



Guide to bike kingdoms

East of Poland Cycling Trail
Green Velo

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How to use the guide

The guide is intended for fans of active "two-wheeled" recreation. It contains descriptions of twelve bike kingdoms and the attractions located within them.

1 Kingdom map

The map includes five voivodeships and the bike kingdoms they encompass, with a marked route of the Green Velo trail.



1

2 www.greenvelo.pl portal

Using the portal, you can plan excursions: get to know the trail and pinpoint tourist attractions and accommodation in the surrounding area.



2

3 Mobile application

The application may help you with finding all essential information about the trail while en route.



3

4 Cyclist's guide

The guide contains some basic guidelines to ensure the safety of cyclist.



4

5 MOR/MPR

Information about Cyclist Service Centres and Cyclist-Friendly Locations can be found here.



5

6 Bike kingdom descriptions

A thorough description of each kingdom allows for planning excursions through regions most interesting to tourists.



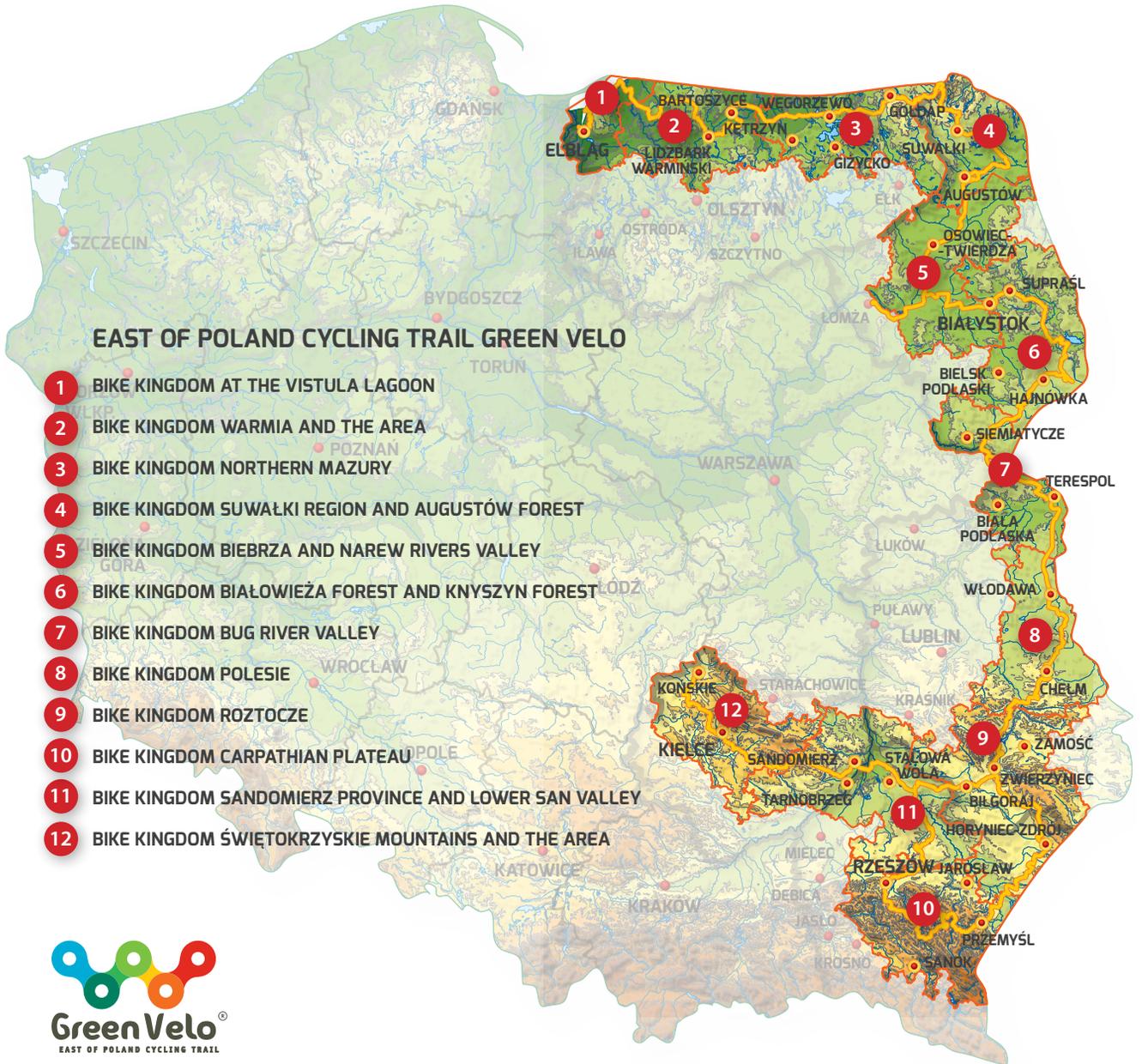
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7 Practical information



7

East of Poland Cycling Trail Green Velo



The investment „Cycle Routes in Eastern Poland” which involved the creation of the Green Velo trail was financed by the European Regional Development Fund under the Operational Programme Development of Eastern Poland 2007-2013, Priority Axis 5: V: Balanced development of tourist potential based on natural conditions, Activity V.2 Cycle routes. The course of the trail was marked out in the years 2008-2009 within the framework of the corridor study, and the investment started on the basis of a feasibility study whose preparation was completed in 2012. The construction of the route

lasted from 2013 until the end of 2015. Co-

financing of the whole project was

274 million Polish zlotys and

the investors were the lo-

cal authorities of the five

voivodeships of east-

ern Poland through

which the route

passes: Warmińsko-

-Mazurskie voivode-

ship, Podlaskie

voivodeship, Lubel-

skie voivodeship,

Podkarpackie voivode-

ship and Świętokrzyskie

voivodeship. A promotional

campaign financed by the

Świętokrzyskie Voivod-

Authority and the Świętokrzyskie Voivod-

ship's Regional Tourist Organization (an executive partner of

the project with the support of the five voivodeships of East-

ern Poland) and constituting the complimenting investment

was undertaken during 2014 and 2015.



