

# Bike Kingdom Carpathian Plateau

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.



### 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).



#### 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.

Sub-Carpathian



## 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.





## Excursion description

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



This tour allows you to most interesting and ex of the Carpathian Voi sive Orthodox Chu viewing point

## Excursion information

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





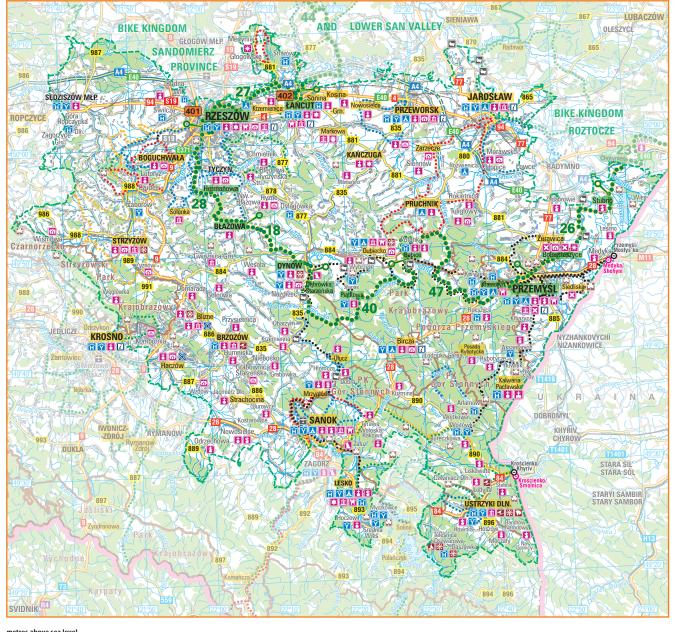
ul. Rynek 26, 35-9

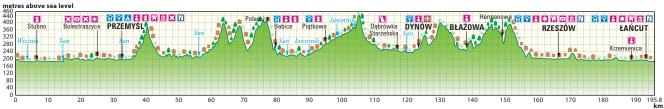












## Scale 1 : 610 000

## Legend

	Boundaries of Bike Kingdoms
9 18 9	East of Poland Cycling Trail Green Velo; distance (km)
••••••	Other cycle trails
A Y A	Hotels; youth hostels; campsites, camping grounds
BBBB	Churches; monasteries; Orthodox churches; Jewish culture relics
	Museums; open-air museums; other tourist attractions
	Palaces and mansions; castles; ruins; fortifications
<b>23 2 8</b>	Holiday resorts; tourist information; UNESCO sites
	Health resorts; water sports resorts; ski resorts; horse-breeding farms
PRZEMYŚL	Tourist destinations along the Green Velo cycle trail
SANOK	Tourist destinations
	Landscape parks
<b>3</b>	Forests; nature reserves
A4	Highways
S19	Express roads
82	National roads
818	Provincial roads; other roads
	Primary railways; secondary railways
	Airports; river ferries
<b>⊙ ⊝</b>	Border crossings: road border crossings; train border crossings
	National borders



#### Bike Kingdom Carpathian Plateau

The southern part of the Green Velo trail passes through the kingdom of the Carpathian Plateau, which is the gateway to the Polish mountains. Along the way, the trail gives views across the nearby Bieszczady Mountains and the Low Beskids. Including the linking trail through Biłgoraj, this loop of the trail is more than 400-kilometres long, which enables riders to plan for bike trips lasting at least a week.

•

There are three particularly interesting cities on the trail: the borderland city of Przemyśl with the remains of its once-powerful Austrian fortress, Rzeszów – the capital of Podkarpacie, and ultimately Łańcut which takes pride in its impressive palace complex.

Contrary to the title of the kingdom (named after the Carpathian mountains), most of the Green Velo trail does not pass through the mountains and in fact follows the River San valley. Here riders have to deal with considerable changes in altitude, especially near the towns of Przemyśl and Dynów. The mountain routes near Przemyśl and towards the Bieszczady Mountains and the Low Beskids (just a few dozen kilometres away), are also well worth considering. Riders should be reasonably fit and bikes will need good brakes for some of the descents. Crossing the River San on the footbridges that serve pedestrians and bike riders alike - some of which like those in Przemyśl, were built especially for the Green Velo trail - is an unforgettable experience.

