



GREEN VELO EASTERN CYCLE TRAIL

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A CHAIN OF ATTRACTIONS



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Introduction

We invite you to a journey. A journey you do not expect. We invite you to fall in love with Poland. Its landscape. Its people. And the colours of its diversity. Of course, the whole of Poland could be a bit too much. Therefore, we've created a special trail just for you. It's unique, exotic and shining with thousands of colours.

Green Velo Eastern Cycle Trail is the most spectacular cycling project invented in Poland thus far. It's almost 2.000 kilometres of a specially planned route, conceived to surprise and inspire from the beginning to the end. To provide the joy of travelling and exploring. The trail leads through five provinces of eastern Poland. Getting to know each of them individually is already a remarkable experience, and getting to know them all seems to be like a wonderful fairy tale.

You can start wherever you want. You can travel alone, with family or with friends. You can ride from the north to the south or from the south to the north. Begin at the far ends of the trail or somewhere in the middle, choosing for yourself only what is best.

Green Velo shows the beauty of eastern Poland in its best form. With a palette of colours, smells and tastes you will not find anywhere else. Therefore, set out for this Poland. Taste it. And let yourself be enchanted.

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Information about Green Velo Eastern Cycle Trail

Green Velo Eastern Cycle Trail, with the length of about 2.000 kilometres, is the longest cycling route in Poland. It runs through five voivodeships in the eastern part of the country: Warmińsko-Mazurskie Voivodship (approx. 420 km), Podlaskie (approx. 592 km), Lublin (approx. 351 km), Podkarpackie (approx. 458 km) and Świętokrzyskie (approx. 190 km).

The uniqueness and diversity of the regions that are on a way of the trail are highlighted by tourist attractions, both those located directly on the trail and those found in the area of the 20-kilometre wildlife corridor on both sides of the route. Among them are numerous monuments that constitute an important part of the 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 shrines of various faiths by the Bug River in Kostomłoty, Kodeń

and Jabłeczna, the old city of Przemyśl, the castle in Łańcut, the medieval town of Sandomierz or the ruins of the renaissance castle in Ujazd. Additionally, one has to mention natural locations of a great importance: 5 national parks, 15 landscape parks, 26 special protection areas for birds and 36 special areas of habitat conservation. Approximately 615 kilometres of the trail (31% of the overall length) run through these areas. Stretches of almost 580 km (29% of the overall distance) goes through forests, and approx. 180 km (9% of the overall length) through river valleys. Over 70 km (3% of the overall length) of the trail runs near flood banks and disused railway embankments, which guarantee beautiful views.

Green Velo starts at Żuławy Wiślane at the Nogat River, in the town of Kępiny Wielkie, from where it initially leads south, towards Elbląg, and then to the northeast, along the Vistula Lagoon. It runs through Frombork and reaches Braniewo, almost at the border with the Kaliningrad region. Then it heads east and, through Warmińsko-Mazurskie, reaches the tri-border area, where Poland, Russia and Lithuania meet. Further on, the trail

runs through the Suwałki region, passing i.a. the Augustów Primeval Forest. A stretch, which is approximately 300 kilometres long, leading along the border with Belarus and Ukraine begins in Podlasie. In the Podlaskie Voivodeship the trail cuts through three national parks: Biebrza National Park, Białowieża National Park and Narew National Park. Afterwards, Green Velo goes through the Lublin region and the scenic areas of the Bug River with their shrines of various faiths in Kostomłoty, Kodeń and Jabłeczna, and through multicultural cities of Chełm and Włodawa, and the Roztocze National Park. Then, the route reaches the Podkarpackie Voivodeship where, on the way to Przemyśl, we can visit two wonderful Eastern Orthodox churches – in Radruż and Chotyniec. They were both inscribed into the UNESCO World Cultural and Natural Heritage List in 2013.

From this place the route again changes its direction – this time it heads west – and passes through magnificent scenic areas of the Przemyśl Foothills and the San River Valley. Afterwards, the trail turns northeast and reaches Rzeszów through the Dynowskie Foothills, and then the San River through Łańcut and Leżajsk. It follows the San River until it reaches Sandomierz – one of the most beautiful towns in Poland. From there it goes through the Świętokrzyskie Foothills to Kielce – the capital of the Świętokrzyskie Voivodeship. In its final part the route passes through i.a. Oblęgorek and reaches Gatniki near Sielcia Wielka, which is the largest holiday resort in the region. Afterwards, it leads to Końskie.

Green Velo East Cycle Trail was created as a result of extensive work of five cooperating voivodeships. Firstly, of course, the project has been prepared and the funds for its implementation have been collected. The next step was marking and labelling the trail. The Green Velo trail project involves building new bike lanes excluded from car and pedestrian traffic, the alteration of over 130 heavy traffic crossings (reconstruction of contact points, installation of new traffic lights, adaptation or construction of over 80 bridges). In the

second half of 2015, over 220 MORs (*Miejsce Obsługi Rowerzysty – Bicycle Service Station*) and Bicycle Rest Areas, counterparts of highway MOPs (*Miejsce Obsługi Podróżnych – Rest and Service Area*), will be put into service. They will have the necessary infrastructure – bike stands, sheds, trash bins, and toilets. These facilities will be located proportionally along the whole trail, between 5 and 50 kilometres on average. An extensive information campaign addressed to entrepreneurs has also been undertaken. It was aimed at encouraging them to get involved in implementation of the project – starting a bike rental business, building accommodation and catering facilities or transforming their private farms into agrotouristic farms.



Arcades of the Orthodox church in Radruż, photo: M. Franaszek

Ruins of the Krzyżtopór castle in Ujazd, photo: K. Pęczalski

Green Velo route signs





All the colours of Eastern Poland

You just have to glance at the map of Poland with the Green Velo trail marked on it in order to realize how many regions it crosses and how diverse it is, both in terms of landscape and culture.

A journey of a thousand and one views – the landscape and natural diversity

Green Velo East Cycle Trail starts at Żuławy, the lowermost region of Poland (the village of Raczyki Elbląskie, right next to Elbląg, is located at 1.8 metre below the sea level). Further on, the trail runs along the hills of the Elbląg Uplands towards the Vistula Lagoon. The Lagoon marks the beginning of a journey through the vast spaces of Warmia, where the golden fields of grain touch the horizon. This part of the route offers not only quietness of the local villages, but also the opportunity to visit several medieval towns, where the dominant colour is the redness of the brick houses, churches and castles.

Frombork – view of the Vistula Lagoon, photo: M. Franaszek

Sight from the Cisowa Góra, photo: M. Białokoz

Afterwards, the trail enters Masuria. Only a few years ago this region has entered the finals of the competition for the seven wonders of the nature. It is a place conjured out of water and clouds, where the sky and the lakes seem to embrace each other, forming one of the most beautiful landscapes in this part of the world.

Then the trail reaches the Suwałki Region. You can find several amazing places here, for example the deepest lake in Poland (Hańcza).

Further on, the cyclists will reach Podlasie and its biggest attraction – the Biebrza National Park with its great flocks of ruffs and cranes dancing in the meadows. The mighty 19th century fortress of Osowiec rises among the marshes of Biebrza. Along with the Biebrza River, the trail reaches the Narew River, which at one point forms a so-called braided river bed, flowing into hundreds of channels, creating one of the wildest river areas in Europe. As “for dessert”, the Podlaskie Voivodeship introduces the Białowieża Forest – a world unique place inscribed in the UNESCO Biosphere Reserves List. Of course, all of this is topped with cultural attractions, which are considered unique in Poland: the town of Tykocin, the Branicki Palace in Białystok and the longest monument in Poland – the Augustów Canal.

The next kilometres of the trail follow the Bug River, which is flowing majestically amid the green landscapes of the Lublin Voivodeship. In this region, where the river forms a natural border with Belarus and Ukraine, we cover more than half of the 363 kilometre route distance. Another peculiarity of the Sobibór Forest, stretching between Włodawa and Chełm, is the European pond turtle – a species that is endangered all across Europe. Its largest breeding sites in the country can be found right here.

Following the same direction we arrive at Roztocze, where we are welcomed by Polish Konik horses, descendants of a wild forest horse – the Tarpan, and picturesque river knickpoints, commonly known as *szumy* (derived from the murmuring sound of water).

Queen Jadwiga Ravine, photo: K. Pęczalski

Finally, on its way south, Green Velo reaches Przemyśl – the most borderland town of today's Poland. From there the trail runs west, leads along the twisting roads of the Przemyśl Foothills, and allows to enjoy mountain-like landscapes and the San River, which is picturesquely meandering among the gentle hills. Afterwards, we reach Rzeszów and another two exceptional locations: Łańcut with its famous castle, and Leżajsk, where Green Velo meets the San River for the second time. At this point the river is more powerful, more untamed, however, seemingly much calmer than in the vicinity of Przemyśl. Along with it, the trail runs to Sandomierz – probably the most beautiful medieval town in Poland.

The final part of the route leads through the Świętokrzyski Region. The region of Sandomierz amazes with numerous loess ravines, as well as orchards and gardens stretching to the horizon. In Klimontów the cyclists are welcomed by the monumental collegiate Church of St. Joseph. Next up are the castle ruins in Ujazd, the Palace of the Cracow Bishops in Kielce and Henryk Sienkiewicz's palace in Oblęgorek, which all wait for their secrets to be unravelled. However, the greatest attention should be paid to the attractions of inanimate nature that can be found in the Świętokrzyskie Voivodeship. These include the Świętokrzyskie Mountains, the Pepper Mountains and nature reserves located in Kielce.

Four of them on the market square, and each different from the others – on cultural and religious diversity

Both pre-partition and pre-war Poland could be described as a true melting pot of cultures. Many prominent members

Augustów Canal – Mikaszówka sluiice, photo: M. Franaszek

Teutonic castle in Barciany,
photo: M. Franaszek

of Polish community belonged to other, non-Polish parts of our society. In old Poland there were towns, like Przemyśl and Włodawa, where we could meet four people having a conversation at a market square and notice that each of them was of different ethnic roots and religion (Catholic, Jew, Greek Catholic, Orthodox or members of the Armenian Church).

The Second World War and the changes it brought caused that multicultural Poland almost disappeared. However, its traces can still be found, and the journey along the Green Velo trail is a wonderful opportunity to look for them. And so, Żuławki reminds us about the Dutchmen when we think about still existing, repeatedly modified drainage systems. Warmińsko-Mazurskie amaze with their orderly cities, towns and villages dominated by brick tenements and houses, beautiful churches and awe-inspiring castles – the remnants of Germans who once lived here.



Holy Spirit Orthodox Church
in Białystok,
photo: J. Gumowski



In the Suwałki region – in Suwałki town, Wodзилki and Gabowe Grądy – we can find wooden molenas, which are old believers' prayer houses. They constituted a splinter group of the Orthodox Church and came here from the hinterlands of Russia, fleeing from persecution. A little further, to the east of the trail, lies Puńsk – a hub of the Lithuanian minority and a thriving centre of folk art. The nearby Sejny is an example of an old borderland town, where a large part of the population was Jewish.

