



Bike Kingdom Sandomierz Province and Lower San Valley

East of Poland Cycling Trail
Green Velo

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How to use the guide

This guide is intended for lovers of “two-wheeled” active recreation. It contains several suggestions of bike excursions and descriptions of attractions located along the routes. Everything has been annotated with many practical tips and information.

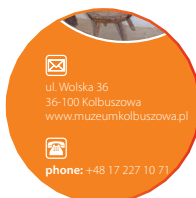
Map of the kingdom

The map covers the entire bike kingdom with the course of the Green Velo trail marked on it. The elements presented on the map have been explained in the legend.



Information on attractions

The information about the objects, such as: address and contact details, dates and hours of operation, and additional information is marked with symbols.



ul. Wolska 36
36-100 Kolbuszowa
www.muzeumkolbuszowa.pl
phone: +48 17 227 10 71

Excursion description

Every excursion description contains important information about routes, ways of getting around and attractions along the route.



Sandomierskie section

Sandomierz is a city that attracts tourists and artists, enthralled by the uniqueness of its monuments and the beauty of its landscape. The city is situated on the Vistula River, which is a source of inspiration for many artists. The city is also known for its unique architecture, including the Vistula River and its surrounding landscape.

Practical information



Museum of Leżajsk Tourist information

ul. Mickiewicza 20a
37-300 Leżajsk
phone: +48 17 240 22 55
informacja@muzeum-lezajsk.pl
www.muzeum-lezajsk.pl

1

2

Attractions on the trail

The descriptions of the attractions allow for selecting the most interesting places to visit for tourist according to age (e.g. children/adults) or interest (families/youth groups/seniors).



Open-air museum in Kolbuszowa

In 1978, a museum was founded in Kolbuszowa, associated with the culture of folk architecture. The property covers 25 hectares. Here, there are many thatched huts, farm buildings and a lot of other interesting objects.

4

Excursion map

Marked on the schematic excursion map are the main towns and attractions along the route, which will help you pinpoint your overall progress.



5

6

Excursion information

Information about the route, such as: distance, surface, difficulty or travel time, is clearly marked with symbols.



Sandomierz – Nowe Kacice
and gravel roads
• Dzikowy – Kamińskie Łukawski
alongside railway tracks, partly
dirt road



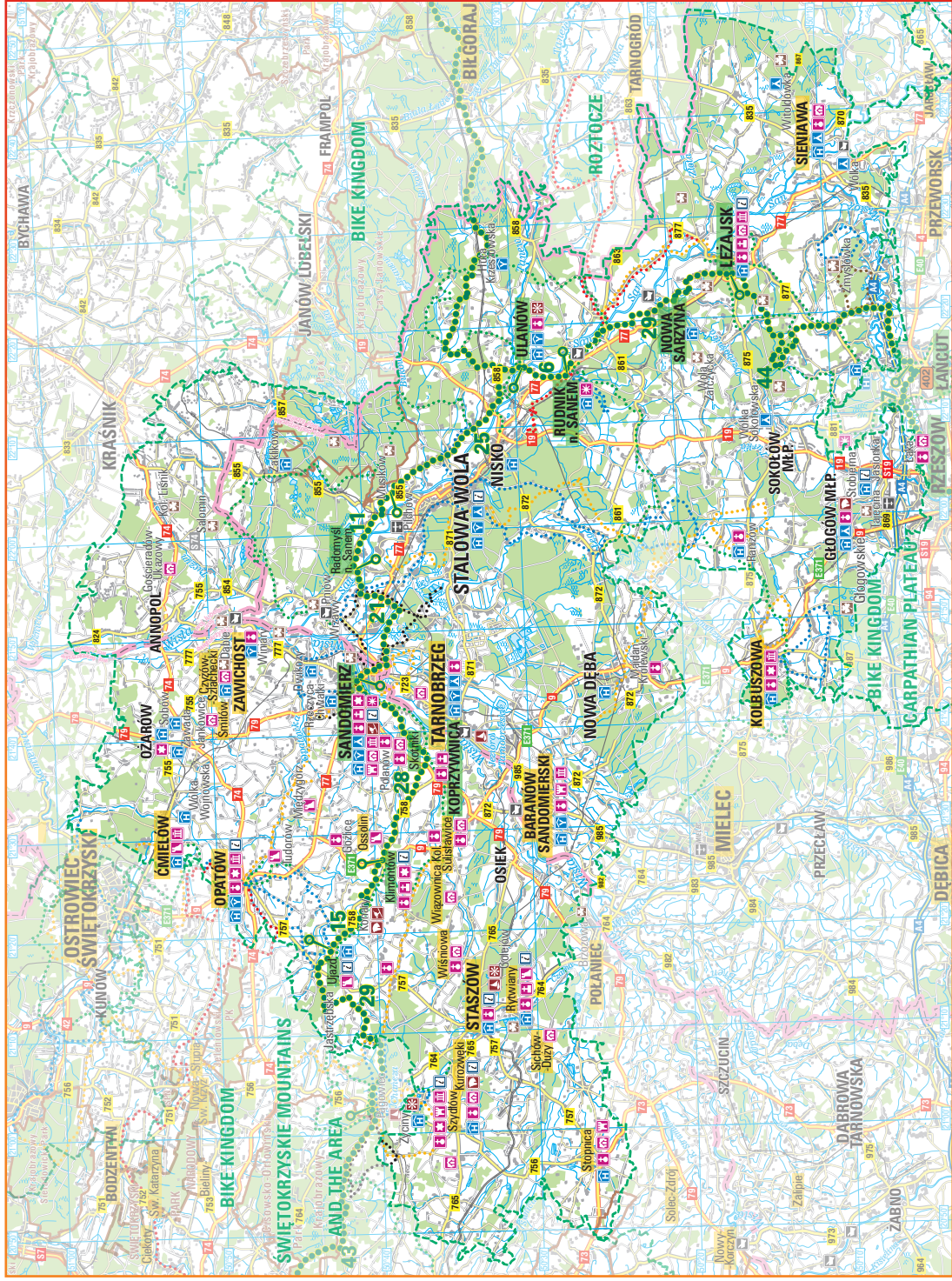
The route is marked with the character of a loop.
• direct access from the Green Velo trail along the boulevard on the Vistula River at the foot of the royal castle.
• following by the standard route.

