – www.muzeumwlodawa.pl). The large town square also has a well-preserved building of stalls and shops called the quadrangle – www.mosir.wlodawa.eu

Sławatycze – a town square with 3-metre-tall bearded figures made from lime wood – www.slawatycze.pl

Jableczna – one of the most important Orthodox places in Poland with a church-monastery complex from the 19th century associated with the cult of St. Onuphrius the Hermit – www.klasztorjableczna.pl

Kodeń – a Marian Sanctuary in Kodeń (www.koden.com.pl), monastery of the Missionary Oblates of Mary Immaculate and the remains of the former Sapieha family castle (cellars and a chapel).

Kostomłoty – the place of the only neo-Uniate parish in the world, which uses the Byzantine-Slavic rite – the Orthodox church of St. Nikita the Martyr (Shrine of the Podlasie Uniates) – www.kostomloty.com

Kolonia Zastawek – a Tatar cemetery (mizar) with around 40 tombstones dating from the 18th to the early 20th centuries – www.studzianka.pl

Kobylany – one of many preserved gunpowder storage magazines belonging to the Brest Fortress; also of interest is the Orthodox Church of Our Lady of Pokrov from the 2nd half of the 19th century.

Terespol – a border town on the Bug River with the classical Orthodox Church of the Holy Apostle John the Theologian from the 18th century, the Church of the Holy Trinity from 1863, an iron obelisk from 1825 and the forts of the Brest Fortress (www.twierdza.org).

Day 12: Terespol – Janów Podlaski 43 km

The shortest and final section of the first part of the long-distance Green Velo route leads to the nearest junction of Biała Podlaska (around 20 km from Janów Podlaski). It runs along asphalt local roads and the left bank of the Bug valley through the Podlasie Bug Gorge Landscape Park. There is a footpath-cycle path on the Terespol – Koroszczyń section.

Krzyszew – the wooden Church of St. George, a manor house and outbuilding from the 19th century, wooden buildings from the beginning of the 20th century and a 1921 'koźlak' windmill.

Pratulín – the Sanctuary of the Blessed Podlasie Martyrs – www.sanktuariumpratulin.pl

Janów Podlaski – the Arabian horse stud farm in Wygoda near Janów Podlaski (www.janow.pl).



Accommodation

(Cyclist-Friendly Places are marked as CFP. Selected CFPs and other items are shown below, more at www.greenvelo.pl/en)

Końskie and vicinity

Hotel* Świętokrzyskiego Ośrodka Doradztwa Rolniczego (CFP)
ul. Piotrkowska 30, Modliszewice, 26-200 Końskie
tel. 41 372 87 91, www.sodr.pl

Ośrodek Wypoczynkowy Relax (CFP)
ul. Relaksowa 11, Sielcia Wielka, 26-200 Końskie
tel. 41 372 02 86, 608 325 121, (open: May-Oct),
www.relax.shl.pl

Agroturystyka Vip Village (CFP)
Miedziera 110, 26-212 Smyków
tel. 605 737 885, www.agromiedziera.com

Borków and vicinity

Agroturystyka Zofijówka (CFP)
Borków 107, 26-021 Daleszyce
tel. 41 317 16 76, www.zofijowka.com.pl

Gospodarstwo Agroturystyczne "Wiejski Raj" (CFP)
Podmarzysz 4e, 26-021 Daleszyce
tel. 510 835 873, FB page

Ośrodek Eko-Wypoczynek w Kaczynie (CFP)
Kaczyn 1a, 26-021 Daleszyce
tel. 882 632 828, www.kaczyn.pl



Sandomierz

Hotel i Restauracja Maty Rzym*** (CFP)

ul. Okrzei 9, 27-600 Sandomierz
tel. 15 644 90 90, www.malryzm.pl

Hotel Sarmata - Zespół Dworski*** (CFP)

ul. Zawichojska 2, 27-600 Sandomierz
tel. 15 833 47 00, www.hotelsarmata.pl

Sandomiria (CFP)

ul. Podwale Górne 10, 27-600 Sandomierz
tel. 15 644 52 44, www.sandomiria.pl

Obiekt noclegowy PTTK Turysta (CFP)

ul. Zawichojska 22, 27-600 Sandomierz
tel. 15 838 53 56, www.sandomierz-nocleg.pl

Leżajsk and vicinity

Noclegi Andrzej Szkodziński (CFP)

ul. Mickiewicza 134, 37-300 Leżajsk
tel. 502 323 723, www.noclegilezajsk.pl

Noclegi - Leżajsk (CFP)

ul. Podleśna 5, 37-300 Leżajsk
tel. 509 043 642, www.noclegi-lezajsk.pl

Agroturystyka Pod Sosnami (CFP)

Giedlarowa 425, 37-300 Leżajsk
tel. 606 731 612, www.agrorup.za.pl

Gospodarstwo agroturystyczne „Pod Lipą” (CFP)

Przychojec 151, 37-300 Leżajsk
tel. 602 467 215, 17 242 08 19, www.podlipa.lezajsk.pl

Rzeszów and vicinity

Grein Hotel*** (CFP)

al. T. Rejtana 1, 35-326 Rzeszów
tel. 17 85 03 888, 667 992 277
www.greinhotel.pl, info@greinhotel.pl

Hotel Cztery Pory Roku *** (CFP)

Rudna Mała 35, 36-060 Głogów Małopolski
tel. 509 666 183, www.hotelczteryoryroku.com.pl

Centrum Turystyki i Rekreacji WSiZ (CFP)

Kielnarowa 386 A, 36-020 Kielnarowa
tel. 17 866 13 499, www.kielnarowa.wsiz.pl

Gospodarstwo Agroturystyczne „Malwa” (CFP)

(distance from GV 15 km)
Jodtówka 154, 37-560 Pruchnik
tel. 603 995 630, szalkim@wp.pl

Babice (accommodation in Dubiecko and vicinity)

Zamek Dubiecko (CFP)

ul. Zamkowa 1, 37-750 Dubiecko
tel. 16 651 10 58, www.zamek.dubiecko.com

Gospodarstwo agroturystyczne „Zielony Domek” (CFP)

Wyrzeże 5 B, 37-750 Dubiecko
tel. 533 500 103, zielonydomek.agro.pl

Sołtysówka na skraju lasu (CFP)

Słonne 3, 37-750 Dubiecko
tel. 698 344 347, www.agrosłonne.infoturystyka.pl

Dwór Wapowce (CFP)

Wapowce 78 A, 37-700 Wapowce
tel. 16 671 06 72, www.dworwapowce.com.pl

Stubno and vicinity

Agroturystyka Weresiówka (CFP)

Stubno 236, 37-723 Stubno
tel. 600 827 750, www.stadninakonistubno.pl

Villa Bolestraszyce (CFP)

Bolestraszyce 154 A, 37-722 Wyszatyce
tel. 739 039 039, www.bolestraszyce.pl

Narol and vicinity

Polanka Horyniecka – Agroturystyka i Konie (CFP)

Polanka Horyniecka 28, 37-620 Horyniec Zdrój
tel. 16 628 07 97, www.polankakonie.pl

Agroturystyka „Stawiska nad Tanwią” (CFP)

Jędrzejówka 120, 37-610 Jędrzejówka
tel. 692 417 062, stawiskanadtanwia@gmail.com

Pensjonat Szkoleniowo-Wypoczynkowy „Sosnowe Zacisze” (CFP)

ul. Turystyczna 27, 22-672 Susiec
tel. 607 711 630, www.sosnowe-zacisze.pl

Słoneczny Gaj (CFP)

ul. Słoneczna 4, 22-672 Susiec
tel. 693 433 689, 603 354 939, www.slonecznygaj.pl

Nielisz and vicinity

Agroturystyka „Zielony Zakątek” (CFP)

Nawóz 127, 22-413 Nielisz
tel. 608 442 956, www.nielisz-agroturystyka.ugu.pl

Nad Brzegiem (CFP)

Nielisz 60A, 22-413 Nielisz
tel. 663 289 754, www.nadbrzegiem.pl

Raj Wędkarza (CFP)

Nielisz 13, 22-413 Nielisz
tel. 695 659 621, www.rajwedkarza.com.pl

Chełm

Agropokrówka Gospodarstwo Agroturystyczne (CFP)

ul. Łanowa 1, 22-100 Chełm
tel. 501 153 650, 693 321 717, www.agropokrowka.republika.pl

Hotel Kozak*** (CFP)

ul. Hrubieszowska 37, 22-100 Chełm
tel. 82 565 55 75, www.kozak.chelm.pl

Hotel Duet*** (CFP)

ul. Hrubieszowska 54 A, 22-100 Chełm
tel. 82 565 50 50, www.hotelduet.com.pl

Szkolne Schronisko Młodzieżowe (CFP)

ul. Czarnieckiego 8, 22-100 Chełm
tel. 82 564 00 22, 533 41 67 18, ssmchelm@gmail.com

Okuninka

Hotel SPA „Rusatka” *** (CFP)

Okuninka VIII-10, 22-200 Okuninka
tel. 82 571 70 65, 502 202 155, www.hotelrusalka.com.pl

Agroturystyka Teodozia i Jerzy Bartnik (CFP)

Okuninka XIII-46, 22-200 Okuninka
tel. 501 446 514, 82 571 70 96, FB page

Szkolne Schronisko Młodzieżowe „Krokodyl” (CFP)

Okuninka XIII- 1, 22-200 Okuninka
tel. 82 572 57 77, 82 571 70 90, www.pg2.pl

Zacisze (CFP)

Okuninka XI/10, 22-232 Okuninka
tel. 506 101 742, www.zacisze.wlodawa.pl

Terespol and vicinity

Obiekt noclegowy Miejskiego Ośrodka Kultury (CFP)

ul. Sienkiewicza 27, 21-550 Terespol
tel. 507 170 018, 83 375 22 65
www.mokterespol.com/index.php/uslugii/hotel

Noclegi i agroturystyka Elżbieta i Sławomir Deniccy (CFP)

Małaszewicze Duże 14, 21-540 Małaszewicze
tel. 507 072 547

Gospodarstwo agroturystyczne „Malówka” (CFP)

Malowa Góra 4a, 21-512 Zalesie
tel. 600 083 329, www.agrosplywy.lh.pl



Bużny Szlak (CFP)

Krzyczew 44, 21-550 Terespol
tel. 504 247 516, www.buznyszlak.pl

Janów Podlaski i okolice

Domek nad zalewem (CFP)

ul. Kąpielowa 4, 21-505 Janów Podlaski
tel. 509 847 327, www.mmtrade@wp.pl

Agroturystyka u Teresy (CFP)

ul. Kościuszki 8, 21-505 Janów Podlaski
tel. 697 154 440, www.agroturystykauteresy.pl

Noclegi „Przy stadninie” (CFP)

ul. M. J. Piłsudskiego 58, 21-505 Janów Podlaski
tel. 503 010 912, www.przystadninie.pl

Pensjonat „Uroczysko Zaborek” - guesthouse (CFP)

Kolonia 28, 21-505 Janów Podlaski
tel. 83 341 30 68, www.zaborek.com.pl



Restaurants and places to eat

(Cyclist-friendly places are marked as CFP)

Day 1

Kielce - Siedem Pokus Restaurant (CFP), al. Na Stadion 365, tel. 41 361 55 55, www.siedempokus.pl

Borków - Mistrz i Małgorzata Inn (CFP), Borków 113, tel. 691 022 455, bikes for rent, www.mistrzimalgorzata.com.pl

Day 2

Raków - Restauracja na Bardzkiej (CFP), ul. Bardzka 29, tel. 513 380 924, www.nabardzkiej.pl

Sandomierz - Hotel Pod Ciżemką Restaurant (CFP), Rynek 27, tel. 15 832 05 50, www.hotelcizemka.pl

Day 3

Ulanów - Restaurant of Ośrodek Szkoleniowo-Wypoczynkowy Tanew (CFP), Podlądzie, tel. 15 876 36 29, 693 709 570, www.tanew.pl

Leżajsk - Stokrotka Restaurant (CFP), ul. Giedlarowa 278, 37-300 Leżajsk, tel. 17 24 25 892, www.stokrotka.pl

Day 4

Biedaczków - Dwór Szlachecki (CFP), Biedaczków- Podkudłacz 187, tel. 572 291 178, 505 077 876, www.dwor-szlachecki.pl

Rzeszów - Grein Hotel Restaurant (CFP), al. T. Rejtana 1, tel. 17 85 03 888 , 667 992 277, www.greinhotel.pl

Day 5

Błazowa - Stary Bank Restaurant (CFP), ul. 3-go Maja 4, tel. 668 763 685, FB page

Dubiecko - Restaurant in Zamek Dubiecko (CFP), ul. Zamkowa 1, tel. 16 651 10 58, www.zamek.dubiecko.com

Day 6

Skopów - Inn Dolina Czterech Stawów (CFP), Skopów 51, Krzywca, tel. 730 088 861, www.dolina4stawow.pl

Przemysł - Accademia Restaurant (CFP), Wybrzeże M. J. Piłsudskiego 4, tel. 16 676 11 11, www.hotelaccademia.pl

- Fiore Bakery (CFP), ul. Kazimierza Wielkiego 17b, tel. 16 675 12 22, www.cukierniafiore.pl

Day 7

Horniec Zdrój - Bar in Pensjonat Hagi (CFP), ul. Sanatoryjna 1, tel. 787 706 070, www.pensjonathagi.pl

Ruda Różaniecka - Dębowy Dwór Restaurant (CFP - 12 km from the GV trail), Ruda Różaniecka, tel. 16 631 38 15, 661 053 911, www.debowy-dwor.pl

Day 8

Józefów - Bar Knieja (CFP), Pl. Wyzwolenia 19, tel. 663 874 991, FB page ;

- Bar „Pod Wiatą” (CFP), Słoneczna 4, tel. 784 542 075, FB page

Szczebrzeszyn - Staromiejska Restaurant (CFP), ul. Stodka 1, tel. 515 167 912, www.restauracjaklemens.pl

Day 9

Krasnystaw - Staromiejska Restaurant (CFP), ul. Matysiaka 6, tel. 82 576 35 22, www.hotelstaromiejski.eu

- Stołówka w świerkach (CFP), ul. Piłsudskiego 30, tel. 82 576 45 38, www.swierki.wix.com/stolowkawswierkach

Żółtańce Kolonia near Chetm - Pstrągowo Restaurant (CFP), ul. Pstrągowa 17, Żółtańce Kolonia, tel. 692 302 285, www.pstragowo.pl

Chetm - Kozak Restaurant (CFP), ul. Reformacka 7, 22-100 Chetm, tel. 82 565 55 65, www.kozak.chelm.pl

Day 10

Okuninka - Słoneczna Restaurant (CFP), IV 131, 22-236 Okuninka, tel. 507 198 393, www.willasloneczna.okuninka.com

Day 11

Włodawa - Gościniec Podkowa (CFP), ul. Kraszewskiego 3, tel. 503 626 888, www.goscinielopodkowa.pl

Day 12

Janów Podlaski - Bishop's Castle Restaurant (CFP), ul. Zamkowa 1, tel. 83 379 08 50, www.zamekjanowpodlaski.pl

Roskosz - Restaurant in Centrum Kształcenia i Wychowania OHP (CFP - 14 km from the GV trail), Roskosz 23, tel. 83 344 41 17, www.roskosz.pl



Bicycle rentals, sales, repair and transport

(Cyclist-Friendly Places are marked as CFP)

Mobilno-Stacjonarny Serwis Rowerowy (CFP - bike service point and transport), Brody 136 (near Końskie), 26-200 Brody, tel. 500 150 152

Domenico Bike Workshop (CFP) (bike shop and service point), ul. Langiewicza 3, Kielce, tel. 660 318 466, www.domenicobikes.pl

„Rowerowo” (CFP - bike shop and service point), Jeżowe 178, 37-430 Jeżowe, tel. 530 856 534, rowery-jezowe.pl



Rowery.Leżajsk.pl CFP, ul. Sanowa 19A, 37-300 Leżajsk, tel. 608 652 761, www.rowery.lezajsk.pl

[„Narty Przemysł” Lano Sp. z o.o.](http://Narty.Przemysl.Lano.Sp.z.o.o) CFP, ul. Sanocka 12, 37-700 Przemysł, tel. 501 798 337, www.nartyprzemysl.pl

[Sklep i serwis rowerowy w Żotyńi](http://Sklep.i.serwis.rowerowy.w.Zotyini) (CFP - bike shop and service point in Żotyńia), ul. Białobrzieszka 1, 37-110 Żotyńia, tel. 660 512 185

[„Rys” wypożyczalnia i serwis rowerowy](http://Rys.wypożyczalnia.i.serwis.rowerowy) (CFP - bike rental and service point), ul. Browarna 1/3, 22-470 Zwierzyniec, tel. 504 651 675, www.rowery-zwierzyniec.pl

[Firma F.H.P. „Dzyr”](http://Firma.F.H.P.„Dzyr) (CFP - bike shop and service point), ul. Rzemieślnicza 22, 22-200 Włodawa, tel. 82 572 21 78, www.roverami.pl

[AMS Kodeń serwis rowerowy](http://AMS.Kodeń.serwis.rowerowy) (CFP - bike service point), ul. Narutowicza 2 A, 21-509 Kodeń, tel. 669 345 457, FB page

[Konkret Serwis](http://Konkret.Serwis) (CFP - bike service point), ul. Sitarska 17, Biłgoraj, tel. 798 414 572, FB page



Access to the Green Velo and transportation hubs suitable for transporting bicycles

Getting to Końskie:

There is no train station in Końskie, so it's best to arrive at the Opoczno Południe railway station, which has many direct connections with cities such as Warsaw, Kraków, Łódź, Poznań, Gdańsk, Szczecin, Rzeszów, Białystok, and Olsztyn (there are carriages for transporting bicycles on the trains - but the number of places is limited). There are two ways to get to Końskie from Opoczno: either take a 24-km bike ride along the local roads or book a private transport (eg Mobilno-Stacjonarny Serwis Rowerowy in Brody - see above for details).

Getting to Kielce:

Kielce can be reached easily by train - with the possibility to transport bicycles and direct connections with cities such as Kraków, Katowice, Wrocław and Warsaw.

Departure from Biała Podlaska (Terespol, Zamość, Chełm) - railway connections (including carriages suitable for transporting bicycles) directly to/from: Warsaw and from there on to selected Polish cities such as Dęblin, Siedlce or Łuków, and from there, for example, to Lublin.

Airports:

[Kraków John Paul II International Airport - Balice Sp. z o.o.](http://Kraków.John.Paul.II.International.Airport.-Balice.Sp.z.o.o)

ul. kpt. M. Medweckiego 1, 32-083 Balice, tel. +48 12 295 58 00, +48 12 639 39 89, +48 12 341 39 89, +48 12 363 39 89, 0 801 055 000, www.krakowairport.pl/en

[Katowice International Airport in Pyrzowice](http://Katowice.International.Airport.in.Pyrzowice), ul. Wolności 90, Pyrzowice, 42-625 Ożarówice, tel. 801 011 752, +48 32 39 27 385 (324), www.katowice-airport.com/en

[Warsaw Chopin Airport](http://Warsaw.Chopin.Airport), ul. Żwirki i Wigury 1, tel. +48 22 650 42 20, www.lotnisko-chopina.pl/en/index.html

[Warsaw Modlin Airport](http://Warsaw.Modlin.Airport), ul. gen. Wiktora Thommee 1a, 05-102 Nowy Dwór Mazowiecki, tel. +48 22 315 18 80, en.modlinairport.pl

[Rzeszów International Airport](http://Rzeszów.International.Airport), Jasionka 942, tel. +48 17 852 00 81, +48 17 717 86 11, www.rzeszowairport.pl/en

[Lublin Airport](http://Lublin.Airport), ul. Króla Jana III Sobieskiego 1, 21-040 Świdnik, tel. +48 81 458 14 44, www.airport.lublin.pl/en

Janów Podlaski – Elbląg - part 2

Trail route: Janów Podlaski 0 km – Kleszczele 89 km – Guszczewina near Narewki (with access to Białowieża) 166 km – Supraśl 244 km – Kiermusy 307 km (possible access to Łomża and return on 98 km of the GV trail) – Goniądz 361 km – Studzieniczna (through Augustów) 441 km – Suwałki 514 km – Stańczyki 578 km – Węgorzewo 660 km – Bartoszyce 735 km – Górowo Iławieckie 802 km – Braniewo 878 km – Elbląg 955 km

Day 1: Janów Podlaski – Kleszczele 89 km

The Green Velo route leaves the Lublin region and after crossing the Bug River enters the Podlaskie voivodeship. To get to the other side of the Bug River, use the Gnojno-Niemirów ferry crossing (make sure that the water level is sufficient to allow crossing - mielnik.com.pl/prom) or the Mielnik-Zabuże crossing point (a Green Velo connecting trail leads to the crossing - tel. 500 390 864). The route runs through lowland areas along local roads and local dirt roads.

Janów Podlaski – the Arabian horse stud farm in Wygoda near Janów Podlaski (www.janow.pl).

Niemirów – the baroque-classical Church of St. Stanislaus, Castle Hill with its medieval



hillfort, the Soviet concrete bunkers of the Molotov Line (podlasie.siemiatycze.pl/en).

Mielnik – a hillfort on Castle Hill, ruins of the castle church, the Orthodox Church of the Birth of the Virgin Mary, the Mielnik Land History Centre, an observation deck over the chalk mine - www.goksir.mielnik.com.pl

Grabarka – the most important Orthodox sanctuary - the Orthodox Church of the Transfiguration of Jesus and the Convent of Saints Martha and Mary located on Holy Mount Grabarka - www.grabarka.pl

Nurzec Stacja – a train station complex with a pressure tower.

Czeremcha – the Orthodox Church of Our Loving Mother of God.

Kleszczelce – the Orthodox Church of St. Nicholas, the Orthodox Church of the Dormition of the Holy Mother of God, Amethyst Chamber (mineral exhibition) - www.kleszczelce.pl

Day 2: Kleszczelce – Guszczewina near Narewka 77 km

Almost the entire section of the Green Velo trail here leads through the large forest complexes of the Białowieża Forest (a UNESCO World Heritage Site and national park). The route runs along local roads, with a footpath-bicycle path between Dubicze Cerkiewne and Hajnówka, while on the Hajnówka - Białowieża - Guszczewina section near Narewki, it's mainly dirt roads.

Hajnówka – a town called the "Gateway to the Forest", places of interest include the Orthodox Church of the Holy Trinity, the Museum and Centre of Belarusian Culture (www.muzeumbialoruskie.hajnowka.pl), the Museum of Blacksmithery and Locksmithing, a narrow-gauge railway and the Hajnówka Orthodox Church Music Days Festival - www.lot.bialowieza.pl

Białowieża – the capital of the Białowieża Forest and the head office of the Białowieża National Park, notable for the Nature and Forest Museum (www.bpn.com.pl), the Palace Park, an Orthodox church and a Catholic church, characteristic buildings from tsarist times and the Bison Show Reserve on the road to Hajnówka - ptk.bialowieza.pl/info/20/about-us

Białowieża National Park – encompassing the Białowieża Forest in Poland and Belarus, it protects the area of the last primeval broadleaved lowland forests in Europe - www.bpn.com.pl

Narewka – the Orthodox Church of St. Nicholas the Miracleworker, the Catholic Church of St. John the Baptist, an Evangelical and Jewish cemetery. A Forest Education Centre is located in the village of Gruszki - www.gci.narewka.pl

Day 3: Narewka – Supraśl 78 km

The Green Velo section steers towards Siemianówka Lake and then crosses Knyszyn Forest. It leads along local roads with low traffic density, and dirt roads only in the vicinity of the village of Królowy Most. There's a separate bicycle path before entering Supraśl and an area with small hills around Gródek.

Siemianówka – a holiday resort on the third largest artificial lake in Poland.

Michałowo – notable for its 19th century urban layout, a wooden Orthodox Church from 1908, the Divine Providence Church and the "Niezabudka" Film, Photography and Sound Workshop - www.michalowo.eu

Gródek – the Orthodox Church of the Nativity of the Blessed Virgin Mary, the Cemetery Chapel of the Protection of the Mother of God, the Church of the Sacred Heart of Jesus.

Królowy Most – a place known for films made by Jacek Bromski, such as "U Pana Boga za piecem", the Orthodox Church of St. Anne, and the Roman Catholic Chapel of St. Anne.