Construction of the route 2013–2015



Co-financing 274 million Polish zlotys



The name of the bike kingdom	The most important towns	Length of the Green Velo trail
At the Vistula Lagoon	Elbląg Braniewo	89,8 km
Warmia and the area (liaisons Pieniężno)	Lidzbark Warmiński Bartoszyce	149,9 km
Northern Mazury (liaisons Korsze)	Węgorzewo Gołdap	152,4 km
Suwałki Region and Augustów Forest (liaisons Augustów)	Suwałki Augustów	141,1 km
Biebrza and Narew Rivers Valley (liaisons Łomża)	Osowiec-Twierdza Łomża, Tykocin	131,3 km
Białowieża Forest and Knyszyn Forest (liaisons Białystok, Białowieża)	Białystok Supraśl Białowieża	178,6 km
Bug River Valley (liaisons Serpelicze)	Siemiatycze Terespol Sławatycze	158,3 km
Polesie	Włodawa Chełm Krasnystaw	151,7 km
Roztocze (liaisons Biłgoraj)	Zwierzyniec Horyniec-Zdrój	201,9 km
Carpathian Plateau (liaisons Rzeszów, Łańcut)	Przemyśl Rzeszów	195,8 km
Sandomierz Province and Lower San Valley (liaisons Biłgoraj)	Leżajsk Sandomierz	201,1 km
Świętokrzyskie Mountains and the area (liaisons Kielce)	Kielce Końskie	132,9 km

The Green Velo - East of Poland Cycling Trail is marked along its length by metal signboards displaying a coloured trail logo on an orange background. These signs were introduced into the Highway Code in 2013 in time for the completion of this project. Along the entire length of the trail there are a few thousand signboards of five different types.

The basic square R4 sign measuring 20 x 20 cm marks the trail route and also confirms its continuance at crossroads. The R4b is an arrow showing the direction of the trail at crossroads. The R4c, R4d and R4e are all additional markings demonstrating distances to the most important towns along the trail, and indicating the course of any other cycle lanes which cross the Green Velo route.

Characteristic Green Velo branded green boards are situated at Cyclist Service Points, transport connections, cycle lane junctions, and major tourist attractions. Each Cyclist Service Point is also marked by a plate with the name of any visible locations, towns or attractions in the vicinity.

Additionally, dozens of liaison routes have been created which allow cyclists to link to junctions and major tourist attractions near the main trail. They are also marked with R4 signs with a black trail logo and a specific route number. The first digit of the number corresponds to the voivodeship where the route begins, and the next two digits correspond to the identification of the route. For example:

- Warmińsko-Mazurskie voivodeship: 101 etc.
- Podlaskie voivodeship: 201 etc.
- Lubelskie voivodeship: 301 etc.
- Podkarpackie voivodeship: 401 etc.
- Świętokrzyskie voivodeship: 501 etc.

This system allows for the creation of further branches and connections in the future and guarantees the legibility of trail markings as well as making for a more pleasurable cycling experience.



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

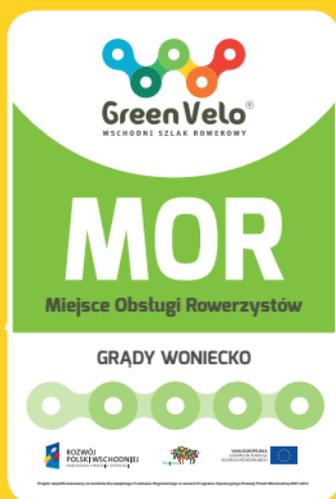
- Cyclists must observe many of the same road regulations that are mandatory for car drivers.
- It is not compulsory to have a bicycle driving permit if you are 18 years old or older, whereas younger bikers must pass an exam.
- Children under 10 can ride on roads only if accompanied by an adult, and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



The Green Velo - East of Poland Cycling Trail is noteworthy due to the recreational infrastructure, which lines the route. Some of these places, providing a similar service to that of service stations on motorways, have been named Cyclist Service Points. There are about 230 Cyclist Service Points on the route from Elbląg to Końskie and they are situated - usually at tourist attractions and interesting towns - every 8-10 kilometres. Cyclist Service Point locations are shown on the interactive trail map (found at www.greenvelo.pl) and also on specific route maps along the trail.

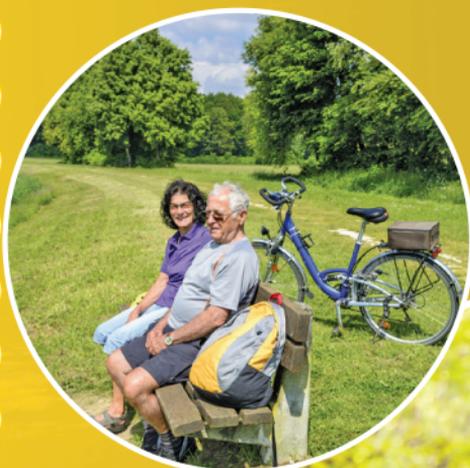
All Cyclist Service Points are uniformly marked and equipped with sheds, benches, U-shaped bicycle racks, information boards and rubbish bins. A number of them are also equipped with portable toilets and water containers.

Cyclist Service Points enable cyclists to rest and take shelter to find out about nearby attractions. Visiting Cyclist Service Points is free but please remember that MORs are only for resting, and not camping.