Białystok and the vicinity of Hajnówka and Białowieża are important locations on the trail. The area is characterised by large numbers of orthodox believers. The municipalities where they constitute a majority are still in the area. Orthodox worship centres, however, are located somewhere else – in Siemiatycze and Drohiczyń that are further to the south. The "Orthodox Jasna Góra" is located in the tiny village of Grabarka and is visited by pilgrims, not only from Poland, but also from beyond our eastern border. To the east of Białystok, in Kruszyni- any, only 20 kilometres from the main Green Velo trail, is one of the centres of Polish Tartars. On the part of the trail in Podlasie we can find the traces of Jewish residents who used to live in these areas (the town of Tykocin is unmatched in this respect).

The central part of Green Velo East Cycle Trail is a continuation of this unique "multicultural festival". The areas surrounding the Bug River in the Lublin region reveal true gems: an Orthodox monastery in Jabłeczna, which is picturesquely situated right by the Bug River, the world's only Neo-Uniate parish of Byzantine-Slavonic rite under the name of St. Nikita in Kostomłoty, or the magnificent Marian Sanctuary in Kodeń. And finally, three extraordinary multicultural cities – Włodawa, Chełm and Szczepieszyn. For centuries the flavour of social life was seasoned in Polish, Jewish and Rusyn styles. The multicultural picture of the trail in Lublin is completed by Armenian tenement houses in Zamość and a Tatar Mizar (cemetery) in Zastawek.

In the Podkarpackie Voivodeship the trail runs through areas adorned by dozens of wooden Orthodox churches, which for hundreds of years were considered village and town centres. We can find them in the lowlands of the Lubaczów and Horyniec regions, as well as among the Przemyśl Foothills. However, the city of Przemyśl is the true jewel of this multicultural region. The



slender towers of its churches rise into the sky, shielding the prayers that are still said in Polish and Church Slavonic.

And finally, the trail reaches the Świętokrzyski Region, which also has a lot to say in the matter of multiculturalism. It is sufficient to visit the places like Klimontów, Szydłów or Chmielnik to feel how the old synagogues retain the memories of Jews living here in the past.

In turn, visiting Raków allows you to learn the history of Polish Arians and witness a few memorabilia they left.

We should also mention Catholic monuments, such as the famous sanctuary of the Holy Cross, a gothic cathedral with its magnificent Byzantine-Ruthenian polychrome in Sandomierz, a post-Cisterian monastery in Koprzywnica, a Baroque collegiate Church of St. Joseph in Klimontów or a cathedral in Kielce, which dates back to the 12th century.



Orthodox church
in Chotyniec,
photo: M. Franaszek

Three Denominations –
sculpture in the synagogue
in Włodawa,
photo: M. Franaszek

Windmill in Pszczółki,
photo: arch. Wikimedia
Commons, Bogdan Groth

History told by the streets and roads – on architectural diversity

When travelling along the Green Velo trail from Żuławy to the foot of the Świętokrzyskie Mountains, among several other lessons we also take one that is very special: a lesson of the history of architecture. Each region has its own unique character formed by certain communities. For centuries, by the buildings they erected (churches, tenement houses, castles, palaces, country houses, city and town layouts), they showed something very characteristic and unique to them – the way of organizing space.

When starting the journey in Żuławy, we will notice a unique architectural theme – arcades. Arcaded houses were brought to Żuławy from the Netherlands along with the Dutch colonists arriving here in the 16th and 17th centuries.

They are characterized by a specific design: their walls consist of a wooden frame, which is



filled with a special mortar – a mixture of clay and chopped straw. In a different variant, this frame is filled with fired red bricks. The second element “brought” by the Dutch include windmills, which proved themselves perfectly in the vast, open spaces of Żuławy, providing energy for pumping water from depressions. Elbląg, the capital of the region, is also unique. It is dominated by tenement houses with steep, pitched roofs.

Warmińsko-Mazurskie will show us another typical landscape element present in villages, towns or large cities. All old buildings, ranging from churches, town halls, castles and ordinary houses, are built of red brick. The finest brick buildings include the castle in Lidzbark Warmiński and the cathedral in Frombork.

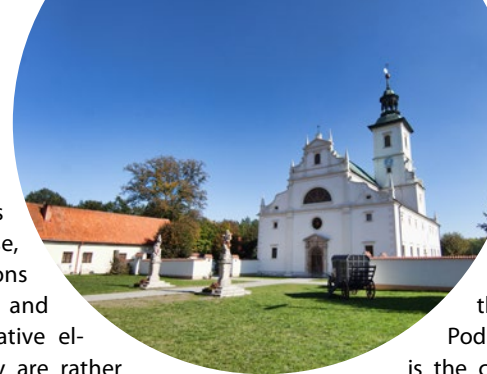
The Suwałki region introduces yet another variety: the countryside landscape is dominated by small wooden cottages, when it comes to settlements that are more than 70 years old. Even the schools of that time, if they survived, are wooden. The only village buildings from the old times that were built of brick were monasteries, churches and presbyteries, and even then – it was not a rule. However, in small towns the situation is different. Borderland small-town buildings, such as in Sejny or Tykocin, are made of brick, although the houses look exactly like bigger, brick version of their rural counterparts. If there are any tenement houses, they are rather small, mostly one-story and decorated

rather modestly. The synagogues are also made of bricks. They constitute a landscape element as typical as church towers. Of course, the palaces and mansions are also built of brick and full of fantastic decorative elements. Although they are rather scarce, they represent a remarkable example of the mastery of old foremen (e.g. the Branicki Palace in Białystok or the Buchholtz Palace in Supraśl).

The Lublin part of Green Velo East Cycle Trail allows you to see even more architectural jewels. Magnificent examples of baroque architecture (such as the churches in Kodeń, Chełm and Krasnystaw), brick orthodox churches with their fabulous shapes, and synagogues that captivate with their dignity, as well as the picturesque towns of the old Commonwealth (Janów Podlaski, Szczepleszyn and Włodawa) all await travellers.

It is also worth to stray from the trail for a moment and visit the nearby Zamość – a perfect renaissance city. Its old town was inscribed in the UNESCO list.

Rusyn culture and its beautiful wooden orthodox churches, the finest of which are located in



Radruż and Chotyniec (both inscribed in the UNESCO list), as well as in Piątkowa Ruska and Ulucz, can be found in the Podkarpackie Voivodeship. Of course, the crème de la crème of Podkarpackie architecture is the city of Przemyśl. The local mix of styles and forms (castle, churches,

monasteries, town squares, and towers) is worth a separate study. Not to mention the palaces in Kraszczyn and Łańcut, attracting envious looks from the most influential aristocratic families in Europe.

And finally, we reach the Świętokrzyskie Voivodeship. We begin the architecture history lesson in Sandomierz, a city that is rich in monuments from different centuries. We carry on by admiring the Romanesque interiors of the former Cisterian abbey in Koprywnica, a Baroque collegiate church in Klimontów, the ruins of the Renaissance castle in Ujazd and the medieval walls of Szydłów. And this is only a part of the attractions, as it is worth to see the palace in Kurozwęki, the former Camaldolese hermitage in Rytwiany, the Palace of the Cracow Bishops in Kielce and Henryk Sienkiewicz’s palace in Oblęgorek.

Flavours for Europe – on culinary diversity

Culinary tourism is a trend with an increasing popularity. Will it become popular also in Poland? It remains to be seen. Green Velo East Cycle Trail



Hermitage in Rytwiany,
photo: A. Benicewicz-Miazga

Górka Chetmska,
photo: J. Gumowski

Castle in Kraszczyn,
photo: M. Franaszek

Tenement house in Elbląg,
photo: M. Franaszek



Baking a sękacz,
photo: P. Wierzbowski /
arch. Wikimedia Commons

traverses several of the most culturally unique regions of the country and is likely to become a very interesting offer in this regard.

Żuławy, Warmińsko-Mazurskie tempt tourists not only with their beautiful landscapes, but also with interesting cuisine, full of flavours and aromas from different culinary traditions. From Elbląg to Gołdap, we are on the lands where Polish, Lithuanian, Russian, German and Ukrainian cuisine met. In order to protect and promote local flavours, the Warmińsko-Mazurskie Voivodeship became a member of the European Network of Culinary Heritage in 2005, so it can issue licenses with the "Culinary Heritage – Warmia, Masuria and Powiśle" protected trademark. Entrepreneurs, who are

applying for it, must meet very strict requirements. The main criterion is the usage of ingredients manufactured in a non-industrial manner and sourced from local producers, as well as cultivation and promotion of local culinary traditions.

The region of Podlasie is equally interesting. It mingles the Polish, Tatar, Lithuanian, Belarusian and Jewish cuisine, and each of them, after all, is extremely specific. Who wouldn't want to taste the famous kartacz (*cepelinai*) prepared

from potatoes and delicious meat and onion stuffing, or the Tatar pieriekaczownik, with its sweet or meat filling served in Kruszyniany. Also, who wouldn't want to witness how sękacz is baked, or visit one of the old rural cottages where housewives bake sourdough bread, prepare delicious kołacz (*korovais*) decorated with wheat birds and hares, serve babka (*pastry*) and potato cakes? Of course one cannot ignore the culinary essence of the region – the regional cheeses and alcohol tinctures are a true treat.

Lublin Voivodeship also tempts with many flavours. Piróg biłgorajski made from buckwheat millet – an exquisite regional tidbit traditionally prepared with groats and potatoes, with the addition of cream and fat. The second in line is cebularz, originating from Jewish cuisine. It is a wheat cake covered with a thick layer of onions mixed with poppy seeds. The grand finale is

the Lublin forszmak (*vorschmack*), a type of stew made from different kinds of meats, with pickles, peppers and tomatoes. Numerous agro-touristic farmhouses allow you to enjoy traditional farm cheeses, real rural bread and wonderful honeys and liqueurs.

Of course, local delicacies can also be found in Podkarpackie. Polish, Ukrainian and Jewish cultures have coexisted here for centuries. In larger towns, such as Przemyśl, we can also find the influence of Armenians. Nowhere else, but in Przemyśl Foothills, Bieszczady and the Lower Beskid Mountains have so many elements of Rusynian (Ukrainian, Boyko and Lemko) legacy survived. In the Podkarpackie Voivodeship, a whole range of culinary events, which – most importantly – promote local flavours, have been organised for many years. Among the tasty regional festivals, one can enumerate the Podkarpackie Tastes Festival in Górnio, the Bread Festival in Dźwiniacz Dolny, Krzeszowskie Powidlaki in Krzeszów or the International Ecological Food and Products Fair in Rzeszów. The fact that the Podkarpackie Voivodeship has 165 products on the state-run

list of traditional products only confirms its absolute leadership and culinary wealth.

And finally, the last voivodeship on the Green Velo route is Świętokrzyskie Voivodeship, a member of the European Network of Culinary Heritage. Here we can find interesting culinary inspirations, which refer to the Polish and Jewish culinary traditions. We can taste dzionie rakowskie – a dish with its roots in Jewish cuisine, similar to liverwurst or a blood sausage, but made from goose meat. There are also goose gizzards, and chłop-ska parzybroda, a soup from sweet cabbage with potatoes and the extremely nutritious Świętokrzyska zalewajka. The Świętokrzyskie Voivodeship is also a fruit and vegetable heaven, famous for its apples from Sandomierz and plums from Szydłów.