Supraśl – a town with health resort status, notable for the Orthodox Monastery of the Annunciation of the Holy Mother of God, the Museum of Icons (www.muzeum.bialystok.pl), Buchholz Palace (currently housing the Fine Arts High School), its weavers' houses, the Wierszalin Theatre, and the embankment along the Supraśl River.

Day 4: Supraśl – Kiermusy 63 km

The Green Velo leaves the forest areas of Knyszyn Forest and heads towards Narew National Park and Tykocin through the capital of Podlasie - Białystok. Separate bicycle paths dominate on this section with Białystok being particularly bicycle-friendly.

Białystok – the capital of the Podlaskie voivodeship, key attractions include Branicki Palace with its garden complexes, the Guest Palace, the Cathedral Basilica of the Assumption of the Blessed Virgin Mary (Białystok Cathedral), the City Hall (Podlaskie Museum), the Orthodox Church of St. Nicholas the Miracleworker from 1846, the Podlasie Opera and Philharmonic - the European Centre for Music and Art - www.odkryj.bialystok.pl/en

Choroszcz – the summer mansion of hetman Jan Klemens Branicki (the Museum of Palace Interiors - www.muzeum.bialystok.pl), the Church of the Protection of the Mother of God, a former Dominican church and monastery - www.kultura.choroszcz.pl

Narew National Park – a globally unique anastomosing river system - a river with many anabranches that flow simultaneously; the Park's head office is located in a manor house in Kurów - www.npn.pl/en

Śliwno-Waniewo Footbridge – viewing platforms on the footbridge and also floating bridges giving entry into the Narew National Park, (tel. 500 192 858, www.sokoly.pl, www.npn.pl/en)

Tykocin – the baroque Church of the Holy Trinity and the Bernardine monastery, the market square, the Great Synagogue (the second largest in Poland - now a branch of the Podlasie Museum - www.muzeum.bialystok.pl), Talmudic houses from the 18th century, a former military hospital for disabled soldiers and a reconstructed castle.

Pentowo – named the 7th European Stork Village, notable for being home to dozens of stork nests, and the estate of the Toczyłowski family.

Kiermusy – a historical and recreational complex consisting of a manor house, Jantarowy Kasztel, the Rome Inn restaurant and "Dworskie Czworaki" bungalows.



There is also a private bison refuge - kiermusy.com.pl/en/

Day 5: Kiermusy – Goniądz 54 km

This Green Velo section runs through the Biebrza Marshes - one of the largest preserved wetland areas in Europe. It leads along local and dirt roads, which due to the proximity of the wetlands can sometimes get waterlogged, slowing down cycling. An interesting section of the route is the so-called "Tsar's road", built at the turn of the 19th and 20th centuries in order to connect the three fortresses in Osowiec, Łomża and Grodno. Currently, there are many viewing points and footbridges leading through meadows and swamps.

Strękowa Mountain – a battlefield known as the "Polish Thermopylae", where Captain Władysław Raginis blew himself up when detonating a hand grenade against a German attack; also notable for its vantage point for observing the riverbeds of the Narew River, and an Ecological Education Centre.

Łomża – from Strękowa Mountain a Green Velo connecting trail leads to Łomża, a city notable for: its river port on the river Narew, the Cathedral of St. Michael the Archangel and St. John the Baptist, the market square and a bench dedicated to the famous actress Hanka Bielicka - www.lomza.pl

Laskowiec – the Regional Chamber of the Biebrza Valley.

Biebrza National Park – the biggest national park in Poland protecting a unique ecosystem of wetlands and quagmires stretching out along the meandering Biebrza River, an important refuge for water and marsh birds, and swamp plants - www.biebrza.org.pl

Osowiec Fortress – one of the largest fortresses protecting the western borders of the Russian Empire built in the second half of the 19th century - it was never conquered (the museum and forts are open to tourists); also the Education and Management Centre of the Biebrza National Park - www.biebrza.org.pl

Goniądz – the heart of the Biebrza Valley, the historical urban layout of the town has a market square, a parish church, a neo-Gothic cemetery chapel and a shrine from 1864, as well as a viewing point situated on the high bank of the Biebrza River - www.goniazd.pl

Day 6: Goniądz – Studzieniczna 80 km

The Green Velo trail continues through the area of the Biebrza National Park and then runs along the side of lakes Sajno, Sajenek, Necko and Białe. Flat, local asphalt and dirt roads predominate, while in Augustów, there are footpath-bicycle paths (a Green Velo connecting trail leads to the centre).

Stare Dolistowo – the Church of St. Lawrence from the end of the 18th century.

Gabowe Grądy – the wooden Russian Orthodox Old Believers Church (molenna) from 1948.

Augustów – a city with health resort status, notable for its historic urban layout, the Sigismund Augustus Market, the "Biały Domek" holiday apartments, a former garrison church, the Augustów Land Museum and the History Department of the Augustów Canal, Augustów Lock, the 1829 Old Post Office complex, the minor basilica, a dock for tourist boats, embankments and an electric water-ski lift on Necko Lake - www.augustow.eu/en

Studzieniczna – a Marian sanctuary (www.sanktuarium-studzieniczna.pl), and Forest Education Centre, a historic wooden church with ornaments made from antlers, the 1920 Chapel of the Blessed Virgin Mary with a well which - as local legend has it - contains healing water, the 'Papal Trail' cruise.

Day 7: Studzieniczna – Suwałki 73 km

This section of the Green Velo trail passes through Augustów Forest and Wigry National Park. It runs mainly along local dirt roads, with longer sections of a separate bicycle path from the villages of Płaska to Mikaszówka and from Magdalenów to Suwałki (with sections of footpath-bike paths).

Augustów Canal – the most important achievement in hydrological engineering in the Podlaskie voivodeship. Built between 1824-1839, it connects the Biebrza and Niemen rivers (the total length is 101.2 km, with 18 locks, of which 14 are on the Polish side of the border, and the difference in water level ranges from 80 centimetres to 8 metres) - www.augustow.org.pl

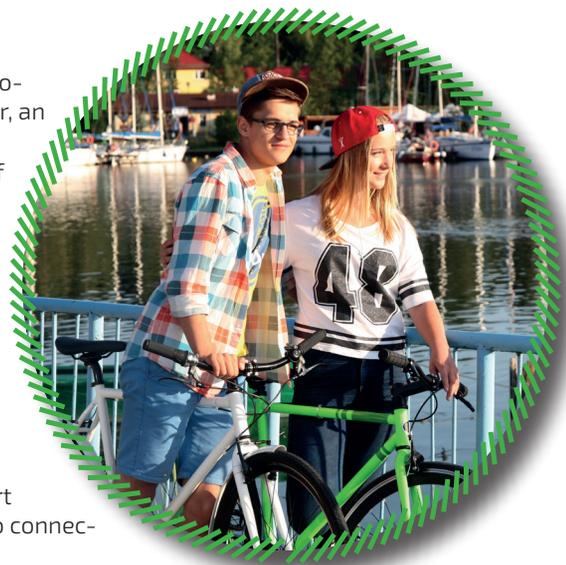
Mikaszówka – the wooden Church of St. Mary Magdalene.

Wigry – a former Camaldolese monastery complex with the Church of the Immaculate Conception of the Blessed Virgin Mary, located on the Wigry Peninsula - www.wigry.pro

Stary Folwark – the Wigry Museum in the former hydrobiological station - www.wigry.org.pl

Wigry National Park – the park includes Wigry Lake - the biggest lake in the Podlaskie voivodeship and the second deepest lake in Poland - together with adjacent, smaller reservoirs and the northern edge of Augustów Forest - www.wigry.org.pl

Suwałki – the neoclassical development of ul. Kościuszki, historic churches and orthodox churches, the market square with its classical town hall, Regional Museum and Maria Konopnicka Museum - en.um.suwalki.pl



Day 8: Suwałki – Stańczyki 64 km

The Green Velo trail leaves the forest backwoods of the Augustów Primeval Forest and, heading north, crosses the oldest landscape park in Poland – the Suwałki Landscape Park with its numerous deep lakes and picturesque hills. From the tripoint near Wisztyniec, it passes through the last voivodeship of Eastern Poland: Warmia-Masuria. The route runs mainly along local roads and from the village of Okliny to the village of Maciejowięta almost entirely along a local dirt road (apart from the stretch after Wisztyniec where there is a separate bicycle path).

Szelment – the Regional Sports and Recreation Centre, on Jesionowa Mountain there is a winter sports complex (with seven ski lifts, a snow park and cross-country skiing trails), and an exhibition “From Marusarz to Matysz and Kowalczyk”. In summer, tourists can make use of a mini golf course, a bicycle rental point and a paintball field – www.wosir-szelment.pl

Hańcza Lake – the deepest lake in Poland (maximum depth 108.5 m) located within the Suwałki Landscape Park – www.spk.org.pl

Wisztyniec – the point where the borders of three countries – Poland, Russia and Lithuania – meet (marked with a granite obelisk 150 metres north of the road).

Stańczyki – two historic railway viaducts 36m high over the valley of the Błędzianki River.

Day 9: Stańczyki – Węgorzewo 82 km

The Green Velo trail carries on through Mazury Garbate, also called Wild Mazury. There are numerous uphill sections and descents on this section, so it's important to be prepared physically. The route leads mainly along separate dirt roads, and after passing the health resort of Gołdap and the Banie Mazurskie – Węgorzewo section, the Green Velo route runs along an old railway track.

Gołdap – the only health resort in Warmia and Masuria, points of interest include a pump room of curative mineral waters, a salt cave and saline graduation towers (220m long and 8m high from 2014), a water tower from 1905 with a viewing point 46.5m high. Three kilometres from the centre is Beautiful Mountain, with a revolving café on the summit (zajazd-rudziewicz.pl/en), which becomes a skiing complex in winter.

Banie Mazurskie – buildings from the beginning of the 20th century and a church built in the 16th century.

Węgorzewo – a port for yachts and a passenger pier connected with the nearby Mamry Lake and Węgorzewski Canal, a Teutonic castle from the 14th century, the Railway Museum (train ride to Gierłoża and Kętrzyn), the Museum of Folk Culture, with a small open-air museum (www.muzeum-wegorzewo.pl), the Church of St. Peter and St. Paul, a weir damming the waters of the Węgorapa River.

Day 10: Węgorzewo – Bartoszyce 75 km

This Green Velo section runs through a very hilly area dominated by arable fields, lakes and forests. From Węgorzewo to Sroków and from Barciany to Korsze there is a separate bicycle path. Between Sroków and Barciany, the route runs along an improved dirt road.

Srokowo – a village located at the foot of Devil's Mountain (156 m above sea level), a market square with a baroque town hall and granary, a gothic parish church – www.srokowo.warmia.mazury.pl

Barciany – the gothic Teutonic castle from the 14th century, the gothic Church of the Immaculate Heart of Mary – www.barciany.pl

Drogosze – the largest palace in Warmia and Masuria built in the Baroque style in 1710-1714, a Gothic church from the 14th century with the mortuary chapel of the Donhoff dynasty.

Korsze – the former railway infrastructure: railway station, a vast network of tracks, historic water towers (one is a unique Kłonne-type building in the shape of a balloon which can take up to 500m³, ie 500 tons) – www.korsze.pl

Sępopol – a Gothic parish church with a 56m tower, a historic town layout, and a still-working 25m water tower from 1912.

Bartoszyce – the medieval layout of buildings, the Old Town with the 14th century Lidzbark Gate, two Gothic churches – of St. John the Evangelist and St. John the Baptist, granaries from the turn of the 18th and 19th centuries, stone statues known as the “Prussian Hags” (“baby pruskie”), and a military cemetery from 1914 on the hill where the castle formerly stood.

Day 11: Bartoszyce – Górowo Iławieckie 67 km

Here the Green Velo trail goes through Warmia and runs through a rather flat and poorly forested area of the Sępopolska Lowland. In the vicinity of Lidzbark Warmiński, the route runs along gravel roads beside the former railway tracks. The remaining sections continue along local roads.

Galiny – Galiny Palace and Manorial Farm has a garden containing a pond, a waterfall, many small bridges and interesting examples of flora (the restored palace operates as a hotel – www.palac-galiny.pl/en), also a Gothic church from the 14th century.

Stoczek Klasztorny – a Marian sanctuary (a church from 1641 and Franciscan monastery, now a Marian monastery) and a memorial chamber dedicated to Cardinal Stefan Wyszyński – www.stoczek.pl

Lidzbark Warmiński – the historic capital of the Warmia region, notable for the gothic Castle of the Bishops of Warmia from the 14th century (Museum of Warmia <http://branches.wmwm.pl/oddzial/68,Lidzbark.html>). A comfortable hotel occupies part of the castle, and also of interest are the gothic Tall Gate and fragments of the old defensive walls, the gothic Church of Saints Peter and Paul, a wooden church from 1818-1823 – now an Orthodox church, and the recreational complex of the Warmia thermal baths at the foot of Cross Hill (Krzyżowa Góra) – gminalidzbark.com



Górowo Iławieckie – a Gothic church from the 14th century – now the Greek Catholic Temple of the Exaltation of the Holy Cross, the neo-gothic Church of the Sacred Heart of Jesus from the end of the 19th century, the 14th century town hall, the Gas Industry Museum – www.gorowoilawieckie.pl

Day 12: Górowo Iławieckie – Braniewo 76 km

The Green Velo route runs through the vast plains of Warmia and the picturesque areas of the Górowskie Hills (to Pieniężno). This section of the route leads along local roads and dirt roads. After passing Górowo Iławiecki, there is a stretch of separate ground and asphalt bicycle paths.

Pieniężno – the city and the surrounding areas were administered by Nicolaus Copernicus for several years. Having been almost completely destroyed in 1945, it is notable for the market square in its Old Town with its Gothic town hall, a neo-gothic parish church, the ruins of Warmia Chapter Castle, the Wąsza River Valley nature reserve (so-called "Devil's Valley" – 'Czarcia Dolina'), a railway bridge over the valley 28m high and 157m long, the Missionary Ethnographic Museum at the Divine Word Seminary (www.seminarium.org.pl – around 3 km from the bridge).

Braniewo – the tower gate of Braniewo Castle (one of the oldest buildings in the region), the mighty Church of St. Catherine, the granary by the Pastęka River.

Day 13: Braniewo – Elbląg 77 km

This Green Velo section leads through the Elbląg Uplands area and is quite a challenge for cyclists. There are differences in elevation of up to 100 metres, and numerous valleys and ravines intersect the whole area. The route runs mainly along local roads and paved dirt roads, while the section from Frombork, by the Vistula Lagoon, through Tolkmicko to Suchacz runs along former railway tracks.

Nowa Pastęka – a small village located near the Vistula Lagoon with a large yacht port, very close to the border with Kaliningrad Oblast (Russia).

Frombork – a town with a passenger and fishing port, the Archcathedral Basilica of the Assumption of the Blessed Virgin Mary and St. Andrew, built between 1329-1388, stands on a high hill with surrounding fortifications, the place of residence (1510-1543) and burial of the canon of the Warmian chapter – Nicolaus Copernicus (www.frombork.art.pl/en/), the Copernicus Museum in Ferber's Palace, Radziejowski Tower – a viewing point from the 18th century, the Museum of Medicine in the Hospital of the Holy Ghost, with the Chapel of St. Anne.

Tolkmicko – the modern yacht port, the passenger pier, the medieval layout of the Old Town, parts of the old defensive wall and a corner tower from the 14th century, a Gothic church and the Town Hall with a viewing point.

Kadyny – a town with a large beach on the Vistula Lagoon, a court complex, a Baroque palace on the border of "Kadyński Las" nature reserve, a 700-year-old oak tree (one of the oldest in Poland) commemorating Johannes von Baysen, a historic Franciscan monastery from the 18th century and a wooden observation tower.

Łęcze – a historic church from 1746, rare houses with brick-filled wooden arcades – www.lecze.com.pl

Elbląg – the tallest church towers in Poland – 95m tall (the Cathedral of St. Nicholas), the reconstructed Old Town and the Town Hall, the City Gate (Brama Targowa), St. Mary's Church (currently housing Galeria EL), the old Holy Ghost Church with a hospital (currently a library), a sea port, an excellent view of the city from Chrobry Mountain in Bazantarnia Park – www.elblag.pl



Accommodation

(Cyclist-Friendly Places are marked as CFP. Selected CFPs and other items are shown below, more at www.greenvelo.pl)

Kleszczce and vicinity

[Municipal Culture, Sport and Recreation Centre \(CFP\)](#)

ul. 1-go Maja 19, 17-250 Kleszczce
tel. +48 85 681 80 54, www.moksirkleszczce.blogspot.com

[EcoTourism Farm \(CFP pending certification\)](#)

ul. Puszkińska 27A, 17-250 Kleszczce
tel. +48 512 981 603, 511 876 873,
www.agroturystyka-kleszczce.pl

[Tiszyna House at the Old Inn \(CFP pending certification\)](#)

Rutka 23A, 17-204 Dubicze Cerkiewne
tel. +48 663 651 997, www.tiszyna.pl

Narewka and vicinity

[Białowieska Polana in Janowo \(CFP\)](#)

Janowo 31, 17-220 Narewka
tel. +48 85 685 85 34, www.bialowieskapolana.com

[Żubrowa Ostoja \(CFP\)](#)

Słobódka 10, 17-220 Narewka
tel. +48 660 494 765, www.zubrycki.eu

[Farmstay at Na Skraju Puszczy in Zabłotczyzna \(CFP\)](#)

Zabłotczyzna 7, 17-220 Narewka
tel. +48 691 912 973, www.naskrajupuszczy.eu

Supraśl and vicinity

[Bohema restaurant and accommodation \(CFP pending certification\)](#),

Pl. Tadeusza Kościuszki 1, 16-030 Supraśl
tel. +48 85 743 15 69, www.bohema-suprasl.com.pl

[Best Western Hotel Cristal **** \(CFP\)](#)

ul. Lipowa 3/5, 15-424 Białystok
tel. +48 85 74 96 100, www.hotelcristal.com.pl

[Hotel Esperanto*** \(CFP\)](#)

ul. Legionowa 10, 15-099 Białystok,
tel. +48 85 740 99 04, www.hotelesperanto.net

Kiermusy and vicinity

[Manor above the Meadows](#)

Kiermusy 12, 16-080 Tykocin
tel. +48 85 718 70 79, 85 718 74 44, 501 607 566,
www.kiermusy.com.pl

[Swans Riverside Apartments](#)

Kiermusy 16, 16-080 Tykocin
tel. +48 692 076 543, 602 355 292, www.stanica-kiermusy.pl



Tykocin Castle (CFP)

ul. Puchalskiego 3, 16-080 Tykocin
tel. +48 85 718 73 72, www.zamekwtykocinie.pl

Goniądz

Nad Biebrza "Sośniaki" Farmstay (CFP)

Bednarska 6, 19-110 Goniądz
tel. +48 501 293 568, www.sosniaki.wirtualnie.eu

Pokoje u Sołtysa Farmstay (CFP)

Dawidowizna 27, 19-110 Goniądz
tel. +48 606 365 503, www.dawidowizna.wirtualnabiebrza.pl

Baranówka Manor Guest Rooms (CFP)

Dawidowizna 28, 19-110 Goniądz
tel. +48 600 874 630, www.dworek.agro.pl

Studzieniczna (and Augustów)

Agnieszka Sokotowska Guest Rooms (CFP)

ul. Nadrzeczna 88, 16-300 Augustów
tel. +48 + 48 664 032 855
www.gumipokoje.augustow.pl

Królowa Woda Recreational Centre (CFP)

– open in season, May-October
On the shore of Lake Sajno, 16-300 Augustów
tel. +48 87 644 54 85, 502 285 145,
www.krolowa-woda.augustow.pl

Camp Zatoka (CFP) – year-round accommodation

ul. Jeziorna 26, 16-300 Augustów
tel. +48 691 112 511

Hotel Warszawa SPA & Resort in Augustów***(CFP)

ul. Zdrojowa 1, 16-300 Augustów
tel. +48 87 643 85 00, www.hotelwarszawa.pl

Suwałki and vicinity

Eurocamping (CFP)

Zarzecze 26, 16-400 Suwałki
tel. +48 87 567 33 07, osir.suwalki.pl/eurocamping/

Hotel Logos ** (CFP)

ul. Kościuszki 120, 16-400 Suwałki,
tel. +48 87 566 69 00, www.suwalki.hotellogos.pl

Hotel Loft 1898 *** (CFP)

ul. Pułaskiego 24K, 16-400 Suwałki
tel. +48 87 739 59 00, www.hotelloft.pl

Guest House on the Hill (CFP)

Leszczewek 26, 16-402 Suwałki
tel. +48 603 599 959, www.leszczewek26.pl

Stañczyki and vicinity

Teresa Jadwiga Zielińska Agrotourism Farm (CFP)

Graniczna 2, 19-504 Dubeninki
tel. +48 87 615 82 56, wrota.warmia.mazury.pl/dubeninki_gmina_wiejska/content/blogcategory/52/234/lang.pl

Biały Dwór Guest House

Stañczyki 4, Dubeninki
tel. +48 87 615 81 72, www.stanczyki.com.pl

Jagustawa Radziszewska Agrotourism Farm

Stañczyki 3A, 19-504 Dubeninki
tel. +48 87 615 82 11, 505 132 579

Agrobarcie Agrotourism Farm

Barcie 12, 19-504 Dubeninki
tel. +48 500 226 243, www.agrobarcie.pl

Węgorzewo

Żegluga Mazurska Passenger Ship Harbour Sp. z o.o.

