

Introduction

The Green Velo Eastern Cycle Trail, covering 1980 km, is the longest cycle route in Poland. It goes through five regions in the eastern part of the country: Warmińsko-Mazurskie, Podlaskie, Lubelskie, Podkarpackie, and Świętokrzyskie Voivodeships. Just one glance at the map is enough to make one realise how many different regions the trail combines, and how diverse it is in terms of landscapes and culture. Among seaside sceneries and highlands, along lake lands, through primeval forests and big urban centres, Green Velo takes us on a journey discovering the most beautiful features of the lands inhabited for centuries by various communities: Poles, Jews, Germans, Ukrainians, Belarusians, Lithuanians, Armenians, and Tartars.

Cycling from Lubenia to Sandomierz, one can visit unique places, including: Rzeszów - the capital of the Podkarpackie Voivodeship, with, for example, the Museum of Bedtime cartoons, Łañcut, with one of the most sumptuous Polish castles, or Leżajsk, where Jewish pilgrims visit Elimelech Rabbi's grave every year. The cycle trail goes through the hills of the Dynów Foothills, Rzeszów's slightly undulating surroundings, and flatlands over the river San.

Outdoor museum in Markowa, by K. Zajączkowski



Palace in Boguchwała, by Urszula Stachowicz / Wikimedia Commons



Attractions on the trail

FROM LUBENIA TO SANDOMIERZ

Sołonka. This village in the Dynów Foothills is the location of a Regional Museum presenting works from Rzeszów's villages, including clothes, everyday tools, and folk art. Moreover, you can see the gallery of scarecrows, which in the past stood tall and proud protecting the fields of the Podkarpackie region, the Polish and Slovak part of the Beskid Mountains, and Ukraine, as well as a collection of photographs of Bolesław Wróbel, who preserved images of village life on film in the years 1932-60. Another true feature is a bridge, called the Peasant Bridge, built by Paweł Materna of stones without the use of mortar. Besides the above, saline graduation towers are a must-

-see: water, rich in iodine from the old salt mine (dated from 1596) and newly discovered in 2009, flows down the stone walls in cascades. In the central part there is a 26 m deep saltwater well.

Boguchwała. In this small town on the Wisłok River southwest of Rzeszów, there is a palace and park complex – the work of Teodor Konstanty Lubomirski from 1728. In its vicinity, several buildings and objects remain from the old farm: a bricked granary from 1850 and a marvellous brick and cast-iron entrance gate from the 19th century. Near the palace stands the old baroque parish Church of St. Stanislaus the Bishop from 1729, with precious interior decoration elements. Next to it there is a parish facility, also from the same year.

Rzeszów. The capital of the Podkarpackie Voivodeship, located in the borderlands between the Sandomierz Basin and the Carpathian Foothills. Attractions near the Old Town include: the town hall from 1591, the 400 m "Rzeszów cellars" underground tourist trail leading through basements from the 14th-18th centuries, and tenements dating from the 16th-19th centuries featuring a wide array of architectural styles. Moreover, the city contains numerous parks and charming streets. One of them is particularly worthy of attention: Chestnut Tree Avenue with Art Nouveau tenement buildings from the years 1899-1903. Other features include the baroque Summer Palace of the Lubomirski family, erected at the end of 17th century, and the castle, which, though built



Zagroda Garncarska (Pottery maker's homestead) in Medynia Głogowska by M. Franaszek

in the 20th century, stands in the exact location of the Lubomirski family's old castle, which was demolished by public authorities due to its poor condition at the beginning of the last century (only bastions and a gate tower remained). Admirers of Jewish culture will find two synagogues: the Old Town Synagogue, and the New Town Synagogue.

Rzeszów. Tourist Information Centre, Rynek 26, tel.: +48 17 8754774, cit@prot.rzeszow.pl. Podkarpackie Regional Tourist Board, ul. Grunwaldzka 2, tel.: +48 17 8520009, prot@prot.rzeszow.pl. Youth Hostel PTSM „Alko”, Rynek 25, tel.: +48 17 8534430, www.ptsm-alko.pl. Tourist Information Centre at the Airport Rzeszów-Jasionka, Jasionka 942, www.rzeszowairport.pl.