7

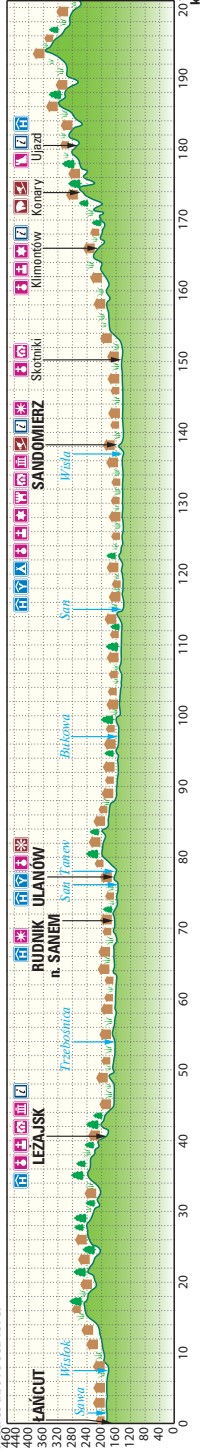
3

Bike Kingdom Sandomierz Province and Lower San Valley

Kingdom information



metres above sea level



Scale 1 : 750 000

2 0 2 4 6 8 10 km

Legend

-  Boundaries of Bike Kingdoms
-  East of Poland Cycling Trail Green Velo; distance (km)
-  Other cycle trails
-  Hotels; youth hostels; campsites, camping grounds
-  Churches; monasteries; Orthodox churches; Jewish culture relics
-  Museums; palaces and mansions; castles; ruins
-  Other tourist attractions; holiday resorts; tourist information
-  Water sports resorts; ski resorts; horse-breeding farms
-  Tourist destinations along the Green Velo cycle trail
-  Tourist destinations
-  National parks; landscape parks
-  Forests; nature reserves
-  Highways
-  Express roads
-  National roads
-  Provincial roads; other roads
-  Primary railways; secondary railways
-  Airports; river ferries
-  Border crossings: road border crossings; train border crossings
-  National borders; provincial borders



Bike Kingdom

Sandomierz Province and Lower San Valley

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

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

This bike kingdom doubles as a culinary kingdom, due in part to the numerous orchards and gardens it passes through along its way. In the Sandomierz region,



there are over 20 thousand hectares of apple, plum, apricot, peach and cherry orchards. During your ride you will no doubt be tempted by the mountains of fresh fruit and vegetables, juices and salads, preserves and delicious regional dishes made from local produce. A must for wine lovers is the wine tasting in local vineyards along the Sandomierz Wine Trail. The Sandomierz Apple Trail leads through myriad apple orchards, pressing plants and restaurants, which serve the delicious juice. Due to the kingdom's unique character, there are a lot of events here related to culinary art. This region is the place to gorge yourself on fabulous local produce: plum jam at Powidlaki in Krzeszów, baked apples at the European Apple Festival in Obrazów and the Blossoming Appletree Festival in Samborzec, tomato soup at the Dwikozy Tomato Festival and cheeses and yoghurts at the Time for Good Cheese Festival in Sandomierz.

The Green Velo trail of the Sandomierz Province and the Lower San Valley kingdom is designed to provide cyclists with a safe passage through the picturesque Vistula region and the areas around the San and Wisłok Rivers. The trail passes through some of the most intriguing parts of this region, unveiling its secrets one by one. The trail varies – the Podkarpacie stretch is almost flat, while in the Świętokrzyskie region the landscape is rolling and hilly. The trail mainly follows local roads - which carry low volumes of traffic, loess ravines, and rolling fields and orchards. On leaving the Green Velo trail, other bike routes will take you past Leżajsk, Rudnik and Radomyśl nad Sanem, Sandomierz, Opatów and Klimontów, where there are restaurant and accommodation facilities aplenty.



Bike Kingdom

Sandomierz Province and Lower San Valley

Tourist attractions

Leżajsk – monastery and tomb of a tzadik

Leżajsk is a medium-sized city located in the lower reaches of the San, on the edge of Sandomierz Forest. Its most interesting monument is the late-Renaissance defensive complex of a church and Bernardine monastery with the Basilica of the Annunciation of the Blessed Virgin Mary. The complex is one of the most valuable facilities of sacred architecture in Poland, which is frequently visited by pilgrims. The Provincial Museum of the Bernardine Fathers, which has brought together numerous religious artefacts, has been established in the catacombs of the monastery. The church was built in the early Baroque style in the form of a basilica. The most important element of the interior of the temple is the organ installed in the second half of the 17th century. In the years 1903-1905, the instrument was renovated in the Romantic style. On the sides of the main organ, there are two additional instruments, together forming a globally unique team of three organs that can simultaneously be handled by three organists. In the woods next to the monastery, the Stations of the Cross with the Road to Calvary have been laid out. Another interesting place in Leżajsk is the grave of Tzadik Elimelech. This famous rabbi lived in the 18th century and was the spiritual leader of Polish Hasids. Every year, on the anniversary of the death of the tzadik, crowds of Jews come to Leżajsk to celebrate prayers at the resting place of the sage. The Leżajsk Museum was created in the former Starościński Manor House, where you can see exhibits related to the Leżajsk region, especially brewing.



Tourist Information Centre

ul. Rynek 1a, 37-300 Leżajsk
www.kultura.lezajsk.pl



phone: +48 17 787 70 67



Open-air museum in Kolbuszowa



ul. Wolska 36
36-100 Kolbuszowa
www.muzeumkolbuszowa.pl



phone: +48 17 227 10 71



In 1978, a museum was founded in Kolbuszowa, associated with the culture of folk architecture of the Lasowiakis and the Rzeszowiakis. The property covers an area of 25 hectares. Here are gathered thatched huts, farmhouses, a mill, a forge, an apiary, chapels and windmills. Part of the exhibition is devoted to urban buildings of the Galicia region. Among the old cottages is located a pond that divides the sections dedicated to the Rzeszowiakis and to the Lasowiakis. Peace and quiet, an interesting terrain and the predominance of green mean that when you are visiting, you can have the feeling of being in a real village. In the museum, you can find a collection of folk utilitarian objects, such as costumes, tools and Kolbuszowa furniture. A collection of objects related to the fire brigade is also on display. Except for the open-air museum, Kolbuszowa does not have many tourist assets. However, the very location of the city is interesting, because it is on ... the Nile! However, the tourist does not have to fear that they will come across crocodiles in the small watercourse. This is merely a coincidence of names – probably a mistake made long ago when rewriting maps. The city, located among the forests of Sandomierz, is a good base to explore the surrounding woodlands and villages, where old folk traditions are cultivated.