(CFP) Bulwar Loir et Cher 2, 11-600 Węgorzewo
tel. +48 87 428 53 52, 602 436 784,
www.zeglugamazurska.com.pl

Jerzy Dziokan Hotel and Restaurant (CFP)

ul. Wańkowicza 3, 11-600 Węgorzewo
tel. +48 87 427 24 43, www.zghdziokan.pl

Róża Wiatrów Sailing Centre (CFP)

ul. Wodociągowa 1, 11-600 Węgorzewo
tel. +48 509 637 673; 501 059 265, www.roza.pl/o-nas/osrodek

AGA year-round cottage (CFP)

ul. Wczasowa 36, 11-600 Węgorzewo
tel. +48 603 407 413, www.kajakiwegorzewo.pl

Bartoszyce

Stodoła Restaurant - accommodation in "SHOTELS" (CFP)

ul. Bema 9, 11-200 Bartoszyce
tel. +48 605 370 237

Hotel Bartis *** (CFP)

Pl. Konstytucji 3 Maja, 11-200 Bartoszyce
tel. +48 89 762 17 50/60, www.hotelbartis.pl

Biały Książę 1861 Palace in Osieka (CFP)

Osieka 3, 11-200 Bartoszyce
tel. +48 605 370 237

Galiny Estate Palace and Grange (CFP)

Galiny 110, 11-214 Bartoszyce
tel. +48 89 761 21 67, www.palac-galiny.pl

Górowo Iławeckie

Bobrownia Agrotourism (CFP)

Dwórzno 33, 11-220 Górowo Iławeckie
tel. +48 882 072 837; 604 433 209, www.bobrownia.pl

Hotel wing of the Ukrainian Language School Complex in Górowo Iławeckie (CFP)

ul. Szkolna 6, 11-220 Górowo Iławeckie
tel. +48 89 763 08 20, www.licej.nazwa.pl

Wielebowo Agrotourism (CFP)

Bukowiec 26, 11-220 Górowo Iławeckie
tel. +48 606 871 558, www.wielebowo.com.pl



Bukowiec 77 – campsite (CFP)

Bukowiec 77, 11-220 Górowo Iławeckie
tel. +48 690 498 681 www.bukowiec77.com

Braniewo (and Frombork)

U Rybaka (CFP)

Nowa Pastęka 9a, 14-500 Braniewo
tel. +48 603 799 881, www.rybak-nowapasteleka.pl

Osińscy Apartment and Cottage Rental (CFP)

Nowa Pastęka 25e, 14-500 Braniewo
tel. +48 509 877 993, 512 518 080, www.nowapastelekanoclegi.pl

Frombork Tourist Centre (CFP)

ul. Braniewska 14, 14-530 Frombork
tel. +48 506 803 151, www.campingfrombork.pl

Hotel Kopernik *** (CFP)

ul. Kościelna 2, 14-530 Frombork
tel. +48 55 243 72 85, www.hotelkopernik.com.pl

Elbląg

Elbląg Aeroclub (CFP)

ul. Lotnicza 8b, 82-300 Elbląg
tel. +48 668 049 683, www.aeroklubelblaski.pl

Campsite No. 61 (CFP)

ul. Panieńska 14, 82-300 Elbląg
tel. +48 55 641 86 66, www.camping61.com.pl

Hotel Elbląg **** (CFP)

Stary Rynek 54-59, 82-300 Elbląg
tel. +48 55 611 66 00, www.hotelelblog.eu

Hotel Żuławy *** (CFP)

Królewiecka 126, 82-300 Elbląg
tel. +48 552 345 711, www.hotel-zulawy.com.pl



Restaurants and places to eat

(Cyclist-Friendly Places are marked CFP)

Day 1:

Janów Podlaski - Bishop's Castle Restaurant (CFP), ul. Zamkowa 1, tel. 83 379 08 50, www.zamekjanowpodlaski.pl

Day 2:

Białowieża - Polana Żubra Restaurant (CFP), Pogorzelce 47a, tel. 723 044 614, www.polanazubra.pl
- Restaurant at Hotel Białowiecki*** Wellness & Spa (CFP pending certification), ul. Stoczek 218B, 17-230 Białowieża, tel. 85 681 20 22, www.hotel.bialowieza.pl

Day 3:

Nowa Łuka - Carino Roman Latkowski (CFP), ul. Topolowa 17, 17-220 Nowa Łuka, tel. 502 265 487

Michałowo - Gospoda Michałowo (CFP), ul. Białostocka 20A, 16-050 Michałowo, tel. 69 996 133, www.zajazd-michalowo.pl

Day 4:

Białystok - Lipcowy Ogród Restaurant at Hotel Podlasie (CFP), ul. 42 Pułku Piechoty 6, tel. 85 67 56 600, www.hotelpodlasie.pl
- Kawelin Restaurant at Hotel Esperanto*** (CFP), ul. Legionowa 10, tel. 85 740 99 02, www.kawelin.pl

Tykocin - Tejsza Restaurant (CFP), ul. Kozia 2, tel. 728 374 728, www.tejsza.eu

- Tykocin Castle (CFP), ul. Puchalskiego 3, tel. 85 718 73 72, www.zamekwtykocinie.pl

Day 5:

Dobarz - Dwór Dobarz restaurant and accommodation, Dobarz 8/9, Trzcianne, tel. 85 749 26 67, www.dwordobarz.pl

Day 6:

Augustów - Albatros Restaurant and Bar Bartek (CFP), Mostowa 3, tel. 87 643 21 23, www.restauracjaalbatros.pl
- Taverna Fisza Concept by Marcin Budynek (CFP), ul. Rybacka 19, tel. 730 023 730, marcinbudynek.pl

- Logos Hotel Complex Restaurant (CFP), ul. 29 Listopada 9, tel. 87 643 20 21, www.augustow-hotel.pl

Day 7:

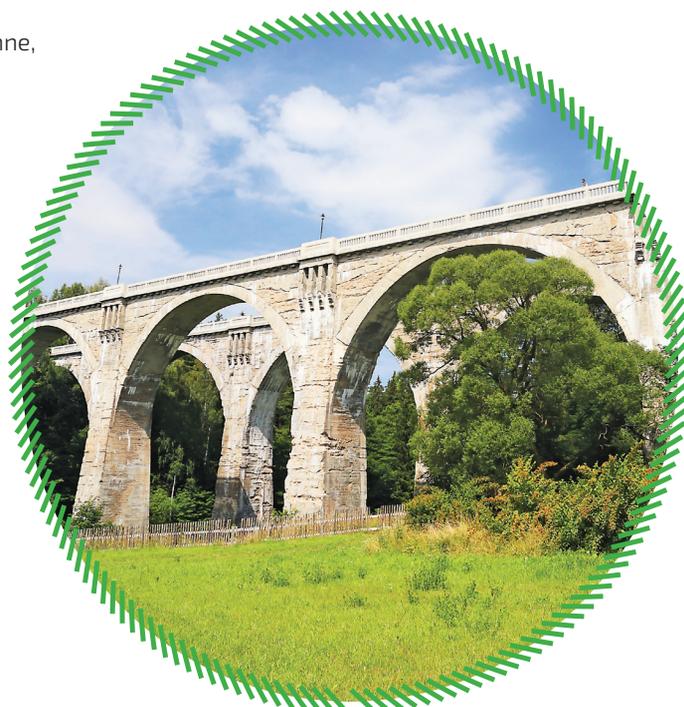
Stary Folwark - Holiday restaurant and accommodation, Stary Folwark 106, tel. 502 493 496, www.hotel-holiday.pl

Huta - Komosianka Restaurant at Folwark Hutta guesthouse (CFP), Huta 7, 16-402 Suwałki, tel. 515 269 875, www.hutta.pl

Suwałki - Tatarak Restaurant (CFP), ul. Pułaskiego 24k, tel. 87 739 59 99, www.hotelloft.pl

Day 8:

Stańczyki - Biały Dwór Inn (CFP), Stańczyki 4, tel. 87 615 81 72, www.bialydwor.republika.pl



Day 9:

Konikowo - Piękna Góra Restaurant at Rudziewicz Inn

(CFP), Konikowo 11, 19-500 Gotdąp,
tel. 87 615 49 43, www.zajazd-rudziewicz.pl

Banie Mazurskie - Bar Młyn (CFP), ul. M. Ko-
nopnickiej 31, tel. 87 615 73 98, 600 247 110,
www.bar-mlyn.pl

Wegorzewo - Gościniec u Kalicha Restau-
rant (CFP), ul. Portowa 4A, tel. 513 348

200, www.gosciniiecukalicha.pl
- Reggae Burger (CFP), ul. Braci Ej-
smontów 8, tel. 509 637 673

Day 10:

Kaczory - Grochówka Fried Fish Re-
staurant (CFP), Kaczory 7,

tel. 665 384 312, 789 142 302,
www.smazalniagrochowka.pl

Bartoszyce - Stodoła Restaurant
(CFP), ul. Bema 11, tel. 89 762 55 01,

605 370 237,

- ARDI restaurant (CFP),

ul. Kętrzyńska 23, tel. +48 89 762 93 35,
www.restauracjaardi.pl

Dębówko - Dębówko Manor restaurant

and accommodation (CFP), Dębówko 1,
11-200 Bartoszyce, tel. 89 762 23 07, 501 718
475, www.dworekdebawko.pl

Day 11:

Galiny - Galiny Estate Palace and Grange restau-
rant (CFP), Galiny 110, 11-214 Bartoszyce, tel. 89 761

21 67, www.palac-galiny.pl

Krawczyki - Mimoza Agrotourism Farm (CFP), Krawczyki 2,

11-200 Bartoszyce, tel. 502 662 959, www.mimozagra.pl

Lidzbark Warmiński - Hotel Krasicki Restaurant (CFP), Plac Zamko-
wy 1/7, tel. 89 537 17 00, www.hotelkrasicki.pl

Day 12:

Górowo Iławeckie - Róża Wiatrów Restaurant (CFP), ul. Kard. Wyszyńskiego 36, tel. 602 611 486,
restauracjarozawiatrow.business.site

Pieniężno - Déjà vu Pizzeria, Rynek 2a, tel. 55 244 17 81, www.restauracja-dejavu.pl

Orneta - Cztery Pory Roku Hotel and Restaurant (CFP), ul. Braniewska 12, tel. 501 455 004, www.czterypery.eu

Day 13:

Tolkmicko - Fried Fish Restaurant, Fregata (CFP), ul. Parkowa 4, tel. 500 643 042, www.fregata-tolkmicko.pl

Suchacz - Zapiecek Restaurant (CFP), ul. Królowej Marii 1A, tel. 602 186 125, www.zapiecek.net

Elbląg - Żuławianka Restaurant (CFP), ul. Królewiecka 126, tel. 552 345 712, www.hotel-zulawy.com.pl



Bicycle rentals, sales, repair and transport

(Cyclist-Friendly Places are marked CFP)

Turbike Cezary Wasilewski (CFP), ul. Brańska 36, 17-100 Bielsk Podlaski, tel. 502 654 267, www.serwis-rowerowy.com

4aBike bicycle repair (CFP), ul. Rejonowa 4, 17-100 Bielsk Podlaski, tel. 888 601 633, www.4abike.com.pl

Sprint Podlaskie Cycling Centre, ul. Kołtątaja 22, 15-774 Białystok, tel. 85 306 78 90, www.sprint-rowery.pl

Aktaj bicycle shop - Generata Sikorskiego 126 c, Łomża, tel. 86 216 93 33, www.rowerylomza.pl

Masterpol - bicycle sales and repair, ul. Partyzantów 1, Augustów, tel. 691 540 140

Góra Rowerska bicycle sales and repair (CFP), ul. Kościuszki 79, Suwałki, tel. 507 027 909, www.roverska.pl

Pod Stańczykami bicycle sales (CFP), Błąkaty 5, 19-504 Błąkaty, tel. 730 658 000

Artan bicycle sales and repair (CFP), Kajki 2, 11-100 Lidzbark Warmiński, tel. 89 767 43 05, www.artan24.info

LEDER Katarzyna Lewandowska (CFP), bicycle sales and repair, ul. Armii Krajowej 8, 11-600 Wegorzewo, tel. 669 961 919

Nowe Monasterzysko cycling centre (CFP), Nowe Monasterzysko, tel. 609 447 794, 534 112 388, www.nowemonasterzysko.pl

Wadecki bicycle sales and repair (CFP), Ogólna 4, 82-300 Elbląg, tel. 510 088 387, www.promocjasportuelblag.pl





Access to the Green Velo and transportation hubs suitable for bicycle transport

Access to Janów Podlaski (or Biała Podlaska) – rail connections (with carriages suitable for bicycle transport) only go as far as Biała Podlaska, with direct connections from Warsaw, Dęblin and Siedlce or from Łukowa (arriving, for example, from Lublin). From Biała Podlaska, it is most convenient to cycle the final leg, which is about 20 km.

Departure from Elbląg – rail connections (with the possibility of transporting bicycles) directly to Gdańsk, Warsaw, Olsztyn and Białystok.

Airports

Warsaw Chopin Airport, ul. Żwirki i Wigury 1, tel. 22 650 42 20, www.lotnisko-chopina.pl

Warsaw Modlin Airport, ul. gen. Wiktora Thommee 1a, 05-102 Nowy Dwór Mazowiecki, tel. +48 22 315 18 80, www.modlinairport.pl

Lublin Airport, ul. Króla Jana III Sobieskiego 1, 21-040 Świdnik, tel. 81 458 14 44, www.airport.lublin.pl

Gdańsk Lech Wałęsa Airport, ul. Słowackiego 200, 80-298 Gdańsk, tel. 801 066 808, 525 673 531, www.airport.gdansk.pl

Olsztyn Mazury Airport, Szymany 150, 12-100 Szczytno, tel. 89 544 34 34, mazuryairport.pl



GREEN VELO – active holidays

“Green Velo – active holidays” are proposed one- or two-day cycling trips for people who enjoy spending their free time and holidays cycling and visiting interesting places by bicycle. Apart from the pleasure of cycling itself, the recommended trips also allow you to visit interesting places and tourist attractions which are significant in terms of both nature and culture. For this reason, the distances in kilometres are not very great, which allows for flexibility in both cycling time and the time spent sightseeing. The trips proposed are suitable for older children, young people, seniors and for people whose physical condition does not allow them to travel long distances. The chance to do some recreational cycling, spend time in nature, visit culturally significant

places, see fantastic, often little-known, places in the eastern regions of Poland, as well as have direct contact with the authentic culture and hospitality of the local people, is what makes these one- and two-day cycling trips unique.

The core of all of these trips is, of course, the Green Velo trail. In a few cases, it is necessary to use other cycling trails in addition, or to travel over sections of local, unmarked roads. The routes proposed are usually in the form of a loop, which means it isn't necessary to use additional forms of transport. In the remaining cases, rail connections can be used, or bikes can be rented and taken to the starting point in your own vehicle.

“Warmia by bike”

“Warmia by bike” is a proposition for a 2-day cycling trip through the northern part of the historical region known as Warmia, which was formerly known as Lower Prussia. The capital of the region and the most interesting place along the route is Lidzbark Warmiński, famed for the imposing castle which previously belonged to the bishops of Warmia. Apart from this, there are a number of other interesting places and tourist attractions which are well worth visiting when travelling by bike.



Route: Pieniężno 0 km – Górowo Iławeckie 38 km – Lidzbark Warmiński 60 km – Stoczek Klasztorny 73 km – Galiny 86 km – Bartoszyce 104 km – Sępól 123 km



Day 1: Pieniężno – Lidzbark Warmiński 60 km

The route follows a marked Green Velo trail in its entirety, running through the picturesque lands of the Górowskie Hills (which do not present a serious obstacle for cyclists). The region is dominated by expansive open spaces, with the red rooftops of villages of former manorial estates dotted around. The route runs along local unpaved and asphalt roads as well as separately marked unpaved roads. In the vicinity of Lidzbark Warmiński the Green Velo trail runs along disused railway lines.

Pieniężno – the old town square, with a Gothic town hall. Not far from the square stands a neo-Gothic parish church from 1895 with a unique five-nave interior and tall tower built on medieval foundations. Beyond the church lie the ruins of the Warmia Cathedral Chapter Castle. At the church there are steps leading down to the Wąsza River valley, commonly known as the Black Valley, a beautiful nature reserve (www.orneta.olsztyn.lasy.gov.pl). The river valley is crossed by a steel railway bridge which has been here since 1884 (28 metres high and 157 metres long). Below the bridge, a trail leads 3 kilometres to the Missionary Ethnographic Museum at the seminary of the Society of the Divine Word (www.seminarium.org.pl) – www.pieniezno.pl

Górowo Iławieckie – the oldest part of the town is home to a church dating from the 14th century (1367) with an original wooden ceiling from the 17th century. Since 1981, the church has been home to a Greek Catholic congregation and features an iconostasis and wall icons created by Professor Jerzy Nowosielski from Kraków (www.cerkiew.gorowo.pl). The town square features a town hall from the 14th century, the Municipal Dreyse Museum (www.dreyse.com) and, at the longest operating gasworks in the region, a Museum of the Gas Industry.

Lidzbark Warmiński – the gothic Castle of the Bishops of Warmia from the 14th century was built on a square plan measuring 48 x 48 m with an arcaded courtyard and imposing halls, a refectory and baroque chapel on the first floor, as well as extensive multi-level underground chambers. The castle museum features exhibitions dedicated to the most illustrious residents of the castle and its art collections – lidzbark.muzeum.olsztyn.pl. On a nearby hill stands an oranerie which was extended during the times of Bishop Ignacy Krasicki. Other historic sites include the gothic Tall Gate and fragments of the city walls, the gothic Church of Saints Peter and Paul, and a large wooden church built in 1818-1823, which today is an Eastern Orthodox church. At the foot of Krzyżowa Góra (133 m asl) is the modern Warmia thermal baths recreational complex (www.termywarminskie.pl).



Tourist Information Point
ul. Krasickiego 1, 11-100 Lidzbark Warmiński
tel. 89 519 00 52, www.lidzbarkw.eu



Day 2: Lidzbark Warmiński – Sępapol 63 km

The Green Velo trail now runs over the mainly flat and lightly wooded terrain of the Sępapol Lowlands. Around Lidzbark Warmiński, the trail runs along gravel roads built on disused railway lines, while in Bartoszyce and beyond it follows a specially marked cycling trail. Other parts of the trail run along local roads.

Stoczek Klasztorny – a church (Marian sanctuary) in the form of a rotunda constructed in 1641 by the bishop of Warmia, Mikołaj Szyszkowski. The church is surrounded by walls and the buildings of a monastery which gradually arose in the 17th and 18th centuries. A Marian monastery currently operates on the site. The monastery buildings house a memorial room dedicated to Cardinal Stefan Wyszyński, which was set up in the rooms where the cardinal was held prisoner for a year from 13th December, 1953 – www.stoczek.pl

Galiny – The Galiny Estate Palace and Grange (a restored landed estate with a 16th century palace and the buildings of the former grange dating from the 19th century, a 4-hectare English-style landscape park, and nearly 399 hectares of meadow, fields and woods). It is currently a hotel complex with a two-storey inn and stable – www.palac-galiny.pl

Bartoszyce – Notable for the Old Town with its entrance via the 14th century gothic Lidzbark Gate, two medieval gothic churches, St. John the Evangelist within the Old Town and St. John the Baptist in the northern part of the modern city, a medieval urban layout and granaries from the 18th and 19th centuries. In the centre of town are two stone monuments known as the Prussian Hags, a unique document of the material culture of the tribes that inhabited the region before the Teutonic Knights. A school complex built at the end of the 19th century lies near the road to the nearby border crossing to Russia in Bezledy.



Tourist Information Point
ul. Bohaterów Warszawy 96, 11-200 Bartoszyce
tel. 89 762 98 80, gci.bartoszyce.pl

Sępapol – a Gothic parish church with a 56-metre-high tower and richly decorated interior. The town features a preserved historic urban layout and fragments of defensive walls. A 25-metre-high water tower with traces of Art Nouveau styling was built in 1912 (still in use) – www.sepopol.pl





Restaurants and places to eat

Róża Wiatrów Restaurant (CFP), ul. Kard. Wyszyńskiego 36, 11-200 Górowo Iławeckie, tel. 602 611 486, restauracjarozawiatrow.business.site

Alegoria Restaurant at the Krasicki Hotel (CFP), Plac Zamkowy 1/7, 11-100 Lidzbark Warmiński, tel. 89 537 17 00, www.hotelkrasicki.pl

Mimoza Agrotourism Farm (CFP), Krawczyki 2, 11-200 Bartoszyce, tel. 502 662 959, www.mimozagra.pl

Galiny Inn restaurant (CFP), Galiny 110, 11-214 Bartoszyce, tel. 89 761 21 67, www.palac-galiny.pl

Stodoła Restaurant (CFP), ul. Bema 11, 11-200 Bartoszyce, tel. 89 762 55 01, 605 370 237

ARDI Restaurant (CFP), ul. Kętrzyńska 23, 11-200 Bartoszyce, tel. 89 762 93 35, www.restauracjaardi.pl



Accommodation

Krasicki Hotel **** History & SPA (CFP)
Lidzbark Warmiński 1/7, 11-100 Lidzbark Warmiński
tel. 89 537 17 00, www.hotelkrasicki.pl

Jankesówka Cycling Centre (CFP)
Wielochowo 43, 11-100 Lidzbark Warmiński
tel. 608 619 311, www.jankesowka.jimdo.com

Górecki Hotel ** (CFP)
ul. Olsztyńska 4, 11-100 Lidzbark Warmiński
tel. 89 767 32 92, 663 266 151, www.hotelgorecki.pl

Morozówka Cycling Centre and Agrotourism facility (CFP)
Sarnowo 29, 11-100 Lidzbark Warmiński
tel. 509 025 025, www.rowerowaprzystan.pl



Bicycle rentals, sales, repair and transport

Marcin Kozłowski bike rentals (CFP), ul. Piłsudskiego 14/7, 11-100 Lidzbark Warmiński, tel. 600 023 011, www.wypożyczalniarowerowlidzbarkwarminski.pl

ARTAN bicycle sales and repair (CFP), Kajki 2, tel. 89 767 43 05, www.artan24.info

Viking bus rentals and transport and organisation of trips (CFP), Podleśna 18 A/5, 11-130 Orneta, tel. 693 109 654, FB page



Transport

Pieniężno: railway station (connections with Olsztyn, Braniewo) ul. Kolejowa 3, tel. 55 243 60 20, PKS bus stops and the private Radex minibus line – radex.net.pl (connections with Olsztyn, Braniewo, Dobrze Miasto and Orneta)

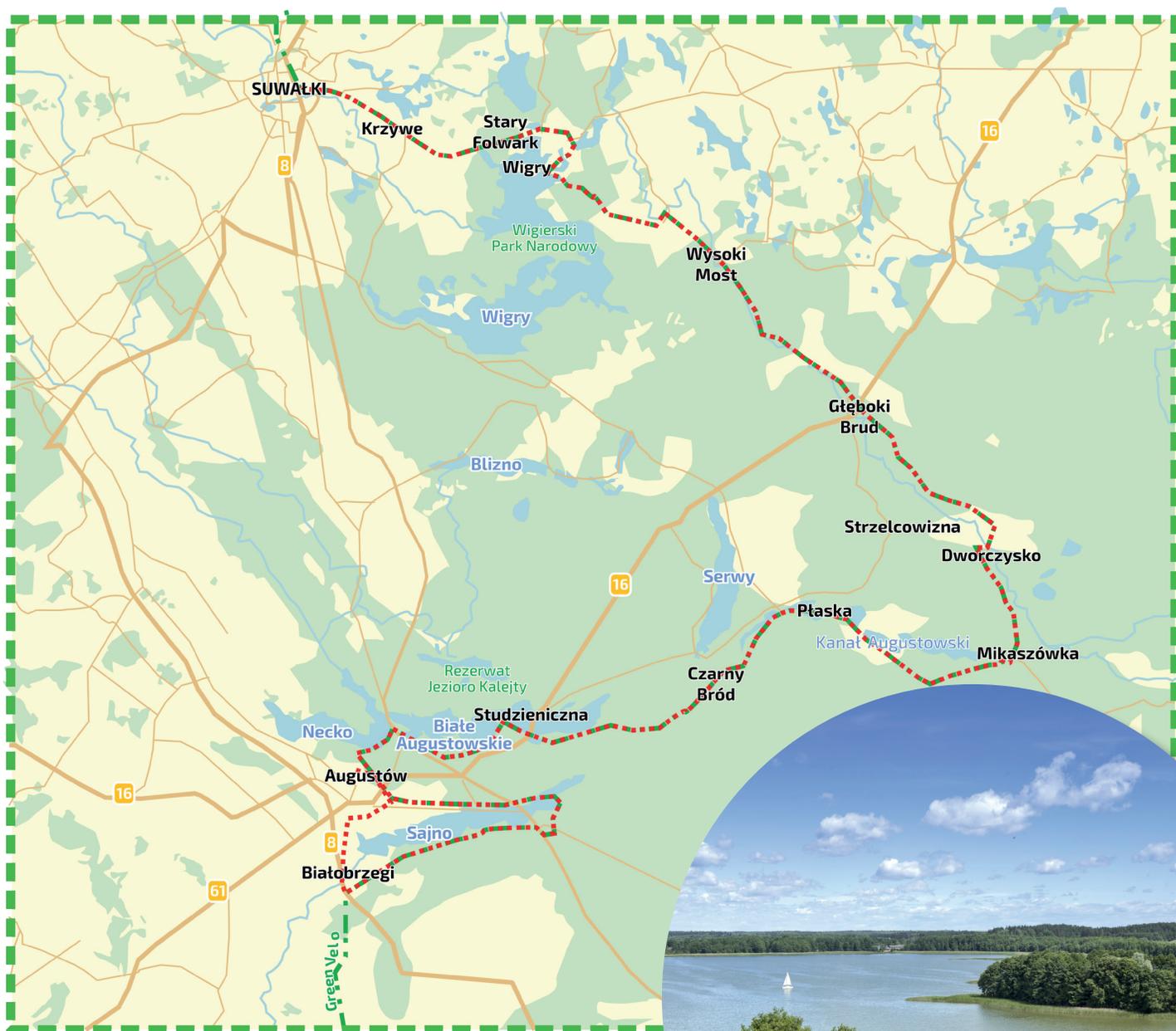
Sepopól: bus station (connections with Bartoszyce – local hub www.delux.com.pl)



“Through the Augustów Primeval Forest and Wigry National Park”

“Through the Augustów Primeval Forest and Wigry National Park” is a trip through one of the most beautiful parts of north-eastern Poland, famed for its exceptional beauty, clean rivers, forests and lakes, and its frosty winters. The Green Velo trail runs through Wigry National Park, alongside Lake Wigry and the former Camaldolese monastery complex situated on the peninsula, next turning into the green depths of the Augustów Primeval Forest, and ending via Białobrzegi in Augustów.

Route: Suwałki 0 km – Krzywe 5 km – Stary Folwark 10 km – Wigry 15 km – Mikaszówka 48 km – Płaska 58 km – Studzieniczna 73 km – Augustów 84 km – Lake Sajenek 92 km – Białobrzegi 105 km (and continue to Augustów along the red cycling trail 110 km)



Day 1: Suwałki – Mikaszówka 48 km

We suggest beginning this two-day cycling trip by visiting Suwałki, which has a well-developed network of cycling paths. Then follow the Green Velo trail around Lake Wigry, and cross the wooded areas of the Augustów Primeval Forest, along the Czarna Hańcza River, to reach Mikaszówka. At this point, the route initially follows a footpath-bike path and then a separate cycling path (to Magdalenów), where it alternates between unpaved roads and low traffic local roads. .

