



www.greenvelo.pl

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Bike Kingdom Białowieża Forest and Knyszyn Forest

The region can be described as a kingdom of the bison. Most of the route running between Białystok and Czeremcha leads through two major forest complexes, including the ancient Białowieża Primeval Forest protected as a World Biosphere Reserve, UNESCO World Heritage Site, and National Park. You may be able to spot bison living in the wild, and encounters with elk are fairly common. The Białowieża and Knyszyn Primeval Forests are also home to wolves, lynx, wild boar, red deer, roe deer and many species of birds, including rare raptors, wood grouse and black grouse.

At the start, the trail through the kingdom takes in the capital of the Podlaskie Voivodeship – Białystok. It is an important railway hub and administrative, educational and economic centre. The city has numerous wide, safe, paved cycle routes and bike racks.

You should take a look at the imposing Branicki Palace and gardens – known as the “Versailles of Podlasie” – and the recently renovated market square and promenade along Lipowa Street, fascinating churches and Orthodox churches, museums, and the



modern Podlasie Opera and Philharmonic, which also houses the Regional Tourist Information Centre. There are also several thematic trails through the city, focusing on the churches of Białystok, local wooden architecture and the Branicki family.

Białystok is one of the most important stage points along the Green Velo route. It is the perfect place to start or finish a trip along the northern part of the trail (for example to or from Elbląg) or for heading south to Rzeszów or Przemyśl.

From Białystok, the route leads east, almost immediately entering the dense Knyszyn Primeval Forest, following a paved cycle track alongside the main road. In the Supraśl river valley, in the very heart of the forest, the charming spa town of Supraśl can be found. It has been the setting for the popular film “In Heaven as it is on Earth” and the TV series “Blondynka”. The town's unusual, smart wooden architecture is dominated by the magnificent Orthodox Lavra Monastery, reconstructed after the Second World War. It is home to a unique Icon Museum, which is a must-see point of any trip. Supraśl is also the perfect spot for sampling local cuisine. In spite of its small size, there are many fascinating historical buildings, and homely agrotourism quarters and tourist accommodation to suit any budget, as well as the highly acclaimed Wierszalin Theatre. A few years ago, the beautiful Supraśl Reservoir was opened by the



river, forming a part of the Supraśl Water System dating back to the 17th century. You can also take a canoeing trip on the River Supraśl.

Next, the route leads through the heart of the Knyszyn Primeval Forest, protected as a W. Sławiński Landscape Park. Interesting points along the trail include the historical towns of Michałów and Gródek. The majority of local villages are home to Orthodox churches crowned with distinctive domes. Stop off in Gruski in the Browski Forestry to take a look at the herbarium.

Between the Knyszyn and Białowieża Primeval Forests, the trail runs through farmland, and there is a section opening out onto wide panoramic views. After you pass the extensive Siemianówka Reservoir and the village of Narewka, the route leads right into the heart of the Białowieża Primeval Forest along the boundary of the national park to the Old Białowieża range. Set among ancient oak trees, dating back to the reign of King Władysław Jagiełło, the main route turns westwards towards Hajnówka, but it's worth continuing east, via the forest village of Pogorzelle to Białowieża. Set in an expansive glade, it is the capital of this region and a popular tourist resort which still maintains the atmosphere of a wooden settlement of colourful houses set within the forest. The locals are friendly and hospitable, making all visitors feel at home. There are several restaurants serving traditional regional dishes. While you're



there, the absolute must-see spots are the Nature and Forest Museum, the Bison Show Reserve and the Orthodox church with a splendid iconostasis, while the best walks are through the palace gardens by the former Tsarist residence and a guided hike to the most treasured section of the park – the Protected Reserve.

There are many agrotourism quarters throughout both forests, and a dense network of marked cycle routes. It's also worth heading away from the main trail to explore the area. Of course you'll need to set aside more time, but – as ever along this route – it's worth it!

From Białowieża, the route leads along forest vistas to Hajnówka, where you should visit the Orthodox church of the Holy Trinity. Next, the trail runs across an expansive lowland terrain of the Bielska Plain along the edge of the forest. There are numerous picturesque villages along this section with colourful wooden architecture. The route continues via Kleszczele to Czeremcha, a local railway hub, leaving the wilderness behind to take cyclists to the next magical kingdom along the Green Velo route: the Bug River Valley.