Kartacze,
photo: arch. Podlaska ROT



Chłopska parzybroda,
photo: P. Niziołek



Most important attractions

Warmińsko-Mazurskie Voivodship

The journey begins in **Żuławy Wiślane** – a land of rather unvarying landscape, as the surrounding areas are mostly flat, however, it can boast with an interesting history and a lot of monuments. It is fascinating that this land is the youngest among all Polish lands. The word “żuławy” (rough equivalent of “mudland”) describes an area formed by the accumulation of alluvium (e.g. sand, silt) throughout hundreds of years, often near river mouths, slowly creating more pieces of land. There are few depressions in Poland and most of them can be found in Żuławy; some of them reaching 1.8 metres below sea level.

The main river of the land – the Vistula – also deserves a separate story. Today it is not surprising that the main mouth of the Vistula River is located in the vicinity of Gdańsk – where else could it be? However, for centuries the main delta arm of the Vistula river, called Nogat (the famous Teutonic castle in Malbork is located on it), has flowed northeast from a place called the White Mountain (*Biała Góra*) and then into the Vistula Lagoon. Leniwka, the western branch of Vistula, increased in size thanks to people who has changed the water proportions in the river branches. Nogat and Leniwka form a river delta, a split river mouth. In addition, Nogat itself, just before the Vistula Lagoon, divides into several smaller branches, forming its own delta.

During the Middle Ages, Dutch settlers came to Żuławy. They fled their country because they were Mennonites – followers of the persecuted sect of Protestantism. They arrived in Żuławy in the 16th century and have stayed in the area for

● Żuławy landscape, photo: Bogdan Groth, Wikimedia Commons

over 400 years. Today we may admire numerous historical monuments left by the Dutch settlers (the so-called Olenders): the magnificent post and beam arcaded houses, often having up to 200 years (e.g. in Marynowce – 1803, in Nowy Staw – 1820, in Orłów – 1802, in Trutnowce – 1720), beautiful temples and a whole system of

Nogat River in Kępiny Wielkie, photo: M. Franaszek



irrigation channels, which were gradually constructed over several hundred years.

We begin the journey along Green Velo East Cycle Trail by the Nogat River, in the town of **Kępiny Wielkie**. Then, while cycling along the Nogat River and the Jagiellonian Channel, we reach **Elbląg** – the capital of Żuławy. It is worth to take a peek at one particular place – the Bażantarnia Park (the Pheasantry Park). It is a historic park located on the slopes of the Elbląg Upland. One also can't forget about the Chrobry

Mountain (*Góra Chrobrego*), which offers the best view of the city.

From Żuławy's capital we head towards the waters of the Vistula Lagoon. The trail leads through the hill belt called the Elbląg Uplands with the highest peak called the Silver Mountain (*Srebrna Góra*) (198.5 m above sea level). We descend from the hill near the place where the Elbląg River enters the waters of the lagoon, and from there we go to Frombork. On our way we pass the Silver Riviera beach in **Kadyny**. Apart



Warmińsko-Mazurskie Voivodeship



Cathedral in Frombork,
photo: M. Franaszek

Marina in Nowa Pasłęka,
photo: M. Franaszek

Basilica of St Catherine of
Alexandria in Braniewo,
photo: M. Franaszek



from water and sand, there are many facilities awaiting beachgoers: comfortable sun loungers, thatched parasols and wicker baskets. Nearby, there are also beach football and volleyball pitches (with tribunals) and aquatic equipment rentals.

Frombork itself is an absolutely unique place – and not only because Nicolaus Copernicus lived here for many years. One of the greatest churches in Poland is located in Frombork. The Archcathedral Basilica with the former bishops' palace, surrounded by walls like a fortified castle, stands on the Cathedral Hill. On the hill we can also see the old bell tower, today known as the Radziejowski Tower, with a Foucault pendulum, the Tower of Copernicus, which belonged to the famous astronomer, and the canons' residences.

From Frombork we move to **Nowa Pasłęka**, where the Pasłęka River enters the Vistula Lagoon. Recently a marina was constructed. It became yet another sailing centre in the region. At this point the trail leads inland, initially heading towards Braniewo. A picturesque section of the route leading along Pasłęka awaits us.

Braniewo, just like Frombork, belongs to Warmia – it is a land of brick churches and castles, and medieval towns and cities. In Braniewo one has to see the monumental Basilica of

St. Catherine of Alexandria, with a tower reaching up to the sky. Apart from that it is worth to see the Neo-Gothic train station and imagine that we have just travelled into the past and are leaving for Königsberg or Riga...

From Braniewo the trail runs through the northern regions of Warmia. The first town that we will pass is **Pieniężno**. There are a lot of monuments here, including a fragment of the Warmia chapter castle from the 14th century, the monumental building of the seminary and the priests of Divine Word monastery, and the 30 metre high steel railway bridge from 1885.

Past Pieniężno, a rather long and meandering part of the route runs among tiny villages to **Górowo Iławeckie**. The city has many architectural attractions, such as the historic town hall with its distinctive tower, the gasworks from 1908, and a Greek-Catholic Church of the Exaltation of the Holy Cross, which was founded in the 14th century as an Evangelical church. It is worth to take a look inside this temple in order to see the iconostasis by Jerzy Nowosielski and the magnificent ceiling painting from 1660.

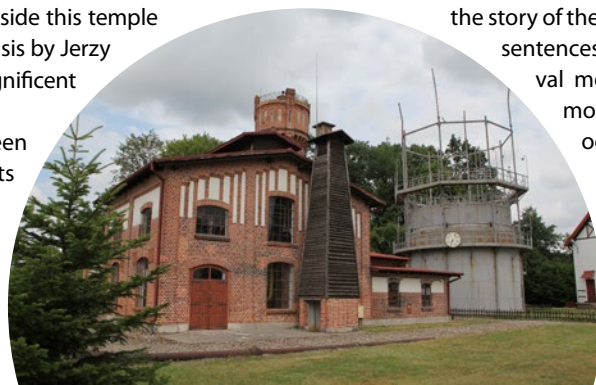
From Górowo, the Green Velo heads south and twists

Historic gasworks
in Górowo Iławeckie,
photo: M. Franaszek



Missionary-
-Ethnographic
Museum
of the Seminary
of the Divine World in
Pieniężno,
photo: M. Franaszek

among the fields before reaching the jewel of Warmia – **Lidzbark Warmiński** on the Łyna River. The city famous from its chivalry tournaments and cabaret festivals has a whole range of medieval attractions to offer. One of the most important ones is the castle of the bishops of Warmia – a wonderful example of brick Gothic. Within Lidzbark's old town and its closest vicinity there is also a lot of other interesting objects, such as the late Gothic St. Peter and Paul the Apostles Collegiate Church with its beautiful starry ceilings, the Orthodox church of the same title, which was once an Evangelical church (this temple boasted with the most sophisticated architecture among all Protestant churches in Warmia), the mighty High Gate, which is one of the three old city gates, and finally the city walls, preserved to a significant extent. It is difficult to summarize the story of the treasures of this city in a few sentences, because apart from medieval monuments it also has some monuments from later periods, such as the Baroque and Classical Krasicki's Orangery. Those who stay in the town for longer can go on a trip using the Lidzbark – Orneta cycling route located



on the old railway embankment on the Orneta – Lidzbark Warmiński – Sątopy Samulewo line, operating in the first half of the 20th century.

Afterwards, the trail goes to **Stoczek Klasztorny** – a small town that is famous for the shrine of Our Lady Queen of Peace, to where a cardinal Stefan Wyszyński was interned from 12 October 1953 to 06 October 1954, when the conflict between the communist authorities and the Catholic Church intensified.

Galiny is the next town on the route. It is there, in the bend of the Pisa River, that a beautiful palace and park complex, once belonging to the Eulenberg family, was built in 1589. Going further, we visit **Bartoszyce** on the Łyna River, with its Lidzbarska Gate built in 1468 and the historic granaries from the turn of the 18th and 19th century,

Sępólno, situated almost on an island, with its Gothic Church of St. Michael the Archangel and the remains of the city walls, and finally **Barciany** with its Teutonic castle – the former seat of the komtur (*commander*), and the brick Church of the Immaculate Heart of Mary from the 14th century.

Moving forward we enter the Masurian part of the route. As we move east, we pass a large lake complex – **Mamry** (almost 10.5 thousand



Church of the Visitation
of Holy Mary in Stoczek
Klasztorny,
photo: M. Franaszek

Castle in Lidzbark Warmiński,
photo: M. Franaszek

Palace in Galiny,
photo: M. Franaszek





Lidzbarska Gate in Bartoszyce, photo: M. Franaszek

reinforced concrete shelters survived in Mamerki. Their size clearly shows the magnitude of the military power that was once located in here.

The next place on the trail is **Węgorzewo** – one of the Masurian sailing centres. There are a lot of historic sites, including a former Teutonic castle or a church, town hall and a train station built in later periods. In recent years, several bike trails were created in the vicinity of this town, including the Węgorzewo Loop or the Small Mamry Loop. What distinguishes Węgorzewo among other important Masurian ports is the fact that it is not located by any lake. In order to reach the lake complex, sailing fans must make a kilometre-long journey along the Węgorap River and the Węgorzewo Canal.

The trail runs eastward, largely amidst fields – an unusual landscape for Masuria. From Banie Mazurskie up to Goldap, at some points the trail will come close to the Goldapa River, the right tributary of the Węgorap River. This river also forms one of the most interesting, although rarely frequented, kayak routes.



Water tower in Goldap, photo: M. Franaszek

hectares). It consists of six interconnected areas; the most northern is Lake Mamry – it is the deepest of the entire complex: the lowermost part of the lakebed is 43.8 metres below the water surface. On the western shore of the lake, relatively close to the Green Velo trail, one of Masuria's biggest attractions is located: the World War II headquarters of the German army. In the years 1940 – 1944, there were 240 bunkers of various sizes built in here. To this day, 30 massive



The city of **Goldap**, situated at the edge of the Rominta Forest and almost at the border with Kaliningrad, is a health-resort, therefore crowds of patients come here every year. New graduation towers await guests. The microclimate created in their vicinity helps to treat rheumatic diseases and respiratory ailments. One of the structures that stands out in Goldap is the pressure water tower from the turn of the 19th and the 20th century. It currently houses a café with a nice view of the city and its surroundings.



The last part of the Warmińsko-Mazurskie Voivodship part of the expedition is a magical journey to the tri-border area of Poland, Lithuania and Russia (the Kaliningrad Oblast). After traversing the next kilometres among hundreds of hills we will get to the most famous and highest (over 36 metres) railway bridges in Poland. These are the viaducts in **Stańczyki**, built at the beginning of the 20th century.