Suwałki – the neo-classical buildings of Kościuszki Street, including the homes of Maria Konopnicka, Czesław Miłosz and the painter Alfred Wierusz Kowalski, and three churches – a Catholic church, an Evangelical church and a former Orthodox church which today is used by a Catholic congregation. The Regional Museum features two branches – the Maria Konopnicka Museum and the Andrzej Strumiłło Modern Art Museum.



Tourist Information Centre in Suwałki ****

ul. Ks. K. Hamerszmita 16
tel. 87 566 20 79, www.um.suwalki.pl

Krzywe – management of the Wigry National Park (natural history and ethnographic exhibitions, tourist information, tel. 87 563 25 62, 510 992 672) – www.wigry.org.pl

Wigry National Park – the park covers the largest protected area in Podlasie and the second deepest lake in the country, together with nearby smaller bodies of water and the northern part of the Augustów Primeval Forest – www.wigry.org.pl

Stary Folwark – the multimedia Wigry Museum at the former Hydrobiological Station, which was an important scientific centre during the times of Dr Alfred Lityński; cruises around Lake Wigry in a glass-bottomed boat.



Tourist Information Point **

Stary Folwark 50
tel. 87 563 01 52, www.wigry.org.pl

Wigry – the former Camaldolese monastery complex with the church of the Immaculate Conception of the Blessed Virgin Mary, situated on the Wigry peninsula (a red cycling trail leads from the Green Velo trail). The monastery complex includes, among other things, the lodge house, the gates to the upper and lower terraces, hermitages (where visitors can stay overnight), the royal house, the bishop's palace, the former refectory, and the clocktower (with a view of Lake Wigry). The monastery can be visited after purchasing a ticket at the lodge house – www.wigry.org.pl

Mikaszówka – a village situated on the Augustów Canal, notable for the wooden church of St. Mary Magdalene.

Day 2: Mikaszówka – Augustów 62 km

This part of the trip runs along the Green Velo trail leading through the Augustów Primeval Forest and along the Augustów Canal. It takes cyclists to the centre of Augustów (a Green Velo connecting route), and then it circles Lake Sajenek to Białobrzegi. From there, you can return to Augustów along the green R11 cycling path. This part of the trail runs mainly along flat unpaved roads, while beyond Mikaszówka it follows a separate cycling path (ca. 7 km) and in Augustów itself along footpaths-bike paths.

Studzieniczna – a place famed for the visit of Pope John Paul II in June of 1999 (there is a memorial monument to his visit), it is also notable for a Marian sanctuary with a miraculous image (www.sanktuarium-studzieniczna.pl), the Forest Education Centre, a wooden church decorated with the antlers of wild animals, the Roman Catholic Church of the Blessed Virgin Mary built in 1920 and beside it a well which, according to legend, provides healing water; also the 'Papal Trail' cruise.

Augustów Canal – the most important achievement in hydrological engineering in the Podlasie voivodeship, it was constructed between 1824-1839 to connect the Biebrza River with the Niemen River (101.2 km in length, with 18 locks, of which 14 are on the Polish side and the remainder on the Belarusian side, the difference in water level in the canal ranges from 80 cm to 8 metres). It is currently used as a scenic water route – www.augustow.org.pl

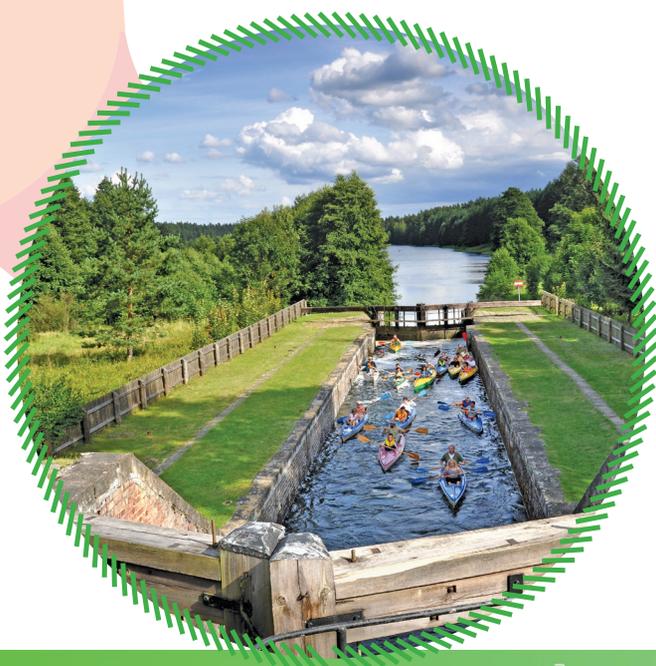
Augustów – a spa town with a historic urban layout, the Sigismund Augustus town square, the former garrison Orthodox church, the Augustów Land Museum and the History Department of the Augustów Canal, the Augustów Lock, the old Post Office complex from 1829, the minor basilica, the pleasure boat harbour, boardwalks and an electric water-skiing facility on Lake Necko.



Tourist Information Centre

Sigismund Augustus Square 19, 16-300 Augustów
tel. 511 181 848, www.augustow.eu

Lake Sajno – a ribbon lake and the largest in the Augustów Lakes group, the Green Velo trail runs right alongside it.





Restaurants and places to eat

Tatarak Restaurant (CFP), ul. Pułaskiego 24k, Suwałki, tel. 87 739 59 99, www.hotelloft.pl

Albatros Restaurant and Bar Bartek (CFP), ul. Mostowa 3, Augustów, tel. 87 643 21 23, www.restauracjaalbatros.pl

Królowa Woda Recreational Centre (CFP) – open seasonally (May–October), on the shores of Lake Sajno, Augustów, tel. 87 644 54 85; 502 285 145, www.krolowa-woda.augustow.pl

Tawerna Fizza Concept by Marcin Budynek (CFP), ul. Rybacka 19, Augustów, tel. 730 023 730, FB profile

Camp Zatoka (CFP), ul. Jeziorna 26, Augustów, tel. 691 112 511



Bicycle rentals, sales, repair and transport

Góra Rowerska bicycle sales and repair (CFP), ul. Kościuszki 79, Suwałki, tel. 507 027 909, www.roverska.pl

Nad Wigrami residence (CFP - bicycle rentals), Gawrych Ruda 18, Suwałki

tel. 608 020 885, www.nadwigrami.info

Polish Tourism Association centre in Stary Folwark (CFP - bicycle rentals), Stary Folwark 55, Suwałki, tel. 515 036 082, 87 566 59 61



Accommodation

Płaska Recreational Marina (CFP)

On the shore of Lake Górczyca, 16-326 Płaska, tel. 502 667 272, FB page

SIRVIS Apartments (CFP)

Motowiste 22, 16-326 Płaska tel. 510 990 100, www.sirvis.pl

U T-Olka (CFP - campsite and cottage)

– open seasonally May–September

Płaska 51, 16-326 Płaska

tel. 691 281 708, www.camperowepole.pl



Transport

Direct train connections with the possibility to transport bicycles (limited number of spaces available) run to Augustów and Suwałki, and also between those cities. It is very easy to reach Biała Podlaska, Białystok and Warsaw from here. Bus services can also be used with bikes transported by private carriers, or bikes can be rented on the spot (list of companies above).

Bus Station in Suwałki - ul. Wojska Polskiego 100, tel. 87 566 52 41, pksnova.pl

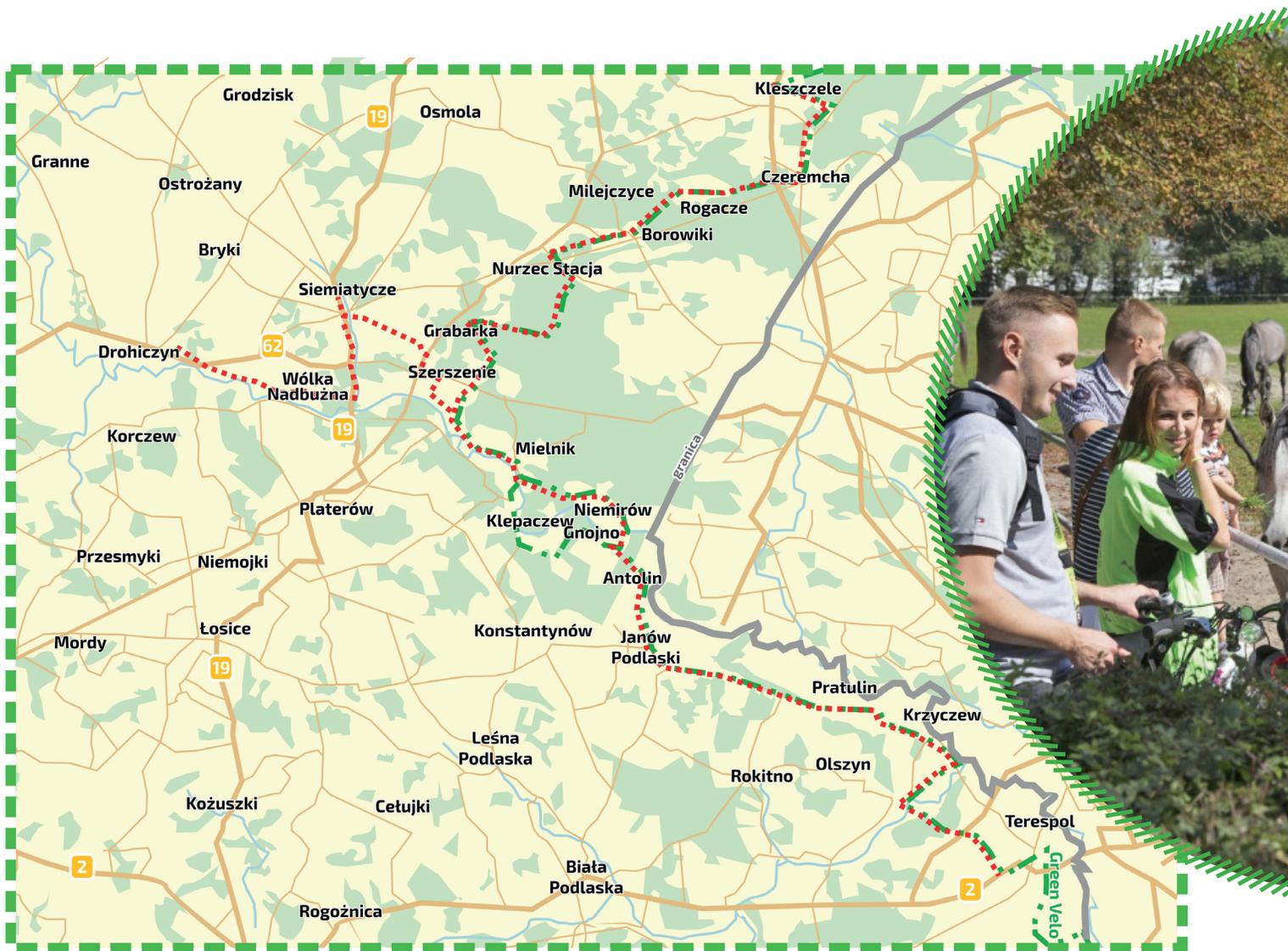
Bus Station in Augustów – Sigismund Augustus Square 19, tel. 87 566 27 63, pksnova.pl



“Along the Bug River Valley”

The two-day trip “Along the Bug River Valley” runs through scenic areas near the meandering Bug River, close to the Polish-Belarusian border. While cycling through this area, visitors can come across churches, sanctuaries and cemeteries of various faiths. There are countless small villages and towns which for centuries were inhabited by people of different nationalities. Thanks to this, the atmosphere of Eastern Poland can be felt particularly acutely here. Apart from the watershed area of the Bug between Gnojno and Dohiczyn, the terrain is mainly flat or rolling hills. The most scenically attractive areas are in the vicinity of Siemiatycze, Holy Mount Grabarka and Castle Hill in Mielnik.

Route: Terespol 0 km – Krzyczew 22 km – Pratulin 26 km – Janów Podlaski 43 km – (Konstantynów distance from the GV ca. 9 km) – Gnojno 54 km – Niemirów 54 km – Mielnik 70 km – Siemiatycze (distance from the GV 9 km) – (Drohiczyn distance from Siemiatycz 16 km, from the GV 25 km) – Grabarka 84 km – Nurzec Stacja 97 km – Czeremcha 119 km – Kleszczele 130 km



Day 1: Terespol – Mielnik 70 km (with trip to Konstantynów 88 km)

This cycling trip begins in the centre of Terespol and after about 20 km leads to the immediate vicinity of the Bug River. It runs along local asphalt roads alongside the left bank of the river through the "Podlasie Bug Rapids" Landscape Park. In the Terespol – Koroszczyń stretch, it follows footpath-bike paths. In Gnojno, it reaches the Gnojno-Niemirów ferry crossing, where you can cross over to the other side of the river (it's worth checking in advance to see if the water level will permit a ferry crossing, tel. 500 390 864 - mielnik.com.pl/prom). The next nearest crossing is in Zabuże (a Green Velo connecting route leads to the Zabuże-Mielnik crossing – mielnik.com.pl/prom, tel. 500 390 864).

Terespol – a border town on the Bug River, with the classical Orthodox church of St. John the Evangelist from the 18th century, the church of the Holy Trinity from 1862, an iron obelisk dating from 1825, and fortifications from the Brest Fortress complex (www.twierdza.org).



Krzyczew – the wooden church of St. George built in 1683 as the Uniate Church of St. Demetrius the Martyr, from 1875 used as an Orthodox church, and since 1919 as a Catholic church. A manor house and outbuildings from the 19th century, with wooden village architecture from the early 20th century, and a 'koźlak' windmill built in 1921.

Pratulín – The Sanctuary of the Blessed Podlasie Martyrs (www.sanktuariumCFPatulin.pl) consisting of a wooden Orthodox church complex with bell tower and fence with a gate, a martyrology site and museum with documentation of the persecution of Podlasie Uniates.

Janów Podlaski – an Arabian Stud Farm in Wygoda, near Janów Podlaski (www.skjanow.pl) (access to the GV along a red cycling trail, ca. 2.5km).

Konstantynów – (9 km from the GV along a red cycling trail) – a palace and park complex from the 18th century with the neo-gothic Church of St. Elisabeth from the early 20th century.

Niemirów – the baroque-classical church of St. Stanislaus, Castle Hill with its medieval hillfort, the Soviet Molotov defensive fortification line (www.podlasie.siemiatycze.pl).

Mielnik – the early medieval hillfort at Castle Hill with the ruins of a Gothic church at the base of the hill (scenic viewpoint), the Orthodox Church of the Birth of the Virgin Mary, the Mielnik Land History Centre, and the only active open chalk mine in Poland (visits can be arranged with a guide with prior telephone reservation), which can be seen from the viewing terrace on the Dubois Street side.



Tourist Information Point**

**Municipal Culture, Sport and Recreation Centre in Mielnik
Mielnik Land History Centre
ul. Brzeska 71, 17-307 Mielnik
tel. 85 657 71 00, www.goksir.mielnik.com.pl**

Day 2: Mielnik – Kleszczele 60 km (with trips to Siemiatycze 78 km, and to Drohiczyń 110 km)

The Green Velo trail leaves the Lublin region and crosses the Bug River before entering the Podlasie voivodeship. The route runs through lowland areas along local roads and local unpaved roads. Between Grabarka and Czeremcha, some difficulties may be encountered (sandy road surfaces).

Siemiatycze – (9 km from the GV via red and green cycling trails, then along a green trail) – the Church of the Ascension of the Virgin Mary from the 17th century, an Orthodox church from the 19th century, the former monastery complex of the Missionary fathers from the early 18th century, the remains of the residence of Princess Anna Paulina of the Sapieha Jabłonowska family and the neo-baroque Talmud House and synagogue – podlasie.siemiatycze.pl

Drohiczyń – (25 km from the GV, return from Siemiatycze along the green trail, and then along the red cycling trail) – the first capital of the Podlasie voivodeship, the early medieval hillfort on Castle Hill, the Jesuit Fathers monastery with the Church of the Holy Trinity, the Franciscan Fathers monastery with the late-baroque Church of the Ascension of the Virgin Mary, the Benedictine monastery with a church from the 18th century, the Orthodox Church of St Nicholas of Myra, pillboxes from the Molotov fortification line from 1941, and the Nadbużański Historical and Cultural Park – www.kultura-drohiczyń.pl

Holy Mount Grabarka – the main sanctuary of Polish Orthodoxy known as the Hill of the Cross, associated with the cult of the icon of Spas (the Saviour), including among others two Orthodox churches and the Convent of Saints Martha and Mary. The largest number of pilgrimages takes place at the annual festival of the Transfiguration (18th/19th August) – www.grabarka.pl

Nurzec Stacja – the historic railway hub with a water tower

Czeremcha – the Orthodox Church of the Loving Virgin Mary

Kleszczele – the Orthodox Church of St. Nicholas, the Orthodox Church of the Dormition of the Holy Mother of God, the Amethyst Chamber (mineral exhibition).



Tourist Information Point *

**Hładyszka Tourism and Cultural Centre
ul. 1 Maja 19, 17-250 Kleszczele
tel. 85 681 80 54, www.kleszczele.pl**



Restaurants and places to eat

Cieleśnica Palace (CFP), Cieleśnica 22, tel. 887 777 667, www.cielesnica.com

Bishop's Castle Restaurant (CFP), ul. Zamkowa 1, Janów Podlaski, tel. 83 379 08 50, www.zamekjanowpodlaski.pl

OHP Educational Centre restaurant (CFP 14 km from the GV), Roskosz 23, tel. 83 344 41 17, www.roskosz.pl

Accommodation

Słodki Zakątek Agrotourism (CFP)

Klepaczew, 08-220 Sarnaki
tel. 608 051 836, FB page

Wiórkowa Chata

pl. Kościuszki 8, Mielnik
tel. 508 322 850, wiorkowachata.pl

U Floriana recreational centre

ul. Bugowa 10, 17-307 Mielnik
tel. 85 657 72 27

Dom na Werhurnie guesthouse

ul. Uroczysko 4, 17-307 Mielnik
tel. 513 300 794, mielnik-nadbugiem.pl

Mielnik Nad Bugiem

ul. Brzeska 67, 17-307 Mielnik
tel. 85 657 72 76, 513 139 968, www.mielnik.pl

Bicycle rentals, sales, repair and transport

FHU Active Adventure – bicycle rentals and sports and recreation equipment (CFP), ul. Duboisa 2, 17-307 Mielnik, tel. 606 662 225, www.active-adventure.pl

Hładyszka Municipal Culture, Sport and Recreation Centre in Kleszczele – bicycle rentals (CFP), ul. 1-go Maja 19, 17-250 Kleszczele, tel. 85 681 80 54, www.kleszczele.pl

Transport

Trains run to Terespol (with carriages suitable for transporting bicycles) directly from Biała Podlaska and Warsaw. The town of Kleszczele can be reached via Regiobus but with no possibility of transporting bicycles, unfortunately. However, it is possible to return by bike to Czeremcha (ca. 1 km) and from there take the train (connections to Siedlce and then on to Warsaw, or to Biała Podlaska and on to Warsaw).

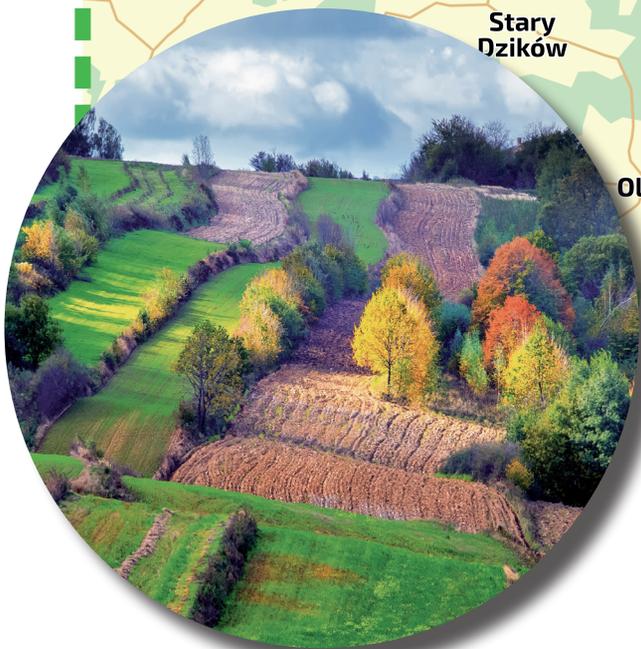
If you rent bicycles on the spot, you can use the bus connection to Terespol (many connections, including from Biała Podlaska, Warsaw and neighbouring towns – bialskibus.com – or use the national website – www.busradar.pl). From Kleszczele, you can reach Białystok, Bielsk Podlaski and Czeremcha by bus (a detailed timetable is available at www.kleszczele.pl in the tab "Rozkład jazdy – komunikacja publiczna" in the lower left corner of the page).



"Roztocze"

The "Roztocze" cycling trip runs through the scenic and sparsely populated wooded landscape of the Roztocze region, whose most precious areas are protected by the Roztocze National Park, and the Southern Roztocze and Solska Primeval Forest Landscape Parks. The varied terrain of this area (wooded hills and gorges, deep valleys, and waterfalls on the Tanew, Jeleń and Sopot rivers) provides unforgettable views. A large number of historic Orthodox churches and other architectural relics can also be found here.

Route: Lubaczów 0 km (black exit trail) – Młodów 2 km (blue trail) – Green Velo trail 12.5 km – Radruż 24 km – Horyniec Zdrój 27.5 km – Nowiny Horynieckie 31.5 km – Łówcza (distance from the GV 4.5 km) – Narol 50 km – Susiec 66 km – Józefów 80 km – Górecko Kościelne (distance from the GV 3 km) – Stawy Echo 99 km – Zwierzyniec (distance from route 2 km) – Biłgoraj 121 km



Day 1: Lubaczów – Susiec 66 km (with trip to Łówcza 75 km)

This trip along the Green Velo trail begins in Lubaczów, where you should follow Kościuszki Street (a black cycling path) to Młodów. From there, follow a blue cycling path until you reach the main Green Velo trail, which will take you all the way to the end of the trip. The trail runs mainly along local asphalt roads apart from a few short stretches of unpaved road beyond Wólka Żmijowska, Nowiny Horynieckie, Polanka Horyniecka and around the Źródła Tanwi nature reserve, as well as on the section running along the dedicated cycling path on the shoulder of the main road from Wólka Łosiniecka to Susiec.



Lubaczów – the Orthodox Church of St. Nicholas from 1883, built in an eclectic style, the town hall with clocktower, and the railway station building with its historic water tower. Above the town rises Castle Hill with ruins of a castle and fortifications from the 16th and 17th centuries.



Tourist and Business Information Centre

Rynek 2/3, 37-600 Lubaczów

tel. 16 632 90 47, www.citig.lubaczow.pl

Radruż – notable for the Orthodox Church of St. Parascheva defensive complex (entered on the UNESCO world heritage list) dating from the end of the 16th century, which is one of the best preserved wooden architecture complexes in Poland. Its interiors house a two-storey nave, a separate women's chamber, and a chancel. The iconostasis and chancel feature 17th century polichromes painted directly onto the wood. In addition to the church, the complex features a wooden bell tower from the end of the 16th century, a mortuary from the 19th century, and a stone wall surrounding the hill on which the complex stands.

Horyniec Zdrój – a spa based on the curative powers of sulphur-rich waters and the deposits of peat located in nearby Podemszczyzna (3 spas – one of which is housed in the renovated Poniński family palace, guesthouses) – www.uzdrowisko-horyniec.com.pl



Tourist Information Point (CFP)

ul. Jana III Sobieskiego 4, 37-620 Horyniec-Zdrój,

tel. 16 631 31 05, www.horyniec-zdroj.pl

Nowiny Horynieckie – the Chapel of the Blessed Virgin Mary, erected on the site where in 1636 a group of children had a vision of the Virgin Mary, and also mysterious stone circles known locally as the Temple of the Sun – www.nowiny.horyniec.info

Źródła Tanwi Nature Reserve – a nature reserve around the source of the Tanew River which protects the natural peat deposits and marsh areas, it is partly overgrown with pine and mixed wood forests (there are 8 information boards, with a wooden observation tower located at number 7) – www.zpkprzemysl.pl

Łówcza (access via the local road from Huta Złoty, 4.5 km from the GV) – the wooden Greek Catholic Church of St. Parascheva from 1808, with a dome and separate women's chamber next to a wooden bell tower. The church is currently used as a Roman Catholic chapel.