East of Poland Cycling Trail Green Velo

The Green Velo trail is a 1,885 kilometers long bike trail that runs through some of the most beautiful regions of Eastern Poland. It follows local asphalt and dirt roads and specially assigned cycle routes. The trail is clearly marked and every 10km or so, there are BSPs (Bike Service Points) with recreational facilities for cyclists. The main trail is supported by almost 200 kilometers of linking routes, which lead to transport hubs and nearby places of interest.

Come and ride the Green Velo trail – 200 kilometers of real tourist attractions!



Cyclist's Guide

As the weather improves and the cycling season begins, it is worth remembering a few basic rules to ensure the safety of cyclists out on the trail.

- Cyclists must observe many of the same road regulations that are mandatory for car drivers.
- It is not compulsory to have a bicycle driving permit if you are 18 years old or older, whereas younger bikers must pass an exam.
- Children under 10 can ride on roads only if accompanied by an adult, and children under 7 can only be transported on bicycle carrier seats.
- Riding along marked bike routes (i.e. bike paths or lanes) is a must. If there are no marked routes, cyclists must ride on the hard shoulder, and if there is no hard shoulder, along the street.
- Riding on the pavement is forbidden.
- Exceptions: the pavement is more than 2m wide; there is no bike path; riding along a road with a speed limit of more than 50km/h; accompanying a rider under the age of 10; poor weather conditions.
- On the pavement you must give way to pedestrians.
- Where a bike lane crosses a street into which a car is turning, the car must give way to cyclists.
- Cyclists are permitted to overtake slow moving vehicles.
- A helmet is not mandatory but is recommended.
- Front and rear bike lights are mandatory.

www.greenvelo.pl web portal

Visit www.greenvelo.pl and find out for yourself about all the advantages of the East of Poland Cycling Trail. The Green Velo portal is the biggest cycling guide to Eastern Poland. It will explain how to get to know not only the Green Velo trail, but also other routes in the area. It will reveal places of interest and the best places to eat, and will help to find accommodation.

Before setting off, create your schedule using our intuitive trip planner in just a few easy steps. News, an events calendar and our newsletter will keep you up to date with events and news from the trail.

Mobile Application

All essential trail information can be found in the Green Velo mobile app (available on Android, iOS and Windows Phones). The app will help you to find places of interest, accommodation, restaurant facilities and BSPs along the way. Trails in your area are listed so that you can find those that interest you most. And don't worry about poor phone reception – all of the most important information is accessible offline. The app lets you record the course of your trip as you ride and helps you to plan future trips. Just choose points on the map and the system will automatically generate the best route for you.



Practical Information

Białystok Regional Tourist Information Centre
ul. Odeska 1
15-406 Białystok
phone +48 85 732 68 31
cit@podlaskieit.pl
www.podlaskieit.pl

Tourist Centre of the Białowieża Forest Region – Local Tourist Organisation
ul. 3 Maja 45
17-200 Hajnówka
phone +48 85 682 43 81
turystyka@powiat.hajnówka.pl
www.lot.bialowieza.pl

“BUKOWISKO” Tourist Service Point in Supraśl
ul. Piłsudskiego 64
16-030 Supraśl
phone +48 85 710 24 70
turystyka@powiatbialostocki.pl
www.powiatbialostocki.pl



Texts by:
J. Zdrojewski, J. Sienkiewicz
Photographs:
Archives Białystok City Hall, J. Gumowski, D. Łukasik

Editing, maps, compilation, typesetting:
Euro Pilot Sp. z o.o., Warszawa
ul. Konarskiego 3
01-355 Warszawa
www.europilot.com.pl