Czartoryski Palace in Sieniawa

In a small town located in the valley of the San, there is an interesting palace. The original design of the palace dates back to the Sieniawskis and is drawn from the beginning of the 18th century. The remains of a fortification bastion from the second half of the 17th century were used to build the mansion. Later, the property was taken over by the Czartoryski family, who rebuilt the building in the late Baroque style, shaped like a French country house. Severe damage to the building that occurred during World War II failed to be repaired by the private owners of the palace. It was only in the 1980s that the mansion was restored, together with the 20-acre palace park. Currently, the palace acts as a luxury hotel, offering accommodation in bedchambers. Combining modernity with tradition and a well-maintained park, it is reminiscent of the glory days of the baronial estate. Another place related to the Czartoryski family is located under the floor in the parish Church of the Virgin Mary. A crypt placed here was used until the late 19th century. This burial place is made available to sightseers after a prior warning from the keeper of the church.



ul. Kościuszki 32
37-530 Sieniawa
www.palacsieniawa.pl



phone: +48 16 649 17 00



Krzeszów



This village situated on the San contains interesting small-town buildings. Explicit urban planning reflects the urban past of the village. Due to its location on the navigable San, trade flourished here. In 1641, King Władysław IV Waza granted the place town privileges. In the period of the partitions, the status of Krzeszów declined, and the destruction of World War I led to town privileges being revoked. The most important monument is the wooden nave church dating from the years 1727-1728. The building underwent a thorough renovation in the late 19th century thanks to Zamojski family funds. The adjacent wooden belfry is also interesting. Krzeszów is, however, best known as the centre of the tradition of frying damson preserves. Every year in September, a party called "Powidlaki" is organised. Collective frying of preserves and exploring the cultural and culinary qualities of the Krzeszowski Land is an interesting proposition for visitors. During the festival, the visitors cooking courses, educational activities and auctions of the best products.



Rudnik nad Sanem

This city is known as a centre of wickerwork and basketwork tradition. The origins of the wicker handicraft date back to the mid-19th century. Then, upon the initiative of an Austrian Count, the wicker industry flourished. The local population was even sent to Vienna to study at braiding schools. In the pre-war period, wickerwork was undertaken in the Rudnik area by about 10,000 people. Currently, the city is home to dozens of companies engaged in producing wicker items. The work of local basketwork artisans has been admired at festivals around the world, including the EXPO in Japan. In late May and early June, events are organised connected with the promotion of traditional wicker. At this time, you can observe wicker-weaving skills and acquire interesting statues and furniture. In 2007, a Basketry Centre was founded in Rudnik. It is worth visiting the building, which has a Chamber of Tradition and rooms with displays of wicker products. The permanent exhibition of works of art from wicker shows the quintessential traditions cultivated in Rudnik nad Sanem.



**Wicker Centre
in Rudnik nad Sanem**
ul. Mickiewicza 41, 37-420
Rudnik nad Sanem
www.rudnik.pl/wiklina



phone: +48 15 649 26 12



Ulanów



St Barbara Brotherhood of Raftsmen

Rynek 5, 37-410 Ulanów
www.flisacy.ovh.org



phone: +48 608 667 775

This town situated at the confluence of the Tanew and the San is famous for its timber rafting tradition. There was once a river harbour here, where goods were loaded onto ships sailing down the Vistula River, which is why Ulanów was called “the little Gdańsk”. In addition, there was a school for rafters and a boatbuilding yard. The principal, and quite dangerous, occupation was the flotation of wooden rafts. Ulanów raftsmen were floating with the timber right up to Gdańsk. A decline in profitability in rafting set in with the distribution of rail freight. The last recorded timber floating controlled by Ulanów raftsmen took place in the 1960s. You can still see rafts, which are run down the Tanew and the San by the members of the St Barbara Brotherhood of Raftsmen. In 2009, Ulanów held the International Conference of Raftsmen. In 2014, the Brotherhood was added to the list of intangible cultural heritage. The organised rallies have a unique charm, and admiring the beauty of nature is accompanied by tasting of traditional rafting cuisine. In the city, there is the Church of the Holy Trinity, called the Raftsmen's, which dates back to the 17th century and was founded by the Zamojski family.



Leszczyńskis Palace in Baranów Sandomierski

This residence was built in the second half of the 16th century with the funds of the Leszczyński family. Soon, the palace became the Lubomirskis'. Subsequent inheritance and sales of the palace were followed by numerous fires. Finally, after the World War II the global monument was in a state of ruin. It was not until the 50s of the XX century, that the communist authorities decided to rebuild the house. It is a pearl of Polish Renaissance residential architecture, called the "Little Wawel". The residence has been frequently used for outdoor location shooting for films. The building was erected on a rectangular plan with a large courtyard, which is situated on the first floor, because of the threat of flooding by a nearby river. Renaissance loggias and attics captivate tourists. Great artists, such as Santi Gucci and Tylman of Gameren, designed the most beautiful details. The Museum of Interiors has been set up in the palatial rooms, where there is a collection of interesting exhibits, and the acoustics permit the organising of concerts of great music. Today, the palace houses a hotel. Spending the night in the royal bedchambers, you can feel the spirit of history.



ul. Zamkowa 22, 39-450
Baranów Sandomierski
www.baranow.com.pl



phone: +48 15 811 80 39



Radomyśl nad Sanem



This village is situated near the Vistula and the San. The central square and low buildings testify to its urban past. It is known, however, for celebrated East-ertime traditions in the area. In Radomyśl and the neighbouring Wola Rzeczycka, the tomb guards Turkish army uniforms from the mid-19th century. This garment was adopted from the Holy Land. Therefore, the guard is colloquially called "the Turks". Another of the legends about the history of the "Easter Turks" is associated with the victory of Vienna. Returning victorious from the battle, the soldiers were dressed in Turkish costumes, and the time they returned home coincided with Easter. According to tradition, on Easter Sunday, "the Turks" march via Radomyśl, playing instruments. In this way, they proclaim the news of the Resurrection to the inhabitants. This unique

Easter tradition is typical only to the area located at the confluence of the Vistula and the San.



The royal city of Sandomierz

Sandomierz is one of the oldest and most beautiful Polish cities. More than 120 architectural monuments from different eras are preserved, along with the medieval urban layout of a city with a Renaissance town hall. If you are here, you have to see one of the oldest Romanesque brick buildings in Poland – the Church of St Jacob – and the Cathedral from the 14th century, the royal castle (the District Museum), the Długosz's House (the Diocesan Museum) and the Collegium Gostomianum from the 17th century. It is worth climbing to the top of the Opatowska Gate, exploring the Underground Tourist Route and taking advantage of boat trips on the Vistula River. You can take the example of the drama series entitled Don Matteo and explore the city from the perspective of two wheels. Moving along the hiking trails, you can admire Pieprzowe Mountains, the landscape bordering on the Vistula and the blooming and fruiting orchards, penetrate numerous loess ravines, such as Queen Jadwiga's Ravine, and discover objects of historical value hidden in towns small and large.