Narol – the baroque palace of the Łoś family (whose origins date back to 1776-1781) designed on a horseshoe plan with an extensive courtyard guarded by a decorative gate. The entire complex is surrounded by an Italianate garden with beautiful tree stands, dominated by ancient linden. Apart from the palace, Narol boasts a charming small square with interesting townhouses – www.narol.pl

Nad Tanwią Nature Reserve near Susiec – a nature reserve which covers the Tanew river rapids and numerous stone outcroppings which create picturesque waterfalls. The area is accessible via the Nad Tanwią educational nature trail (ca. 3 km).



Tourist Information Point

ul. Tomaszowska 100, Susiec

tel. 84 665 44 10 int. 22, 531 475 652,

www.turystyka.susiec.pl, www.susiec.pl

Day 2: Susiec - Biłgoraj 55 km (with trip to Górecko Kościelne and Zwierzyniec 62 km)

On the second day of the trip, the Green Velo cuts through some of the most precious natural areas of the Roztocze region, Roztocze National Park and the Solska Primeval Forest Landscape Park. The trail runs mainly along local roads. The section between Hamernia and Józefów follows a separate cycling path, and in Roztocze National Park (beyond Górecko Stare almost until Zwierzyniec) it runs along a hardened forest road. At the end of the trip, about 2 km before Zwierzyniec at Stawy Echo, make sure to turn onto the Green Velo connecting trail no. 301 leading to Biłgoraj.

Oseredek – the Firefighting Museum presents a rich collection of items associated with firefighting assembled thanks to the dedication of firefighter Jan Łasocho, who for many years was the commander of the Volunteer Fire Department in Susiec – www.muzeum.susiec.pl

Czartowe Pole Nature Reserve – a nature reserve which protects the rapids of the Sopot River near the settlement of Hamernia (a narrow valley crosscut with irregular stone shelves resulting from the erosion of cracked tertiary sandstones). There is an educational nature trail of about 1.4 km.

Józefów – a summer holiday town known as the "cycling capital of the Roztocze" (with numerous trails and cycling events – www.jkr.org.pl), two reservoirs lakes, limestone quarries (the largest of which, Babia Dolina, features an observation tower), town hall, a parish church and synagogue from the 18th and 19th centuries, a Jewish cemetery with several hundred gravestones, and a Roman Catholic cemetery with the graves of 28 combatants from the January Uprising who were killed on 24th April 1863 in a battle with the Russians near Józefów.



Tourist Information

ul. Kościuszki 37 A, 23-460 Józefów

tel. 84 68 79 669, www.ejzefow.pl





Górecko Kościelne (access from Górecko Stare via the local road running alongside the "Szum" nature reserve, ca. 3 km from the Green Velo) – a sanctuary associated with the cult of St. Stanislaus, Bishop and Martyr, an old oak tree alleyway (six oaks aged over several hundred years, with trunk girths reaching as much as 7.5 metres) along the road from the church to a second chapel near the sanctuary, which is situated on pilings above the Szum stream (near the spring known as "God's Teardrop") – www.gorecko.pl

Florianka – a Forestry House located at the former ranger station during the Zamojski Family Fee Tail, built in 1830, where the look of an interior from 1938 has been recreated in order to present the working conditions of a forester in the interwar period (the Forestry House includes temporary exhibitions, a gallery dedicated to dying professions, food preservation methods, an exhibition of farming and forestry equipment, a lecture hall and educational activities) – www.roztozczanski.pl

Stawy Echo – a Roztocze bathing area with clean water and a sandy beach in the valley of the Świerszcz stream, an observation platform for waterfowl watching, and a herd of Polish ponies

Zwierzyniec (access via the main GV trail, ca. 2 km) – a summer holiday area and the headquarters of Roztocze National Park, with structures from the times of the Zamojski Family Fee Tail; a complex of classical buildings related to the management of the fee tail, the plenipotentiary's villa, the old brewery from 1806, a pond with the baroque Church of St. John of Nepomuk on an island, Zwierzyńczyk Park with its historic layout of channels and ponds, the Educational and Museum Centre of Roztocze National Park with an interesting nature exhibition and trailhead for the popular educational nature trail leading to Bukowa Góra.



Tourist Information Point at the Zwierzyniecki Culture and Recreation Centre
ul. Słowackiego 2, 22-470 Zwierzyniec, tel. 84 68 72 660



Tourist Information Point at the Roztocze National Park Education and Museum Centre
ul. Płażowa 3, 22-470 Zwierzyniec, tel. 84 68 72 286, www.roztozczanski.pl

Biłgoraj (at Stawy Echo turn onto the Green Velo connecting trail no. 301) – a former centre of basketry (where various goods were woven from reeds) with its own tradesmen's guild, the Biłgoraj Regional Museum, the Reed Weavers Centre with a house from 1810, a workshop, woodshop, and tools for woodworking (a branch of the Biłgoraj Regional Museum)



Cultural and Tourist Information Point
ul. Kościuszki 41/43, 23-400 Biłgoraj
tel. 84 688 00 00, www.muzeumbilgoraj.pl



Restaurants and places to eat and drink

Hetman Restaurant (CFP), ul. Przyjaźni 6, Horyniec Zdrój, tel. 16 631 33 32, www.pensjonathetman.pl

Kresowa Osada (CFP), ul. Kolejowa 16, 37-600 Basznia Dolna, tel. 500 738 500, www.kresowaosada.pl

Parkowa Café (CFP), Rynek 1, 37-610 Narol Lipsko, tel. 604 137 451, 733 441 165, FB page

Debowy Dwór restaurant (CFP), Ruda Różaniecka 182 A, tel. 661 053 911, 16 631 38 15, debowy-dwor.pl

Knieja Bar (CFP), Pl. Wyzwolenia 19, Józefów, tel. 663 874 991, FB page

Pod Wiatą Bar (CFP), Stoneczna 4, Józefów, tel. 784 542 075, FB page

Country Restaurant & Pizzeria (CFP), ul. Dąbrowskiego 6b, Biłgoraj, tel. 84 686 06 00, www.country.bilgoraj.com.pl





Accommodation

Sosnowe Zacisze Recreational and Training Centre (CFP)

ul. Turystyczna 27, 22-672 Susiec
tel. 607 711 630, www.sosnowe-zacisze.pl

Śloneczny Gaj (CFP)

ul. Śloneczna 4, 22-672 Susiec
tel. 693 433 689, 603 354 939, www.slonecznygaj.pl

Nad Strumykiem (CFP)

Rybница 9A, 22-672 Susiec
tel. 663 185 541, www.nad-strumykiem.pl

Pod Akacjami (CFP)

Oseredek 144, 22-672 Oseredek
tel. 601 339 302, www.pod-akacjami.com



Bicycle rentals, sales, repair and transport

Józefowska Bicycle Rentals (CFP) – bicycle sales, rental and repair, ul. Stoneczna, Józefów (near the reservoir next to the Pod Wiatą Bar), tel. 695 006 191, www.roweremporoztoczu.pl

Ryś bicycle rentals and repair (CFP), ul. Browarna 1/3, 22-470 Zwierzyniec, tel. 504 651 675, www.rowery-zwierzyniec.pl

KOLMAR bicycle sales and repair (CFP), ul. Długa 55, 23-400 Bitgoraj, tel. 84 686 59 95, www.kolmar-rowery.pl

Konkret Serwis bicycle repair (CFP), ul. Sitarska 17, Bitgoraj, tel. 798 414 572, FB page



Transport

Lubaczów can be reached by train (with the possibility to transport bicycles) directly from Rzeszów and Jarosław.

By changing trains in Jarosław (transport hub), you can also reach Lubaczów from Tarnobrzeg, Warsaw, Kraków and also Przemyśl with a change in Munin. From Bitgoraj, it is possible to go by train to Hrubieszów, Rzeszów, Zamość, Stalowa Wola and Jelenia Góra (unfortunately without the possibility of transporting bicycles).

When travelling without bicycles, bus connections are available:

- Bitgoraj PKS bus station, ul. Kopnicka 7, tel. 84 686 11 91, 84 686 10 46 – www.pks-bitgoraj.pl

- Lubaczów, bus stop at ul. Słowackiego 2, tel. 734 484 907

- www.pks-jaroslaw.pl



"The Świętokrzyskie Region by Bike"

"The Świętokrzyskie Region by Bike" route is a proposition for a two-day cycling trip running through the Świętokrzyskie region from its capital in Kielce to Sandomierz. Along the way, the route leaves the Green Velo trail for a short time in Raków and leads to some of the most interesting attractions of the Staszowska region, Szydłów and Kurozwęki. During the trip, cyclists will be able to see the Świętokrzyskie Mountains (the trail runs along the foothills, including Pierścienica and Telegraf Mountain in Kielce), the wooded areas of the Cisowsko-Orłowski Landscape Park, two recreational man-made lakes, interesting historic sacral (churches, monasteries and synagogues) and secular buildings (manor houses, palaces and castles), as well as the extensive orchards of the Szydłów and Sandomierz areas. The route mainly runs along flat roads but there are some more demanding sections, especially in the area around Klimontów. Asphalt roads dominate along with low-traffic local roads.

Route: Kielce 0 km – Borków 21 km – Raków 49 km (leave the GV and return to Raków later) – Życiny 52 km – Korytnica 57 km – Szydłów 62.5 km – Kotuszów 68 km – Kurozwęki 71 km – Kotuszów 74 km – Chańcza 78 km – Raków 84.5 km (return to the GV) – Iwaniska 109 km – Ujazd 112 km – Klimontów 127 km – Koprzywnica (distance from the GV 4 km) – Skotniki 142 km – Sandomierz 155 km

Day 1: Kielce – Raków - Kurozwęki – Raków 84.5 km

The trip begins at the PKP bus station, where you should use the No. 501 connecting trail to the main Green Velo trail running through the suburbs of Kielce. Outside the city, the trail initially runs along local roads through the neighbouring localities and beyond the man-made lake in Borków it enters the area of the Cisowsko-Orłowski Landscape Park (Ujny-Smyków – a short stretch of hardened, unpaved road). In Raków, leave the Green Velo trail and ride mainly along low-traffic local roads, arriving in order at:

- Życiny (via a blue trail, exercise caution on the busy provincial road No. 756)
- Korytnica (via a blue trail, then changing to yellow and black trails. The route involves a substantial ascent, before Szydłów you'll go along an unpaved road)
- Szydłów (from here via a black trail)
- through Kotuszów to Kurozwęki and back again to Kotuszów (via a local road)
- Korytnica (via a black trail)
- Kresy (via a blue trail, and from Wygoda a black trail runs parallel; from the area of Chańcza to provincial road No. 764 – ca. 4 km of unpaved road)
- return to Raków (via a yellow trail)

Kielce – the capital of the Świętokrzyskie region, which is home to, among others, Castle Hill and the Palace of the Bishops of Kraków, the cathedral and Centre for Patriotic and Civic Thought, the monastery at Karczówka, the Museum of Toys and Play, the Museum of the School Years of Stefan Żeromski, and the Kielce History Museum. The city boasts as many as five nature reserves within its limits, including four geological reserves: Kadzielnia, Ślichowice, Biesak-Białogon, and Wietrznia with its GeoEducation Centre www.geopark-kielce.pl. Additionally, there are recreational areas which are perfect for cycling, especially mountain biking, and skiing in winter (ski lifts) – www.swietokrzyskie.travel

Borków – a summer recreational area on the shores of the Belnianki river lagoon (with a pier, water sport equipment rentals, beach and bathing area).

Raków – a town, situated on the shores of Chańcza Lake, which is associated with Arianism, with former Arian buildings in Raków including the late-baroque Church of the Holy Trinity from the 17th century, the home of the Arian minister from the turn of the 16th and 17th centuries, the home of the wójt or mayor of the town from the turn of the 16th and 17th centuries, and the post-Reformation Church of St Anne from the 17th century – www.rakow.pl

Chańcza Lake – a retention-recreational reservoir on the Czarna River (Staszowska) with a surface area of 340 hectares featuring a bathing area, beach and nearby accommodation and food facilities, as well as excellent conditions for water sports.

Szydłów – a town known as the "Polish Carcassonne" due to the still-surviving medieval urban layout, defensive walls with the Kraków Gate, and the remains of the castle (Knights' Hall and the Treasury with museum). Additionally, you can visit the synagogue, the Church of St. Ladislaus and the Church of All Saints. The town is famous for Szydłów plums, which are grown in the nearby orchards.



Tourist Information Point in the synagogue
ul. Targowa, 28-225 Szydłów
tel. 41 354 53 13, www.szydlow.pl

Kurozwęki – a baroque-classical palace complex with greenhouses and outbuildings, a mini zoo, American bison breeding station, and corn maze (tourist attractions and accommodation-food services at www.bizony.com); the Church of the Ascension of the Virgin Mary and St. Augusti ne, a Gothic structure with later late-Renaissance and Baroque alterations.





Day 2: Raków – Sandomierz 70.5 km (with trip to Koprzywnica 78.5 km)

This cycling trip from Raków to Sandomierz runs in its entirety along the Green Velo trail with the possibility to take a side trip along a local road to the monastery in Koprzywnica. The trail runs through scenic hilly terrain to Klimontów (along the way there are several tiring and steep ascents) and then cuts through the fragrant fruit orchards of the Sandomierz region. On the Iwaniska-Kujawy section and also in Sandomierz itself, the Green Velo trail follows a separate cycling path. The remaining part of the trail runs along low-traffic local roads with short stretches of hardened unpaved roads (around the village of Sośniczany).

Ujazd – the ruins of the monumental castle of Krzyżtopór in the 'palazzo in forteca' style constructed by Krzysztof Ossoliński between 1621-1644 based on the calendar (365 windows – like the number of days in a year; 12 halls – the number of months; 52 chambers – the number of weeks; and 4 towers – the number of seasons) - www.krzyztopor.org.pl

Klimontów – the baroque Collegiate Church of St. Joseph, designed by Laurentius de Sent – one of the most magnificent 17th century sacral structures in Poland (www.parafia.klimontow.pl), the former Dominican monastery and Church of the Blessed Virgin Mary and St. Hyacinth from the 17th century, and a neo-classical synagogue from 1851.

Koprzywnica (2.5 km from the GV trail, access via a local road) – a former Cistercian monastery from the 12th century and the Church of the Blessed Virgin Mary and St. Florian with still-extant Romanesque elements including a chapter house with ribbed groined vault ceilings in the monastery, Romanesque details, and the ribbed groined vault and fragments of polychrome painting in the church.

Skotniki – the church of St. John the Baptist from the mid-14th century and a manor house with a characteristic front entrance of the arquière type from the 18th century located in a scenic park (with visible traces of the former defensive moat surrounding the estate).

Sandomierz – one of the most beautiful and oldest cities in Poland, which boasts more than 120 architectural treasures from various eras. These include the medieval urban layout, the Renaissance town hall, Opatowska Gate, the Underground Tourist Route, the Romanesque Church of St. James, the 14th century cathedral, the royal castle (housing the Regional Museum), the House of Jan Długosz (Diocesan Museum), and the Collegium Gostomianum from the 17th century. Other attractions include the picturesque loess Queen Jadwiga Gorge, the Pepper Mountains, cruises on the Vistula river, and chivalric tournaments.



Tourist Information Centre
Rynek 20, 27-600 Sandomierz
tel. 15 644 61 05, www.sandomierz.travel



PTTK Tourist Information Point
Rynek 12, 27-600 Sandomierz
tel. 15 832 23 05, www.pttk-sandomierz.pl





Restaurants and places to eat

Siedem Pokus Restaurant (CFP), al. Na Stadion 365, Kielce, tel. 41 361 55 55, www.siedempokus.pl

Binkowski Resort Restaurant (CFP), ul. Szczepaniaka 40-42, Kielce, tel. 41 340 35 00, www.binkowskiresort.pl

Mistrz i Małgorzata Inn (CFP), Borków 113, tel. 691 022 455, www.mistrzimalgorzata.com.pl

Na Bardzkiej Restaurant (CFP), ul. Bardzka 29, Raków, tel. 513 380 924, www.nabardzkiej.pl

Pod Ciżemką Hotel Restaurant (CFP), Rynek 27, Sandomierz, tel. 15 832 05 50, www.hotelcizemka.pl



Accommodation

There are numerous accommodation facilities (campsites, recreational centres, summer houses and farmstay facilities) in the vicinity of Chańcza Lake, as well as plenty of places to eat and drink.

Przy Źródleku Agrotourism Farm (CFP)

Pałowiec 16, 26-035 Raków, tel. 692 608 800, www.przyzrodleku.wczasywpolsce.pl

Gratka Agrotourism Farm CFP (follow the GV back in the direction of Kielce, then turn left in Korzenna in the direction of Celiny, 11.5 km), Celiny 18, 26-035 Raków, tel. 509 014 115, www.celiny.pl

Piwniczka Ecological Agrotourism Farm (CFP) (3 km from Kurozwęki along the road to Raków) Korytnica 46, 28-225 Szydłów, tel. 41 35 45 165, 508 764 766, www.piwniczka.wczasywpolsce.pl



Bicycle rentals, sales, repair and transport

"Stadion-Giant" Cycling Centre at Hotel 365 (CFP - bicycle rentals, repair and transport), al. Na Stadion 365, 25-127 Kielce, tel. 41 361 55 55 ext. 3, www.hotel-365.pl/atracje

Domenico Bike Workshop (CFP - bicycle sales and repair), ul. Langiewicza 3, Kielce, tel. 660 318 466, www.domenicobikes.pl

Mistrz i Małgorzata Inn (CFP - bicycles for rent), Borków 113, tel. 691 022 455, www.mistrzimalgorzata.com.pl

Tourist Information Centre bicycle rentals (CFP), Rynek 20, 27-600 Sandomierz, tel. 15 644 61 05, <http://sandomierz.travel>

Bicycle rentals at Mały Rzym Hotel (CFP), Okrzei 9, 27-600 Sandomierz, tel. 15 644 90 90, www.malyrzym.pl



Transport

From Kielce it is easy to reach major cities in Poland by train (with transportation of bicycles and direct connections to, among others, Kraków, Katowice, Wrocław and Warsaw). From the long May holiday weekend to the end of September, as well as weekends and holidays, a regional tourist train which is well-suited for transporting bicycles runs on the Kielce-Sandomierz line (www.polregio.pl) and it is highly popular among weekend cyclists.

PKP bus station in Kielce (and a temporary bus-minibus station) - Plac Niepodległości, tel. 221 94 36, www.rozklad-pkp.pl

A detailed list of connections to and from Sandomierz is available at www.sandomierz.pl in the tab "Dla turysty - jak dojechać do Sandomierza"

PKP bus station in Sandomierz - ul. Lwowska 35

Bus station in Sandomierz, ul. 11 Listopada 17, tel. 15 833 26 14 (www.pks.tarnobrzeg.pl - connections to, among others, Tarnobrzeg, Kielce, Rzeszów and Warsaw).



"Around Lake Mamry"

"Around Lake Mamry" is a one-day cycling excursion primarily for people taking a break in Węgorzewo. The route runs mainly alongside lakes and provides an excellent opportunity to see some of Masuria's most interesting attractions: the Palace in Sztynort, a complex of bunkers from the Second World War and the large hydrotechnical construction of the Masurian Canal. Beginning in Węgorzewo from the PTTK (Polish Tourism Association) holiday resort, it runs towards the castle, crosses the Węgorza River and reaches the Green Velo Trail down the promenade (Loir et Cher Boulevard). It then leaves the Green Velo after 2.7 kilometres, and turns onto a bike path to Ogonki (about 2 kilometres of loose gravel). It runs along an old railway track, which then turns into the Węgorzewo-Giżycko railway line. The route then connects to the Błękitna Wstęga Jezior bike path and leads through Okowizna, along Harsz Lake, Kirsajty Lake and Dargin Lake, on the way to Sztynort. From there, up to the Masurian Canal, the route overlaps with a red walking trail, and along the Canal with a green walking trail (the path is bumpy in some parts). In Leśniewo, it returns to the Green Velo Trail, which leads back to Węgorzewo (asphalt footpath-bike path).

Route: Węgorzewo 0 km – Ogonki 11 km – Okowizna – 19.3 km – Harsz 21 km – Sztynort 29 km – Kamionek Wielki 33.8 km – Mamerki 38 km – Leśniewo Górne Lock 43.2 km – Leśniewo Dolne Lock 43.8 km – Trygort 49.9 km – Węgorzewo 55 km



**1-day
trips**



Restaurants and places to eat

Gościniec u Kalicha Restaurant (CFP), ul. Portowa 4A,
11-600 Węgorzewo, tel. 513 348 200, www.gosciniucalicha.pl

Reggae Burger (CFP), ul Braci Ejsmontów 8,
11-600 Węgorzewo, tel. 509 637 673, FB page

Smażalnia u Córci Rybaka (CFP),
Sztynort 3D, 11-600 Sztynort, tel. 607 510 551, FB page

Smażalnia Grochówka (CFP), Kaczory 7,
11-420 Kaczory, tel. 665 384 312, 789 142 302,
www.smazalniagrochowka.pl

Róża Wiatrów Restaurant (CFP), Trygort 132,
11-600 Węgorzewo, tel. 508 143 982,
www.sealand-travel.com



Accommodation

Zakład Gastronomiczno-Hotelarski Jerzy Dziokan (CFP), ul. Wańkowicza 3, Węgorzewo,
tel. 87 427 24 43, www.zghdziokan.pl

Róża Wiatrów (CFP),
ul. Wodociągowa 1, Węgorzewo,
tel. 501 059 265, 509 637 673, www.roza.pl



Bicycle rentals, sales, repair and transport

Róża Wiatrów (CFP - bike rental company), ul. Wodociągowa
1, 11-600 Węgorzewo, tel. 501 059 265, 509 637 673,
www.roza.pl/o-nas/osrodek

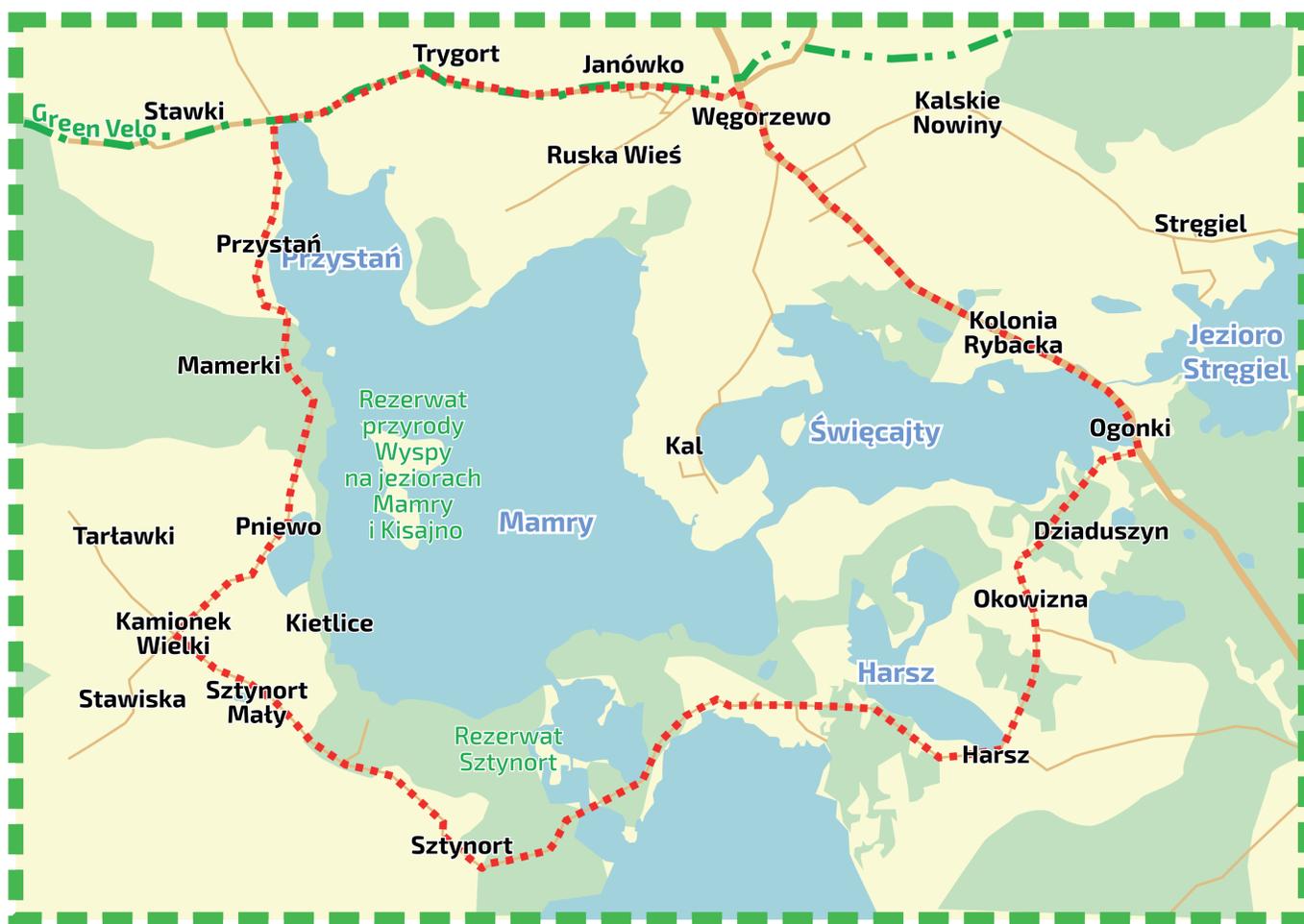
LEDER Katarzyna Lewandowska (CFP - bike shop and service),
ul. Armii Krajowej 8, 11-600 Węgorzewo, tel. 669 961 919



Transport

The cycling excursion is in the form of a loop so people staying in Węgorzewo won't need to use any additional means of transport. Cyclists can get there by car, which can be left in a parking lot, and then start the excursion on their bikes. People without cars can use the local bus connections and then rent a bike on-site.