The system of Cyclist-Friendly Places constitutes a supplement to the Cyclist Service Points. At the portal (www.greenvelo.pl) there is a search facility for accommodation, dining facilities, tourist attractions, tourist information centres, and other services that may be of interest to cyclists. These places are remarkable due to their warm welcomes, and because riders can eat, sleep and sightsee without worrying about bike security.

Visitors are able to comment on the quality of Cyclist-Friendly Places (comments will be verified by trail administrators). Thanks to this feature, the quality and range of services offered to cyclists remains current.



East of Poland Cycling Trail Green Velo

The Green Velo East of Poland Cycling Trail is the longest consistently marked cycle trail in Poland. It leads through picturesque areas of eastern Poland and along quiet asphalt roads. Many measures have been introduced along the trail to improve cyclist safety. The main route is 1885 kilometres long. Additional liaison trails are about 200 kilometres in length, and have similar markings to the main route.

New and rebuilt cycle paths, and pedestrian and bicycle trails account for about 300 kilometres of the route, and unpaved roads for around 150 kilometres. More than 30 bridges and footbridges have been created or renovated for the Green Velo Trail, and more than 20 key junctions have been rebuilt. 230 Cyclist Service Points have been constructed, each equipped with bicycle racks, sheds and benches, as well as with rubbish bins and information boards.

There are an additional 10,000 kilometres of other marked cycle routes along the trail, as well as hundreds of noteworthy tourist attractions. The route leads through five national parks and numerous landscape parks and nature



preserves. Along the northern part of the trail, long sections have been laid on the embankments of former railway lines.

The trail has been divided into 12 so-called 'bike kingdoms'. These are attractive regions where longer visits are the norm. Visitors can take advantage of over 100 one-day, weekend (or longer) cycling tours around the kingdoms of Eastern Poland - arguably the most beautiful parts of our country.



The Vistula Lagoon Bike Kingdom can be divided into three smaller regions, each quite different one from the other. The first region is the flat landscape of Żuławy Elbląskie, the second is the hilly, forest covered Elbląg Upland, and the third, the Vistula Lagoon, Staropruskie Coast and the westernmost of the Warmia Plains.

The trail starts (and finishes) in Elbląg. The city, rebuilt after partial destruction during WWII, is now the first (or last) point for visitors following the Green Velo trail. South and West of Elbląg lies the flat, fertile Żuławy Elbląskie region. Arcaded houses, in which rich peasants used to dwell, are typical of the area. The whole region consists of a marshy depression, which was drained over generations through the lengthy efforts of many of its inhabitants. The spirit of the Mennonites, Dutch religious outcasts who found their second homeland in the area during the First Republic of Poland, is still present there. Their melioration skills are largely responsible for the current look of Żuławy.

Riding through the Elbląg Upland in the central part of the kingdom is a serious challenge for cyclists as altitudes vary significantly, and there are some very steep up and downhill sections.

The entire area is divided by myriad little valleys and ravines



and is covered with beech forests which are protected as part of the Elbląg Upland Landscape Park. The trail runs through the Upland hills to the shores of the Vistula Lagoon near Suchacz.

Here the trail follows the railway line through the charming little harbour town of Tolkmicko, to Frombork – the city where Nicolaus Copernicus lived and worked. From the top of Radziejowskiego Tower on the Cathedral Hill stretches a vast and breath-taking panorama incorporating the Vistula Lagoon and the meadows of the Staropruskie Coast - through which the rivers of Pasłęka and Bauda flow. The route leads along the Lagoon shore, and then along the banks of the Pasłęka River to Braniewo where there are a few historical sites of note. The trail through the centre of Braniewo follows the Pasłęka River, and then takes riders onwards towards the seemingly endless plains of Warmia.



The kingdom of Warmia and the area comprises the western part of the historical land of Warmia and [so called] Lower Prussia. The name of Warmia derives from the name of the Prussian Warmowie tribe, who just as with the other Prussian tribes, were defeated by the Teutonic Knights in the 13th century. As far as landscape and geography is concerned, the two different areas of the kingdom can be clearly distinguished from one another.

The picturesque Górowo Hills lie in the eastern part of the region between Pieniężno and Lidzbark Warmiński. Vast open spaces prevail. The landscape is diversified by the red roofs of the villages, and the remains of manor estates. In this part of the kingdom the two small towns of Pieniężno and Górowo Iławeckie are the most remarkable. Situated a little way off the trail near the Russian border and well worth a visit is Żywkowo – the European Stork Village. In the western part of the kingdom is the flat and barely forested Sępólno Lowland.



Lidzbark Warmiński is not just the most interesting city in the kingdom but also the capital of Warmia. Sights include the majestic castle of the bishops of Warmia, the Old Town, the attractive catholic churches, the Orthodox church and the conservatory pavilion of Ignacy Krasicki surrounded by its beautiful garden.

From Lidzbark to Stoczek Klasztorny the route runs along a former railway track. The baroque shrine to the Virgin Mary in Stoczek Klasztorny, built to express gratitude for the victory over the Swedes, is particularly remarkable due to its unusual architecture. From here the trail continues through Galiny, an interesting settlement with a beautiful palace and a charming park, to the mediaeval city of Bartoszyce and its gothic sites.

To encourage you to explore this historical land from your bicycle seat, a few other interesting bike routes have been laid out around Lidzbark Warmiński and Bartoszyce. And just like everywhere on the Green Velo trail, it is worth taking extra time to explore this area further.



The name of the Kingdom - Northern Mazury – can be confusing, especially to cyclists following this section of the Green Velo trail that expect to see lakes and sailing boats. In fact, riders may be surprised by the natural wilderness, secluded places and the diverse landscapes, through which the trail leads. The route circumnavigates the best-known part of the Great Masurian Lakes.