The multi-cultural city of Przemyśl, one of capitals of the Polish Borderland, is arguably the most interesting city along the route. It is surrounded by the dozen or so military fortresses, which were built by the Austrian Monarchy in the mid 19<sup>th</sup> century. The forts are well preserved and open for visitors. There is also an excellent fortress bike trail around the city, which is well-marked.



from Przemyśl), are both worth a visit. Amongst the angling hills of the Przemyskie Plateau on the way to Ustrzyki Dolne, riders can discover the Pacławska Calvary monastery complex and the former hunting centre for the party "aristocracy" of the PRL times, the famous Arłamów. Over the years things have changed in this region... come and see what is left for yourself. 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. A little way off the trail are places of note, including the Kmita Family castle in Dubieck, the Piątkowa and Ulucz Orthodox churches, Dynów's provincial buildings, Boguchwała palace, Krosno, Sanok, and the wooden church in Haczów (that can be found on the list of World Heritage Sites); all are particularly worth visiting.

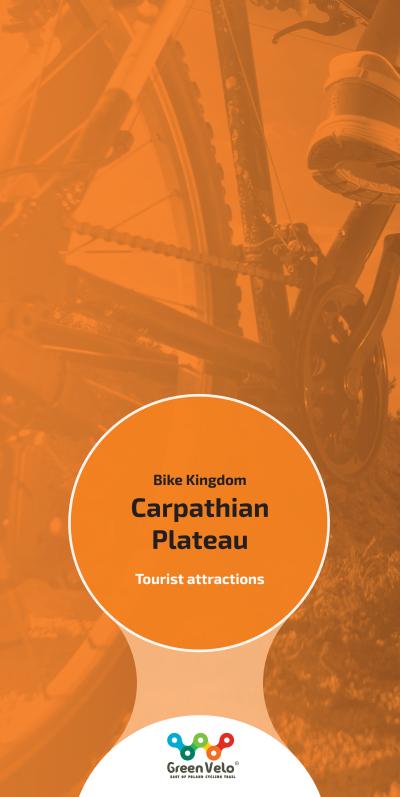
The Green Velo trail then makes its way to Rzeszów, the historic capital of the Podkarpackie Voivodeship, and more recently a dynamically developing city. Here the trail leads along the Wisłok River, leaving behind the hills of the Plateau to the South. Rzeszów is a bicycle friendly city featuring numerous historical sites and traditional Galician buildings in its centre, which are worthy of your attention. 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.

Leaving Rzeszów, the trail turns North-East and leads to Łańcut. The impressive Lubomirski Family palace, situated in a beautiful sprawling park, is particularly worth visiting and the local Carriage Museum is world-famous. Other recommendations include the small town provincial buildings around the market, as well as the old synagogue and the modern sport and recreation complex, situated close to the castle.

From Łańcut the trail heads North in the direction of Leżajsk, and then along the River San valley until it finally reaches Sand-

omierz. Near Nisko there is a section of the trail linking to Roztocze and Zwierzyniec, which is an interesting additional loop enabling keen riders to cover the southern part of the Green Velo trail as a few-day long bike trip, with its start and finish points in Rzeszów.

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Bolestraszyce Arboretum and forts of the Przemyśl Fortress

In Bolestraszyce near Przemyśl, there is a won-

derful arboretum with many plants that are valuable in terms of nature and

that are endangered. Several thousand species, such as yew trees, magnolias, edible

dogwoods, dawn redwoods and bald cypresses, are gathered on more than 20 hectares. There is a valuable collection of rhododendrons. You can admire old varieties of fruit trees, mainly apple trees. The gardens are

especially beautiful in early summer, during the flowering period. The history of the arboretum dates back to 1975. A mansion from the 18<sup>th</sup> cen-

tury stands here, which today houses the museum exhibition and the

educational room. They put on educational activities and, in

September, the Dogwood Festival. There is also the largest of the forts of the

Przemyśl Fortress – San Rideau, dating from the

1890s, in which 800 soldiers were stationed. Dur-

ing World War I, the fort was captured and blown up,

leaving behind the ruins. The inside of the bun-

ker is well preserved.
The fort is a big at-

traction for lovers of militaria and

history.