Węgorzewo – a yacht port and passenger pier connected to Lake Mamry and Węgorzewski Canal, a 14th century Teutonic castle, the Railway Museum (a tourist railway line to Giertoża and Kętrzyn), the Museum of Folk Culture with a small open-air museum (www.muzeum-wegorzewo.pl), the Church of St. Peter and St. Paul, a weir damming the waters of the Węgorapa River.



Tourist Information Centre in Węgorzewo
Bulwar Loir Et Cher 4, 11-600 Węgorzewo
tel. 87 427 40 09, www.wegorzewo.pl

Ogonki – a Second World War bunker – an example of a fortified strategic crossing between two lakes; Ogonki Lake and Świętajny Lake were famous before the war for their iceboats (the Ognisty Ptak [Firebird] iceboat broke several speed records here).

Okowizna – a neo-baroque palace from the early 1900s.

Sztynort – a 17th century palace with a park (an alley of monumental oak trees).

Kamionek Wielki – a pottery atelier (foot-operated potter's wheels, wood-fired furnace), pottery workshops, reconstructions of ancient handicrafts – www.garncarnia.art.pl

Mamerki – "Brygida City" – the General HQ of the German land forces, with the best preserved complex of German bunkers from the Second World War in Poland (approximately 250 structures including 30 ferroconcrete shelters preserved to the present day, and also a 30m underground tunnel connecting two shelters). Also worth seeing in Mamerki: a replica of a German U-boat, an exhibition about the Masurian Canal featuring some of Nazi Germany's secret weapons, a replica of the Amber Chamber and the views from the viewing tower overlooking Lake Mamry – www.mamerki.com

Masurian Canal – a hydrotechnical construction connecting the area around the town of Przystań (Lake Mamry) with Allenburg/Drużba in Kaliningrad (50.4 km in length, of which 20.5 km are in Poland) which was never finished; there are impressive locks at Leśniewo Górne (17-metre difference in water level, 46 metres long and 7.5 metres wide) and Leśniewo Dolne – www.kanalmazurski.pl

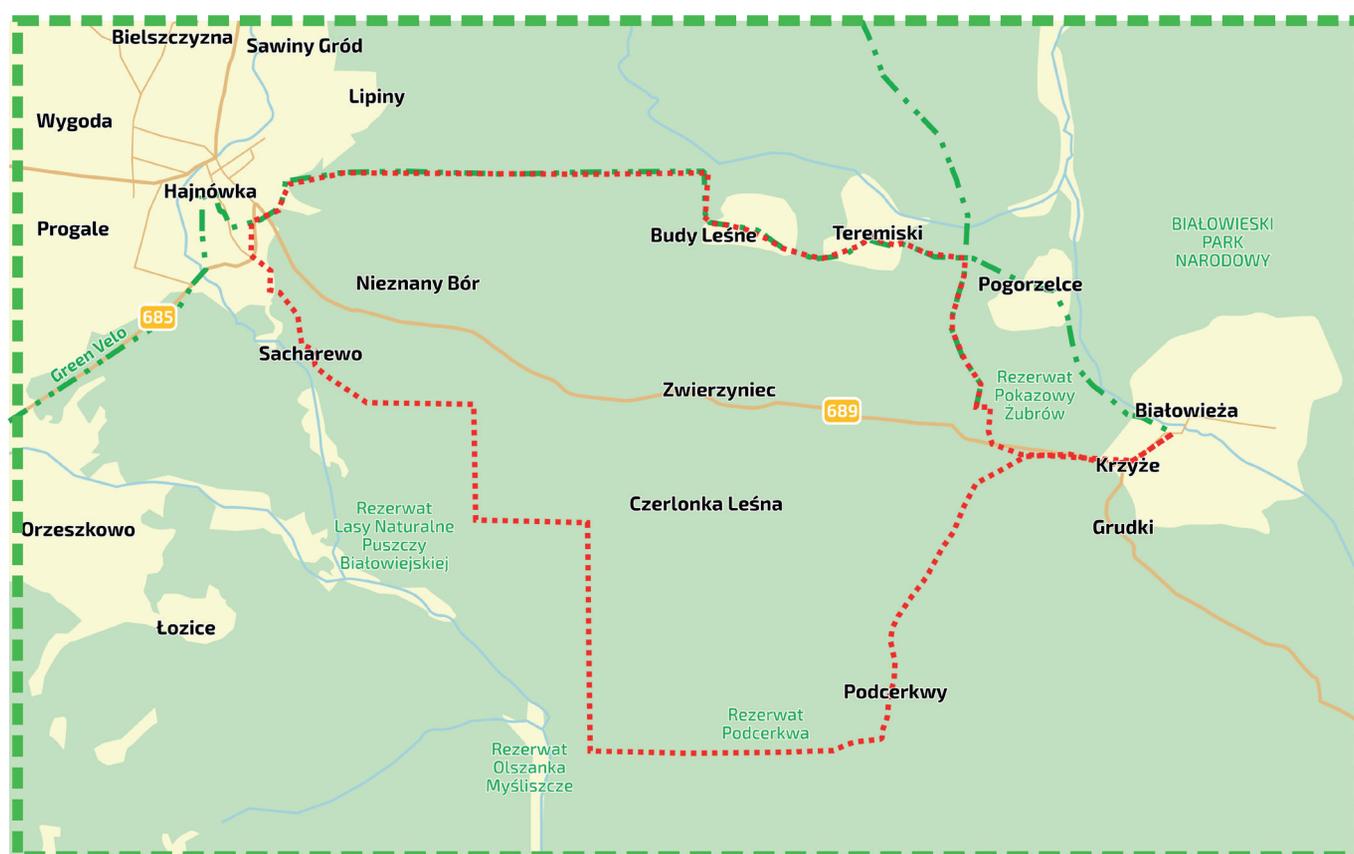


“Through the Białowieża Forest”

This cycling route is an excellent opportunity to get to know better one of the most well-known attractions of the Podlasie province - the Białowieża Forest - which is one of the most valuable areas of forest land in Europe. As well as feeling at one with nature, cyclists can also get to see the cultural heritage of this area close up, with Orthodox churches, Catholic churches, open-air museums and typical wooden houses of the border towns.

The route “Through the Białowieża Forest” begins by the statue outside the entrance to Białowieża, which marks the geometric centre of the Białowieża Forest. From there, take the road heading east and you get to a sign pointing to the so-called Place of Power (‘Miejsce Mocy’). A gravel track begins and then after around 3.5 km you reach a spur of the main route which leads to the right to the Place of Power. Follow the green trail until it meets a blue one which leads straight into Hajnówka. In Hajnówka, go down Białowieska, Piłsudskiego, Reja and Celnia Streets until you reach the Green Velo Trail. Follow a local unsurfaced road for about 8 km and then an asphalt road for about 6 km, up to the Green Velo connecting trail leading to the European Bison Show Reserve (unsurfaced road). From there, follow the yellow cycling trail until you reach road no. 689, which leads back to Białowieża.

Route: Białowieża 0 km – Podcerkwy 7.2 km – Saharewo 25.8 km – Hajnówka 28.8 km – Budy 39 km – Teremiski 41.5 km – the European Bison Show Reserve (Rezerwat Pokazowy Żubrów) 46 km – Białowieża 50 km



Restaurants and places to eat

Polana Żubra (CFP), Pogorzelce 47a, Białowieża, tel. 723 044 614, www.polanazubra.pl

Restaurant Stoczek 1929, ul. Waszkiewicza 74, Białowieża, tel. 601 588 828, www.stoczek1929.pl

Accommodation

National Park Guest Rooms (CFP), ul. Park Pałacowy 11, Białowieża, tel. 85 682 97 29 (individual booking), tel. 85 682 97 29 or 85 681 20 33 ext. 200 (group booking), www.noclegi.bpn.com.pl

Hotel Białowieski*** Wellness & Spa (CFP - undergoing the certification process), ul. Stoczek 218B, 17-230 Białowieża, tel. + 48 85 681 20 22, www.hotel.bialowieza.pl

U Heleny i Piotra, ul. Pałacowa 49, Białowieża, tel. 516 095 619, 85 681 21 15, www.uhelenyipiotra.ebiznes.fm

Apartament Cichy Zakątek, ul. Grudkowska 11, Białowieża, tel. 668 543 080, www.cichyzakatek.bialowieza.pl



Białowieża – the heart of the Białowieża Forest and the headquarters of the directorate of the Białowieża National Park, a modern Nature and Forest Museum, presenting the fauna and flora of the Białowieża Forest and human activity (www.bpn.com.pl); the Palace Park which was founded at the end of the 19th century as an integral part of a private hunting lodge used by the Tsars of Russia; the Orthodox Church of St. Nicholas founded by Tsar Alexander III (inside is the only iconostasis made of Chinese porcelain in Poland), St. Theresa's Catholic Church, the Open-Air Museum of Wooden Architecture of the Russian Population in Podlasie.



Tourist Information Point***

PTTK, ul. Kolejowa 17, 17-230 Białowieża
tel. 85 681 22 95, www.pttk.bialowieza.pl

Białowieża National Park – encompassing the Białowieża Forest, it protects the area of the last primeval broadleaved lowland forests in Europe; the only Polish natural object listed as a UNESCO World Heritage Site (additional fees for entering certain areas by bike apply).

Białowieża National Park
Park Pałacowy 11
17-230 Białowieża
tel. 85 681 29 01
www.bpn.com.pl

Place of Power – a place which water diviners believed was where positive charges accumulated which have a positive effect on living forms; a site used by ancient Slavic people or other pagan cultures, (unusually-shaped trees, and large stone circles).

Hajnówka – a town described as the "Gateway to the Forest", the Orthodox Church of the Holy Trinity, Museum and Center of Belarusian Culture (www.muzeumbialoruskie.hajnowka.pl), the Museum of Blacksmithery and Locksmithing, and the international festival 'Hajnówka Orthodox Church Music Days'
– www.lot.bialowieza.pl

Tourist Narrow-Gauge Railway – an open-air museum and trips on a historic tourist railway line from Hajnówka to the village of Topito (mini open-air railway museum, place for a bonfire), routes to Postotowo and Dolina Rzeki Leśnej – www.hajnowka.bialystok.lasy.gov.pl

European Bison Show Reserve – a reserve with European bison and other animals inhabiting the Białowieża Forest in a semi-natural environment, in large enclosures covered with natural plants (over 27.9 ha); entry by bike is possible on payment of an additional fee – www.bpn.com.pl



Bicycle rentals, sales, repair and transport

Perko Bikes Rental – a bike rental company operating within the Podlasie province, tel. 605 188 462, 601 254 016, fixed rental point at "Białowieskie Sioto", Budy 45 near Białowieża, tel. 85 681 29 78, www.perkowscy.com



Transport

The route is planned in a loop, which means you can get there by car, go on your bike and then return to the starting point. People travelling by other means of transport can reach Białowieża by bus and then rent a bike on-site. By rail, it's only possible to reach Hajnówka.



"Polesie"

A one-day cycling excursion along the Green Velo Trail which visits Rejowiec and runs through Polesie. It is a rather sparsely populated area and almost untouched by humans so it means you can escape from the everyday hustle and bustle and enjoy a bike ride in peace. The excursion begins at Plac 3 Maja in Krasnystaw and leads outside the city on a dedicated unsurfaced track marked by Green Velo signs. Then it leads through the Chełmskie Hills with many uphill and downhill sections compensated for by the beautiful views from the hills. There are cycle lanes by the roadside and separate bike trails just outside Chełm and in the city itself. There are likely to be unsurfaced roads in the forest outside Krasnystaw and around the towns of Maciejów and Zwierzyniec. When approaching Rejowiec, watch out for multiple potholes in the road.

Route: Krasnystaw 0 km – Łany 6.3 km – Baraki 11.2 km – Maciejów 20 km – Zwierzyniec 28.5 km – Nowe Deputycze 31.6 km – Rejowiec (distance from the Green Velo trail about 10 km) – Uher 34.1 km – Żółtańce reservoir 37 km – Pokrówka 39.4 km – Strupin Łanowy 42.6 km – Chełm 50 km

Krasnystaw – the baroque former Jesuit Church of St. Francis Xavier and a college (currently the Regional Museum housing a rich archaeological collection, and collections of art and handicrafts containing Sarmatian coffin portraits, furniture of different styles from the 18th century to the beginning of the 20th century, secessionist glass products and brewing equipment and vessels) – www.muzeumkrasnystaw.webd.pl). The town is known for hosting the national holiday of hop-growers and brewers called "Chmielaki Krasnostawskie" – www.lotkrasnystaw.pl

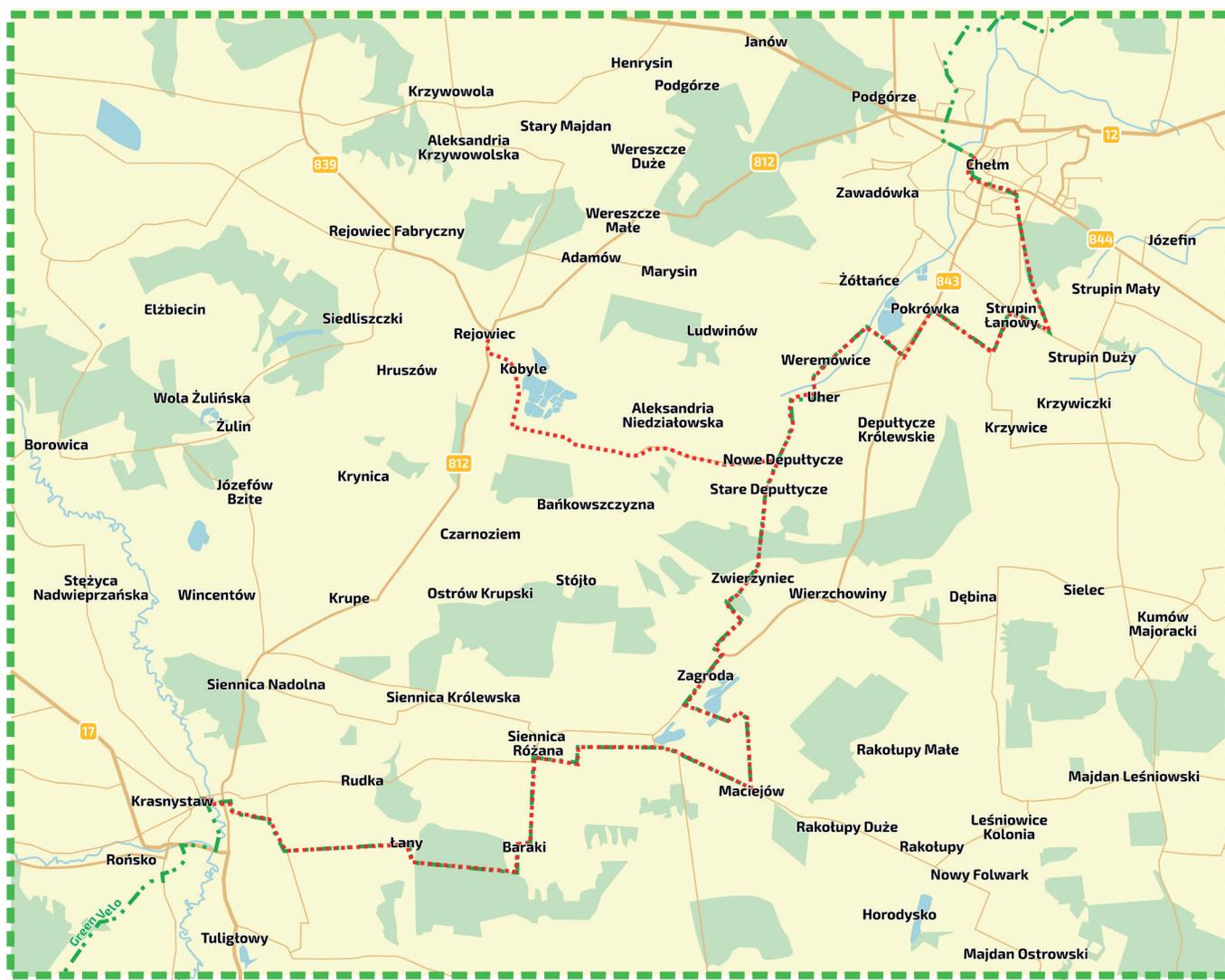
Rejowiec (approach and return to the Green Velo after about 22 km through: Nowe Deputycze – Niedziałowice – Kobyle – Rejowiec Fabryczna Street and to Kościuszki Street – Fabryczna Street to the end – Rybie – Majdan – Piątki – Aleksandria Niedziałowska – Zagroda – Uher, return to the Green Velo) – a city founded by Mikołaj Rej (an 18th century building in the town square is Rej's former manor), with a preserved urban layout, Ossoliński Palace from the 18th and 19th centuries surrounded by a landscape park, a neo-Gothic parish church and a former Uniate church.

Chełm – a city known for its chalk deposits (the mine workings contain a 2km long underground tourist route called the "Chełm Chalk Tunnels" – www.podziemiakredowe.com.pl). Also worth seeing are: the Church of the Holy Apostles the Messengers, the Orthodox Church of St. John the Theologian, the Museum of the Chełm Land (www.mzch.pl) and Chełm Hill, the highest hill in the city, with its cathedral complex including the old Uniate Basilica of the Birth of the Virgin Mary from the 18th and 19th centuries (currently a Marian sanctuary, on the ground floor of the bell tower is the Mausoleum of the Victims of Nazi and Stalinist Terror – www.bazylika.net).



Chełm Tourist Information Office
ul. Lubelska 63, 22-100 Chełm
tel. 82 56 53 667, www.itchełm.pl





Restaurants and places to eat

Restaurant Staromiejska (CFP), ul. Matysiaka 6, Krasnystaw, tel. 82 576 35 22, www.hotelstaromiejski.eu

Stółówka w świerkach (CFP), ul. Piłsudskiego 30, Krasnystaw, tel. 82 576 45 38, www.swierki.wix.com/stolowkawswierkach

Restaurant Pstrągowo (CFP), Pstrągowa, Żółtańce Kolonia, tel. 692 302 285, www.pstragowo.pl

Restaurant Kozak (CFP), ul. Reformacka 7, 22-100 Chęłm, tel. 82 565 55 65, www.kozak.chelm.pl

Chatka Niedźwiadka (CFP - ice-cream parlour and café), ul. Lwowska 2, Chęłm, tel. 505 448 280



Accommodation

Storczyk - accommodation and gastronomy (CFP), ul. Mostowa 27, Krasnystaw, tel. 784 330 275, www.restauracja-storczyk.pl

Hotel Rapa (CFP), ul. Mostowa 39, Krasnystaw, tel. 82 576 68 87, 510 108 013, www.hotelrapa.pl

Agropokrówka Gospodarstwo Agroturystyczne (CFP), ul. Łanowa 1, Chęłm, tel. 501 153 650, 693 321 717, www.agropokrowka.republika.pl

Hotel Kozak*** (CFP), ul. Hrubieszowska 47, Chęłm, tel. 82 565 55 75, www.kozak.chelm.pl

Hotel Duet*** (CFP), ul. Hrubieszowska 54A, Chęłm, tel. 82 565 50 50, www.hotelduet.com.pl

Hotel Kamena** (CFP), Al. Armi Krajowej 50, Chęłm, tel. 606 894 637, www.hotelkamena.pl

Lwów Hotel and Restaurant (CFP), ul. 11 Listopada 2, Chęłm, tel. 82 565 14 12, www.hotellwow-chelm.pl

Szkolne Schronisko Młodzieżowe (CFP), ul. Czarnieckiego 8, Chęłm, tel. 82 564 00 22, 533 41 67 18



Bicycle rentals, sales, repair and transport

Sklep rowerowy (CFP), ul. Kolejowa 67, Chęłm, tel. 506 106 007, www.bedlinski.pl



Transport

There are several railway connections between Krasnystaw and Chęłm (the trains have carriages adapted for transporting a limited number of bikes) but these are not direct connections and you have to change trains in Rejowiec Fabryczny.



"From Rzeszów to Łańcut"

The route "From Rzeszów to Łańcut" is a one-day cycling excursion between two highly attractive tourist cities. It combines the pleasure of riding a bike with sightseeing in Rzeszów and Łańcut. Beginning by the PKP (Polish Railway) railway station in Rzeszów, it then runs through Malawa and Markowa to Łańcut, initially along a connecting trail, and then along the main Green Velo trail and local roads. In Łańcut, it connects again with the Green Velo trail and follows it back to Rzeszów (where there are separate bike paths). Watch out for the approach to Łańcut along provincial road no. 881 and for the gravel track section outside Łańcut, around Krzemienica.

Route: Rzeszów PKP railway station 0 km – Most Zamkowy in Rzeszów 3 km – right turn on Paderewskiego Street in Rzeszów 6.5 km – right turn on Powstańców Wielkopolskich Street in Rzeszów 7.5 km – left turn on Stocińska Street 7.8 km – Malawa 12.4 km – Kraczkowa 17.8 km – junction of road no. 877 to Albigów 22.6 km – Markowa 29 km – Łańcut 40 km – Krzemienica 44.5 km – Strażów 50.3 km – Ząteże 58.4 km – Rzeszów PKP railway station 68.5 km



Restaurants and places to eat

Restaurant Grein Hotel (CFP), al. T. Rejtana 1, Rzeszów, tel. 17 85 03 888, 667 992 277, www.greinhotel.pl

Restaurant Stolarnia, ul. Stowackiego 8, Rzeszów, tel. 535 306 100, FB page

Restaurant Stary Browar Rzeszowski, Rynek 20-23, Rzeszów, tel. 17 250 00 15, group bookings: tel. 693 252 228, www.browar-rzeszow.pl

Karczma Wacławówka, ul. Strażacka 7, Rzeszów, tel. 17 857 20 30

Restaurant Piktonówka, ul. Kościuszki 13, Łańcut, tel. 17 777 31 62, www.piktonowka.pl

Restaurant Caffè Antico, Rynek 3, Łańcut, tel. 17 225 61 51, www.caffe-antico.pl

Gościniec Dzikie Wino, Sonina 493c, Łańcut, tel. 17 224 13 56



Accommodation:

Grein Hotel*** (CFP), al. T. Rejtana 1, 35-326 Rzeszów, tel. 17 85 03 888, 667 992 277, www.greinhotel.pl

Hostel Rzeszów, ul. Rynek 4, 35-064 Rzeszów, tel. 690 68 88 89, hostel-rzeszow.pl

Hotel Fryderyk, ul. Fryderyka Szopena 33, 35-001 Rzeszów, tel. 510 099 728, fryderykhotel.pl

Agroturystyka Helena i Kazimierz Ruszlowie. "Koralowe", Cierpisz 94, 37-124 Kraczkowa, tel. 17 22 662 36, 785 354 785, www.agropodkarpacie.pl/gospodarstwo-koralowe

Agroturystyka Alfreda i Wacław Legieć, Cierpisz 111 b, 37-124 Kraczkowa, tel. 17 226 65 61, 691 961 986



Rzeszów – the largest city of the Podkarpackie province and its capital, it has a town hall which was erected in 1591, a district court building in the former castle, a market square with Galician townhouses, a Bernardine monastery complex with the late Renaissance Church of the Assumption of the Blessed Virgin Mary, the Church of the Holy Cross and the classical Church of the Holy Trinity, two synagogues: the Old and the New, an Underground Tourist Route covering 213 metres including 34 cellars from the 15th to the 20th centuries (www.trasa-podziemna.erzeszow.pl) and the Museum of Bedtime Cartoons with its collection of dolls, puppets and souvenirs related to Polish bedtime stories (www.muzeumdobranocek.com.pl).