From Srokowo the trail follows a specially designated cycle route, which runs along the main road, making travelling through such a hilly landscape - in which fields, lakes and forests prevail – less exhausting. Just outside Srokowo, cyclists should expect a steep uphill section, on completion of which is the reward of a breathtaking panorama across the Diabla Góra area, and a long cruise downhill.

Węgorzewo and the surrounding area is very well setup for cyclists. There are specialist firms providing bike rental and a wide variety of accommodation choices. This wooded lake land area is of course famous for its sailing and outdoor activities.

East of Węgorzewo, the trail follows former railway lines. The region of Hilly Masuria, also called Wild Masuria, spreads from



around the village of Banie Mazurskie to the East. The section between Węgorzewo and the border with Podlaskie Voivodeship consists of long up and downhill sections, which as cyclists say, are a “leg killer”. From here, the railway lines deliver cyclists safely to the Gołdap Health Resort - the second most important place along this part of the trail, and an interesting town close to the Russian border.

East of Gołdap a mysterious Rominty Forest spreads across the land. The eastern section of this dense forest complex consists of Scandinavian taiga spruce and is unique in Poland. One of the highest railway bridges in Poland can be found in the village of Stańczyki and is an unusual attraction in this eastern part of the forest.

Past Stańczyki, the Green Velo trail takes cyclists along the border to a tripoint of the borders of Poland, Lithuania and Russia not far from the village of Bolcie, before it enters the next magical kingdom of Suwałki Lakeland and the Augustów Plains.



The Suwałki Region and Augustów Forest are some of the most beautiful parts of this country, famous for their nature, clean rivers, forests and lakes, for frosty winters and hot summers. This kingdom is amazingly diversified.

The northern part of the area is taken by the fabulous Suwałki region. The views it offers have no equal in Poland.

The route runs along the western shore of the Hańcza Lake in order to go by the highest hill of the region from the south. From there, along the southern shore of the Szelment Wielki Lake, the route runs close to a new winter sports resort WOSiR Szelment to Suwałki.

It is worth visiting the renovated city centre. The city itself has an interesting urban layout with historic Catholic and Orthodox churches, a market, the Regional Museum and the Museum of Maria Konopnicka.

Closer to Suwałki tourists will find another treasure of this kingdom – the Wigry Lake, which, together with its close surrounding, is protected as a part of the Wigry National Park. Over the northern part of the lake, on a





peninsula, tourists will find the 18th century former Camaldolese monastery complex with a baroque church, which was reconstructed after the Second World War.

Further along, the route leads to the Augustów Forest, along the Czarna Hańcza River and the Augustów Canal. This route lures cyclists with views of parts of Czarna Hańcza, one of the cleanest rivers in Poland, and a historic monument of the Augustów Canal dam.

The last stop in this kingdom's map is Augustów, which can be reached using a connection route designated in accordance with the Green Velo standard. This city is located at the edge of a forest and surrounded by lakes. It has a status of a health resort and enjoys a fully developed tourist base. The green city of Augustów is a Mecca for water sports enthusiasts.

The tourist facilities of the Suwałki Landscape Park, the area of Wigry and Augustów are excellent. A dense network of well-marked routes invites tourists to visit many places.



The kingdom of Biebrza and Narew Rivers Valley stretches from the north to the south, from the area of Augustów to Łomża and Białystok. This is a land of marshes, a sanctuary of elks and a paradise for those who love birds, peace and quiet. The route is marked along asphalt and unpaved roads, on the edges of the Biebrza and Narew Rivers Valleys, which are protected as national parks and a landscape park. However, in order to enjoy the most interesting sites, you need to ride off the main route to one of the side paths running through the most valuable areas of the national parks. This region can be visited on foot, by bike or from water.

The Green Velo route stretches along the Augustów Canal and leads to the unconquered, old Russian Osowiec Fortress, which dates back to the second half of the 19th century. The next stage is the so-called Tsar's Road stretching on the eastern bank of the Biebrza River to Strękowa Mountain.

The Narew River Valley towards Łomża, protected as the Łomża Landscape Park of the Narew River Valley, constitutes a habitat of numerous beavers, elks, bats and many bird species. It is worth noticing the valuable and rich vegetation of almost 40 protected plant species.

The connection route leads to Łomża, a multicultural city, which is the third biggest in the region. In Łomża, one should visit a



historical, 16th century cathedral, a convent and church of Benedictine sisters, a monastery and church of Capuchin Friars, a market square and the town hall, the Regional Museum and a necropolis of various religions. Hanka Bielicka, commemorated in a form of a bench in Łomża, is one of the famous people connected with the city. The boulevards by the Narew River and a port with a marina are an interesting tourist attraction, as well.

The main route leads from Strękowa Mountain to charming Tykocin, one of the most beautiful, baroque towns in this voivodeship. The main attractions of this town include: a synagogue, Alumnat, a church of the Holy Trinity and other historical buildings. From Tykocin, the route leads eastwards to Białystok, through the area of the Narew National Park, where walking on a footbridge with floating jetties between Śliwno and Waniewo is a must.

The towns located by the Biebrza and Narew rivers offer farm tourism accommodation facilities whose owners are very open and hospitable. Numerous tourism companies offer attractions such as canoeing, rafting, "psychówki" boats and thematic trips.



The region can be described as a kingdom of the bison. Almost the entire route leads through the wilderness of the Białowieża and Knyszyn Primeval Forests. At the start, the trail takes in the capital of the Podlaskie Voivodeship – Białystok. You should take a look at the imposing Branicki Palace and gardens – known as the “Versailles of Podlasie” – and the recently renovated market square, fascinating churches and Orthodox churches, museums, and the modern Podlasie Opera and Philharmonic. There are also several thematic trails through the city, focusing on the churches of Białystok, local wooden architecture and the Branicki family.