Podlaskie Voivodeship

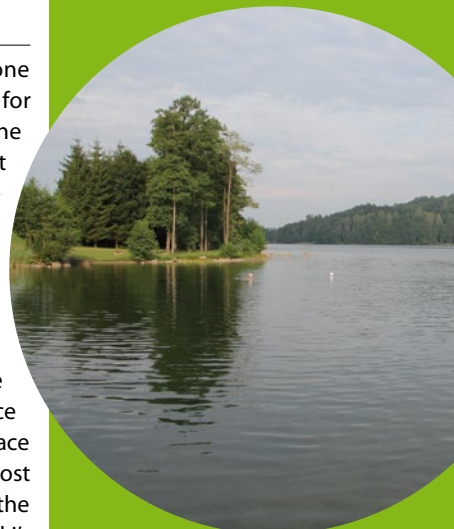
The Suwałki region has been considered one of the most fairy-like regions of Poland for many years. Just after Stańczyki we reach the Suwałki Landscape Park. Poland's deepest natural glacial lake – **Hańcza** (108,5 metres) lies within its boundaries. When riding along its western shore you can climb the Leszczynowa Mountain, which offers a fantastic view.

From Hańcza the trail runs south, but if you feel like it, you might want to take a ride through the centre of the landscape park. Once you reach it, you can see Smolniki – the place where Andrzej Wajda filmed one of the most important landscape scenes of *Pan Tadeusz*, the Cisowa Góra lookout, also known as "Suwałki's Fujiyama". You can also find the town of Wodziałki with its molenna – an Old Believers prayer house.

Further on, the trail leads through Jeleniewo to the tiny town of **Leszczewo**, near the southern end of the **Szelment Wielki** Lake. In the years 2007 – 2008 the "Szelment" Voivodeship Sports and Leisure Centre was built on the slopes of the nearby Jesionowa Góra (251 metres above sea level). In winter its ski resort attracts tourists and during the summer it offers a paintball field and a mini-golf course. The Szelment Wielki Lake is a glacial ribbon lake.

From Leszczewo we get to Suwałki, and from there we go to one of the biggest attractions of the entire trail: the **Wigry National Park**.

Port in Węgorzewo, photo: M. Franaszek



Lake Hańcza, photo: M. Franaszek

Viaducts in Stańczyki, photo: M. Franaszek



The park, which encompasses the Wigry Lake and its surrounding terrains (15.085 ha), was included in the list of the places protected under the Ramsar Convention, aimed at protecting wetlands that are the habitats of migratory birds. It also belongs to the Natura 2000 network along with the whole Augustów Primeval Forest.

The **Wigry** Lake lies in the westernmost part of the Lithuanian Lakeland. It is a glacial ribbon lake with a shape resembling the letter “S” or – as others put it – the silhouette of a swan. The area of the lake has approximately 2.115 ha, but the varied coastline, full of bays and coves, is as long as 60 kilometres. In comparison, the largest Polish lake, Śniardwy, which is over five times bigger than Wigry, has a coastline that is only 20 kilometres longer. Approximately 30 species of water birds live among the coastal plants; therefore, in 1975 the area was placed on the list of the most valuable water areas in the world (Aqua project). Wigry is one of the 42 lakes (the smallest of them – Przetaczek – is just 0.5 ha) that make up the Wigry Lake Complex. They are all inhabited by animals: invertebrates, fish, amphibians, many species of birds, as well as mammals – represented here by beavers.

Among the Wigry Lakes, there is a complex of 20 forest lakes called suchary. Suchary are distinguished by the fact that they are tightly surrounded by a forest, they have a very small area, a regular shape and almost no outflow.

Wigry also have numerous islands and peninsulas, the longest of which is as long as 4 kilometres

(Wysoki Wągiel). The most famous place in the whole Wigry National Park is located on one of the peninsulas – a former Camaldolese monastery with a church, hermitages and apartments where St. John Paul II spent the night in 1999. The brick complex was built at the turn of the 17th and the 18th century and was designed by an Italian architect, Pietro Putini. There was a Baroque church and 17 hermitages for monks built on two terraces that were located 11 and 16 metres above the water. Currently, one can visit interesting buildings and exhibitions held in here or... rent a room in a former hermitage.

It is worth to visit the Wigry Museum located in the former hydro-biological station in **Stary Folwark**. It belongs to the Wigry National Park and presents different facets of Wigry’s natural environment.

One should also mention the Wigry Narrow Gauge Railway. It was created to transport wood from the Augustów Primeval Forest. After the renovation in 2001, it was brought back to life. It now runs on a ten-kilometre long scenic route from Płociczno to Krusznik and passes among others, the Wigry Lake.

From Wigry you travel southeast towards the Augustów Forest area and along the Czarna Hańcza, the most popular kayak trail in Poland, which begins in Lake Hańcza and ends at the border with Belarus. We pass a couple of villages and reach



the spot, where Czarna Hańcza merges with the waters of the **Augustów Canal**.

The 101-kilometre-long canal (80 kilometres are located within Poland) was built between 1824 and 1839. It was supposed to connect the Kingdom of Poland with the Baltic Sea, and allow inland shipping to bypass the lower section of the Vistula, which was situated in Prussian territory at that time. Eighteen locks are placed in the whole canal, 14 of which are on the Polish side. They allow to maintain full navigability of this waterway. The Polish part of the canal ends at the Dębowo lock, on the Biebrza River, whereas the Belarusian one – in the town of Niemnowo. Every summer you can take a cruise along the canal starting from Augustów. There are also boat trips along the papal trail (“Augustów Canal – The Papal Trail”), which was opened to commemorate the cruise which John Paul II took on the 9th of June 1999 on the “Serwy” ship. This trail has won the Gold Certificate issued by the Polish Tourist Organisation.

The trail reaches Augustów – a health resort, which is known as the “summer capital of the Podlaskie Voivodeship”. The key to its success is the proximity of a number of charming lakes connected by the Augustów Canal to form one



Monastery in the Wigry National Park, photo: J. Trojanowski

Lake Necko, photo: arch. Podlaska ROT



Augustów Canal – Studzieniczna sluice, photo: J. Koniecko

Biebrza, photo: P. Świątkiewicz

vast peatlands of the Biebrza Valley and parts of the Sokólskie Hills. The park spreads along the fancifully meandering Biebrza River, which created a wide valley in its central part, and consists of peat bogs called the Biebrza Marshes. Some rare species of plants and animals, mostly birds, are still present in those areas thanks to the original environment preservation. These birds are the main attraction of the bogs that attract lots of ornithologists and enthusiasts every year. also It is worth visiting Biebrza to see a much larger animal: an elk. The whole area of the Biebrza Marshes was inscribed in the list of the Ramsar Convention.

When cycling in the Biebrza National Park, you move along the Biebrza River towards the point at which it joins the Narew River, near the town of Wizna. On the way, you will pass the Osowiec Fortress – one of the most interesting 19th century fortresses in Poland. It was built at a spot where the marshes are narrower. The marshes were an obstacle to enemy troops and



impressive waterway. You can spend your time in an active form by the lakes, rent some water sports equipment and use a water ski lift on the Necko Lake. You can also take a trip on a gondola or a cruise ship, opt for kayaking down the Rospuda or go horse riding.

The Biebrza National Park, yet another attraction on the trail, is the largest protected area in Poland – it has more than 59 thousand hectares. It was created in order to protect the

constituted a part of a system of fortifications protecting the Russian Empire from East Prussia. The Osowiec Fortress is famous due to the fact that it has never been conquered. Today, the Osowiec Fortress Museum is open in one of the forts (Fort I – Central), allowing to explore the secrets of the stronghold.

It is also worth knowing that in the east of Biebrza, in **Suchowola**, one will find... the centre of Europe. It is marked by a boulder placed in the Suchowola Park. If you were to venture further east, you should stroll into **Lipsk**, which is a folk art centre (e.g. weaving, Easter eggs paintings) and to **Różanystok**, where you may find i.a. the Catholic Marian sanctuary and old Orthodox monasteries.

Near the Narew River the Green Velo trail reaches Strękowa Mountain and then **Łomża**. We are reminded about the town's past by cemeteries of three faiths: Catholic, Protestant and Orthodox, as well as by the magnificent Gothic cathedral of St. Michael the Archangel. There are also a few more interesting places to visit in the vicinity of Łomża: in Piątnica there are tsarist forts connected by a system of mighty ramparts and moats, in Drozdowo there is the Natural History Museum housed in a mansion owned in the past by the Lutosławscy family, near Drozdowo there is the Łomża National Park of the Narew Valley, and in Nowogród there is the Kurpie Open Air Museum.

Going further, you head east to **Tykocin** – one of the most atmospheric towns in Poland that was once inhabited by large numbers of Jews (at the beginning of the 19th century they constituted approx. 70% of the city's population).

The unique spatial arrangement is still preserved with its gorgeous town square and monuments. Two of them deserve special attention – the Small and Great Synagogues (built in 1642, currently used as a museum). Near the market square you can also see the Baroque Church of the Holy Trinity, the Bernardine monastery and the 17th century veteran house for soldiers. On the other side of the Narew River one will find a partially reconstructed castle of

Sigismund II Augustus, which is a museum today. On the west end of the city there is the oldest kirkut (*Jewish cemetery*) in Podlaskie, with a macewa (*tombstone*) from 1791. In Tykocin you can stray from the trail, ride west along the south bank of Narew, and reach Kiermusy and Pentowo. An unusual open-air museum is located in **Kiermusy**.

You will see the courtly fours, the Rome Tavern and the Jantarowy Castle, which is a faithfully recreated border castle, situated at a spot where the border between the Commonwealth and the Grand Duchy of Lithuania once ran. Kiermusy's main attraction is the Bison Refuge – Poland's first private croft of the Royal Bison. In **Pentowo** you will find a mansion from 1904, built of wood from the Białowieża Forest. The village of Pentowo proudly



Synagogue in Tykocin, photo: M. Franaszek

Osowiec Fortress, photo: arch. Podlaska ROT

Jantarowy Castle in Kiermusy, photo: arch. Podlaska ROT





Palace of Branicki Family,
photo: arch. Podlaska ROT

Podlasie Philharmony and
Opera House,
photo: J. Gumowski

Śliwno–Waniewo footbridge
in the Narew National Park,
photo: J. Gumowski



calls itself the 7th European Stork Village – every year you can count more than 30 nests of those black and white frog-eaters. The village is situated on the Podlasie Snork Trail, the longest bike trail in the Podlaskie Voivodeship.

From Tykocin, Green Velo East Cycle Trail heads southeast and reaches the northern borders of the **Narew National Park** just after a few kilometres. It is eight times smaller than the Biebrza Park, but it allows to witness something truly unforgettable – a braided river bed. Within the park area, Narew divides into hundreds of branches that make up an extremely complicated system flowing around hundreds of islands of varying size. More than 150 species of wandering birds nest here every year.

One cannot miss the Śliwno – Waniewo footbridge while staying in this area. It is an extremely long bridge constructed over the waters and backwaters of the Narew River. The footbridge is consists of five parts that are connected by floating platforms powered by human muscle.