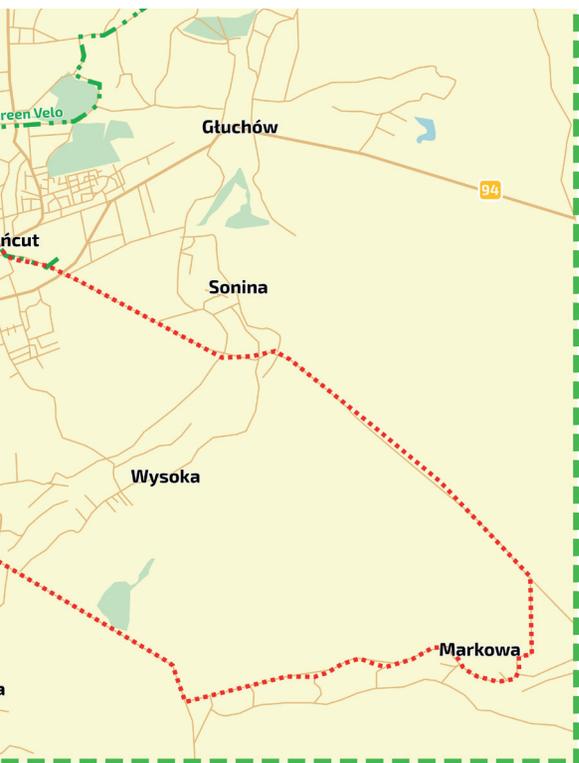


Tourist Information Centre
Rynek 26, 35-064 Rzeszów
tel. 17 875 47 74, www.podkarpackie.travel

Malawa – Mary Magdalene Hill, with the Church of St. Mary Magdalene at its top, offers a lovely view of Rzeszów and the surrounding area (the first slope of the Dynów Plateau - 394 metres above sea level), although getting there by bike is quite a challenge.

Markowa – an open-air museum with preserved houses of a half-timber construction from the late 19th and early 20th centuries containing: a peasant's cottage, a barn, a windmill, a forge, an oil mill, a rick and a room containing old fire-fighting equipment such as pumps and fire engines (www.skansen-markowa.pl); the Ulma Family Carpathian Museum of Poles Saving Jews is also located there.

Medynia Głogowska (11 km from the GV) – a Pottery Grange situated in 19th century residential buildings with contemporary furnishings and a traditional kiln. During the holiday period, pottery workshops lasting several days are organised here and throughout the year there are classes for groups and individual tourists (learning how to use the potter's wheel, sculpting in clay and firing pottery in the kiln). The Pottery Grange is a perfect place for ergotherapy classes (occupational therapy, work therapy), which combine medical treatment with a normal living and working activity.



Łańcut – a castle built by the Lubomirski family between 1619-1641, and then rebuilt by Izabela Czartoryska. From the 19th century it belonged to the Potocki family (which is when the following parts were built: the Romantic-period castle, the rose garden, the palm house, the orchid house, the riding school, the stable and the tennis court). Nowadays, the castle houses a museum with some of the most beautiful palace interiors in the country and the Carriage Museum – one of the biggest collections of carriages in Europe. The mansion is surrounded by a park with a surface area of 36 ha (www.zamek-lancut.pl). Also worth seeing in Łańcut: the renovated synagogue and the Distillation Museum in the Polmos Łańcut Distillery (presenting old methods of distilling and producing alcoholic beverages).



Bicycle rentals, sales, repair and transport

City bike, classic bike, electric bike and scooter rental company in Rzeszów, tel. 22 290 25 25, www.blinkee.city/pl

Multibiuro Rzeszów – City and Tourist Bike Rental Company Rent Bike, ul. Nadbrzeżna 7, 35-321 Rzeszów, tel. 661 036 797

Roweres – bike rental company, ul. Handlowa 3, 35-103 Rzeszów, tel. 797 410 710, rzeszow.roweres.pl



Transport

You can reach Rzeszów by all means of transport, including plane, railway and bus. It's possible to transport your bike by plane or by rail, but seats must be reserved in advance. If going there by bus, it's better to rent a bike on-site. Since the suggested excursion route is a loop, you can go to Rzeszów by car and transport your own bike to the starting point.

Rzeszów-Jasionka International Airport, Jasionka 942, tel. 17 852 00 81, 17 717 86 11

PKP railway station, Plac Dworcowy 1, 35-201 Rzeszów, tel. 17 711 23 00, koleo.pl/dworzec-ppk/rzeszow-glowny

PKS bus station, ul. Grottgera 1, 35-959 Rzeszów, tel. 17 867 57 18, 24-hour hotline: 703 480 222 (2.58 PLN charge), www.web.pks.rzeszow.pl



"Sandomierz and vicinity"

"Sandomierz and vicinity" is a one-day excursion, primarily for people taking a break in Sandomierz. After sightseeing in the city, where you can see many interesting monuments and tourist attractions, you can then set off outside the city to enjoy riding around the vast areas of the orchards and picturesque hills around Klimontów. The Green Velo trail takes you from Sandomierz to Klimontów (except for the short approach to Koprzywnica), and from Klimontów to a Green Velo connecting trail in Zajeziórze - the black cycling trail of "Defensive Architecture" (watch out for a lack of signage). A short unmarked section runs from Dziewków to Ossolin and Nastawice. The excursion runs mostly along asphalt local roads with low traffic density, with the exception of a small section of hardened dirt road through the orchards (around Sońciczany, about 2 km) and a separate bike lane in Sandomierz.

Route: Sandomierz 0 km – Skotniki 12.7 km – Koprzywnica 18.8 km – Jachimowice (road no. 758) 23.7 km – Klimontów 40 km – Dziewków 43.7 km – Ossolin 45.5 km – Nastawice 48.4 km – Świątniki 50.7 km – Śmiechowice 54.6 km – Samborzec 57.9 km – Zajeziórze 60.7 km – Sandomierz 70 km

Restaurants and places to eat

Restauracja Hotelu Pod Ciżemką (CFP), Rynek 27, Sandomierz, tel. 15 832 05 50, www.hotelcizemka.pl

There are multiple gastronomic places around the main square in Sandomierz.

Accommodation

Hotel Basztowy*** (CFP), Pl. Ks. J. Poniatowskiego 2, Sandomierz, tel. 15 833 34 50

Hotel Pod Ciżemką*** (CFP), Rynek 27, Sandomierz, tel. 15 832 05 50, www.hotelcizemka.pl

Mały Rzym Hotel and Restaurant*** (CFP), ul. Okrzei 9, 27-600 Sandomierz, tel. 15 644 90 90, www.malyrzym.pl

Hotel Sarmata – Zespół Dworski*** (CFP), ul. Zawichojska 2, Sandomierz, tel. 15 833 47 00, www.hotelsarmata.pl

Sandomiria (CFP), ul. Podwale Górne 10, Sandomierz, tel. 15 644 52 44, www.sandomiria.pl

Obiekt noclegowy PTTK Turysta (CFP), ul. Zawichojska 22, Sandomierz, tel. 15 838 53 56, www.sandomierz-nocleg.pl

Agroturystyka Zawisetzce (CFP), Zawisetzce 2, 27-650 Samborzec, tel. 607 911 308, 15 832 31 40, www.agro-zawisetzce.eu

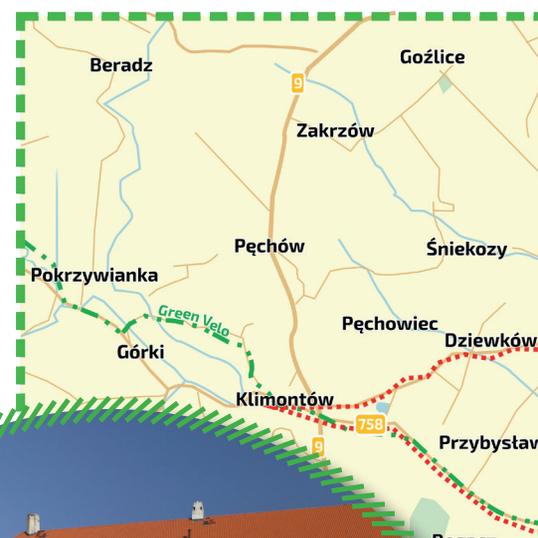
Bicycle rentals, sales, repair and transport

Bike rental company by the Tourist Information Centre (CFP), Rynek 20, 27-600 Sandomierz, tel. 15 644 61 05, <http://sandomierz.travel>

Bike rental company by Hotel Mały Rzym (CFP), Okrzei 9, 27-600 Sandomierz, tel. 15 644 90 90, www.malyrzym.pl

Transport

This one-day trip around Sandomierz is in the form of a loop and is designed for people spending a longer holiday in this area, as well as people coming by car (with their bikes) and local residents. During the period from the long May weekend to the end of September, at weekends and during the holidays, there is also a tourist train running from Kielce to Sandomierz, which is suitable for transporting bikes – www.polregio.pl (PKP railway station – ul. Lwowska 35). Without a bike, you can use the bus connections to Kielce, Rzeszów and Warsaw (PKS bus station – ul. 11 Listopada 17, Sandomierz, tel. 15 833 26 14 – www.pks.tarnobrzeg.pl). A detailed list of all the connections to and from Sandomierz is available on the website www.sandomierz.pl in the tab "Dla turysty – jak dojechać do Sandomierza".



Sandomierz – one of the oldest and most beautiful cities in Poland, with over 120 preserved architectural monuments from different eras, including: a medieval city layout, the Renaissance town hall, Opatowska Gate, an Underground Tourist Route, the Romanesque Church of St. James, a 14th century cathedral, a royal castle (Regional Museum) and the House of Jan Długosz (Diocesan Museum) as well as the Collegium Gostomianum school from the 17th century. Other attractions include: the picturesque Queen Jadwiga Ravine, the Pepper Mountains, cruises down the Vistula River and chivalric tournaments.



Tourist Information Centre

Rynek 20, 27-600 Sandomierz
tel. 15 644 61 05, www.sandomierz.travel



PTTK Tourist Information Point

Rynek 12, 27-600 Sandomierz
tel. 15 832 23 05, www.pttk-sandomierz.pl

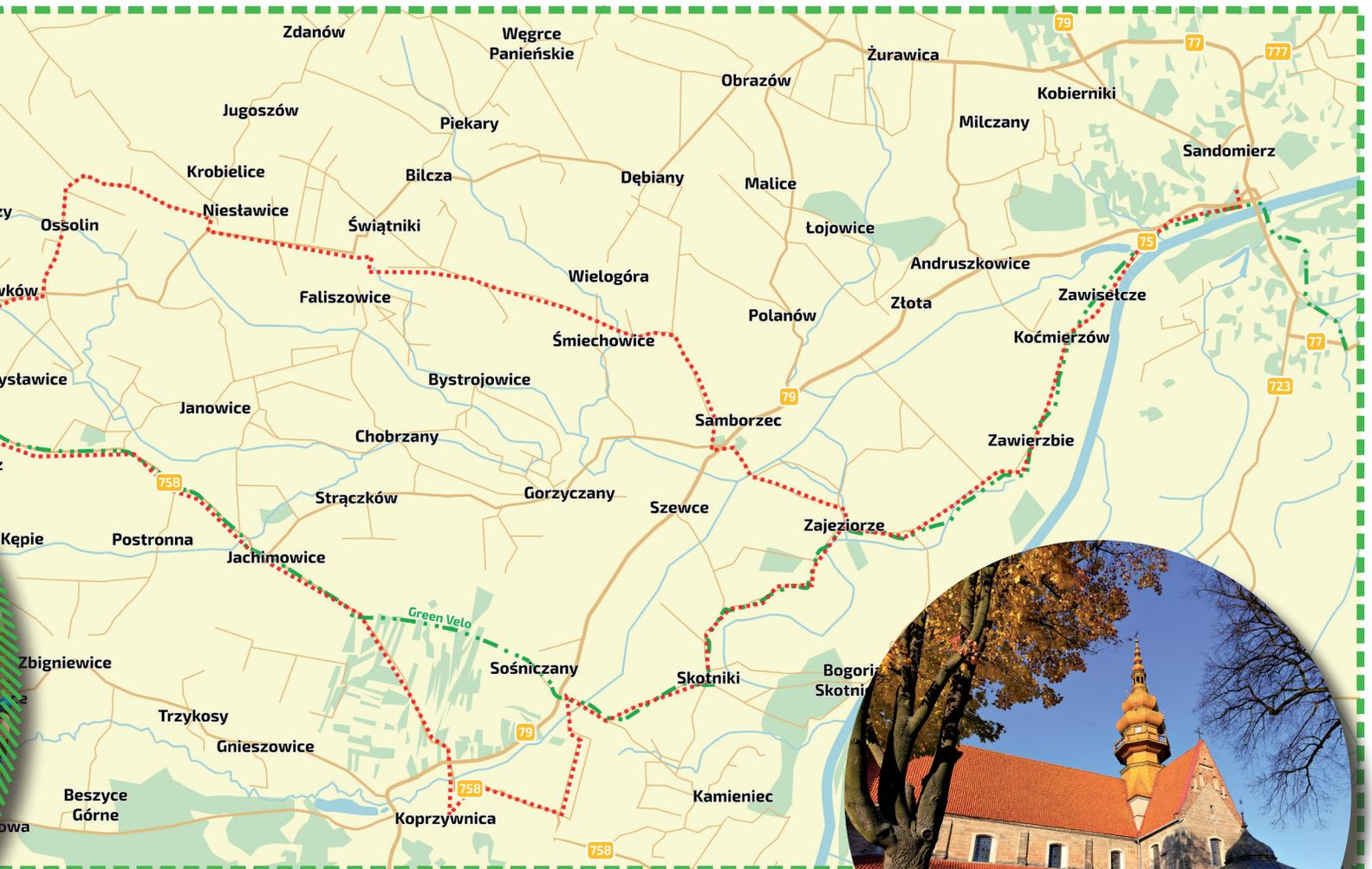
Skotniki – the Church of St. John the Baptist from the mid-14th century, and an 18th century manor house with alcoves situated in a landscape park (the outlines of the moat which used to encircle the manor are still visible).

Koprzywnica (2.5 km from the GV trail, approach along a local road) – a 12th century Cistercian monastery and the Church of St. Mary and St. Florian with preserved Romanesque elements; the monastery contains a chapterhouse with a cross-ribbed vault, while in the church there are also Romanesque details, cross-ribbed vaults, and fragments of medieval polychrome works.

Klimontów – the Collegiate Church of St. Joseph designed by Lawrence Senes – one of the most wonderful sacred monuments from 17th century Poland (www.parafia.klimontow.pl), the Dominican Monastery and Church of the Blessed Virgin Mary and St. Hyacinth from the 17th century as well as a neoclassical synagogue from 1851.

Ossolin – remains of the Ossoliński family residence (the stone arch bridge over the gully, part of the entrance gate, as well as debris, stones and entrances to the bridged dungeons on top of the hill), an underground chapel of Christ's tomb, named "Bethlehem Chapel", erected in 1640 by George Ossoliński.

Samborzec – the baroque Church of the Saint with Romanesque remnants from the 13th century in the walls of the presbytery (the present church dates from 1691, rebuilt in the 18th century), and the Sandomierz Apple Trail (Sandomierski Szlak Jabłkowy).



“GREEN VELO – cycling excursions”

“GREEN VELO – cycling excursions” are propositions for bike rides taking several hours which are aimed at both local residents and also people holidaying in the area. These excursions are a perfect accompaniment to your holiday as they allow you to visit the most attractive places in the vicinity and also to spend your free time in an active way. Due to the short distances, almost everyone can do them and enjoy them. If you start to feel tired, you can always rest at the Cyclist Service Points (shelters providing protection from the rain with benches and tables to sit at) which are located at regular intervals along the route every few kilometres.

The proposed excursions partly lead along the Green Velo trail and partly along other bike trails or unmarked roads. They always start and finish in the same place, which frees cyclists from the need to use any additional means of transport and also means that if you use rented bikes, there is no need to transport them or drive somewhere to return them.

“At the Vistula Lagoon”

“At the Vistula Lagoon” is a short, one-day excursion leading along the banks of the Vistula Lagoon to Nowa Pastęka and Braniewo. This area was formerly inhabited by pagan Prussians and destroyed by the Teutonic Order in the 12th and 13th centuries, which you can learn more about while sightseeing in the area. The trip begins in Frombork, from Zielona Street just by the Green Velo trail signs, and heads northeast. The route turns into an unsurfaced road and then, after crossing the Bauda River, you ride along a surfaced road up to Nowa Pastęka. To Braniewo, the Green Velo trail again runs along an unsurfaced road, this time along the Pastęka River. After sightseeing in Braniewo, you come back to Frombork following provincial road no. 504, which overlaps with the R1 and R10 international cycling trails.

Route: Frombork 0 km – Nowa Pastęka 11 km – Braniewo 19 km – Frombork 28 km

Restaurants and places to eat

Braniewo and Frombork both have a number of places to eat and drink at.

Restauracja Pod Wzgórzem (CFP), ul. Pocztowa 15, 14-530 Frombork, tel. 667 710 920, www.podwzgorzem.pl

Kawiarnia Santos Café (CFP),

ul. Kromera 7, 14-500 Braniewo, tel. 737 905 399, www.santoscafe.pl

Accommodation

Pod Wzgórzem (CFP),

ul. Pocztowa 15, 14-530 Frombork, tel. 667 710 920, www.podwzgorzem.pl

Hotel Kopernik*** (CFP),

ul. Kościelna 2, 14-530 Frombork, tel. 55 243 72 85, www.hotelkopernik.com.pl

Centrum Spotkań i Aktywności Społecznej

Fundacja Żółty Szalik – accommodation (CFP), ul. Braniewska 11, 14-530 Frombork, tel. 517 517 408, www.zoltyszalik.org/centrum-spotkan-i-aktywnosci-spolecznej

Ośrodek Turystyczny Frombork – camping (CFP), ul. Braniewska 14, 14-530 Frombork, tel. 506 803 151, www.campingfrombork.pl

Transport

The cycling excursion was planned in the form of a loop so that you don't have to use any other means of transport. You can get to Frombork by car or by using the local bus connections, e.g. to Elbląg or Braniewo, although it's not possible to transport bikes on the bus.



Frombork – the city of Nicolaus Copernicus possesses a passenger and fishing port. The most interesting places to visit here are: the Archcathedral Basilica of the Assumption of the Blessed Virgin Mary and St. Andrew, built between 1329 and 1388 on a high hill, along with the surrounding fortifications, the Copernicus Museum in the former Ferber's Palace (www.frombark.art.pl), the Museum of Medicine in the Hospital of the Holy Ghost, with the Chapel of St. Anne, the Radziejowski Tower with a Planetarium and Astronomic Park on the Żurawia Góra hill, as well as the tomb of the canon of the Warmian chapter, Nicolaus Copernicus.



Tourist Information Centre
 ul. Młynarska 5a, 14-530 Frombork
 tel. 55 244 06 77, www.frombork.pl

Vistula Lagoon – a gulf of the Baltic Sea with a surface area of 838 km², separated from the open sea by the Vistula Spit. Due to the lagoon's shallow waters (approximately 2.7 m deep), sailing is possible there only along marked deeper channels.

Nowa Pastęka – a town by the Vistula Lagoon with a large yacht port, near the border with Kaliningrad Oblast (Russia).

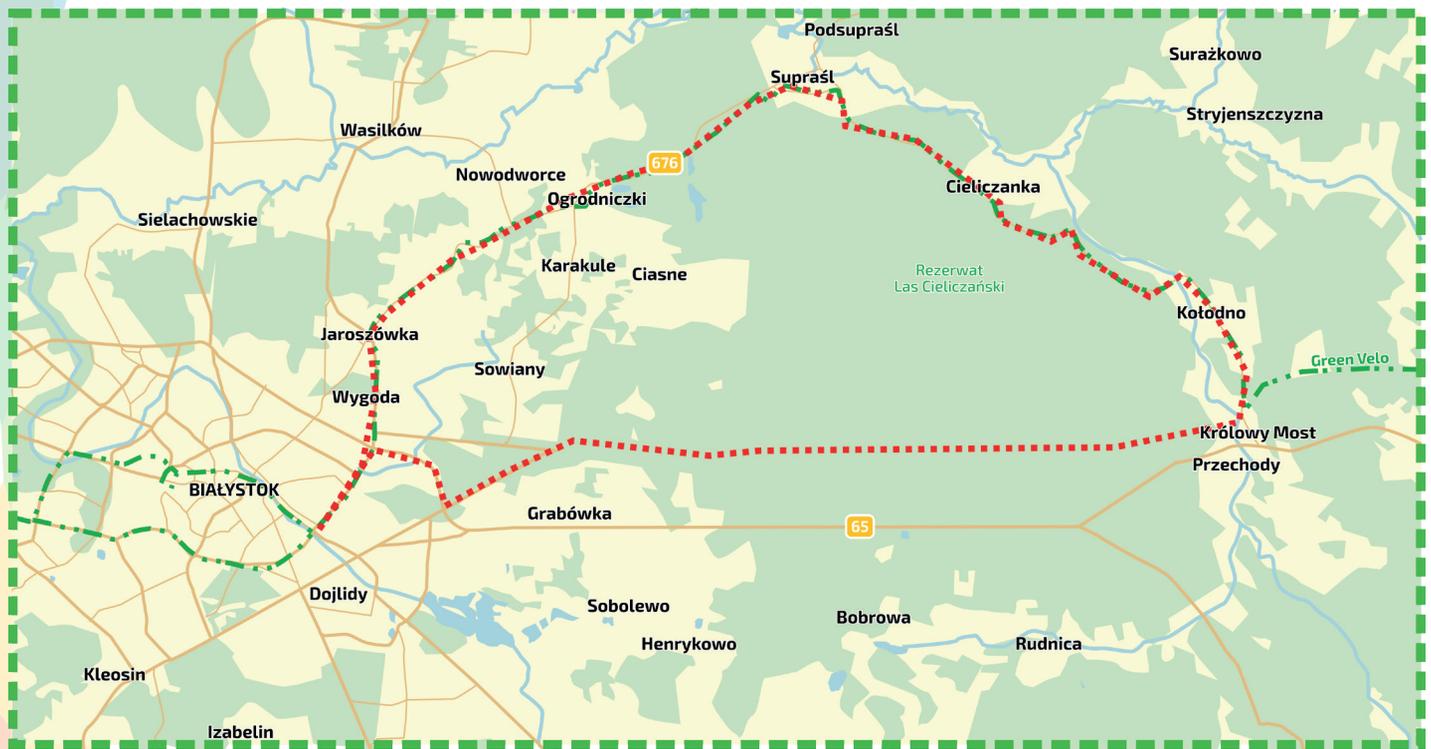
Braniewo – the oldest town in Warmia containing: the gateway tower of Braniewo Palace (one of the oldest buildings in the region), the Church of St. Catherine, raised from the ruins in the 1980s (in the former fosse there is a botanical garden and a zoo), the baroque Church of the Holy Cross, a granary by the Pastęka River and the baroque House of Converts from the 18th century (now a library)
 – www.braniewo.pl



"Through Knyszyn Forest"

"Through Knyszyn Forest" is an excursion taking several hours which will help you to commune with unspoilt nature (Knyszyn Forest Landscape Park) and introduce you to the multiculturalism of this area. The excursion begins at the PKP railway station in Białystok and leads along the Green Velo trail through Supraśl to Cieliczanka along separate bike paths. From there, up to Kołodno village, it follows a local unsurfaced road, which becomes an asphalt road in Królowy Most. The return to Białystok is through a forest on the so-called 'Trakt Napoleoński', along a blue route (watch out for the steep downhill outside Królowy Most) and a gravel path next to road no. 65.