Next, the Green Velo route runs east to the charming village of Supraśl near the border with Belarus. It is dominated by the magnificent Orthodox Lavra Monastery, rebuilt after the Second World War and home to a unique Icon Museum.

Between the Knyszyn and Białowieża Primeval Forests, the trail runs through farmland, and there is a section opening out onto wide panoramic views. You cycle past the villages of Michałowo and





Siemianówka, the Siemianówka reservoir and the village of Narewka before reaching Białowieża.

The route leads right into the heart of the Białowieża Primeval Forest along the boundary of the national park to the Old Białowieża range. Set among ancient oak trees, the main route turns westwards towards Hajnówka, but it's worth continuing east to Białowieża. While you're there, the absolute must-see spots are the Nature and Forest Museum, the Bison Show Preserve and the Orthodox church with a splendid iconostasis, while the best walks are through the palace gardens by the former Tsarist residence and a guided hike to the most treasured section of the park – the Protected Preserve.

There are many agrotourism quarters throughout both forests, and a dense network of marked cycle routes.

From Białowieża, the trail follows forest vistas towards Hajnówka, then runs along the edge of the forest via Kleszczele to Czeremcha, leaving the wilderness behind to take cyclists to the next magical kingdom along the Green Velo route: the Bug River Valley.



The Bug River Valley kingdom extends in the southern part of the Podlaskie Voivodeship and the northern part of the Lubelskie Voivodeship. The terrain is almost flat or gently rolling. The river meanders lazily across the plain, with picturesque villages and towns dotted along its banks.

The River Bug is a natural obstacle for cyclists. Fortunately there are two ferry crossings along the route. One runs from Mielnik on the right bank to Zabuże on the left bank, where a connecting trail takes you back to the main route via Serpelice. The alternative is to use the crossing between Niemirów on the right bank, in the Podlaskie Voivodeship, and Gnojno on the left bank and in the Lubelskie Voivodeship. The crossing isn't always operational, so make sure you check ahead in Mielnik.

There are many marks of the region's multicultural past along the route, including places of worship, sanctuaries and cemeteries of different religions and denominations. Make sure you stop off at the Grabarka Holy Mount – the most





Podlaskie

Lubelskie
Smakuj życie!

important site for followers of the Russian Orthodox Church in Poland. Also worth visiting is Mielnik with its Castle Hill and open-cast chalk mine, Drohiczyn – the original capital of Podlaskie – and bunkers along the former Molotov Line. Janów Podlaski in Lubelskie is home to a world-famous stud farm. The small town of Terespol is an important communication hub, with the Brest Forts located nearby. South of Terespol lie notable Catholic sanctuaries in Kodeń and Jabłeczna, and a wooden Neo-Uniate Orthodox church in Kostomłoty. The wooden architecture of the Hanna village and the town of Sławatycze are also very picturesque.

The entire route runs along paved highways with low volumes of traffic. It's perfect for cyclists who want to do some sightseeing of historical sites and local towns and villages along the way.



The Polesie region spans an area around the borders of Poland, Belarus and Ukraine. Although Poland is home to a relatively small part of the region, it still covers an extensive area in the east of the country.

The Poleski National Park is in the Łęczyna-Włodawa Lakeland in the central part of the kingdom, about 20 kilometres west of the Green Velo route. You can explore the park on foot or by bicycle following marked paths and trails.

The southern part of the kingdom, where the Bug river runs along the border with Ukraine, is home to marshland and the extensive pine Sobibór Forest. The Sobibór Forest also holds a vestige of the dark history of the Second World War: the Former Death Camp in Sobibór, at the time hidden deep in the forest.

The trail runs through Włodawa and Wola Uhruska, some of the most interesting towns in this part of Polesie. In Włodawa, visit the well-preserved monuments of its residents' multicultural heritage, with the most notable examples of architecture being the church, synagogue and Orthodox church. Near Włodawa, it's worth

stopping off at the popular summer tourist resort of Okuninka.

T h e



southern area by the River Bug around Wola Uhruska forms a varied, rolling landscape, best viewed from the top of the observation tower. Beyond Wola Uhruska, the cycle route towards Chełm soon opens out onto Chełm Hills, with many ascents and descents along this part of the trail. It's worth stopping off for longer at the city of Chełm, once the capital of the historical Chełm Land and still bearing numerous marks of its rich, multicultural past. There are many historical monuments, with the most famous on Chełm Hill and it's surroundings.

Another interesting town along the Green Velo route is Krasnystaw on the River Wieprz, with a beautifully renovated market square and Jesuit monastery. After leaving Krasnystaw, the trail heads towards the forests and elevations of one of the most beautiful bike kingdoms along the route: Roztocze.



Roztocze is a geographical area stretching from Kraśnik in the Lubelskie Voivodeship in the west to Lviv in Ukraine in the east. Its eastern part lies in the Lubelskie and Podkarpackie Voivodeships. Roztocze's varied terrain with its rolling hills, deep river valleys and villages and towns set among a mosaic of fields is simply breathtaking.

Immortalised in Jan Brzechwa's poem, the city of Szczebrzeszyn boasts many beautiful ancient buildings and a statue of a cricket, also featured in the poem. The Roztocze National Park in Central Roztocze is an area of exceptional natural beauty rich in wildlife; the Park's headquarters are located in the town of Zwierzyńiec. Southern Roztocze, bordering the dense forests of the Solska Wilderness, is home to the famous rapids and waterfalls on the small Tanew river.