Arboretum and Institute of Physiography in Bolestraszyce Bolestraszyce 130 37-722 Bolestraszyce



**phone:** +48 16 671 64 25



## Carpathian Plateau



## $\boxtimes$

#### Culture and Promotion Centre in Jarosław

ul. Rynek 5 37-500 Jarosław www.ckip.jaroslaw.pl



phone: +48 16 732 53 91

#### **Jarosław**

with a lot of monuments. Its origins date back to the Middle Ages, being granted town possession of many distinguished families, such as the Sieniawskis, Zamojskis, Wisniowieckis, Sobieskis, Sanguszkos and Czartoryskis. It was a centre for fairs and trade and was conveniently located on a major route. Today, you can admire its urban layout with the market square surrounded by arcaded houses, the most valuable of which is the Renaissance Orsetti House from the 16th century. The market square has a neo-Renaissance town hall with a clock tower. In a city of many cultures and religions, there are several places of worship, most of which are Roman Catholic. Of note are: the 16th century Corpus Christi Collegiate Church, the Shrine of Our Lady of Sorrows in the 17th century Dominican convent, the Church of Saints Nicholas and Archbishop Stanislaus from the

17th century and the 17th century Church of the Transfiguration. Several Jewish synagogues have survived, including the Great and Small

## Przemyśl

In the

you can also visit sev-

city

visit several internal forts of the Przemyśl Fortress.

This is one of the oldest cities in Poland, dating back to the 10th century. The medieval castle was situated on the east-west trade route. Casimir's castle was built in 1340, but its current form dates from the early 20th century. In its courtyard, the outline of the Romanesque rotunda can be made out. The castle is the seat of the Przemvśl Dramatic Society "Fredreum". On the square is the symbol of the city - a fountain with the Przemyśl bear cubs. In the old town, there are lovely houses, narrow streets and typical Galician architecture. Worth visiting are the Metropolitan Church of the Assumption of the Blessed Virgin Mary and St John the Baptist and the Byzantine-Ukrainian Arch-cathedral of St John the Baptist. Especially noteworthy examples of Galician architecture are such civic buildings as the railway station and the town hall. The origins of the Tatar Mound date back to the 9th century and are associated with the cult of Slavic gods. It offers a panorama of the city and the Przemyśl Plateau. At the top, there is a ski lift station and a recreational park.

da the



Tourist Information Centre in Przemyśl ul. Grodzka 1

ui. Grodzka 1 37-700 Przemyśl www.visit.przemysl.pl



**phone:** +48 16 675 21 63





This is one of the best preserved and most worthy facility of the Przemyśl Fortress of a visit. The fortification was built between 1882 and 1886 in the outer ring of fortifications in the form of an artillery fort. During World War I, the fort was under fire and substantially destroyed. After the capitulation, it was blown up, and after 1945, it was partly demolished.

road leads. The interior is dimly lit; therefore, you need to explore it very carefully. The casemates, firing ports and utility rooms are well preserved. The fort itself is not utilised, and in many places, it blends harmoniously with nature. The facility is used for playing paintball and for climbing training. The fort lies on the border with Ukraine, but is fully accessible. This is an unusual place for militaria en-

Tourists are welcomed by the brick entrance gate, to which the fortress

thusiasts and seekers of historical memories.

## Krasiczyn Castle

Near Przemyśl, between the hills of the Przemyśl Plateau, stands the great residence of the Krasicki family. The castle was built at the turn of the 16th and 17th centuries in the Renaissance and Mannerist style. You can admire the external elevations with their characteristic sgraffiti, and the courtyard surrounded by cloisters with four towers rising in the corners: the Divine, the Papal, the Royal and the Manor. Among the well-preserved interiors, one ceremonial hall stands out: the Great Royal Table Chamber. In the 18th century, it was overrun and looted. From the 1830s until 1939, it was owned by the Sapiehas. During World War II, it was destroyed, and in the People's Republic of Poland era, it was used as a vocational secondary school of forestry. In 1996, extensive restoration works and park complex is one of the most beautiful manorial residences in the province. The cas-





## Castle-Park Complex in Krasiczyn

Krasiczyn 179 37-741 Krasiczyn www.krasiczyn.com.pl



phone: +48 16 671 83 12





## Carpathian Plateau



## Shrine of Christ's Passion and Our Lady of Calvary

Kalwaria Pacławska 40 37-743 Kalwaria Pacławska www.kalwariapaclawska.pl



phone: +48 16 671 95 44

## Monastic complex in Kalwaria Pacławska

The Shrine of Christ's Passion and Our Lady of Calvary with the Fathers towers over a high hill stretching over the Wiar River Valley. Andrzej Fredro was the founder of the temple and the Calvary shrine in 1665. The reason for erecting a shrine was for dissemination of the cult of the Lord's Passion; the purpose for its location on the high bank of the Wiar was to protect against looting. In the 18th century, Szczepan Dwernicki founded a church and chapels, as well as popularised pilgrimages to Calvary. In the church, there is the miraculous image of Our Lady of Calvary, which was placed here in the 17th century. The Baroque three-nave church of the Discovery of the Holy Cross is in the form of a basilica built in a projection of a cross. The surrounding hills and valleys have been given names derived from biblical sites, such as Golgotha, the Mount of Olives and the Kidron Valley. In the hills, the Calvary paths run,