Several minutes later we reach multicultural **Białystok**. Apart from Catholics,

there are also followers of Islam, Judaism, Orthodoxy and various Protestant beliefs. Before the World War II, a lot of Białystok's inhabitants were Jews, who influenced the architectural landscape of the city. We can see here i.a. the 19th century Piaskower synagogue, the Cytron Synagogue that is currently used as an art gallery and the memorial of the Burnt Synagogue. However, the most magnificent monument in Białystok is the Branicky Palace erected during the 17th and 18th century, called the “Versailles of Podlasie”. The Podlasie Philharmony and Opera House also capture attention, not to mention the two Orthodox prayer houses, especially the Holy Spirit Orthodox Church. Białystok is also intersected by numerous thematic routes of Esperanto, the House of Branicki, the manufacturers from Białystok, temples, Jewish heritage, cuisine, wooden architecture or the Polish People's Republic. Prestigious dance festivals and competitions held in “the Polish dancing capital” attract dancers from all over the world.

From Białystok we go further east, along the shores of the Supraśl River, and we reach the town of the same name. In **Supraśl** you will find a true gem: the Orthodox Monastery of the Annunciation and St. John the Evangelist – the so-called Lavra Supraska. One of the few well-preserved Gothic-Renaissance defence Orthodox churches stands in here. In Supraśl, however, we will find more unusual places like the Icon Museum and Buchholtz palace, which now houses an art high school or the beautiful riverside boulevards. The town is also a spa resort thanks to its peculiar microclimate and the nearby deposits of peloids.



We travel east from Supraśl for quite a while, until we reach Gródek. While stopping there you can stray from the trail and go to **Kruszyniany** – the famous Tatar village. It is worth to see the wooden mosque and mizar – a Muslim cemetery.

From Gródek, past the Siemianówka reservoir, we reach Białowieża, which is located on the edge of the **Białowieża National Park**. The park has an area of over 10.5 thousand hectares and protects the best-preserved part of the Białowieża Forest, the Europe's last natural primeval broadleaf and deciduous forest. The Białowieża Primeval Forest was inscribed in the UNESCO list.

Białowieża itself is also worth seeing. One can visit the European Bison Show Reserve, see the historic buildings of the disused railway station, the Centre for Nature Education at the



European bison
at the edge
of the Białowieża Forest,
photo: J. Klej

Białowieża National Park or spend some time in the Palace Park that was built at the turn of the 19th and 20th centuries as the hunting residence of the Russian tsars. The park is like a botanical garden, with more than 130 species of trees and shrubs. There is a unique group of old oaks, consisting of 17 trees aged 600 to 800 years.

Once we set off, we pass **Hajnówka** – one of the major centres of the Belarusian minority in Poland.

While riding along the eastern border of the country, we get to **Grabarka** – the most important place of Orthodox worship in Poland. Thousands of pilgrims come here and bring votive crosses for the Feast of the Transfiguration on the 6th of August. The crosses set around the church during the past three hundred years create a forest-like view and that is why Grabarka is often called the “Mountain of Crosses”.

We say goodbye to the Podlaskie Voivodeship in **Mielnik**, which is also inhabited by many Orthodox believers. You can witness the picturesque Bug Valley from the top of the Castle Hill. On the hill you can see the remains of the settlement from the 11th and 12th centuries and a brick chapel – the monument of Alexander Nevsky from 1865, as well as the ruins of the Royal Castle and Castle Church, both from the 14th century. Other temples have also survived historical turmoil: the Orthodox Church of Our Lady the Purest, the neo-Baroque Church of

Orthodox monastery in Supraśl,
photo: J. Trojanowski



Mosque in Kruszyńiany,
photo: Polimerek,
Wikimedia Commons

Grabarka – the Mountain
of Crosses,
photo: M. Franaszek





Horse stud farm in Wygoda near Janów Podlaski, photo: J. Gumowski

Bug River near Gnojno, photo: J. Gumowski

Lublin Voivodeship

The journey on the part of the trail that leads through the Lublin Voivodeship begins with a true feast for the eyes – we admire the charming landscapes surrounding the Bug River. We soon reach **Wygoda** near Janów Podlaski. There is a world-famous Arabian stud farm here. Its history dates back to 1817, when a shortage of horses could be felt after the Napoleonic wars. One of a few stud farms that could help to rebuild the population was established in Wygoda. Today Arabian purebreds and Anglo-Arabian are bred in the stud farm. The prestigious “Pride of Poland” Arabian horse auction takes place here every August. The high value of the mounts from Wygoda can be attested by the amounts paid by the buyers – the El Paso stallion was purchased in 1981 by Armand Hammer for a million dollars.

Janów Podlaski, once colourful, today is a quiet small town. A magnificent Baroque Bishops’ Palace from 1770 is located a bit on the side. The village centre has the impressive Baroque Church of the Holy Trinity and the 18th

the Transfiguration and a synagogue, which currently houses an art gallery. The only functional open-pit chalk mine in Poland is also located in Mielnik.

century seminar building right next to it, which serves as a school nowadays. On the market square you will see an automotive rarity – one of the oldest petrol stations in Poland with an original, manual fuel distributor manufactured by Temper Extakt in 1928.

A few kilometres south of Janów lies the **Uroczysko Zaborek Hotel** – a complex of historic wooden buildings (including a church, a presbytery, a manor house and a windmill) adapted to the current hotel needs.

The rich history of **Biała Podlaska** (20 km south from the trail) can be evidenced by numerous monuments: the Radziwiłł castle complex, the building of the former Bialska Academy, St. Anne’s Church or the only monument of Józef Ignacy Krąszewski in Poland.

From Janów Podlaski we move south-east. After crossing the Bug River we stay near the country’s border and the river delineating it – this scenic area is protected by the **Podlasie Bug Gorge Landscape Park**. In the park, near the town of Neple, is the “Podlasie’s Switzerland” natural reserve that protects valuable forest stands growing on the steep slopes of the Bug River.

Further, we reach **Pratulin**. In this area, on 24 January 1874, thirteen Ukrainians lost their lives at the hands of Russian soldiers, who killed them for their protest to subdue their temple to the Russian Orthodox Church.



Lublin Voivodeship





Green Velo near Pratulin,
photo: J. Gumowski

The Pratulin parish Church of St. Peter and St. Paul of 1838 is also the shrine of Podlasie's Martyrs. One can find yet another wooden temple, called the Pratulin Martyrium, located nearby, at the spot of the Orthodox church defended by the Uniates.

Afterwards, the trail leads to Terespol, and from there further south, amidst the scenic villages, as if lost in the bends of the Bug River. In one of them, **Zastawek**, one will find a mizar – a Muslim cemetery. The oldest preserved tombstone here is from 1704 and marks the grave of Samuel Murza Korycki – a Tatar squadron commander in the Commonwealth's army. In turn, the world's only neo-Uniate parish of Byzantine-Slavonic rite can be found in **Kostomłoty**. There is a Uniate sanctuary in the historic Orthodox

Church of St. Nikita the Martyr built in 1631. In the vicinity of **Terespol**, there are the preserved fragments of the Brest Fortress. It was one of the most outstanding examples of the development of the art of fortification at the turn of the nineteenth and twentieth century.

A little further south, in **Kodeń**, we will see two magnificent temples: the Baroque Church of St. Anna – the shrine of Our Lady of Kodeń, and the nearby late-Gothic castle with an Orthodox church, which is one

of the oldest in Poland. In the main altar of the sanctuary there is a miraculous image of the Blessed Virgin Mary that used to be kept in Rome. In 1631 Mikołaj Sapieha came there to pray for healing. He did this in the chapel where the miraculous image of the Holy Virgin hung. Prayer has proven to be effective, and Sapieha decided not to return to Poland without the painting. Therefore, he stole it and after returning to his homeland, he placed it in the church in Kodeń.

A few kilometres further the trail reaches **Jableczna**. According to legend, the icon of St. Humphrey, which was floating on the Bug River, was washed ashore here and designated the spot for the construction of an Orthodox monastery that is open ceaselessly since the 15th century. Every year, on the 24th and 25th of June thousands of people come here to celebrate the feast of St. Humphrey.

Ślawatycze is the next stop in our journey. There are two temples facing each other: the Church of Our Lady of the Rosary and the Orthodox Church of the Protection of the Mother of God. Each year, during the last three days of December, the ślawatycy brodacze, men dressed in

Sanctuary
in Kostomłoty,
photo: J. Gumowski



Orthodox monastery
in Jableczna,
photo: J. Gumowski

linen beards and traditional hats made of flowers, walk the streets of Ślawatycze. It is said if you meet them, it brings good fortune. Wooden figures of these bearded men can be seen on the town square.

The last stretch of the route next to the Bug River will lead us to two cities: **Włodawa** and **Chełm**, both famed for their multiculturalism. It is worth to mention the Great Synagogue in Włodawa – one of the finest synagogues in the former Commonwealth, now the seat of the Museum of Łęczna and Włodawa Lake District that, among other exhibitions, displays the history and culture of Polish Jews. In Włodawa it is also worth to see the Baroque Church of St. Louis from mid-eighteenth century, and the Orthodox Church of the Nativity of the Blessed Virgin Mary, from the nineteenth century. The monuments of

Chełm include: the monumental 18th century Basilica of the Nativity of the Blessed Virgin Mary, the Uściługska Gate and the late-Baroque Church of the Sending of the Apostles, as well as John the Evangelist's Orthodox Church from the 19th century. When you are in Chełm, make sure that you visit the historic chalk

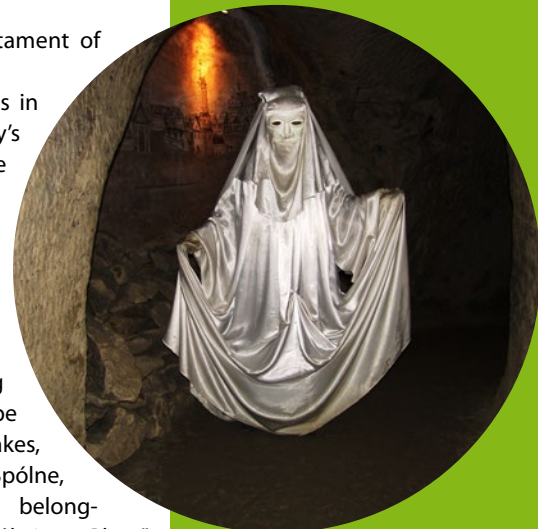
underground – the unique testament of European chalk mining.

The **Chełm Landscape Park** is in the north of Chełm. The country's only carbonate peat bogs can be found there.

Between Włodawa and Chełm, we will cycle through the **Włodawa Forest**. On its northern edge there is a popular summer resort called Okuninka by Jezioro Białe (White Lake). Among the trees of the Sobibór Landscape Park we will find charming lakes,

such as the Perespa, Spólna, and Koseniec, belonging to the "Żółwiowe Błota" (Turtle Bogs) reserve that was created in order to protect the country's most populous breeding ground of the European pond turtle.