One of the most beautiful cities of Eastern Poland and listed as a UNESCO World Heritage Site, Zamość is located near the trail. The



stronghold is a perfect example of a Renaissance town, and its picturesque tenement houses, sacral buildings, market square and well-preserved fortifications are a must-see.

The Green Velo route runs through many pretty villages and towns, some of the most popular of which are Józefów, Górecko Kościelne and Susiec. In the Podkarpackie Voivodeship lies the town of Narol with the 18th-century Łoś family palace and the spa village of Horyniec-Zdrój, near the Ukrainian border. Some of the greatest attractions of the area are the wooden Orthodox churches in Radruż and Chotyniec, also listed by UNESCO. You can find more beautiful old Orthodox churches near Horyniec-Zdrój, such as those in Łowcza and Nowe Brusno.

The connecting route of the Green Velo trail runs through Roztocze from Zwierzyniec via Biłgoraj, towards the River San and the city of Sandomierz.



The southern part of the Green Velo trail passes through the kingdom of the Carpathian Plateau and provides views of the nearby Bieszczady Mountains and the Low Beskids. Contrary to the title of the kingdom (named after the Carpathian mountains) most of the Green Velo trail does not pass through the mountains but in fact follows the River San valley where riders have to deal with considerable changes in altitude, especially near the towns of Przemyśl and Dynów. Riders should be reasonably fit and bikes will need good brakes for some of the descents.

Przemyśl is the most multi-cultural city along the route and one of the most interesting. Over the years, a number of fascinating museums and historical religious buildings of different denominations have been built here, and the city centre's Galician architecture resembles the styles of Cracow and Lvov. There is an excellent fortress bike trail around the city, which is well-signed.

The arboretum in Bolestraszyce and the Krasicki Family Renaissance castle in Krasieczyn near Przemyśl are both well worth visiting. There are many other places to visit between Rzeszów and Przemyśl, including Orthodox



churches, war cemeteries and the remains of the former residences of noble families.

The Green Velo trail wends its way to Rzeszów – the capital of Podkarpackie Voivodeship. Rzeszów is best known for its numerous historical sites and traditional Galician buildings in its city centre. Rzeszów market, beneath which, an underground tourist trail leads, is of particular interest. A stretch of the Green Velo trail links the city centre and the railway station, which as well as being an important transport hub, is also a good point to start or finish a journey along the southern part of the trail.

The trail turns North-East from Rzeszów and leads to Łańcut. The impressive Lubomirski Family palace, situated in a beautiful sprawling park, is specifically worth visiting. From Łańcut the trail continues North in the direction of Leżajsk, then along the San River valley until it finally reaches Sandomierz.



The Sandomierz Province and Lower San Valley Bike Kingdom is located within the Sandomierz Basin and the Sandomierz Uplands, on the border of two voivodeships: Świętokrzyskie Voivodeship and Podkarpackie Voivodeship. On the right bank of the Vistula River is an area of flat land with its boundaries at the Wisłok River in the South, and the San River in the East. Picturesque orchards dominate the left bank. The region's character is emphasized by numerous loess ravines, the 500-million-year-old Pieprzowe Mountains, the vast Sandomierz Wilderness, and the Janowskie Forest complex on the other bank of the Vistula.

The province's preserved cultural heritage is particularly rich and diverse. The Cistercians, the Camaldolese and the Jews, as well as rich magnates and kings all left precious traces of their existence here. There are many interesting places connected with the cultivation of local traditions, for example the raftmen's centre at Ulanów and Rudnik on the bank of the River San - a centre of wicker weaving. Medieval Sandomierz, Baranów Sandomierski castle, the impressive Krzyżtopór castle in Ujazd and the Leżajsk basilica with its unique organ front, are all mesmerizing examples of the unusual local



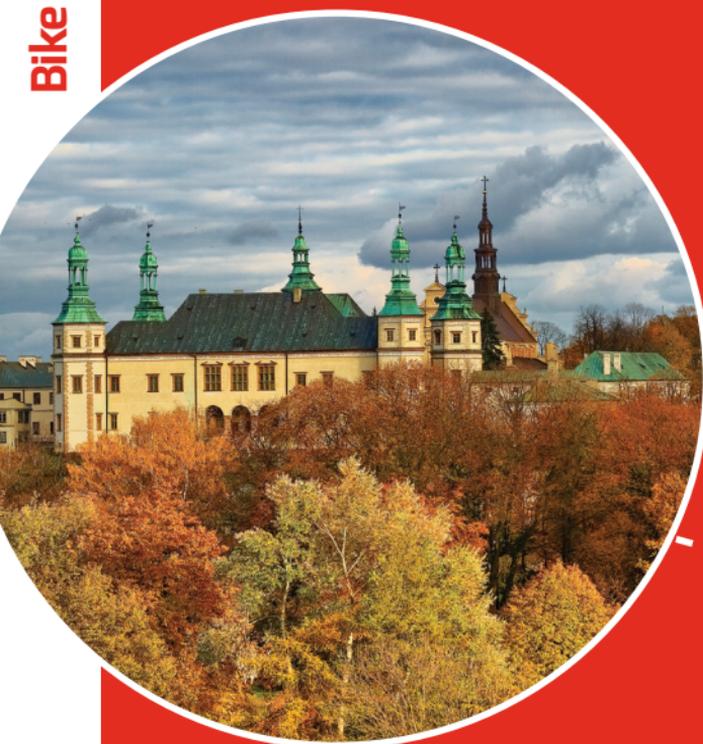
character. Happily, the bike kingdom doubles as a culinary kingdom. Throughout your ride, you will be tempted by locally produced fresh fruit and vegetables, juices, salads, preserves and regional dishes made using local produce. A must for wine lovers is the Sandomierz Wine Trail and for those interested in fruit farming, the Sandomierz Apple Trail. There are numerous regional events relating to culinary art, such as Powidlaki in Krzeszów, the European Apple Festival in Obrazów, the Blossoming Appletree Festival in Samborzec, the Tomato Festival in Dwikozy, and Time for Good Cheese in Sandomierz.