modelled upon those of Jerusalem: the Stations of the Cross of the Lord Jesus (28 stations, including the 14 Stations of the Cross) and the Route of the funeral and Assumption of the Blessed Virgin Mary (14 stations). On the

(14 stations). On the hills, there are also other chapels of pilgrimage.

#### **Dubiecko Castle**

The first mentions of the castle date back to the 14th century, when the residence of the Kmitas appeared on a high bank of the San. In the 15th century, the Stadnickis rebuilt the castle in the form of a quadrilateral with a courtyard. The cellars and the remains of fortifications from this period are preserved. In 1551, Stanisław Stadnicki was born in the castle: called the Devil of Łańcut. he was famous for his passion for raiding the surrounding cities. In 1588, the Krasickis bought this property. The current shape of the manor and park dates from the 17th century. The castle was transformed into the Baroque style. In 1735, Ignacy Krasicki was born here. In the 18th century, the building was transformed into the Classical style. In the mid-19th century, the new owners, the Konarskis, added an outbuilding and landscaped the park. Today, the castle is privately owned and has been restored as a hotel, restaurant and conference facility. From the high escarpment, one can enjoy scenic views of the San Valley and the hills of the Przemyśl and Dynowskie Plateaux. In Dubiecko,

skie Plateaux. In Dubiec it is worth visiting the Greek-Catholic Church of the Raising of the Holy Cross, the Church of the Immaculate Heart of the Blessed Virgin Mary and the Museum of Fossils and Minerals.



Dubiecko Castle ul. Zamkowa 1 37-750 Dubiecko www.zamek.dubiecko.com



**phone:** +48 16 651 10 58



# St Dimitri Orthodox Church in Piątkowa

vallev of Przemyśl Plateau beautiful the Greek-Catholic Church Dimitri, St built in This is one 1732. of few examples the of trigeminal Orthodox church dome. Three parts of the church - the nave, the women's gallery and the chancel -

were built on a square plan. The outer walls of the temple are ringed by arcades, supported by stone pillars. After the "Vistula" action, the church was abandoned. In the

years 1958-1961, its complete renovation was carried out. The old furnishings were not preserved. In the cathedral (in the Orthodox Church) in Przemyśl, you can admire the surviving icon of St John the Baptist from the 16<sup>th</sup> century. Today, the church is not used, and because of its priceless cultural value, it's one of the monuments on the Wooden Architecture Trail. Next

tombstones, and the area is surrounded by a low stone wall and old trees. The village

to the temple, there are several

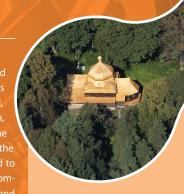
of Piątkowa is the starting point for the Przemyśl Plateau Landscape Park, with its picturesque wooded hills and rich Carpathian game.

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# Church of the Lord's Ascension in Ulucz

The church is one of the oldest and most beautiful wooden churches in Poland. It stands on Debniki Hill, rising above the valley of the San, surrounded by old lime trees. The origins of the temple date back to the mid-17th century. First, it belonged to the Basilian Fathers' monastery complex, which existed until the second half of the 18th century. According to the legend, the church stood at the foot of the hill, and one night, a mysterious force moved it to the top. The temple is in three sections, oriented, and with a timber log frame structure, built of fir. The roofs are covered with shingles, and the whole is surrounded by arcades. Inside, beautiful murals, the iconostasis and the portal are preserved. This Orthodox church was renovated several times, and until 1925, it served the local people. Before World War II, it partly burned down; after World War II, the remaining parts were dismantled. After its renovation in the 1960s, part of the building is not representative of its original state. Within the neighbourhood of the temple stand a few ing the slab of Father the author of the text of the national

owned by the Museum of Folk Architecture in Sanok and is on the Wooden Architecture Trail.