Tourist Information Centre
Rynek 20, 27-600 Sandomierz
www.sandomierz.travel



phone: +48 15 644 61 05



PTTK (Polish Tourist and Sightseeing Society) Tourist Information Point Sandomierz Branch
Rynek 12, 27-600 Sandomierz
www.pttk-sandomierz.pl



phone: +48 15 832 23 05
phone: +48 15 832 26 82



Zawichost



**Zawichost Municipal
and Commune Office**

ul. Żeromskiego 50
27-630 Zawichost
www.zawichost.pl



phone: +48 15 836 41 15

Zawichost is a royal town situated on the early-medieval Russian route from Western Europe to the east, with a historic crossing over the Vistula River. To this day, you can admire the 13th century post-Franciscan Church of John the Baptist – the first convent of the Poor Clares in Poland. In addition, it is worth paying attention to two other temples: the Baroque Church of the Virgin Mary from the years 1738-1740, with Romanesque elements, and the Church of the Holy Trinity dating back to the 12th century, rebuilt in the 15th and 18th centuries.



Skotniki

Skotniki is a small village that can boast two interesting buildings. The first of them is the brick Church of John the Baptist from the mid-14th century, hidden among the trees. The second is a charming 18th century manor of the corner extension type, located in front of the temple. This building, located in a landscaped park of a Romantic nature, is one of the oldest mansions in Poland built on an artificially raised field. The outlines of the former moat surrounding the property are still visible around it. In one of the corner extensions, a sgraffito frieze with a motif of dancing nymphs has been preserved.



Koprzywnica - Cistercian monastery



Cistercian monastery complex in Koprzywnica

ul. Krakowska 78
27-600 Koprzywnica
www.cystersi-koprzywnica.pl



phone: +48 15 847 62 02



Opening hours:

- tour after reporting to the rectory: Mon – Fri, 10am – 6pm

Cistercians contributed significantly to the development of the Świętokrzyskie region, and their monasteries were important centres for promoting culture, art and science. They arrived in Koprzywnica in the 12th century and built their abbey here. Among the monastic buildings, only the east wing and the late Romanesque chapter house with a cross-ribbed vault have survived. In the Church of St Mary and St Florian, many details of Romanesque and cross-ribbed vaults are also preserved, as are fragments of medieval murals. Also noteworthy are the late Baroque *façade* with a porch and a flèche steeple shaped like the cup known as a hobble, added in the 18th century.



Sanctuary of Our Sulisławicka Lady of Sorrows in Sulisławice

This sanctuary is called the “Sandomierska Częstochowa”. There is a miraculous image of Our Lady of Sorrows from 1450, to which many make pilgrimages. The venerated painting is kept in a church in the English Gothic style, built between 1871 and 1888. The church complex of the sanctuary also contains a smaller and older church, built in the 13th century and rebuilt in the Baroque style around the year 1600. In its former sacristy, you can see a memorial dedicated to the Home Army branch “Jędrusie”.



Sanctuary of Our Sulisławicka Lady of Sorrows

27-671 Sulisławice 90
www.sulislawice.pl



phone: +48 15 866 93 62



Opening hours:

- churches open daily, 7am – 8pm
- exploring, including the Chamber of Remembrance, only outside the hours of celebrating Masses





Post-Collegiate Church of St Joseph

ul. Krakowska 4, 27-640
Klimontów
www.paraafia.klimontow.pl



phone: +48 15 866 15 38



Opening hours:

- Mon–Sat, 7am – 4pm
- outside the hours of celebrating Masses
- there are guided tours



Tourist Information Centre

ul. Krakowska 19
27-640 Klimontów



phone: +48 15 865 53 90



Opening hours:

- Mon – Fri, 8am – 4pm

Klimontów

Approaching the village from a distance you can see a beautiful panorama of the village, with Baroque towers and the dome of the Collegiate Church of St Joseph towering above. This majestic building, designed by Laurentius de Sent, is one of the greatest religious monuments from the 17th century in Poland. Founded in 1643 by Jerzy Ossoliński, the church has a two-tower façade and a great elliptical dome over the nave. In Klimontów you should also see: the Dominican Church of Our Lady and St Jack from the years 1617–1620, the buildings of the former convent of the Dominican fathers, which now houses a secondary school, and the Neoclassical synagogue, which was erected in 1851.



Opatów

In Opatów, which is located on the Amber Road, the past left many important monuments. The most valuable monument of the town is the Church of St Martin, evocative of the Romanesque period, which is famous for its Renaissance tombstone of the Szydłowiecki family, adorned with a bronze bas-relief, known as the Opatów Lament. Near the church, there is the old town, where you can see the Renaissance town hall building from the end of 16th and the beginning of the 17th centuries. Under the houses, using the old merchants' cellars, the Underground Tourist Route, 335 metres in length, is open to visitors. When visiting Opatów, you cannot miss the Bernardine Fathers' monastery, founded in the 15th century, with the Baroque Church of the Assumption of the Blessed Virgin Mary.



Tourist Information Centre

pl. Obrońców Pokoju 34
27-500 Opatów
www.opatow.travel



phone: +48 15 868 13 01



Opening hours:

- Mon–Fri, 7am – 3pm



Underground Tourist Route

pl. Obrońców Pokoju 18
27-500 Opatów



phone: +48 15 868 27 78



Opening hours:

- Mon – Sat, 9am – 5pm
- Sun, 11am – 5pm



**Relaxation and
Contemplation
Therapeutic Centre
"Pustelnia Złotego Lasu"**

ul. Klasztorna 25, 28-236
Rytwiany
www.pustelnia.com.pl



phone: +48 15 864 77 95



Opening hours:

- IV – X
Mon – Sat, 8am – 8pm,
Sun, 9am – 4pm
- XI – III
Mon – Sat, 8am – 4pm,
Sun, 9am – 4pm
- tour every hour, only with
a guide



Rytwiany

In 1624, a monastery complex was built near Rytwiany for the Camaldolese fathers of the Monte Corona congregation: Pustelnia Złotego Lasu ("the Golden Forest Hermitage"). Today, you can still see the church and part of the monastic buildings of the so-called Tęczyński Hermitage – the only surviving hermit house. For several years, the restored hermitage has acted as the Relaxation and Contemplation Therapeutic Centre SPeS. There is also the Kamedulska gallery, the museum of the screened series "Dark clouds" (Czarne chmury) and restored gardens. The restaurant serves tasty convent dishes.

As well as the monastic complex in Rytwiany, you should note the palace with its origins in the mid-19th century, which originally served as a warehouse for the sugar mills operating here. Currently, in the renovated residence – situated in a picturesque park – a hotel is located.



Kurozwęki

The palace was built in Kurozwęki in the second half of the 14th century as one of the first stone castles of knights in Poland. At the end of the 18th century, it was completely rebuilt in the Baroque-Classical style into a residence surrounded by a picturesque park. You can easily explore the interior of the residence with cellars and spend the night in a stylish setting. Unusual attractions include a herd of American bison several dozen strong and the opportunity to sample dishes made from their meat. Active guests can go cycling and horseback riding or traverse a several-hundred-metre maze in the cornfield, and children can play in the playground and watch the animals in the mini-zoo.