The Green Velo trail of the Sandomierz Province and the Lower San Valley kingdom is designed to provide cyclists with a safe passage through the picturesque Vistula region. The trail varies enormously – the Podkarpacie stretch is almost flat, while in the Świętokrzyskie region the landscape tends to be rolling and more hilly. The trail mostly follows local roads which carry low volumes of traffic. There are also plenty of cycling options outside of the Green Velo trail, for example near Leżajsk, Rudnik, Radomyśl nad Sanem, Sandomierz, Opatów and Klimontów. These towns have very well developed accommodation and dining facilities.

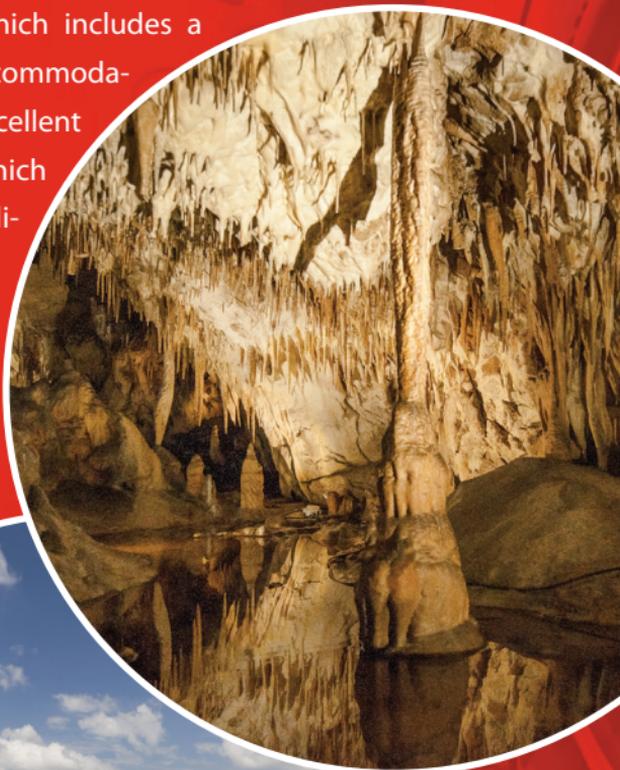


The Świętokrzyskie Mountains and the Area Bike Kingdom covers the most interesting parts of the Świętokrzyskie Mountains. This picturesque landscape is dominated by numerous, mostly forested, mountain ranges, each divided by a deep valley. The lower ground is covered by striped fields, which are characteristic of this region. In its very heart, there is the Świętokrzyski National Park with its unique stone runs. Around the National Park there are a number of landscape parks with precious nature preserves. This land is undeniably a geologist's paradise where rocks from many geological periods lie together in such a confined space.

As far as culture and history are concerned, the kingdom of "Świętokrzyskie Mountains and the Area" is rich in both due to its preserved heritage and traditions. In many places relics and traces of the former Jewish, Arian and Polish communities who lived there, are still visible. There are historical sites representing buildings from the majority of the main architectural styles: Romanesque, Gothic, Baroque and Classical, both religious



and secular. Objects connected with the region's industrial heritage, particularly the Stropolski Industrial Region, are part of a separate group of monuments. The East of Poland Cycling Trail is well marked throughout the kingdom, which makes for the safe and easy passage of cyclists. This part of the trail is suitable for families with children, individual cyclists and elderly people. There are frequent opportunities for riders to leave the main trail to see other parts of the area. There are also plenty of off-road tracks where mountain bikers will find some excellent MTB routes. After a long day's ride, cyclists can take advantage of the well-developed tourist infrastructure, which includes a wide range of accommodation, and the excellent local cuisine, which is based on traditional recipes.



Bike Kingdom At the Vistula Lagoon

- » Elbląg Tourist Information Point
Rynek Staromiejski, ul. Stary Rynek 25, 82-300 Elbląg
phone +48 55 239 33 77
- » Tolmicko Tourist Information Centre
ul. Świętojańska 1, 82-340 Tolmicko
phone +48 55 231 61 82
- » Frombork Tourist Information Centre
ul. Młynarska 5a, 14-530 Frombork
phone +48 55 244 06 77
- » Braniewo Tourist Information Centre
ul. Katedralna 7, 14-500 Braniewo
phone +48 55 644 33 03

Bike Kingdom Warmia and the area

- » Pieniężno Tourist Information Centre
ul. Generalska, 14-520 Pieniężno
phone +48 55 237 46 00
- » Górowo Iławeckie Tourist Information Centre
ul. Kościuszki 26, 11-220 Górowo Iławeckie
phone +48 89 761 00 48
- » Lidzbark Warmiński Tourist Information Centre
ul. Krasickiego 1, 11-100 Lidzbark Warmiński
phone +48 89 519 00 52
- » Bartoszyce Tourist Information Centre
ul. Bohaterów Warszawy 96, 11-200 Bartoszyce
phone +48 89 762 98 80

Bike Kingdom Northern Mazury

- » Kętrzyn Tourist Information Centre
ul. Mickiewicza 1, 11-400 Kętrzyn, phone +48 89 751 47 65
- » Węgorzewo Tourist Information Centre
bulwar Loir et Cher 4, 11-600 Węgorzewo
phone +48 87 427 40 09
- » Gołdap Tourist Information Centre
pl. Zwycięstwa 16, 19-500 Gołdap
phone +48 89 751 47 65