## Carpathian Plateau

## Mrzygłód with small-town Galician architecture

The town is located north of

Sanok on the banks of the San, though despite its rural character, it has a smalltown feel and an interesting story. Mrzygłód received town privileges in 1425. Initially, it belonged to the Pileckis and was a centre of trade along the course of the San. As a result of destructions in the 17th century, the town fell into decline, and trade ceased to grow. After World War I, Mrzygłód lost its town privileges. Until the mid-20th century, it was known in the area as a pottery centre. Today, you can see the layout of the small town, for the most part with wooden houses. On the market square, there are wooden houses with a timber log frame structure from the turn of the century. There is also a town hall from the 19th century and the statue of King Władysław Jagiełło, erected in 1910 to celebrate the 500th anniver-

dition, in the 15th century, King Jagiełło founded here the first gothic church, the Assumption of the Blessed Virgin Mary. It was rebuild multiple

sary of the Battle of Grunwald; the present one dates from 2010. According to tra-

#### Sanok

Due to the proximity of the range, the city is called the gateway to the Bieszczady Mountains. The old city is located on hills, all of which offer views of the San Valley and the Słonne Mountains. The origins of the castle date back to the 10th-11th century. In 1399, Sanok was granted charter rights. In 1417, it hosted the wedding of King Władysław Jagiełło to Elżbieta Granowska. Zofia Holszańska, the next wife of Władysław Jagiełło, later Isabela Queen of Hungary also lived in the castle. Sanok's market square is surrounded by buildings from the 19th century and the town hall from the 18th century. The old town buildings preserve the Galician style. On the high bank stands the castle from the 16th century, in which the Historical Museum is situated, housing the largest collection of paintings by Zdzisław Beksiński (more than 200 works), a painter born in Sanok. You can also see a collection of 700 Orthodox icons. The Museum of Folk Architecture is an ethnographic park, which has brought together more than 100 objects of wooden folk architecture from the 17<sup>th</sup> to the 20<sup>th</sup> century. There are, *inter* alia, residential buildings, Orthodox and Catholic churches, a school, a tavern and mills and forges. The main attraction is the Galician Market Square, presenting urban structures from the 19th century. You can visit the town hall, residential buildings and the tavern.







#### **Historical Museum**



**phone:** +48 13 46 306 09



#### Opening hours:



## Museum of Folk Architecture



phone: +48 13 463 09 04



Ethnographic Park



**phone:** +48 13 463 16 72



#### Opening hours:



Church of the Assumption of the Blessed Virgin Mary and St Michael the Archangel in Haczów

This wooden church is the largest wooden gothic church in Europe and the oldest wooden church of timber frame construction in the country. It was built in 1388 and expanded in the 17th and 18th centuries. The interiors conceal paintings from 1494. The church was known for its miraculous statue of Our Lady of Sorrows, which, according to legend, healed pilgrims. Currently, a copy is in the temple; the original sculpture, consecrated by Pope John Paul II, was placed in the nearby parish church. The precious elements of the décor include: the Baroque altar from the 17th century, painted crosses from the 15th century, a stone baptismal font from the 16th century, gothic sculptures from the 15th century and the gothic portals. In the years 2000-2006 the building was thoroughly renovated with maintenance of the wood and replacement of the shingles. In 2003, the temple was inscribed on

the UNESCO World Heritage List, together with other wooden churches of the Carpathian Mountains. The church is located on the Wooden Architecture trail.

#### Graduation towers in Solonka

The village of Solonka is situated among the rolling hills of the Dynowskie Plateau. Its biggest attraction are springs of salt water riod. The Carpathian brine deposits stretch across the entire Carpathian Plateau area. It's origins are dated back to the 16th and 17th century. A well with a depth of 25 meters, dating from 1596, was discovered here. You can see mining tools in was continued till the 17th century by the Ligezas family, who sold salt at Rzeszów market square. In the mid-17<sup>th</sup> century, it ceased obtaining salt, and the well was filled up. From 1999-2001, the well was in private hands and was renovated. From 2009-2010, salt cascades in the manner of a health resort were created. In 2011, a second stone well from the 17th century was discovered in the graduation tower. The extracted brine contains a large amount of sodium iodide, bromides and



