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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 – 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.

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

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ul. Mickiewicza 20a, 37-300 Leżajsk
phone +48 17 240 22 35
informacja@muzeum-lezajsk.pl
www.muzeum-lezajsk.pl

Tourist Information Centre
Rynek 20, 27-600 Sandomierz
phone +48 15 644 61 05
www.sandomierz.travel

Tourist Information Point – Branch of the Polish Tourist and Sightseeing Society
Rynek 12, 27-600 Sandomierz
phone +48 15 832 23 05, +48 15 832 26 82
www.pttk-sandomierz.pl

Range of Attractions Bike Kingdom Sandomierz Province and Lower San Valley

Bike Kingdom Sandomierz Province and Lower San Valley

The Sandomierz Province and Lower San Valley Bike Kingdom is located within the Sandomierz Basin and the Sandomierz Uplands on the border of the Świętokrzyskie and the Podkarpackie voivodeships. The Vistula River flows through the heart of the region dividing it in two. On the right bank of the river is an area of flat land with its boundaries at the Wisłok River in the South, and the San River in the East. The left bank is dominated by the picturesque orchards which blossom in the Spring and bear fruit in the Summer and Autumn. The region is characterized by its numerous loess ravines - the most famous of which is the Queen Jadwiga Ravine, the 500-million-year-old Pepper Mountains, and the vast Sandomierz Wilderness and Janowski Forest complex which line the banks of the Vistula. The Vistula River gorge views, most notably around Baranów Sandomierski, Sandomierz and Zawichost, take

the breath away. A river cruise is an excellent way to access these stunning panoramas.

The region's cultural heritage is particularly rich and diverse, and is well preserved. The Cistercians (in Koprzywnica), the Camaldolese (in Rytwiany) and the Jews (in Leżajsk and Klimontów), as well as rich magnates like Krzysztof Ossoliński in Ujazd, or the Leszczyński Family in Baranów Sandomierski, and even kings such as Casimir the Great in Sandomierz, all left their marks here. There are many interesting places in the region connected with the cultivation of local traditions. There is Ulanów – an important raftsmen's centre that can be found on the Polish list of non-material cultural heritage, and Rudnik on the bank of the River San - a world-known centre of wicker weaving. Medieval Sandomierz, Baranów Sandomierski castle, referred to as "Little Wawel", the impressive calendar-based Krzyżtopór castle in Ujazd, and the pipe organ in the basilica of Leżajsk (one of the most precious instruments of this kind in Europe), are all mesmerizing examples of the unusual local character.

This bike kingdom doubles as a culinary kingdom, due in part to the numerous orchards and gardens it passes through along its way. In the Sandomierz region, there are over 20 thousand hectares of apple, plum,

apricot, peach and cherry orchards. During your ride you will no doubt be tempted by the mountains of fresh fruit and vegetables, juices and salads, preserves and delicious regional dishes made from local produce. A must for wine lovers is the wine tasting in local vineyards along the Sandomierz Wine Trail. The Sandomierz Apple Trail leads through myriad apple orchards, pressing plants and restaurants, which serve the delicious juice. Due to the kingdom's unique character, there are a lot of events here related to culinary art. This region is the place to gorge yourself on fabulous local produce: plum jam at Powidlaki in Krzeszów, baked apples at the European Apple Festival in Obrazów and the Blossoming Apple Festival in Samborzec, tomato soup at the Dwikozy Tomato Festival and cheeses and yoghurts at the Time for Good Cheese Festival in Sandomierz.

The Green Velo trail of the Sandomierz Province and the Lower San Valley kingdom is designed to provide cyclists with a safe passage through the picturesque Vistula region and the areas around the San and Wisłok Rivers. The trail passes through some of the most intriguing parts of this region, unveiling its secrets one by one. The trail varies – the Podkarpackie stretch is almost flat, while in the Świętokrzyskie region the landscape is rolling and hilly. The trail mainly follows local roads - which carry low volumes of traffic, loess ravines, and rolling fields and orchards. On

leaving the Green Velo trail, other bike routes will take you past Leżajsk, Rudnik and Radomyśl nad Sanem, Sandomierz, Opatów and Klimontów, where there are restaurant and accommodation facilities aplenty.



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EAST OF POLAND CYCLING TRAIL GREEN VELO

BIKE KINGDOM

SANDOMIERZ PROVINCE AND LOWER SAN VALLEY