Bike Kingdom Suwałki Region and Augustów Forest

- » Augustów Tourist Information Centre
Rynek Zygmunta Augusta 44 16-300 Augustów
phone +48 87 643 28 83
www.augustow.eu, www.augustow.pl
- » Suwałki Tourist Information Centre
ul. ks. K. Hamerszmita 16, 16-400 Suwałki
phone +48 87 566 20 79
www.um.suwalki.pl
- » Tourist Information Centre – Wigry National Park
Krzywe 82, 16-402 Suwałki
phone +48 87 563 25 62, +48 510 992 672
www.wigry.win.pl
- » Tourist Information Centre – Suwałki Landscape Park
Malesowizna 24, 16-404 Jeleniewo
phone +48 87 569 18 01
www.spk.org.pl

Bike Kingdom Biebrza and Narew Rivers Valley

- » Tourist Information Point – Biebrza National Park
Osowiec-Twierdza 8, 19-110 Goniądz,
phone +48 85 738 30 35
www.biebrza.org.pl
- » Tourist Information Point – Łomża Landscape Park of the
Narew Valley, ul. Główna 52,
Drozdowo, Piątnica Municipality, phone +48 86 219 21 75
www.lpkdn.wrotapodlasia.pl
- » Łomża Information Centre
"Ziemia Łomżyńska" Local Tourist Organisation
ul. Krzywe Koło 9, 18-400 Łomża
phone +48 86 216 70 50

Bike Kingdom Białowieża Forest and Knyszyn Forest

- » Białystok Regional Tourist Information Centre
ul. Odeska 1, 15-406 Białystok, phone +48 85 732 68 31
www.podlaskieit.pl
- » "BUKOWISKO" Tourist Service Point in Supraśl
ul. Piłsudskiego 64, 16-030 Supraśl, phone +48 85 710 24 70
www.powiatbialostocki.pl

Bike Kingdom Bug River Valley

- » Tourist Information Point
Siemiatycze Powiat Promotion Bureau
ul. Legionów Piłsudskiego 3, 17-300 Siemiatycze
phone +48 85 655 58 56
www.podlasie.siemiatycze.pl
- » Mielnik Tourist Information Point
Mielnik Land History Centre
ul. Brzeska 71, 17-307 Mielnik, phone +48 85 657 71 00
www.mielnik.com.pl
- » Drohiczyn Tourist Information Point
Town-Municipal Cultural Centre
ul. Kraszewskiego 13, 17-312 Drohiczyn
phone +48 85 655 70 69
www.drohiczyn.pl
- » Tourist and Cultural Information Centre
ul. Warszawska 11, 21-500 Biała Podlaska
phone +48 83 342 62 89
www.bialapodlaska.pl

Bike Kingdom Polesie

- » Włodawa Tourist Information Centre
ul. Partyzantów 25, 22-200 Włodawa
phone +48 82 571 70 73
- » Okuninka Tourist Information Centre
Okuninka IV 187, 22-200 Włodawa
phone +48 880 564 552
- » Tourist Information Point of F.H.U. "Grażka II" in Włodawa
ul. Rynek 4, 22-200 Włodawa
phone +48 82 572 20 69
- » Chełm Tourist Information Centre
ul. Lubelska 63, 22-100 Chełm
phone +48 82 56 53 667, www.itcheml.pl

Bike Kingdom Roztocze

- » Zamość Historical and Tourist Information Centre
Rynek Wielki 13, 22-400 Zamość
phone +48 84 639 22 92
www.zci.zamosc.pl
- » Zwierzyniec Tourist Information Point
ul. Słowackiego 2, 22-470 Zwierzyniec
phone +48 84 68 72 660
- » Tourist Information Point of the Educational and Museum Centre in Zwierzyniec
ul. Plażowa 3, 22-470 Zwierzyniec
phone +48 84 68 72 286
www.roztozczanski.pl
- » Tourist Information Point
ul. Jana III Sobieskiego 4, 37-620 Horyniec-Zdrój
phone +48 16 631 31 05
www.horyniec-zdroj.pl

Bike Kingdom Carpathian Plateau

- » Tourist Information Centre
ul. Grodzka 1, 37-700 Przemyśl
phone +48 16 675 21 63
- » „Rzeszów Zaprasza” Tourist and Cultural Information Point
ul. Rynek 26, 35-064 Rzeszów
phone +48 17 852 57 77, www.rzeszowzaprasza.pl
- » Podkarpacie Tourist Agency with a tourist information point
ul. 3 Maja 10, 37-100 Łańcut, phone +48 17 225 48 50

Bike Kingdom Sandomierz Province and Lower San Valley

- » Leżajsk Museum
ul. Mickiewicza 20a, 37-300 Leżajsk
phone +48 17 240 22 35
www.muzeum-lezajsk.pl
- » Tourist Information Centre
Rynek 20, 27-600 Sandomierz
phone +48 15 644 61 05, www.sandomierz.travel
- » Tourist Information Point – Branch of the Polish Tourist and Sightseeing Society, Rynek 12, 27-600 Sandomierz
phone +48 15 832 23 05, +48 15 832 26 82
www.pttk-sandomierz.pl

Bike Kingdom Świętokrzyskie Mountains and the area

- » Regional Tourist Information Centre
ul. Sienkiewicza 29, 25-007 Kielce
phone +48 41 348 00 60, www.swietokrzyskie.travel
- » Tourist Information Centre
ul. Partyzantów 1, 26-200 Końskie
phone +48 41 372 90 88, www.konskie.travel
- » Tourist Information Point, Centre of Tradition and Tourism of the Świętokrzyskie Mountains
ul. Partyzantów 3, 26-004 Bieliny
phone +48 41 260 81 52, www.osadasredniowieczna.eu