## Carpathian Plateau



## [oxtimes]

#### Sub-Carpathian Agricultural Advisory Centre

ul. Tkaczowa 146 36-040 Boguchwała www.podrb.pl



**phone:** +48 17 87 01 507

## Lubomirski Palace in Boguchwała

South of Rzeszów, in the town attraction is the Lubomirski Palace, dating from the early of the surrounding lands were the Pietraszewskis. Later, Boguchwała, called Piotraszówka, belonged to the Ligęzas, Ustrzyckis and Lubomirskis. The wooden mansion was rebuilt, placed with a brick building. Prince Jan Teodor Lubomirski expanded the brick mansion in the years 1725-1729. The palace assumption was modelled on Wilanów. Around the late Baroque era mansion, a park was established with a pond, a moat was dug, and outbuildings were built. Lubomirski founded the nearby church manse. Before the entrance to the park, there is a brick enclosure from the 19th centhe residence lost its significance. Finally, it was sold in 1763 to

E Starzyńskis and then
to the Straszewskis.
Today, there is the
Sub-Carpathian
Agricultural Advisory Centre,
where you
can spend the

#### Rzeszów

Rzeszów is the largest city of the Karpackie Province and its capital. The city received town privileges in 1354. In 1591, the town hall was erected, and in 1600, construction of the castle began. In the 17th century, the castle withstood a number of sieges. In the 18th century, it was converted into a palace. In the early 20th century, the building was dismantled and faithfully recreated. Currently, it is home to the district court. Rzeszów's market square is surrounded by Galician tenement houses. Well worth a visit is the Bernardine Fathers' monastery complex with the late Renaissance Church of the Assumption of the Blessed Virgin Mary, the Church of the Holy Cross and the Classicist Church of the Holy Trinity. Two synagogues survive in the city: the Old and New. An important attraction is the underground tourist route, running through tunnels under the houses and the slabs of the market square, hollowed out in loess substrate, where food and wine were stored. Part of the passageways forms the Underground Tourist Route, with 34 cellars from the 15th to the 20th century. The length of the underground passage is 213 metres; the lowest point of the route exceeds 9 metres in depth. The Museum of Bedtime Cartoons contains a collection of dolls, puppets and souvenirs related to Polish bedtime stories.







#### Underground Tourist Route "Rzeszów Cellars"

Rynek 26 35-064 Rzeszów



phone: +48 17 875 47 74



### **Opening hours:**

Tue – Fri 10am – 6pm, Sat – Sun 11am – 5pm

V–IX Tue – Fri 10am – 7pm,



## Museum of Bedtime Cartoons

ul. Mickiewicza 13 35-064 Rzeszów www.muzeumdobranocek.com.pl



**phone:** +48 17 748 36 51



#### Opening hours:

- Tue Fri 9am 4pm,
   Sat Sup 10am 5pm
- holidays

Tue – Fri 9am – 5pm,

#### Markowa

Among the vast fields of the Rzeszów Plateau, there is the large village of Markowa, famous for vegetable crops. In the open-air museum, many wooden objects related to agriculture were gathered in a small area. The most interesting buildings are:

Kmieć cottage, a barn, a windmill, a forge, an oil mill and a rick. There is a chamber decorated with fire fighting equipment, such as pumps and fire engines. Another attraction is the Ulma Family Carpathian Museum of Poles Saving Jews. The main idea behind the creation of the museum was to commemorate the heroic deeds of the Ulma family, living in Markowa during World War II. In 1942, Józef Ulma decided to hide two Jewish families from Łańcut and Markowa. In 1944, the Nazis caught and murdered the Jews in hiding. Józef Ulma was killed, as was his wife Victoria, who was in an advanced stage of pregnancy, and their six children. This crime has become a symbol of the aid Poles gave to the Jews. The bodies

> bers were exhumed and transferred to the Cemetery for Victims of Nazism in Jagiełła--Niechciałki.

of the Ulma family mem-



#### The Markowa Village Museum



phone: +48 17 226 53 46



#### **Opening hours:**

#### Lańcut

Łańcut received town privileges in 1349. The most famous nobleman in the city was Stanisław Stadnicki, called "the Devil of Łańcut" - a brawler and a rebel who battled with all his neighbours. In the 17th century, Łańcut was taken over by the Lubomirskis, who, in the years 1619-1641, built a castle in the palazzo in fortezza style, a pearl of Baroque architecture. At the end of the 18th century, Izabela Czartoryska rebuilt the mansion and designed the gardens. Since the 19th century, the palace complex has belonged to the Potockis. During this period, the following were built: a romantic castle, a rose garden, a palm house, an orangery and an orchidarium, a riding 1944, Count Alfred Potocki evacuated twelve railway carriages of valuables from the palace. After World War II, a museum opened with some of the most beautiful palace interiors in the country. In May and June, musical concerts are held. The mansion is surrounded by a park. In the stables and coach house, the only coach museum in Poland was created. Also gathered here is the country's largest collection of Orthodox icons. There is a synagogue located behind the palace park and in Łańcut's "Polmos" vodka factory, there is the only Distillation Museum in Poland, where you can learn aboutold methods of distillation and production of alcoholic