The Sobibór Forests, however, have a dark past. In here, in the vicinity of the **Sobibór** village, a Nazi death camp was located. Approximately 250,000 Jews were exterminated here. In the summer of 1943 its prisoners revolted and approx. 300 managed to escape. After this event, the camp was razed to the ground and then ploughed. Today, at this spot we will see a mound, a memorial alley and a memorial built in the memory of the camp's victims. There is also the Museum of the Former Death Camp in Sobibór.



Chełm chalk tunnels,
photo: S. Turski

The Great Synagogue
in Włodawa,
photo: J. Gumowski

Museum of the
Former Death Camp
in Sobibór,
photo: J. Gumowski





Krasnystaw,
photo: J. Gumowski

Town square in Zamość,
photo: Mceurytos,
Wikimedia Commons

Beetle monument
in Szczeczeszyn,
photo: J. Gumowski



From Chelm we get to **Krasnystaw**, where it is worth to see the post-Jesuit Church of St. Francis Xavier from the turn of the 17th and 18th centuries. If visiting August, you should also attend the National Brewers' Festival, the Chmielaki Krasnostawskie.

Afterwards, we will be cycling among the fields stretching to the horizon. In **Nielisz** we will pass the region's largest reservoir, with a sandy beach and a popular water sports centre. Soon after that, we will reach **Szczeczeszyn** which is famous for its almost unpronounceable name and one of the most popular nursery rhymes in Poland that tells the tale a certain beetle. The figures of this likeable beetle can be found by the water spring at the foot of the Castle Hill and on the market, in front of the town hall. There

are also interesting religious monuments in Szczeczeszyn: a synagogue housing a community centre today, an Orthodox church of the Dormition of the Holy Mother of God from the 18th century with its wall paintings, and the Church of St. Nicholas that has some features of Lublin Renaissance.

While going further, it is worth to briefly stray from the route and visit the nearby **Zamość** – an ideal Renaissance city designed by Bernardo Morando on behalf of the Great Crown

Hetman Jan Zamoyski in the second half of the 16th century. In addition to the Poles many Armenians, Jews and Greeks lived here. Zamość is famous for the only in Poland, original, Renaissance urban and architectural complex based on a pentagon, and bastion fortifications. Here you can see a town square with a beautiful town hall and arcaded tenement houses, the Zamość Academy, churches of various faiths (a cathedral, an Orthodox church, a synagogue), the former Zamoyski palace and the zoo. The Old Town in Zamość was inscribed in the UNESCO list in 1992.

By travelling south from Szczeczeszyn, we reach **Zwierzyniec**. In here, at the end of the 16th century, Jan Zamoyski has established one of the biggest zoos in Poland. Its fence was almost 30 kilometres long. It was inhabited by deer, wolves, boars, tigers, wildcats and lynxes. The Zamoyski zoo was botanical and zoological garden, and gave the impetus for the subsequent development of nature conservation in the area. Many companies were established in Zwierzyniec. The most famous of them is the brewery, which still operates today. Among the many monuments,

Echo Ponds,
photo: J. Gumowski



„Church on the Water” in Zwierzyniec,
photo: J. Gumowski

the 18th century Church of St. John of Nepomuk, with its spectacular illusionist polychrome, still stands on its island. Every year, both the city and its neighbourhood house many interesting events, including the LandArt Festival and the Summer Film Academy.

The most valuable areas of Roztocze were taken under protection of the **Roztocze National Park**. It is a great idea to start the tour by visiting the Museum and Education Centre in Zwierzyniec, where the visitors can see an interesting exhibition about nature. Educational trails begin at the centre. From here we can reach, for example, the Bukowa Mountain. It is a great vantage point that allows to admire the panorama of Roztocze's fields.

Near Zwierzyniec, among the forests, you will find the Echo Ponds, which were transformed into scenic swimming pools. These areas are a habitat of a Polish Konik horse – in the area of 180 ha, these horses live in the wild (they are fed only in winter). A few kilometres south of the ponds, in **Flo-rianka** you will find the Forest Chambers that was built on the foundations of a lodge from 1830.



The final fragment of the Green Velo trail in the Lublin Voivodeship is a journey through the Solska Primeval Forest – the second largest forest complex in Poland. **Górecko Kościelne** lies near the trail. The 19th century wooden chapel can be found on the Szum River, whereas the central part of the village houses the extraordinary Church of St. Stanislaus built in the 18th century. A beautiful oaken avenue connects them. The oldest oak is approx. 500 years old.

Next we go to **Józefów** – the cycling capital of Roztocze. Almost 100 kilometres of bike trails and paths cross the municipality. The most important monuments of this town are the church and the synagogue from the second half of the 19th century. A large quarry with an observation tower and a nicely located reservoir offer even more attractions. Afterwards, the trail leads to the

Susiec region. The scenic knickpoints on the Tanwia, commonly called szumy (derived from the murmuring sound of water), are a must-see. You will find them in the “Nad Tanwią” Reserve. An educational trail leads through the reserve. Yet another interesting reserve in these area is the “Czar-towe Pole” (west of Susiec) covering the Sopot River gorge, together with the ruins of an 18th century paper mill.



Stone quarry in Józefów,
photo: S. Turski

Polish Konik horse by the Echo Ponds,
photo: J. Gumowski

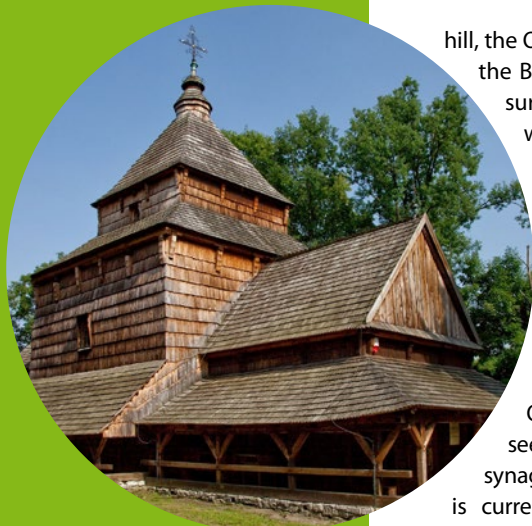
„Nad Tanwią”
Nature reserve,
photo: J. Gumowski



A circular inset photograph showing a sandy beach with many people swimming and sunbathing. A thatched-roof structure is on the right, and a dense forest of tall trees is in the background under a blue sky with clouds.

ska. In here, on a small

A circular inset image showing a large, historic stone building with multiple windows and a red-tiled roof, partially obscured by autumn foliage. The building features a mix of stone and plasterwork, with several large arched windows on the ground floor and smaller rectangular windows above. A balcony with a dark railing is visible on the left side. The scene is set against a clear blue sky, with the warm tones of autumn leaves framing the top and left edges of the circle.[illegible]



Orthodox church in Radruż,
photo: K. Zajączkowski

hill, the Orthodox Church of the Nativity of the Blessed Virgin Mary is located and surrounded by lime trees. Since the war, no religious services were performed here, however it is worth to ask for the key at the farm on the other side of the road and see what secrets it hides.

Next, from Wólka Żmiłowska, we go to the town of **Wielkie Oczy**, where – apart from a church and a destroyed Orthodox church – we can see a newly restored synagogue which is currently housing

a library.

If we head even further south, we will reach **Chotyniec**. Once it was a large Ukrainian village, whose inhabitants were displaced in 1947 during the Vistula operation. One of the most beautiful wooden Orthodox churches in Poland can be found in here.

It was built in 1615 and inscribed in the UNESCO list

in 2013. In the temple you can see the 18th century polychrome with figures and ornaments, and the 17th century iconostasis with the miraculous icon of the Virgin Mary, which was most probably created in 1671.

Before we get to Przemyśl, we will reach the wonderful arboretum in **Bolestraszyce**. It was established on the site of a 19th century garden by the manor where Piotr Michałowski lived and worked. He was

a well-known portrait painter and one of the most interesting Polish painters of the Romantic period. The area of the arboretum was designated in 1975 and includes a several-hectare park and one of the forts of the Przemyśl Fortress. The institution owes its current shape to PhD Jerzy Piórecki – its creator and long-time director. In Bolestraszycach you can see plants from all over the world, including many rare or even endangered species. The exhibitions of both flora and fauna are also organised here.



The nearby **Przemyśl** is one of the oldest cities in Poland. It existed as soon as in the 9th century. On the top of the hill towering above the Old Town there is a Renaissance castle, whereas atop the highest hill of the city you can admire the mysterious Tatar Mount, dating back to the ninth century. It was probably a place of worship of the Slavic gods. As it befits a multicultural city, we will find many traces of the Jewish community: the so-called new Jewish cemetery (the old one has not survived to our times) and two synagogues – the New Synagogue and Zasańska Synagogue.

However, Przemyśl is also a stronghold – and one of the biggest ones in Europe. It was built in the second half



Orthodox church in Chotyniec,
photo: K. Zajączkowski

of the 19th century and had to defend the Austro-Hungarian Empire from Russia. The Przemyśl Fortress consisted of dozens of forts and bastions built at a distance of 7-10 km from the city and forming a perimeter around the center, which is Przemyśl itself. During World War I, the fierce battles were fought over the fortress and it was besieged three times. In 1968 the destroyed forts were considered a monument of defensive architecture. Today, the black fortress trail allows you to visit the fortress.

It is worth knowing that you can also see bastion fortifications in south of Przemyśl – in the 18th century they were constructed around the Franciscan monastery in **Kalwaria Pałacowska**, which was located on a hilltop. There is a shrine devoted to the Blessed Virgin Mary and the Passion of the Christ; sometimes called the Jerusalem of the East. Apart from the monastery and church, it is worth to visit the cavalry alleys with 42 wooden and brick chapels.

From Przemyśl, the trail leads west, through the northern part of Przemyśl Foothills, and at the same time – through the Przemyśl Foothills Landscape Park. For some time we will follow the San River valley. On

our way we pass the **Krasiczyn** castle – a magnificent monument of Polish Renaissance. High walls surround the huge square courtyard and four mighty towers rise in the corners of the castle. Their names are Divine, Pontifical, Royal and Noble, which is also called the Knights' tower. In the central part of the western wing we will see the high clock tower. In the past everyone had to pass through it, after crossing the drawbridge, in order to enter the courtyard. Visitors will be delighted by

wonderful attics, carved portals, loggias, arcades and a unique wall decor, the so-called "sgraffitoes". Their total area is estimated at approximately 7.000 m²!

After we leave Krasiczyn and the San River valley, we begin ascending the scenic mountain pass which is overlooking four

villages: Zohatyn, Jawornik Ruski, Borownica and Lipa. On our way to the pass we will cycle next to an exceptionally beautiful wooden Orthodox church, located on the outskirts of the **Piątkowa** village (formerly Piątkowa Ruska). Today it is forgotten and unused, but it still has its arcades and mighty doorposts intact.