Palace Complex Sp. z o.o.

Kurozwęki, ul. Zamkowa 3
28-200 Staszów
www.bizony.com
www.kurozweki.com



phone: +48 15 866 72 72 i 36



Opening hours:

high season V–X,
9am – 6pm
• low season XI–IV,
10am – 4pm





Cultural Institution
Krzyżtopór Castle in Ujazd

Ujazd 73, 27-570 Iwaniska
www.krzyztopor.org.pl



phone: +48 15 860 11 33



Opening hours:

- IV – IX, 8am – 8pm
- X, 8am – 5pm
- XI – III, 8am – 4pm

Krzyżtopór Castle in Ujazd

Inspiring awe and amazement, Krzyżtopór Castle is among the most original and unusual buildings in Poland. Built by Krzysztof Ossoliński in the years 1621-1644, designed by Laurentius de Sent, this palazzo in fortezza dazzled its contemporaries. The building was built upon the model of the calendar, having 365 windows (the number of days in a year), 12 rooms (the number of months), 52 chambers (the number of weeks) and 4 towers (the number of seasons). Elements of its fittings also testified to the splendour and glamour of the residence, such as an aquarium with exotic fish instead of a dining room ceiling and marble mangers and crystal mirrors in the stables.



Szydłów - Polish Carcassonne

Szydłów, also referred to as the Polish Carcassonne, is an architectural gem of the region which enchants tourists arriving here. In the mid-14th century, by order of King Casimir the Great, limestone walls were erected along with the castle and with three gates. To this day, in Szydłów, you can admire the remains of moats, walls, the Kraków Gate, the Knights' Hall, the Treasure House, where there is a museum, a synagogue and historic churches. The courtyard of the castle, especially in the summer, provides an excellent arena for tournaments of knights and the Plum Feast - the town and its surroundings are famous for this fruit.



Tourist Information Point Municipal Cultural Centre

ul. Targowa 3, 28-225 Szydłów
www.szydlow.pl
www.gckszzydlow.pl



phone: +48 41 354 53 13



Treasure House Museum

ul. Szkolna 8, 28-225 Szydłów
www.szydlow.pl



phone: +48 41 354 53 13



Opening hours:

- IV – VI
Mon – Sun, 10am – 6pm
- VII – VIII
Mon – Fri, 10am – 7pm,
Sat – Sun, 9am – 7pm
- IX – XI
Mon – Sun, 10am – 6pm
- XII – III
Mon – Fri, 10am – 5pm,
Sat – Sun, 10am – 3pm
- In the winter, tour after
contact by telephone



Staszów and the vicinity

Staszów is a city that has preserved the architectural layout from the 17th century. Its heart, together with the town hall of the 18th century, is the market halls known as the Stalls. Not far away, there are two interesting churches: the Shrine of St Pope John Paul II and the historic Church of Bartholomew from the 14th century. In the temple, you should pay attention to the rich stucco in the chancel of the Tęczyński family chapel and the Mannerist chapel of the 17th century. Just 3 kilometres from the town is Golejów: a complex of several dozen small karst lakes and ponds surrounded by forests. On the largest of them, Duży, resorts and eateries are located. It's the perfect place for lovers of active leisure with both cycling and hiking excursions, as well as fishing.



Local Tourist Organisation
„Czym Chata Bogata”
ul. Parkowa 6, 28-200 Staszów



phone: +48 508 497 133



Staszów Municipal and Commune Council
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28-200 Staszów



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**Contact for tourists:
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Information of Staszów
Municipal and Commune
Office**
phone: +48 15 864 83 88 i 92
Municipal Association of the
Polish Tourist and Sightseeing
Society in Staszów
phone:
+48 604 220 998



Bike Kingdom
Sandomierz
Province and
Lower San
Valley

Excursions



length: 33 km

surface:

- wholly asphalt roads



The route is not marked



type of excursion: tourist

level of difficulty:

intermediate



travel time:

- without sightseeing: 3 hours
- with sightseeing: 5 hours

Around the Leżajsk Land

The suggested trip allows you to see a combination of the charming corners of the Leżajsk Land and to get to know the unique history of this part of the Subcarpathian Province. The route starts in a place famous for some as the cult of Tzadik Elimelech, for others it is for organ, and to others it is associated with the name of a very popular drink...

Route: Leżajsk (0 km) – Giedlarowa (1 km) – Grodzisko Górne (8 km) – Grodzisko Dolne (10.5 km) – Opaleniska (15.5 km) – Zmysłówka (16.5 km) – Wólka Grodziska (22.5 km) – Grodzisko Górne (25 km) – Giedlarowa (32 km) – Leżajsk (33 km)

The route begins in the town of Leżajsk, which is a very important pilgrimage point both for Orthodox Jews and Catholics.

From Leżajsk, the route runs a short distance through Giedlarowa to Grodzisko Górne. Covering this distance of the trip, on the left side, you can see fields in which tobacco is cultivated.

The next place on the trail is located on the edge of ethnographic regions: the Lasowicki, the Łańcucki and the Przeworski – Grodzisko Dolne.

This unique location contributes to the development of local folklore. Further on, you should head for Opaleniska and Zmysłówka.

From the landscape perspective,





This trip is worth a slight extension – you can head north (for about 2 km) to see one of the most valuable monuments of its type in Poland and Europe: the organs in the Basilica of the Annunciation of the Most Blessed Virgin Mary in the Bernardine monastery.

Route options

this fragment of the route is without a doubt the most attractive. At road junctions, you must pay attention to signs with the names of the next destinations. After riding about 25 kilometres, the loop closes with the crossing of Grodzisko Górne. The trail coincides with that ridden today in the opposite direction and ends at the starting point.



1 Leżajsk – a city of pilgrimage for Orthodox Jews and Catholics. Before World War II, a section of its inhabitants were Jews. As a result of the turmoil of war, the Jewish community left behind only memories of these oldest inhabitants along with a cemetery.

- The grave of Tzadik Elimelech: every year, Jews from around the world make a pilgrimage to the tomb of the famous tzadik – a sage and spiritual leader of Polish Hasids.
- The Basilica of the Annunciation of the Most Blessed Virgin Mary

and the Monastery of the Bernardines – the Sanctuary of Our Lady of Consolation – a place of pilgrimage and the lower basilica, the building of the monastery and a fortification system with towers. In the temple, there are some of the most beautiful and precious organs in Poland and Europe. The International Festival of Organ and Chamber Music is organised here.

- Leżajsk Museum – a museum with an exhibition of brewing and an ethnographic toy exhibition.