Range of Attractions

Bike Kingdom Białowieża Forest
and Knyszyn Forest



Podlaskie
Voivodeship

EAST OF POLAND CYCLING TRAIL GREEN VELO

BIKE KINGDOM

BIAŁOWIEŻA FOREST AND KNYSZYN FOREST

BIKE KINGDOM

BIEBRZA AND NAREW RIVERS

Scale 1 : 250 000

1 0 1 2 3 4 5 km

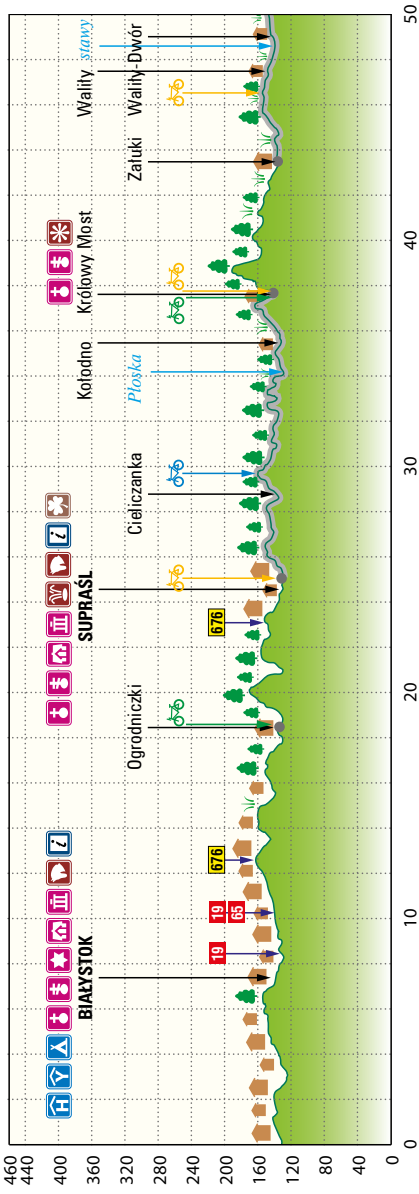
Legend

- Boundaries of Bike Kingdoms
- East of Poland Cycling Trail Green Velo; distance (km)
- Other cycle trails
- Hotels, youth hostels; campsites, camping grounds
- Churches, Orthodox churches; mosques; Jewish culture relics
- Palaces and mansions; museums; open-air museums; other tourist attractions
- Technical monuments; windmills; fortified settlements
- Health resorts; ski resorts; horse breeding farms
- Holiday resorts; tourist information; UNESCO sites
- Tourist destinations along the Green Velo cycle trail
- Tourist destinations
- National parks; landscape parks; nature reserves
- Forests; elevation points
- National roads
- Provincial roads; other roads
- Primary railways; secondary railways; airports
- Airports; river ferries
- National borders

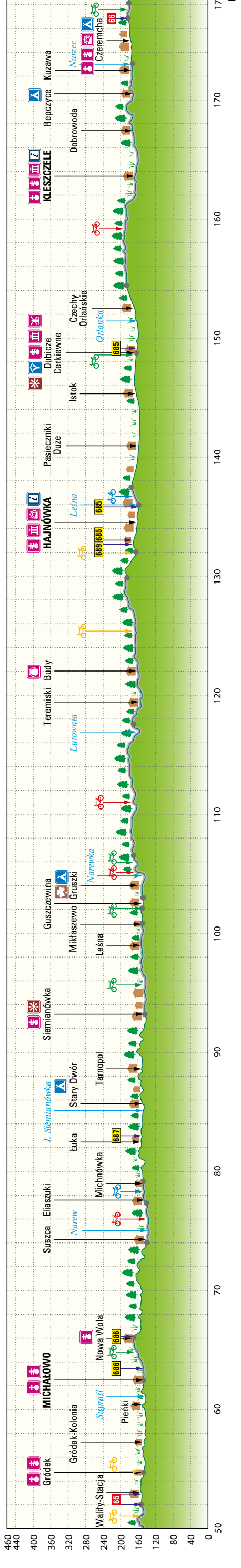
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ul. St. Konarskiego 3, 01-955 Warszawa
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metres above sea level



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PUBLISHER
Regional Tourist Organisation
of Świętokrzyskie Voivodeship
Project Management Office
ul. Odessa 1, 15-406 Białystok
phone: +48 85 732 68 31
rot@swietokrzyskie.travel
www.podlaskie.pl

TOURIST INFORMATION POINT
Białystok Regional Tourist
Information Centre
ul. Odessa 1, 15-406 Białystok
phone: +48 85 732 68 31
rot@swietokrzyskie.travel
www.podlaskie.pl