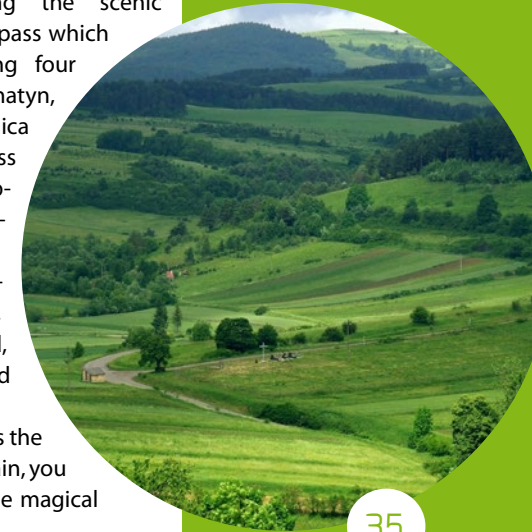
From the pass, the trail follows the shortest route to Dynów, but again, you can take a detour and visit three magical



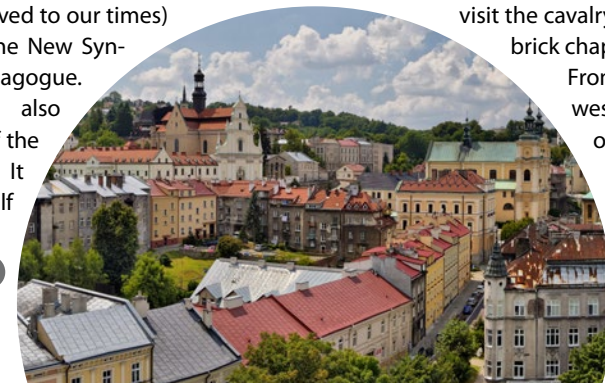
Orthodox church in Piątkowa,
photo: M. Franaszek

Castle in Krasiczyn,
photo: M. Franaszek

Przemyśl Foothills,
photo: D. Hop



Synagogue in Wielkie Oczy,
photo: M. Franaszek



Przemyśl landscape,
photo: M. Franaszek



Orthodox church in Ulucz,
photo: M. Franaszek

places – Mrzygłód, Dobra and Ulucz. In **Mrzygłód** the attractions include the well-preserved spatial layout of an old town, as well as its original cobblestones and wooden cottages that dominated the village not so long ago. The two other villages have wonderful churches that represent two completely different styles. The temple in **Dobra** is very impressive thanks to its three towers and a bell tower standing right next to it, whereas the Orthodox church in **Ulucz** impresses by its Gothic shape and timber finish, and... its location.

Originally, the church was to be built at the foot of the Dębnik hill, where a small stone chapel stands today. However, the building materials placed at this spot disappeared and showed up... on the top of the hill – exactly where the church stands today. With some difficulty, the materials were transported down, but they appeared on the hill yet again. It was therefore considered that it is the personal intervention of the Providence, which expects the church to stand not at the foot of the hill, but on its top.

In Dynów we cross the San River once more and head northwest, to Rzeszów. On the way, we visit



Town square in Rzeszów,
photo: T. Rusznica

the most beautiful aristocratic residences in Poland. The tour in its well-equipped interiors is a must while visiting the Podkarpackie Voivodeship. The 36-ha park surrounds the palace. It is divided into the internal (within the moat) and external park (outside the moat). You can visit the Italian Garden, the Rose Garden, and the Perennial Garden. Of course, there is also an orangery and a romantic castle. The popular spots include the manège that was built in 1830, the 19th century stables, the orchid house and the coach-house from the beginning of the 20th century that accommodates a collection of carriages.

From Łańcut, the trail runs to Leżajsk. In this part, however, it is worth to stray from the path and visit **Medynia Głogowska**. In the local 19th century pottery farmhouse you can participate in the entire pottery production process.

And finally, we reach **Leżajsk**. There is the ohel (*a type of funerary*



Castle in Łańcut,
photo: M. Franaszek

chapel) of Tzadzik Elimelech, which is visited by thousands of Chassidim from the remote parts of the world. The ohel consists of the three parts: the central one with the Tzaddik's grave, and two prayer parts – for women and men. Inside the ohel, there is also the original macewa (*tombstone*) of the Tzaddik built in 1776. When staying in the city, it is also worth to see the Museum of the Leżajsk Land, which is located in the Starost's Manor, and ride to the Bernardine monastery and see the magnificent basilica. It owns the 17th century organs that are considered to be one of the most valuable monuments of this type in Europe.

While riding along the San River to the northwest, we will reach **Rudnik** – the city of basket-weavers. Since the 19th century, the skill to plait various everyday objects like tables, armchairs and even couches, with wicker used as material, is passed from generation to generation.

Afterwards, the trail leads to **Ulanów** on the San River. The raftsmen tradition of the Commonwealth of Poland was born in here. Nowadays, you can still see



Pottery farmhouse
in Medynia Głogowska,
photo: M. Franaszek

Plaiter Centre in Rudnik,
photo: M. Franaszek



Ohel of Tzadzik Elimelech
in Leżajsk,
photo: M. Franaszek



the Regional Museum in **Sołonka** built in 1985, which presents material and spiritual culture of the villages in the vicinity of Rzeszów. Among more than 3.000 exhibits you can find i.a. tools, everyday objects and works of folk art. In Sołonka it is also worth to visit the brine graduation towers. The iodine-rich water flows down stonewalls in here. In **Rzeszów**, which the capital of the voivodeship, it is worth to take a walk along the "Rzeszów's cellars" Underground Tourist Trail. It is almost 400 metres long and leads through cellars built between the 14th and the 18th century. The Museum of Bedtime Cartoons will bring you a lot of fun. Visitors will meet the iconic heroes from cartoons such as Miś Uszatek, Colargol or Koziołek Matołek.

From Rzeszów, the trail leads to Łańcut. However, it is worth to stray from the route here and go to **Markowa**. You can find an open-air museum that allows you to see how the nearby villages looked like at the turn of the 19th and 20th century, and to take a peek inside the cottages from that period. In the future, visitors to Markowa will also have an opportunity to visit the Museum of Poles Who Saved Jews in Podkarpackie. In 2013 the cornerstone for its construction was laid in here.

Łańcut is famous for its early-Baroque Lubomirski and Potocki Castle. It is one of

Domes of the Orthodox
church in Dobra,
photo: M. Franaszek



the raftsmen houses with their gables facing the road and two traditional rafts that were used to carry timber down the river in the San harbour.

Once we reach the Vistula River when cycling along the San River, we end the our journey in Podkarpackie.

Świętokrzyskie Voivodeship

After crossing Vistula near Sandomierz, we enter the Świętokrzyskie Voivodeship. We get to the other side of the river via a bridge and head straight to **Sandomierz**. While wandering in the city, you can marvel at everything: the historic tenement houses, the remains of the Medieval city walls and the Gothic Opatowska Gate, the Kazimierzowski Castle on the Vistula River, the Baroque synagogue, the Gothic Cathedral of the Nativity of the Blessed Virgin Mary with its magnificent Byzantine-Ruthenian polychrome from the first half of the 15th century, the 13th century Church of St. James in the Dominican monastery, the monumental Collegium Gostomianum, i.e. the former Jesuit school, and finally the underground tourist trail. The list goes on and on. If it was not enough, you can also take a hike into the Pepper Mountains that expose Cambrian-era rocks that are 500 million years old or the loess Queen Jadwiga Ravine, which slopes are up to 10 metres high. You can also sit by the Vistula and relax or go for a trip on a cruise ship.

From Sandomierz we go up the Vistula. What awaits us now is a true festival of sights: magnificent orchards stretch to the horizon. They are particularly picturesque in the spring, with trees covered with millions of flowers, and in autumn when they redden with ripening fruits.

We reach the small village of **Skotniki**. Among the trees you will find a small brick Church of



Manor house in Skotniki,
photo: M. Franaszek

John the Baptist from mid-fourteenth century, and on the other side of the road a fortified manor house from the early 18th century with much older bowers. The mansion is surrounded by a half-wild, romantic park. Nearby we can also see the outlines of the old moat.

If you leave the trail for a moment, you can visit one of the greatest monuments of the Sandomierz region – the monastery in **Koprzywnica**. The monastery with the Church of St. Mary and St. Florian was founded in the 13th century for the Cisterians, who were brought here by the king



Town hall in Sandomierz,
photo: K. Pęczalski

Church and monastery in Koprzywnica,
photo: M. Franaszek



Świętokrzyskie Voivodeship

Chańcza reservoir,
photo: K. Pęczalski

Kazimierz Sprawiedliwy (Casimir the Just). Visiting the monastery complex offers a unique lesson of the art history. The well-preserved Romanesque elements, such as the four-column portal with a tympanum in the church and the chapter house in the east wing of the monastery are definitely the most attractive fragments.

We return to the trail and head northwest to reach **Klimontów**. The towers and the dome of the Baroque collegiate Church of St. Joseph, designed by Laurentius de Sent, rise over the townhouses. This majestic building is one of the finest seventeenth-century religious monuments in Poland.

We cycle on, admiring the picturesque scenery. On this stretch of the trail, the land becomes hilly. Just before the town of Iwaniska, in a small village of **Ujazd**, we stop in front of a gate, and a cross and an axe etched in stone. It is a sign that we reached the ruins of the Krzyżtopór castle (Cross-axe castle). This mighty residence was built in the 17th century for Krzysztof Ossoliński, and designed by Laurentius de Sent. It is a palazzo in fortezza building; it means "a palace in a fortress". The walls and moat, the outline of which is still visible today, protected this magnificent

Collegiate church in
Klimontów,
photo: M. Franaszek

Ruins of the Krzyżtopór
castle in Ujazd,
photo: M. Franaszek



constituted the most famous sanctuary in Poland. Polish dukes and kings went there on foot (e.g.

Władysław Jagiełło (*Vladislaus Jogaila*) before the Battle of Grunwald). There are protected rock scree, called gołoborze, on the slopes of the Święty Krzyż Mountain.

the Holy Trinity Church. It was built in the second half of the 17th century on the ruins of the demolished Arian church. It is the most impressive building in the town up to this day.

Raków is close to the **Chańcza** reservoir that paints unforgettable views in the landscapes of Świętokrzyskie. The forests and meadows surrounding it invite you to rest in this scenic area.

Further on, the Green Velo trail heads northwest through the picturesque villages, and meanders along the edge of the southern part of the Cisowsko-Orłowski Landscape Park. It is an extremely "green" part of the route. It runs, among others, near one of the most interesting reserves in the region – the "Białe Ługi" bog. We can see it just before reaching the town of Trzemeszna, when we head towards the top of the Kamień Mountain. A little further on, the trail reaches yet another holiday resort: **Borków**. Here you will find a reservoir functioning as an open-air swimming bath. You can relax, rent pedal boats or kayaks, or simply eat something tasty.

On the stretch between Chańcza and Borków we will repeatedly see the Świętokrzyskie Mountains looming in the north. Their most famous peak – Święty Krzyż (594 metres above sea level), before the "era of Jasna Góra" (i.e. before the war with Sweden in the 17th century, when the legend of the Pauline abbey was born)

palace. Its form amazes even today. The castle had as many windows as there are days in a year, as many rooms as there are weeks in a year, and as many magnificent halls as there are months. The four corner towers symbolized the four quarters of the year. A beautiful Italian-style garden was located on the northern side of the residence. The castle looks beautifully from each side. It suddenly shows up among the peaceful, charming villages.