Tourist attractions on the route



length: 29.5 km

surface:

- asphalt roads: approximately 85%
- gravel roads and dirt roads: 15%



The route is partly marked

- the itinerary coincides for a short stretch with the trail of the Niżański county and bike route Wyprowa do Leśnego Skarbca (Expedition to the Forest Treasury)
- the remainder is not marked



type of excursion: tourist

level of difficulty:

intermediate



travel time:

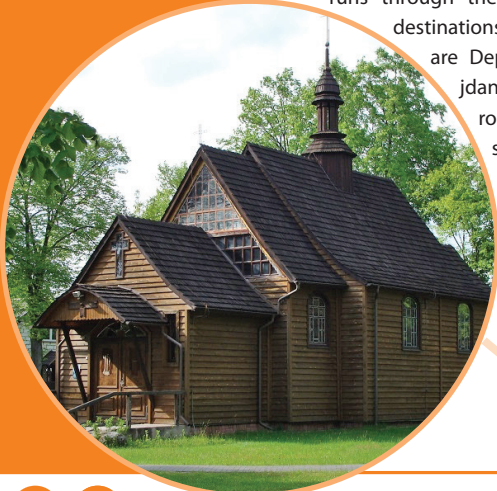
- without sightseeing: 2 hours 20 minutes
- with sightseeing: 3 hours 50 minutes

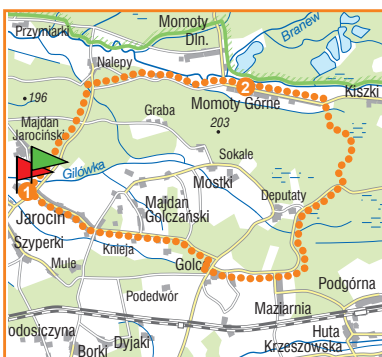
Soldier's trail of Colonel Zieleniewski

This tour is a very good option for cyclists who want to combine history learning with visiting quaint corners of the Lasy Janowskie forests. By taking this option, you can learn the war history of this area. There is an information board in Momoty Górne, which relates the story of Colonel Zieleniewski of the Polish Army. In the same village, you can also see an extraordinary temple.

Route: Jarocin (0 km) – Bukowa (7 km) – Momoty Górne (11 km) – Deputaty (17.5 km) – Maziarnia (20.5 km) – Majdan Gorczański (25.5 km) – Jarocin (29.5 km)

The trip begins in Jarocin at the Church of Our Lady of Sorrows and St Antony. You go left from the car park, and upon reaching the intersection, you need to turn right. Nearby, there is a reservoir on the Gilówka River. Further on, the road leads through woods to a unique place: Momoty Górne. At the end of the village, you turn right onto a dirt road, which runs through the forest. Further destinations on this route are Deputaty and Majdan Gorczański. The route ends at the starting point.





In Momoty Górne, it is worthwhile somewhat lengthening the trip and riding to the village of Szklarnia to see the Biłgoraj horse refuge. From here, you are close to another place connected with the tragic history of the region: Porytowe Hill. World War II's biggest partisan battle in Polish lands took place there.

1 Jarocin – the Church of Our Lady of Sorrows and St Anthony and the Father Martin Kędzier monument commemorating the martyrdom of the priest at the hands of the Nazis. Nearby is the charming reservoir built on the Gilówka River, attracting residents and tourists. An outdoor stage has been built here, along with gazebos and a wooden pier. The reservoir has become increasingly popular.

2 Momoty Górne – a village earlier called Grójec or Gruje, founded in the 18th century in the entail of the Zamojski family.

- Zieleniewski Group – the surrounding area evokes the figure of Colonel Zieleniewski and his soldiers. In the nearby forests, they fought both the Wehrmacht and the Red Army. Due to its difficult location, the Zieleniewski Group was compelled to surrender. The captured officers were murdered at Katyń forests, and most of the soldiers were sent to Soviet labour camps in the USSR.
- Wooden church – this is bound up with a unique history. The temple was originally too small

to accommodate all the believers, but the communist authorities would not allow its expansion. However, an exceptional pastor, Father Kazimierz Pińciurek, appeared, who decided that he would build a real church. Without permits, plans, funds and professionals, he set out to work, in ignorance of the art of construction. With great diligence and determination, he managed to put up an inconspicuous church, inside which there are ornaments, decorations and sculptures made by this extraordinary pastor.





length: 34 km

surface:

- asphalt: 53%
- marked Green Velo trail: 47%



The route is marked

- marking by the PTTK / Polish Tourist and Sightseeing Society / standards in blue
- after 16 km, from Iwaniska up to Klimontów, and the markings of the Green Velo cycling trail begin



type of excursion: tourist

level of difficulty:

for beginners



travel time:

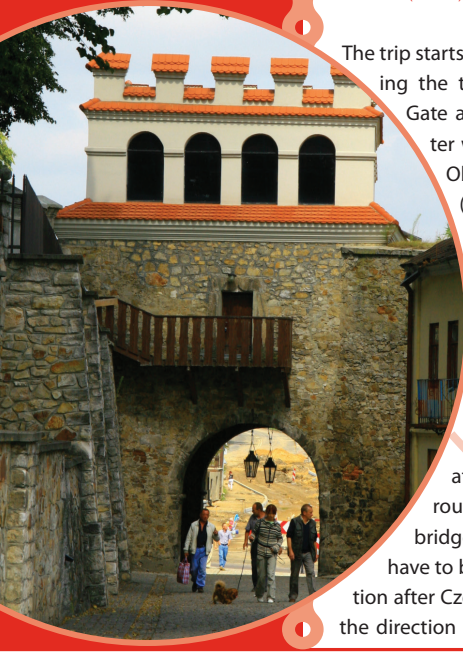
- without sightseeing: 3 hours
- with sightseeing: 6 hours
30 minutes

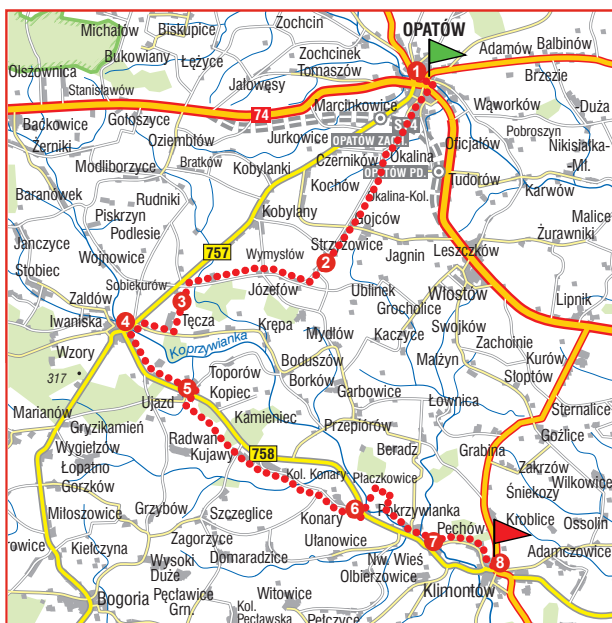
On the trail of castles and knights

Opatów's secrets of the underground route, monumental churches, charming palaces and the legendary Krzyżtopór Castle! It is worth getting caught up in the vortex of history associated with the residual remains of architectural gems, the creation of works of Polish literature and the glorious memory of the battles of national liberation. Monuments set in picturesque landscapes, rolling fields, valleys, rivers and groves immerse everyone in the charm of the Sandomierz Land.