### Museum –

**Łańcut Castle Museum** ul. Zamkowa 1 37-100 Łańcut www.zamek-lancut.pl



**phone:** +48 17 225 20 09 **phone:** +48 17 225 20 10



#### **Opening hours:**

Mon 11.45am – 3pm,
 Tue – Sat 8.45am – 3pm,
 Sun 8.45am – 4pm

#### Castle:

visiting time: 60 minutes
Mon 12pm – 4pm (3pm),
Tue – Sat 9am – 4pm (3pm),
Sun 9am – 5pm (4pm)

#### Stables and Coach House:

visiting time: 45 minutes Mon 1pm – 5pm (4.15pm), Tues – Sa 10am – 5pm (4.15pm), Sun 10am – 6pm

#### **Orthodox Art**:

visiting time: 45 minutes Tues – Sat 10am – 5pm (4.15pm), Sun 10am – 6pm (5.15pm)

Orangery: visiting time:

20 minutes

Tue – Sat 9am – 4pm (3pm), Sun 9am – 5pm (4pm)

#### Orchidarium:

visiting time: 30 minutes Tue – Sa 10am – 6pm (5.30pm), Sun 11am – 7pm (6.30pm)

## Carpathian Plateau



In the village of Zarzecze, the main attraction is a coutryside residence, which Magdalena Morska of the Dzieduszyckis decided to build in 1817 among the beautiful woodland. The building is richly

decorated and has a form that alludes to ancient art. In addition, an orangery, a byre and an outbuilding were constructed. Countess Morska often organised meetings here, so Zarzecze has become a local cultural centre. The Dzieduszyckis occupied the palace until 1944. In the 1980s, renovation of the palace was started, and the Dzieduszyckis waived their rights to their former estate. Currently, a Dzieduszycki Museum has been opened in the palace, where you can admire family heirlooms, interior fittings and relics from the 19th century. The park, other buildings and a pond with an island have also been renovated. The renovated palace with a lovely park encourages you to visit this mansion set away from the hus-

tle and bustle.



## Dzieduszycki Museum in Zarzecze

www.muzeum-jaroslaw.pl



phone: +48 16 640 15 14



#### **Opening hours:**

- summer season (V IX)
   Mon Fri 9am 3pm,
   Sat–Sun 1pm 5pm
- X IV
   Mon Fri, 9am 3pm
- Sat Sun by prior arrangement phone: +48 16 621 54 37 (to Fri 2 pm)
- last entry 30 minutes before closing



### Pruchnik

The city is situated amid the farmland of the Rzeszów Plateau. The most interesting place is the central square, surrounded by unusual wooden houses with arcades. Pruchnik's market square is typical of Galician market towns. There are about 40 houses with arcades, part of which are residential; the rest are craft shops and commercial establishments. Most of the buildings are renovated, dating back to the 18th century. The half-timbered houses are covered with shingles; the arcades rest on decorative supports. The aim of such a structure was to cover stalls regardless of the weather. In Pruchnik, it is worth visiting the baroque Church of St Nicholas and the Greek-Catholic Church of the Dormition of the Mother of God. Due to the unique historical character of the village, one can feel the atmosphere of old Galicia.



## Pottery Grange in Medynia Głogowska

In the woodland of San-

domierz Forest lies a village village, which in the 19th century was the largest pottery centre in Poland; this was connected to the existence of large deposits of clay, which were easy to extract and treat. In the early 20th century, 120 pottery factories were operating in the area. After World War II, for financial reasons, the potters changed their sector of operation from pottery to art, and as a result of mechanisation, all the pottery factories were closed. In 2001, local activists opened the Pottery Grange in a 19th century cottage. The building is equipped with a kiln and has been transformed into a workshop with pottery wheels. Educational activities involving pottery are conducted here. A Pottery trail was established, that runs for about 40 kilometres through the countryside, guiding you to places of extraction of clay and old factories. Currently, an inn has been opened next to the Pottery Grange.