Route: Białystok 0 km – Ogrodniczki 13.5 km – Supraśl 19.6 km – Cieliczanka 23.7 km – Królowy Most 32.6 km – Białystok 57 km



Białystok - the multicultural and multi-faith capital of Podlaskie Voivodeship, the main attractions include: Branicki Palace with its garden complexes, the Guest Palace (nowadays the Registry Office), the Cathedral Basilica of the Assumption of the Blessed Virgin Mary (Białystok Cathedral), the City Hall (Podlaskie Museum), the Orthodox Church of St. Nicholas the Miracle Worker from 1846 with the relics of St. Gabriel the Child-Martyr, and the Podlasie Opera and Philharmonic - European Centre for Music and Art - www.odkryj.bialystok.pl

 Regional Tourist Information Centre in Białystok
ul. Malmeda 6, 15-406 Białystok
tel. 85 732 68 31, 503 356 482, www.podlaskieit.pl

 Municipal Tourist Information Centre
(building of the Centrum Wystawienniczo-Konferencyjne Archidiecezji Białostockiej)
ul. Kościelna 1a, 15-087 Białystok
tel. 85 879 71 49, www.odkryj.bialystok.pl

Supraśl - a town with health resort status, notable for: an Orthodox monastery, the Museum of Icons presenting religious art from eastern Christianity (www.muzeum.bialystok.pl), the Museum of the Printing and Paper Industry (www.muzeumdruku.pl), Buchholz Palace (nowadays the Fine Arts High School), its weavers' houses, the Wierszalin Theatre, and the embankments by the Supraśl River.

Królowy Most - a town known for Jacek Bromski's films, e.g. "U Pana Boga za piecem", the Orthodox Church of St. Anne, and the Roman Catholic Chapel of St. Anne.



Restaurants and places to eat

"Lipcowy Ogród" Restaurant in Hotel Podlasie (CFP), 42 Putku Piechoty 6, 15-424 Białystok, tel. 85 67 56 600, www.hotelpodlasie.pl

"Kawelin" Restaurant in Hotel Esperanto (CFP), ul. Legionowa 10, 15-099 Białystok, tel. 85 740 99 04, www.hotelesperanto.net

Bohema Restaurant (CFP), Plac Tadeusza Kościuszki 1, 16-030 Supraśl, tel. 85 74 31 569, www.bohema-suprasl.com.pl

Biesiada Restaurant, Plac Tadeusza Kościuszki 14/1, Supraśl, tel. 85 710 85 37, www.restauracjabiesiada.com

Prowincja Restaurant, Piłsudskiego 11, Supraśl, tel. 537 076 046, FB profile



Accommodation

Hotel Esperanto*** (CFP), ul. Legionowa 10, 15-099 Białystok, tel. 85 740 99 00, www.hotelesperanto.net

Best Western Hotel Cristal*** (CFP), ul. Lipowa 3, 15-424 Białystok, tel. 85 74 96 100, www.cristal.com.pl

Agroturystyka u Stefanów w Królowym Moście (CFP), Królowy Most 82, 16-040 Gródek, tel. 888 286 686, 790 749 019, 889 116 373, www.krolowymost.eu



Bicycle rentals, sales, repair and transport

BikeR Białostocka Komunikacja Rowerowa – Customer Service Points at ul. Składowa 11 and ul. Lipowa 16, Białystok, tel. 85 871 01 01, 85 733 91 19, www.bikerbialystok.pl

Perko Bikes Rental – a bike rental company operating in the area of Podlaskie Province, mobile rental point in Białystok – tel. 605 188 462, 601 254 016; fixed rental point by "Borowinowy Zdrój", ul. Zielona 3, Supraśl, tel. 85 718 30 25, perkowscy.com



Transport

The cycling excursion was planned in the form of a loop, so there is no need to use any other means of transport to get back to where you started from. You can get to Białystok by car, by rail (PKP railway station, ul. Kolejowa 9, www.pkp.bstok.pl, it's a good idea to check and book a place to transport your bike in advance) and by bus (though there is no possibility to transport bikes – bus station, ul. Bohaterów Monte Cassino 10, tel. 703 302 111, 885 601 909, 693 565 656, www.pksnova.pl).



"Through Sobibór National Park"

"Through Sobibór National Park" is a cycling excursion lasting several hours along the Bug River which gives you the opportunity to gain an insight into three different cultures and to learn more about the history and customs of the Jewish, Orthodox and Catholic faiths. Almost the whole trip runs through the forests of Sobibór National Park, with the possibility of a short rest by Biate Lake and a moment of reflection in the Museum of the Former Death Camp. It is best to start the trip near the intersection of Jana Pawła II Street and Tysiąclecia Państwa Polskiego Street (follow the Green Velo trail signs – a separate bike path to Okuninka). Outside Okuninka, the Green Velo trail connects with the red Nadbużański Bicycle Trail and initially goes along an asphalt local road, turning into an unsurfaced road after Sobibór Station, which then leads to provincial road no. 816. Here, leave the Green Velo trail and turn onto the afore-mentioned road, which leads you back to Włodawa (follow the signs for the red bicycle trail named "Along the borders").



Route: Włodawa 0 km – Okuninka 6 km – Sobibór Station 17 km – Sobibór 26 km – Orchówek 34.5 km – Włodawa 38 km



Transport

The excursion takes the form of a loop and does not require the use of any other means of transport if you are in Włodawa or you live locally. Other cyclists can get here with their bikes either by car or by railway, using the tourist Włodawa-Chełm rail link from 23.06 to 30.09 (only at weekends). There are also local bus connections (ul. Chełmska 15 – www.transmar.info) and the possibility to rent a bike on-site.

Restaurants and places to eat

Gościniec Podkowa (CFP),
ul. Kraszewskiego 3,
Włodawa, tel. 503 626 888,
www.gosciniexpodkowa.pl

Restauracja Słoneczna (CFP),
ul. IV 131, 22-232 Okuninka,
tel. 507 198 393,
www.willastloneczna.okuninka.com
Hotel & Restauracja Sanvit (CFP),
Okuninka X/10, 22-232 Okuninka,
tel. 825 717 081,
www.okuninka.sanvit.pl

Włodawa – a city of three cultures that left behind these interesting places: a baroque Catholic church with a Pauline monastery, a Byzantine-Ruthenian Orthodox Church of the Nativity of the Blessed Virgin Mary, a synagogue complex with the large Baroque Great Synagogue (Museum-Synagogue Complex – www.muzeumwlodawa.pl). Moreover, the town square also has a well-preserved building of stalls and shops – www.mosir.wlodawa.eu

Białe Lake (Okuninka) – one of the largest and cleanest lakes of the Łęczyńsko-Włodawskie lake area, with the surrounding resorts of the village of Okuninka – www.moris.wlodawa.eu

Sobibór Landscape Park – an area of marsh land, peat moors, and riparian forests with a wealth of flora and fauna, including a large mud turtle population (in the Żółtowie Błota Reserve).

Sobibór Station – the Museum of the Former Death Camp situated in the place where the Nazi death camp was functioning between 1942 and 1943 (the museum is closed due to construction work so check its availability on the website www.sobibor-memorial.eu).

Orchówek – on a high escarpment over the Bug River stands the baroque Capuchin Church of St. John the Merciful.



Bicycle rentals, sales, repair and transport

Shop and bike service Firma F.H.P. "Dzyr" (CFP), ul. Rzemieślnicza 22, 22-200 Włodawa, tel. 82 572 21 78, www.rowerami.pl

Bike rental company by the Tourist Information Point in Okuninka (seasonal CFP), Okuninka IV 187, tel. 880 564 552, www.mosir.wlodawa.eu, with the possibility to return bikes at two points: IT Włodawa ul. Partyzantów 25 and MOSiR Włodawa ul. Szkolna 4.



Accommodation

Noclegi Włodawa Wspólna (CFP), ul. Wspólna 11, Włodawa, tel. 696 303 640

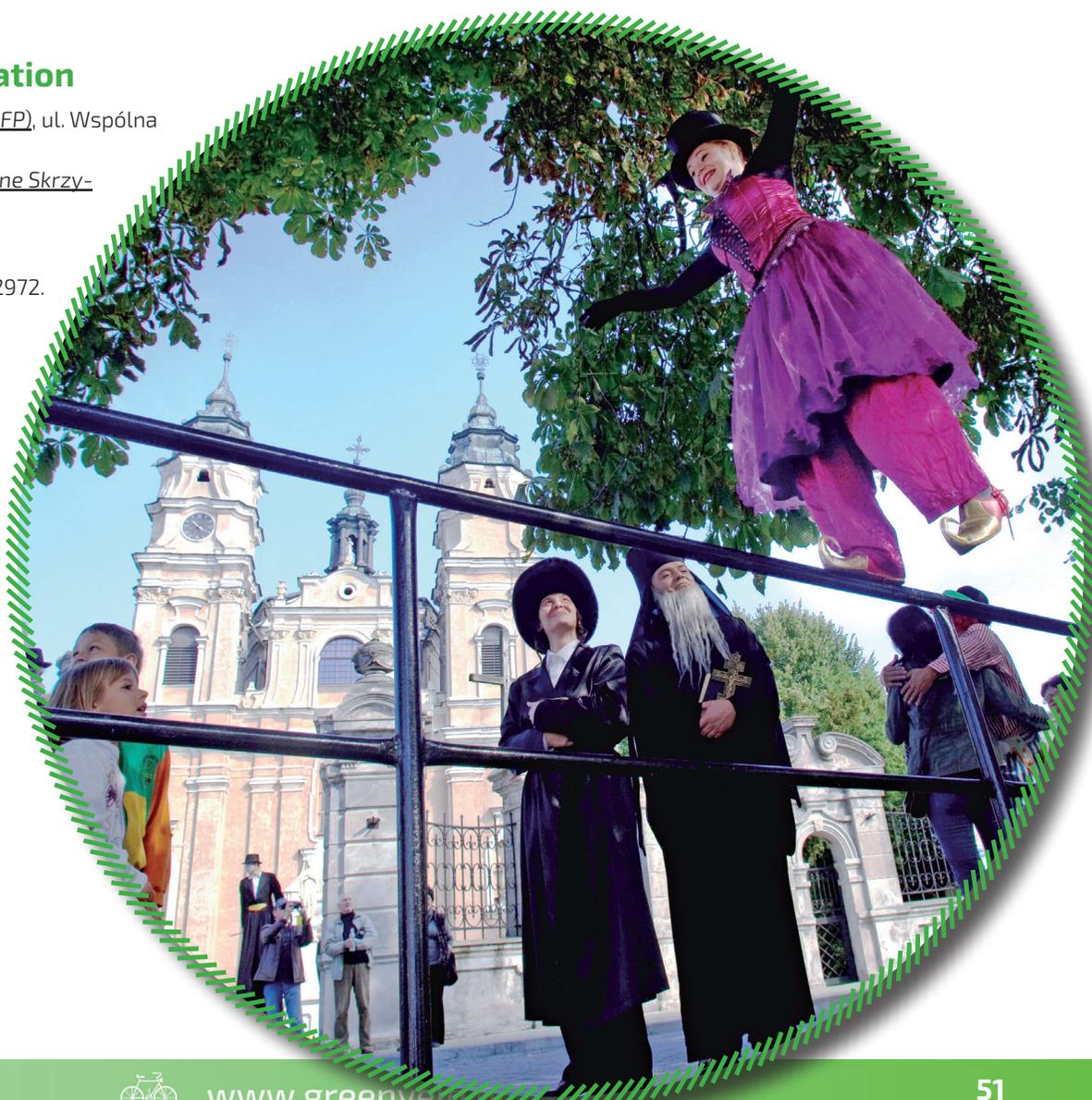
Gospodarstwo agroturystyczne Skrzydlate Ranczo (CFP),

ul. Podlaska 29, Włodawa, tel. 508 359 413, FB page, www.eholiday.pl/noclegi-eu2972.html

Siedlisko Sobibór (CFP), Sobibór 30, 22-200 Włodawa, tel. 603 999 039, www.siedliskosobibor.pl

Ośrodek Wczasowy "Mirabelka" (CFP), Okuninka VII 150, Okuninka, www.mirabelka-biale.pl

Babie Lato (CFP), Okuninka VII 156, Okuninka, tel. 669 460 660, www.babelato.eu



"Around Przemyśl"

"Around Przemyśl" is a short cycling excursion which takes in a number of attractions that will be of interest to lovers of militaria (the forts of the Przemyśl Fortress) and also lovers of nature (Bolestraszyce Arboretum). The route begins in the centre of Przemyśl near the PKP railway station and railway bridge on the Green Velo trail. Leave the city on the separate bike path along the San River, and then join the local road to Bolestraszyce. Later, ride along the black Fortress Bicycle Route (on the northern or so-called left-bank section – along local roads which are mainly unsurfaced or gravel paths). On the way back, after entering Przemyśl, leave the black bicycle trail, turn left onto the road leading along the forest and continue down Wysockiego, Wita Stwosza, Kochanowskiego, 3 Maja, Stanisława Augusta and Borelowskiego Streets back to the Green Velo trail (the place of departure).



Route: Przemyśl 0 km – Buszkowice 2.3 km – Bolestraszyce 8 km (Arboretum) – Żurawica 13 km – Duńkowiczki 16.3 km – Orzechowce 19.5 km – Pod Lipowicą 23.7 km – Przemyśl 30 km





Przemyśl – a multicultural city surrounded by the well-preserved forts of the military fortress of the former Austrian monarchy (open to the public). Also of interest are the medieval Casimir Castle on Castle Hill (www.kultura.przemysl.pl), the old town (the best preserved in the region), examples of Galician architecture (houses, public buildings), the Cathedral Basilica of the Assumption of the Blessed Virgin Mary and St. John the Baptist, the Byzantine-Ukrainian Archcathedral of St. John the Baptist, the National Museum of the Przemyśl Land with branches of the History Museum of Przemyśl City and the Museum of Bells and Pipes (www.mnzp.pl), Tatarski Mound, which is associated with the cult of Slavic gods (panoramic views of the city from the top, and the Przemyśl Plateau, a ski lift station).



Tourist Information Centre in Przemyśl
ul. Grodzka 1, 37-700 Przemyśl
tel. 16 675 21 63, www.visit.przemysl.pl



PORT Przemyśl – Tourist Service Point **
Rynek 16, 37-700 Przemyśl
tel. 790 300 245, www.atrakcje.przemysl.pl

Bolestraszyce – an arboretum with many valuable and endangered plant species (covering about 20 hectares, with 1000 yew trees, 160 magnolias, 100 edible dogwoods, dawn redwoods or bald cypresses, www.bolestraszyce.com) and an 18th century mansion with a museum exhibition. Bolestraszyce also has the biggest of the forts of the Przemyśl Fortress – Fort XIII San Rideau from the 1890s (where 800 soldiers could be stationed inside).

Żurawica – Fort XII Werner, one of the best-preserved forts of the Przemyśl Fortress, built between 1882 and 1886 (covering about 8 hectares, with barracks, caponiers, casemates and fosses). It currently houses a museum with exhibits from the time of the battles in the Przemyśl Fortress – www.fortwerner.pl

Duńkowiczki – the gunnery Fort XI Duńkowiczki is located on a hill in the village, built in about 1886, then thoroughly modernised. In 1915 it was blasted, but a large part of it has survived to modern times (the fragments are open for tourists to visit).

Fort Orzechowce and Brunner – although in utter ruin, they are still of interest, especially to lovers of defensive architecture.



Restaurants and places to eat

[Accademia Restaurant \(CFP\)](#),

Wybrzeże M. J. Piłsudskiego 4, Przemyśl, tel. 16 676 11 11, www.hotelaccademia.pl

[Cukiernia Fiore \(CFP\)](#), ul. Kazimierza Wielkiego 17b, Przemyśl, tel. 16 675 12 22, www.cukierniafiore.pl

[Villa Bolestraszyce \(CFP\)](#),

Bolestraszyce 154 A, 37-722 Wyszatyce, tel. 739 039 039, www.bolestraszyce.pl



Accommodation

[Hotel Pod Białym Orłem** \(CFP\)](#),

ul. Sanocka 13, Przemyśl, tel. 16 678 61 07, 16 678 42 57, www.podbialymorlem.com.pl

[Hotel Accademia*** \(CFP\)](#), ul. Wyb. M. J. Piłsudskiego, Przemyśl, tel. 16 676 11 11, www.hotelaccademia.pl

[Hotel Trójka*** \(CFP\)](#), ul. Lwowska 20, Przemyśl, tel. 16 678 79 88, www.hoteltrojka.pl

[Dom Noclegowy "Podzamcze" \(CFP\)](#), ul. Waygarta 3, Przemyśl, tel. 16 678 53 74, www.przemysl.pttk.pl

[Schronisko Młodzieżowe PTSM Matecznik \(CFP\)](#), ul. Lelewela 6, Przemyśl, tel. 16 670 61 45, www.ptsm-matecznik.pl

[Hotel "Villa Bolestraszyce"**** \(CFP\)](#), Bolestraszyce 154 A, 37-722 Wyszatyce, tel. 739 039 039, www.bolestraszyce.pl



Bicycle rentals, sales, repair and transport

["Narty Przemyśl" Lano Sp. z o.o.](#), ul. Sanocka 12, Przemyśl, tel. 501 798 337, www.nartyprzemysl.pl

[Bike rental company in PORT Przemyśl](#), Rynek 16, Przemyśl, tel. 790 300 245, www.atrakcje.przemysl.pl



Transport

You can easily get to Przemyśl with your own bike either by car or by rail. National and international trains run there (through a border crossing with Ukraine in Medyka) and there are direct connections from many cities, such as Rzeszów, Warsaw, Kraków, Lviv or Kiev.

[Railway Station](#)

Plac Legionów 1, 37-700 Przemyśl
tel. 16 675 94 36, 16 675 11 45
When travelling without a bike, local bus connections can be used.

[PKS bus station in Przemyśl](#)

ul. Dworskiego 106, 37-700 Przemyśl
tel. 16 678 91 84,
www.pks-przemysl.pl



"From Kielce to Obłęgorek"

"From Kielce to Obłęgorek" is a cycling excursion lasting several hours which includes a visit to Henryk Sienkiewicz's former palace in Obłęgorek and the opportunity to admire the vast hilly landscapes of the Obłęgorskie Range, part of the Świętokrzyskie Mountains. The trip starts by the intersection of Krakowska Street and Jagiellońska Street, which is also the point where the main part of the Green Velo trail meets with connecting trail no. 502 which leads cyclists from the PKP railway station. Ride down the separate bike path to the borders of Kielce, and then follow the Green Velo signs down an asphalt local road to Obłęgorek (the short section of unhardened road before Chetmce is an exception). In Chetmce, a tiring uphill ride awaits, from where you can see a church towering over the area. After visiting Henryk Sienkiewicz's former palace, leave the Green Velo trail and ride along a yellow cycle trail named 'Around Strawczyn' (the trail runs along local roads). Follow it up to the lagoon in Strawczyn (the longer version of the trip leads through Kuźniaki) or shorten the route by turning onto the black connecting trail which runs through Niedźwiedź to the same lagoon. From Strawczyn, ride along the yellow trail up to the Green Velo trail, which then leads back to Kielce.



Route: Kielce – Górki Szczukowskie 7.6 km – Podzamcze Piekoszowskie 11.3 km – Chetmce 19 km – Obłęgorek 21.8 km – Obłęgór 24.4 km – Niedźwiedź 27.1 km – Strawczyn 30.1 km – Promnik 33.3 km – Podzamcze Piekoszowskie 42 km – Górki Szczukowskie 45.6 km – Kielce 50 km





Kielce – capital of the Świętokrzyskie voivodeship, places of interest include Castle Hill and the Palace of the Bishops of Kraków, a cathedral and the Center for Civic and Patriotic Thoughts, Karzówka Monastery, the Museum of Toys and Play, the Museum of Stefan Żeromski's School Years and the History Museum of Kielce. The city possesses 5 nature reserves, including four geological reserves: Kadzielnia, Ślichowice, Biesak-Białogon and Wietrznia with its Geoeducation Centre www.geopark-kielce.pl. Moreover, it also has recreation areas that are perfect for bicycle touring, especially mountain biking, and skiing in winter (with ski lifts) – www.swietokrzyskie.travel

Podzamcze Piekoszowskie – Tarło Palace was constructed around 1645–1650 and is modelled on the Palace of the Bishops of Kraków in Kielce (a well-preserved ruin with walls and palatial rooms in good condition).

Chełmce – situated on a hill is the baroque Church of St. Mary Magdalene and St. Nicholas built in the years 1620–65 on the site of a 14th century temple. The village also has a defensive court – one of the oldest of its kind in the Świętokrzyskie voivodeship.

Oblęgorek – The Museum of Henryk Sienkiewicz – a museum devoted to the writer, presenting his life and work and containing faithfully reproduced rooms and their furnishings, an office, a living room with picture gallery, family heirlooms and original furniture, a smoking lounge, a dining room and a bedroom; an alley of lime trees leads to the palace which is also surrounded by a park – www.sienkiewicz.mnki.pl. Nearby is the Barania Góra Reserve with its picturesque loess gorges.

Restaurants and places to eat

[Restauracja Siedem Pokus \(CFP\)](#), al. Na Stadion 365, Kielce, tel. 41 362 55 55, www.siedempokus.pl

[Restauracja Binkowski Resort \(CFP\)](#), ul. Szczepaniaka 40-42, Kielce, tel. 41 340 35 00, www.binkowskiresort.pl

Accommodation

[Hotel 365*** \(CFP\)](#), Al. Na Stadion 365, 25-127 Kielce, tel. 41 361 55 55, www.hotel-365.pl

[Hotel Binkowski Resort**** \(CFP\)](#), ul. Szczepaniaka 40, 20-043 Kielce, tel. 41 340 35 00, www.binkowskiresort.pl

[Hotel Arkadia \(CFP\)](#), ul. Urzędnicza 13, 25-729 Kielce, tel. 41 345 51 50, www.hotelkielce.pl

[Hotel Grafithotel**** \(CFP\)](#), ul. Kielecka 120, 26-085 Miedziana Góra, tel. 41 303 22 25, www.grafithotel.pl

Bicycle rentals, sales, repair and transport

[Centrum Rowerowe "Stadion-Giant" by Hotel 365 \(CFP - a bike rental company, service point and bike transport\)](#), al. Na Stadion 365, 25-127 Kielce, tel. 41 361 55 55 ext. 3, www.hotel-365.pl/atrakcje

[Domenico Bike Workshop \(CFP - a bike shop and service point\)](#), ul. Langiewicza 3, Kielce, tel. 660 318 466, www.domenicobikes.pl

Transport

The excursion is designed in such a way that there is no need to use any other means of transport (the trip starts and finishes in Kielce). People from outside Kielce can get to the city by car with their bikes, or it's also possible to get there by train from the biggest Polish cities (bike transport and direct connections to Kraków, Katowice, Wrocław and Warsaw).

PKP railway station in Kielce (and temporary bus station) – Plac Niepodległości, tel. 2219436, www.rozklad-pkp.pl



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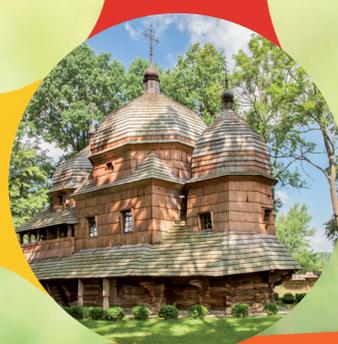
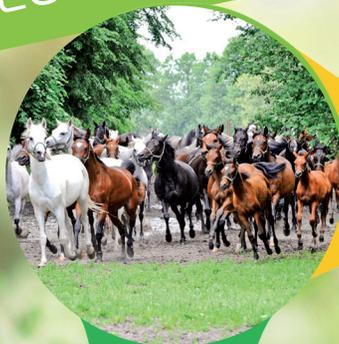
Ministry
of Sport and Tourism
of the Republic of Poland



WARMIŃSKO - MAZURSKIE

LUBELSKIE

ŚWIĘTOKRZYSKIE



PODKARPACKIE



PODLASKIE

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