Route: Opatów (0 km) – Czerników (3 km) – Strzyżowice (7 km) – Wymysłów (10.5 km) – Sobiekurów (11.5 km) – Iwaniska – (16 km) – Ujazd (19.5 km) – Schabówek (21.5 km) – Kujawa (23.5 km) – Konary (26 km) – Pokrzywianka (30.5 km) – Górki Klimontowskie (31.5 km) – Klimontów (34 km)

The trip starts in Opatów with your leaving the town via the Warszawska Gate alongside the car park, after which you turn right onto Obrońców Pokoju Square (the market). You tour around the whole square and in front of the Municipal Council building turn into Słowackiego Street. On leaving the city, the way is marked by the blue bicycle trail. In Czerników Opatowski, at the railway junction, the route heads left towards the bridge over the Kania River. You have to be careful at the next junction after Czerników Karski, steering in the direction of a stop and turning left





to Strzyżowice. Go past the Church of St Bartholomew. At the next chapel, you should keep to this road, and at the following one, turn right, and in Wymysłów, ride along past the quarries. Before getting to Iwaniska, you will reach the Planty via an avenue of lime trees then pass the neo-Gothic Church of St Catherine, and at the junction of Klimontowska Street and Słodowa Street, the route enters the Green Velo trail. The trail leads to Krzyżtopór Castle in Ujazd, followed by the towns of Konary and Górkę Klimontowskie. You enter Klimontów from the side of the Koprzywnika River Valley.

- 1 Opatów** – the site of a regional parliament during the First Republic of Poland.
 - The Underground Tourist Route around cellars carved out of the loess.
 - The Romanesque Collegiate Church of St Martin.
 - The historic market square with tenement houses.
- 2 Strzyżowice** – the Church of St Bartholomew from the 18th century.
- 3 Planty** – a lime avenue, leading to an abandoned court.
- 4 Iwaniska** – the neo-Gothic Church of St Catherine..
- 5 Ujazd** – Krzyżtopór Castle from the 17th century. A property built on the calendar principle. Today in ruins.
- 6 Konary** – a monument commemorating a battle fought during World War I.
- 7 Górkę Klimontowskie** – the Ledóchowski Palace from the 19th century.
- 8 Klimontów**
 - The Collegiate Church of St Joseph.
 - The Church of St Jack and the Dominican Monastery.



length: 23.6 km

surface:

- asphalt: 70% (with low car traffic)
- dirt and gravel roads: 30%
- grass paving blocks (near the Pieprzowe Mountains preserve): about 1 km
- Sandomierz – Nowe Kichary: dirt and gravel roads
- Dwikozy – Kamień Łukawski: alongside railway tracks, party dirt road



The route is marked with the character of a loop.

- direct access from the Green Velo trail along the boulevard on the Vistula River at the foot of the royal castle
- marking by the standards of the PTTK (Polish Tourist and Sightseeing Society) in different colours:
 - Sandomierz – national Road No. 77: black, blue, yellow
 - national Road No. 77 – Nowe Kichary: blue, black
 - Nowe Kichary – Dwikozy: blue, yellow
 - Dwikozy – Kamień Łukawski: red walking trail



type of excursion: tourist

level of difficulty:

for beginners



travel time:

- without sightseeing: 2 hours 30 minutes
- with sightseeing (excluding the historical places of Sandomierz): 3 hours 30 minutes

Sandomierskie secrets

Sandomierz is a city that inspires creators and artists, enthralling you with the uniqueness of its monuments and curiosities of nature. Loess ravines lead to historic churches, the Vistula wraps Sandomierz's escarpments like a shawl, and the charming streets of the historic centre lead to places of natural interest. It is worth getting to know the area around Sandomierz, a place with a rich history, Pieprzowe Mountains with a rose garden and protected species of birds, and to try the fruits of Sandomierz's orchards – just to let you get carried away with the enchantments of Sandomierz ...

Route: Sandomierz (car park near the Opatowska Gate, 0 km) – Sucharzów – Sucha (4.5 km) – Nowe Kichary (7.5 km) – Dwikozy (11.5 km) – Mściów (14.5 km) – Kamień Łukawski (18 km) – Sandomierz (23.6 km)

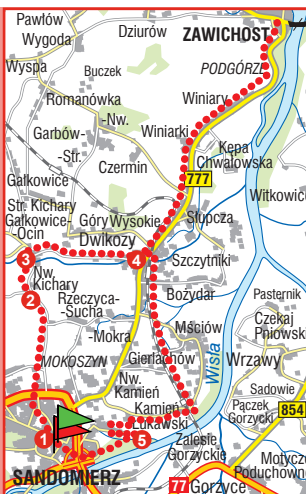
The trip begins at the car park near the Opatowska Gate. Subsequently, follow the black trail beside the monastery. After leaving the historic city centre, you have to keep going to the intersection with national Road No. 77. Lipowa Street introduces you to the route with small undulations, straight into the atmosphere of the Sandomierz Land – full of fields, meadows and orchards with tasty fruit. Along the way, on top of a vast high ground, the Chocim Lantern is visible, and as you approach Nowe Kichary, there are the ruins of a chapel.

The route leads along the Opatówka River among orchards and vast vineyards. In Dwikozy, you need to pass the chapel. You can extend the trip to Zawichost [variant]. Passing over the



Dwikozy–Zawichost–Dwikozy (20 km stretch of provincial Road No. 777)

In Dwikozy, you should extend the trip to Zawichost through Słupcza and Winiary. The route goes via an asphalt road in the vicinity of the Vistula. In Zawichost, the origins of which date back to the Middle Ages, there are numerous tangible cultural monuments: the Church of St John the Baptist from the 13th century, the Assumption of the Blessed Virgin Mary parish church and the parish Church of the Holy Trinity. At Leonard Street, it is worth seeing a stone obelisk used to measure the water level on the Vistula River, dating from the time of the Russian partition, showing the height above the Baltic Sea level and which is used to measure the water level on the Vistula.



Route options

bridge and the Opatówka River, it is worth paying attention to the church on a hill. Through Mściów and along the railway tracks, you arrive to Kamień Łukawski, and then a route with significant elevation differences of the area leads to the vicinity of Pieprzowe Mountains. At the foot of the preserve, there is a shelter (you can rest). It is worthwhile approaching the red trail in the upper parts of the preserve. The area calls for a longer stay, because of the wonderful view of Sandomierz and the oxbow of the Vistula. You enter the city by anti-flooding shafts in the vicinity of the Vistula River, below the city ring road next to the agricultural market, and then down Browarna Street towards the starting place. Sightseeing of a city with more than 120 monuments from different eras awaits tourists!