City Town Hall in Rzeszów, by T. Rusznica



Markowa. Markowa, in the Dynów Foothills, is known for its Markowa Village Museum. The heritage park presents the most precious architectural elements of the village and its surroundings dating from the end of the 19th century and the beginning of the 20th century. The Museum was opened in 1985, on the 600th anniversary of the village's founding. In the beginning, it consisted of only several old chalets, a stable, a barn, a well with a sweep, and a windmill. Over time the collection of exhibits has grown – also including old photos and documents. Since November 2013 there have been attempts to establish the first Polish Museum of Poles Who Saved Jews



Castle in Łañcut, by T. Rusznica

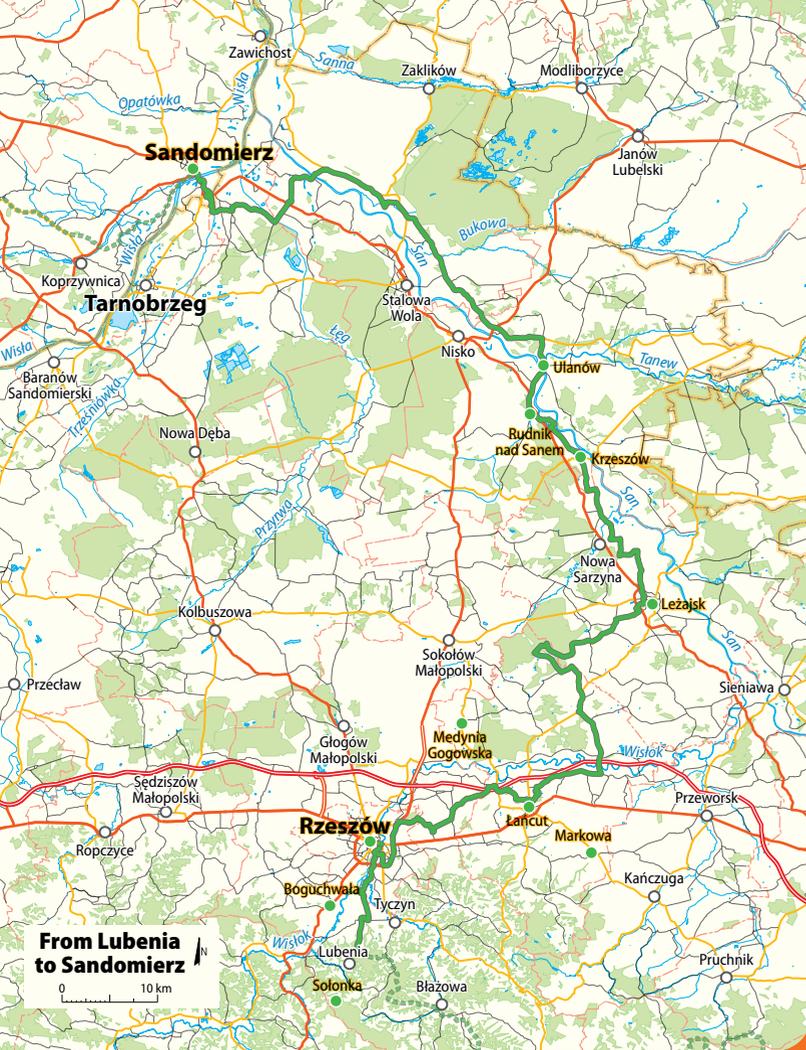
Łañcut. Podkarpackie Tourist Agency with TI, ul. 3 Maja 10, tel.: +48 17 2254850, patlancut@onet.pl.

in Markowa. It is in gratitude to the Ulm Family, who hid Jews during WWII and paid with their lives – German military police shot the whole, 8-person family, including 6 children, and 8 hiding Jews on 24 March 1944.

Łañcut. This city west of Rzeszów owes its fame to the early baroque Lubomirski and Potocki castle – one of the most striking aristocratic residences in Poland. Visiting the castle's opulent interiors is the focal point of all itineraries in the Podkarpackie region, and the Musical

Festival held in the castle is among the top Polish cultural events presenting classical music. A park stretches around the palace; over 36 ha divided into an internal park (surrounded by a moat) and external park (outside the moat), there is the Italian Garden, the Rosarium, and the Perennial Garden. Of course, it could not exist without an orangery and a small romantic castle as well. Other popular attractions include the riding arena from 1830, stables from the 19th century, the coach house from the beginning of the 20th century with a collection of carriages, and the orchid house.