From Ujazd we head to **Raków** – a city that was an important centre of Polish Arianism in the 17th century. The Raków Academy, a middle school of the Polish brothers, operated here. It was known for its high level of education. Today you can see, among others, the symbol of the Counter-Reformative movement's victory that is

„Kadzielnia” nature reserve,
photo: K. Pęczalski

Palace ruins
in Podzamcze
Piekoszowskie,
photo: K. Pęczalski





Sienkiewicz's palace in Obłęgorek, photo: K. Pęczalski

the "Kadzielnia" reserve, we will reach the city centre if we stay on the bike path. It is worth to visit many museums that the city has to offer (e.g. the Museum of the History of Kielce, the Museum of Toys and Games, the Museum of Stefan Żeromski's School Years), and above all, the Castle Hill. Over there you will find the best-preserved residence of the Vasa era – the Baroque Bishops' Palace built in the years 1637-1644. The building now houses the National Museum, as well as an exceptionally valuable gallery of Polish painting. Cathedral of the Assumption of the Blessed Virgin Mary, which dates back to 12th century, can be found nearby.

Those who decide to go around Kielce's downtown area, will find themselves next to the Biesak-Białogon geological reserve. Fans of geological trivia should also visit other inanimate nature reserves in Kielce: "Ślichowice", "Kadzielnia", "Wietrznia" and the cutting-edge Geoeducation Centre. After we go back on the route, we cross Krakowska street and ride near a highland-style wooden church in the Białogon district. You can leave the trail for a moment and visit the seven-



Reservoir in Sielpia Wielka, photo: K. Pęczalski



Remains of a foundry in Bobrza – defence wall, photo: K. Pęczalski

on the Karczówka hill, which safe-keeps a statue of St. Barbara made from solid gale-na (lead ore). The greater part of the Karczówka Hill belongs to a landscape reserve of the same name, where you can see, among others the remains of lead mining industry.

From Kielce we head to the nearby **Podzamcze Piekoszowskie**. There are ruins of a seven-teenth-century Tarło Palace located here. It is modelled after the Palace of Cracow Bishops in Kielce.

Going further north, after several minutes, we will reach the village of **Obłęgorek** and have a chance to see a charming palace located on the hill. In 1900, the Polish society gave it to Henryk Sienkiewicz to commemorate the 25th anniversary of his literary work. The palace is surrounded by a small garden, which often served as a place of work for the writer. Sienkiewicz lived here from 1902 to 1914. After the outbreak of World War I he escaped to Switzerland and never returned to Poland. After his death, his third wife, Maria, and a son, Henryk Józef moved in and looked after the property un-

til 1944. Since 1958 the palace houses the Museum of Henryk Sienkiewicz.

From Obłęgorek, after passing the area of the Suchedniowsko-Obłęgorski Landscape Park,

we ride along probably the most beautiful fragment of the final stretch of Green Velo East Cycle Trail. The hills of the westernmost part of the Świętokrzyskie Mountains form a magnificent scenery. For every descent into a valley, we climb the hilltop once again, and enjoy the beautiful views.

Surrounded by such a landscape we reach the town of **Bobrza**, where the Bobrza River crosses the Obłęgorek Mountain Range. Here are the remains of the largest foundry operating during the era of the Kingdom of Poland. This plant was supposed to produce as much foundry iron as all other foundries in the Kingdom together. It consisted of five furnaces, each 18 metres high. A stone wall, which was 500 metres long and 15 metres high, was built to defend it. A dam was constructed on the Bobrza River. It was supposed to build up the river waters in order to provide energy for air blowers fanning the fires under those giant furnaces. The foundry's construction was interrupted by the outbreak of the November uprising in 1830, but the unfinished remains look impressive up to this day.

We are approaching the end of the journey. We reach the largest holiday resort in the Świętokrzyskie Voivodeship – **Sielpia Wielka**. It is teeming with life, which is not surprising, given the number of local attractions. Active



Krakow Bishops' Palace in Kielce, photo: K. Pęczalski

tourists can go hiking and cycling along numerous trails, rent water sports equipment or visit a rope park adjacent to the Sielpia reservoir. People interested in technology may visit the Museum of the Old Polish Industrial Region.

Now we head north to **Końskie**, where it is worth to see the classicist palace and park complex from the 18th century, renowned for its so-called "small garden architecture" (Egyptian Orangery, Greek Temple, glories, etc.),

In Końskie our long journey through the eastern Poland comes to an end.

Tourist Information – selected points

Warmińsko-Mazurskie Voivodship

Elbląg. Tourist Information Centre, Old Town Hall, Old Market, phone: +48 55 2393377, www.ielblag.pl.

Open from May to September, Tourist Information Centre in Brama Targowa, Old Market Square.

Frombork. Tourist Information Centre, at Młynarska 5a, phone: +48 55 2440677, www.frombork.pl.

Braniewo. Tourist Information Centre, at Kate-dralna 7, phone: +48 55 6443303, www.it.braniewo.pl.

Pieniężno. Tourist Information Centre, at Generalska 8 (Town Hall building), phone: +48 55 2374600, www.pieniezno.pl.

Lidzbark Warmiński. Tourist Information Centre, at Krasickiego 1, phone: +48 89 5190052, www.osir.lidzbarkwarminski.pl. Seasonally (June–September) Tourist Information Centre, at Wysokiej Bramy 2, phone: +48 89 7674148, www.lidzbarkwarminski.pl.

Bartoszyce. Municipal Information and Visitor Centre, at Bohaterów Warszawy 96, phone: +48 89 7629880, www.gci.bartoszyce.pl.

Węgorzewo. Visitor Centre, bulwar Loir-et-Cher 4, phone: +48 87 4274009, infotur@wegorzewo.pl.

Gołdap. Gołdap Region Development Foundation – Tourist Information Centre, pl. Zwycięstwa 16, phone: +48 87 6152090, poczta@frg.pl.

Podlaskie Voivodeship

Suwałki. Tourist Information Centre, at ks. Hamerszmity 16, phone: +48 87 5662079, cit@um.suwalki.pl.

Krzywe, Wigry National Park. Tourist Information Centre, at Krzywe 82, phone: +48 87 5632562, 510992672, turystyka@wigry.org.pl.

Augustów. Tourist Information Centre, at Rynek Zygmunta Augusta 44, phone: +48 87 6432883, it@augustow.eu.

Osowiec-Twierdza, Biebrza National Park. Tourist Information Centre, Osowiec-Twierdza 8, phone: +48 85 7383035, it@biebrza.org.pl.

Białystok. Regional Tourist Information Centre, at Odeska 1, phone: +48 85 7326831, 503356482, cit@podlaskieit.pl.

Supraśl. „Bukowisko” Tourist Information Centre, at Piłsudskiego 64, phone: +48 85 7102470, turystyka@powiatbialostocki.pl.

Hajnówka. Białowieża Primeval Forest Tourist Centre – Local Tourist Organisation, at 3 Maja 45, phone: +48 85 6824381, turystyka@powiat.hajnowka.pl.

Lublin Voivodeship

Biała Podlaska. Tourist and Culture Information Centre, at Warszawska 11, phone: +48 83 3416720, citbialapodlaska@o2.pl.

Włodawa. Tourist Information Centre, at Partyzantów 25, phone: +48 82 5717073, it.wlodawa@gmail.com. FHU Grażka II – Tourist Information Centre, at Rynek 4, phone: +48 82 5722069, grazka.2@wp.pl.

Chełm. Tourist Information Centre, at Lubelska 63, phone: +48 82 5653667, www.itchełm.pl.

Zamość. Tourist and History Information Centre, at Rynek Wielki 13, phone: +48 84 6392292, zci@zamosc.pl. Tourist Information Centre Branch, at Łukasieńskiego 2e, phone: +48 84 5381733, luneta@zamosc.pl.

Zwierzyniec, Roztocze National Park RNP Museum and Education Centre – Tourist Information Centre, at Plażowa 3, phone: +48 84 6872066, www.roztozczanski.pn.pl.

Susiec. Tourist Information Centre, at Tomaszowska 100, phone: +48 84 6654410, www.susiec.pl.

Podkarpackie Voivodeship

Horyniec-Zdrój. Tourist Information Centre, at Jana III Sobieskiego 4, phone: +48 16 6313105, turinfhoryniec@interia.pl.

Przemyśl. Tourist Information Centre, at Grodzka 1, phone: +48 16 6752163, www.visit.przemysl.pl. Tourist Information Centre at the PTSM „Ma-

tecchnik” Youth Shelter, at Lelewela 6, phone: +48 16 6706145, www.ptsm-matecznik.pl.

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

Łańcut. Podkarpackie Tourist Agency, TI Point, at 3 Maja 10, phone: +48 17 2254850, patlancut@onet.pl.

Leżajsk. Municipal Cultural Centre – Tourist Information Centre, at Mickiewicza 65, phone: +48 17 7851135, www.citik.kultura.lezajsk.pl.

Świętokrzyskie Voivodeship

Sandomierz. Tourist Information Centre, at Rynek 20, phone: +48 15 6446105, www.sandomierz.travel. PTTK Office of Tourist Services, at Rynek 12, phone: +48 15 8322305, www.pttk-sandomierz.pl.

Klimontów. Tourist Information Centre, at Krakowska 19, phone: +48 601760948, www.klimontow.pl.

Ujazd. Tourist Information Centre – Krzyżtopór Castle Cultural Institution, Ujazd 73, phone: +48 15 8601133, www.krzyztopor.org.pl.

Szydłów. Tourist Information Centre, at Targowa 3, phone: +48 41 3545313, www.szydlow.pl.

Bieliny. Tourist Information Centre, at Partyzantów 3, phone: +48 41 2608152, www.osadasredniowieczna.eu.

Daleszyce. Tourist Information Centre, at Kościelna 5, phone: +48 41 3072247, www.daleszyce.pl.

Kielce. Regional Tourist Information Centre, at Sienkiewicza 29, phone: +48 41 3480060, www.swietokrzyskie.travel.

Strawczynek. Tourist Information Centre – Local Government Culture and Sports Centre, at Turystyczna 6, phone: +48 41 3038635, 3335797, sckis@strawczyn.pl, info@olimpicstrawczyn.pl.

Sielpia. Tourist Information Centre, at Spacero-wa (beside the pier), informacja@konskie.travel; open: July–Aug Sat.–Sunday.

Końskie. Tourist Information Centre, at Partyzantów 1, phone: +48 41 3729088, www.konskie.travel.

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GREEN VELO EASTERN CYCLE TRAIL

joy of traveling

landscape diversity

numerous historic sites

Eastern Poland at its best

heritage of many cultures

colourful traditions

extraordinary delicacies

2000 km – 5 voivodeships

natural treasures



WWW.GREENVELO.PL



DEVELOPMENT
OF EASTERN POLAND
NATIONAL COHESION STRATEGY

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