- 1 Sandomierz – Old Town**
 - Opatowska Gate, the monastery complex of the Benedictine sisters from the 17th century, the underground tourist route, the cathedral, the royal castle, the historic marketplace.
- 2 Nowe Kichary** – ruins of the Chapel of St Rocha from the 17th century.
- 3 Opatówka River Valley** – orchards and extensive vineyards. The valley shows signs of its unusual geological past, which can be seen in quarries, slopes and open pits. Noteworthy are the buildings' cellars, belonging to Sandomierz Vineyard, hollowed out in the loess.
- 4 Dwikozy** – chapel from the 19th century, elevated Church of St Andrew Bobola and St Anthony the Hermit of the 20th century.
- 5 Pieprzowe Mountains** – a range of hills made of Cambrian shale created 500 million years ago. With their colour and shape, they resemble scattered grains of pepper. At the foot of the preserve is a board with a map of Pieprzowe Mountains.

Tourist attractions on the route



length: 38.9 km

surface:

- asphalt roads: about 81%
- gravel roads: 1.7 km
- dirt roads: along the green hiking trail for Wielowieś (around 2.1 km) and past Zakrzów (about 1.6 km)
- paved and unpaved roads: Tarnobrzeg Park in the neighbourhood of Dzików (several dozen metres)
- concrete slabs: past a ferry crossing over the Vistula River (about 1 km)
- more difficult exit: after riding the green section of the walking trail (about 1.5 km)



The route is partly marked

- for the most part it runs along marked hiking and cycling routes from the car park: Green Velo
- marking by the standards of the PTTK (Polish Tourist and Sightseeing Society) in different colours:
 - past Wielowieś – Tarnobrzeg: green walking trail
 - from Skotniki, the opportunity to return to Sandomierz via the green bike trail or the Green Velo trail
- (Note) part of the route at Wielowieś: green walking trail (1.5 km), Cieszyca – Skotniki (about 4 km): unmarked road
- past the Dominican monastery in Tarnobrzeg: Tarnobrzeg's Way of St Jacob (the symbol of the golden shell of St Jacob on a blue background)



type of excursion: tourist

level of difficulty:

intermediate



travel time:

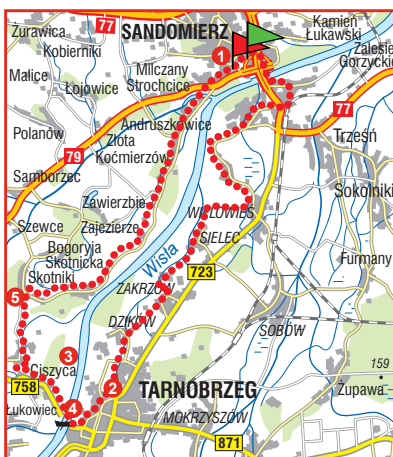
- without sightseeing: 3 hours
- with sightseeing: 5 hours 30 minutes

Sandomierz and Tarnobrzeg – gems on both sides of the Vistula River

The charming trip along the Vistula River Valley lets you take a look at the beauty of the architecture and rich nature by the Queen of Polish rivers. At the very beginning, you can admire the panorama of Sandomierz with the body of the cathedral, the Gothic Długosz's House and the monumental Collegium Gostomianum. Via roads through fields, you reach the city of Tarnobrzeg, in which the castle of the wealthy Tarnowski family dazzles visitors. Back on the road, the next out-of-the-ordinary attraction is the ferry crossing on the Vistula River. During our tour, it is worthwhile visiting the church in Skotniki and strolling through the Sandomierz orchards.

Route: Sandomierz (at the castle, 0 km) – Wielowieś (8.5 km) – Sielec (11.5 km) – Zakrzów (14 km) – Tarnobrzeg (18 km) – Cieszyca (23 km) – Świeżyce (24 km) – Skotniki (27 km) – Bogoria Skotnicka (29 km) – Ostrołęka (32 km) – Koćmierzów (36 km) – Sandomierz (38.9 km)

The tour begins in the car park at the granary. The Green Velo trail leads you along a picturesque road overlooking the cathedral, the Długosz's House and the Collegium Gostomianum, and then over the bridge to the other side of the Vistula. At the intersection of Flisaków Street and Holownicza Street, it turns left and follows the tour route right into Portowa Street, and further into Zarzewice Street, where you can already see signs for the yellow trail. The asphalt road leads to Wielowieś, which descends down Długa Street (no trail). At the end of the road, turn left and take the green walking trail. The groundwater route via



Route options

- Those interested in sightseeing religious monuments can go from Ciszyca to Tarnobrzeg by way of St Jacob to Koprzywnica, from where your return via the green trail to Skotniki (a variation in length of 6 km). In Koprzywnica, there is a Cistercian abbey from the 12th century.
- You can take a slightly shorter route (by approximately 2 km) along the green walking trail and avoid passing through Wielowieś.

anti-flooding shafts lets you admire the Vistula Valley, protected under the Natura 2000 network.

You then ride to Tarnobrzeg – Dzików. The Tarnobrzeg Historical Museum, located in the castle, and the Museum of the Polish Sulphur Industry are to be found on the route. The green trail leaves you at the Dominican convent. Further along, signs point you to Tarnobrzeg's Way of St Jacob. In Ciszyca, you should leave the pilgrimage trail and at a statue turn right (without marking) then soon left (after about 750 m) and so go from Świerzyce to Skotniki, where there is the Green Velo trail. The trip can be modified by following the green bike trail until Ostrołęka, where you again reunite with the Green Velo trail, after which you return to Sandomierz.



1 Sandomierz – Old Town

2 Tarnobrzeg

- Dominican monastery – 19th century monument, next to an interesting parish church.
- the Church of St Gertrude and St Michael the Archangel.
- Museum of the Polish Sulphur Industry, a branch of the Historical Museum of the City of Tarnobrzeg in Dzików.
- Historical Museum of the City of Tarnobrzeg in Dzików Castle – the former residence of the Tarnowski family, surrounded by a picturesque park. You can get acquainted with the museum exhibition.
- Dominican monastery

3 The Natura 2000 area Tarnobrzeg Vistula River Valley

4 Ferry on the Vistula

- ### 5 Skotniki
- the Gothic Church of St John the Baptist from the 14th century, with medieval wall paintings, which is an architectural jewel, and the manor of the corner extension type of the 18th century, situated in a nature park with a Romantic character.

Tourist attractions on the route



Museum of Leżajsk Land –

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