Medynia Głogowska. Located 20 km to the northeast of Rzeszów, this village used to be the largest pottery centre in



From Lubenia to Sandomierz

Published by
Project Office – Świętokrzyskie Voivodeship's Regional Tourist Organisation
ul. Ściegiennego 2, 25-033 Kielce
phone/fax +48 41 3618057, +48 41 3655182
rot@swietokrzyskie.travel
www.rot.swietokrzyskie.travel

Publication prepared and issued by
Amistad Sp. z o.o. – Program PolskaTurystyczna.pl
pl. Na Groblach 8/2, 31-101 Kraków, phone: +48 12 4229922,
e-mail: biuro@polskaturystyczna.pl,
www.polskaturystyczna.pl

ISBN 978-83-7560-178-7

www.greenvelo.pl



European Fund for the development of Eastern Poland
A project financed by the European Regional Development Fund within the Eastern Poland Development 2007-2013 Operational Programme



○ Kierkut in Leżajsk, by M. Franaszek

Poland, together with its three adjoining settlements: Medynia Łańcucka, Pogwizdów and Zalesie. Infertile soil and easy access to good-quality clay made pottery a common activity practised by entire families. We recommend

Leżajsk. City Culture Centre – Tourist Information Centre, ul. Mickiewicza 65, tel.: +48 17 7851135, www.citik.kultura.lezajsk.pl.

visiting the pottery farmhouse established in 2001, with several 19th-century residential buildings and a workshop with a kiln for firing pottery. Visitors can observe the entire pottery production process.

Leżajsk. Thousands of Chassids from the far corners of the world visit Tzadik Elimelech's *ohel* (a type of funerary chapel) located in Leżajsk every year. The *ohel* is made up of three parts: the central area with the grave, and two prayer areas for women and men. Inside the *ohel* there is the Tzadik's original *matzevah* from 1776.

○ Church in Krzeszów, by Zbigniew Czernik / Wikimedia Commons



When cycling around is the city, it is recommended to visit the Museum of the Leżajsk Land at Starost's Manor, as well as to enter the gates of the Bernardine monastery, to admire the sumptuous basilica there with its 17th-century organ, recognised as one of the most precious historic remnants of its kind in Europe.

Krzeszów. This former town on the San River is famous mainly for its annual outdoor event titled "Powidlaki", held in September to cultivate the tradition of plum jam production and that of other products with plums as an ingredient. The town offers other attractions; for example, an old Jewish cemetery with around 50 preserved tombstones, one even from 1852.

Rudnik. This town on the San River won international fame in 2005 thanks to the wicker façade of the Polish pavilion at the international Expo exhibition, which was made by craftsmen from Rudnik. The Wicker Weaving Centre was established here to register all wicker traditions from Rudnik, and organise all types of wickerwork-related outdoor events, with wicker used as a material for works of art and decoration, as well as practical, everyday items.

Ulanów. The location of this town at the fork of the San and the Tanwia made it a significant rafting centre. Today, along the banks of the San, one can admire traditional rafts reconstructed many years ago. On the streets adjoining the Old Town there are numerous wooden rafter's houses – these are particularly small buildings, with their gable ends pointing into the street. Ulanów's rafting tradition was one of the first entries on Poland's national list of 'non-material cultural treasures'. Another attraction is the Cemetery



○ Wicker Weaving Centre in Rudnik nad Sanem, by M. Franaszek

Church of the Holy Trinity, with a striking illusory polychrome from the 18th century and a very impressive *kirkut*, with almost 150 preserved *matzevahs*, the oldest dating from 1825.

○ Rafts in Ulanów, by M. Franaszek



PODKARPACKIE VOIVODESHIP
GREEN VELO EASTERN CYCLE TRAIL

Section from Lubenia to Sandomierz

A chain of attractions

WWW.GREENVELO.PL