Pottery Grange in Medynia Głogowska www.zagrodagarncarska.p



**phone:** +48 17 226 23 23



### **Opening hours:**

1 V–31 X
 Tue – Fri 9am – 4pm
 Sat–Sun 1pm – 5pm



<u>"U Garncarzy" Inn</u>



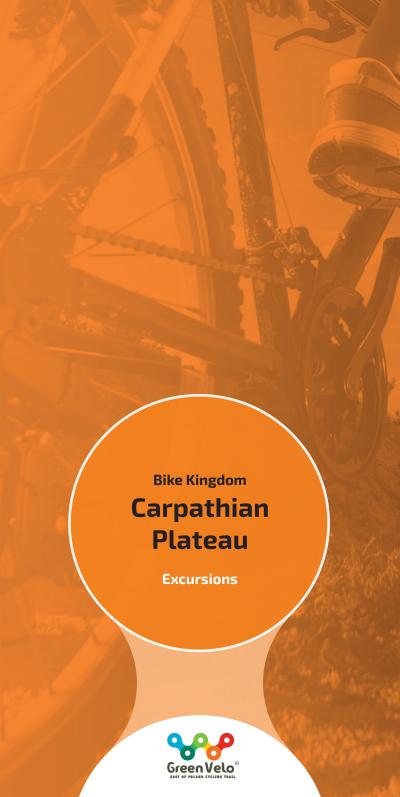
**phone:** +48 662 622 006 **phone:** +48 17 77 26 830



#### Opening hours:

daily, 10am – 10pm







length: 36 km

local bituminous road



the route is partly marked

 the route consists almost entirely of bicycle routes, sucl as the Trail of Icons, the Švejk Crossway and In Footsteps of the Historical Villages.



type of excursion: tourist level of difficulty: intermediate



#### travel time:

- without sightseeing
   hours 20 minutes
- with sightseeing:
- 5 hours 30 minute

### Forest area of the Artamow "residence"

This tour allows you to visit one of the most interesting and extraordinary places of the Carpathian Voivodeship. The defensive Orthodox Church of St Onuphrius, a viewing point and the resort in Arlamów are the biggest attractions along the route. You can add some variety to the tour by going to the nearby Paclawska Calvary.

Route: Posada Rybotycka (0 km) – Rybotycze (4 km) – Makowa (7.5 km) – Arłamów (18.5 km) – Trójca (30 km) – Posada Rybotycka (36 km)

The tour begins in Posada Rybotycka near the Church of St Onuphrius. You leave the village and go up the Wiar River Valley in the direction of Rybotycze. Another section, Rybotycze – Arłamów, coincides with the bike trail aptly named the Švejk Crossway. This passage is demanding, because it leads uphill all the time, but the effort is fully com-





Rybotycze - Kalwaria Pacławska (8 km)

the Jamninki Creek Valley to a place called Trójca. This part of the excursion delights with its wonderful view of unspoilt fields. These are deserted areas where settlements once existed. Here and there you can find single fruit trees, an old well or a solitary chapel. These are the only relics of the former inhabitants. The final section of the route follows the cycling Trail of Icons.



- 1 Posada Rybotycka the wonderful Church of St Onuphrius made the city known throughout the region. The temple is situated in the picturesque Wiar River Valley on a small hill. The 15th century building is considered the oldest preserved defensive Orthodox church in Poland. It was built in the gothic style, with a square nave topped with a defensive tower. In the upper parts of the towers, you can see small slit windows. It is worth going inside
- to see the remarkable Byzantine polychromy.
- Arłamów it is worthwhile visiting this luxury resort founded in the People's Republic of Poland era. During martial law, Lech Wałęsa was being held here.





## length: 28.5 km

- asphalt roads: about 55
- gravel and ground base road about 45%



the route is marked

- Bolestraszyce Przemyśl: blac Fortress Route (left-bank section)
- Przemyśl (from Buszkowicka Street) – Bolestraszyce Arboretum (car park): Green Volo.



type of excursion: touris level of difficulty: intermediate



#### travel time:

- without sightseeing: 3 hour
- with sightseeing: 6 hours

## In the footsteps of Galician soldiers

The route begins near the beautiful Bolestraszyce Arboretum. Choosing this tour, you can learn the interesting history of one of the largest fortresses in Europe. The last stretch of the route runs through Przemyśl – one of the oldest and most beautiful cities in Poland.

Route: Bolestraszyce (0 km) – Żurawica (5 km) – Duńkowiczki (8.5 km) – Orzechowce (12 km) – Ujkowice (15 km) – Przemyśl (20 km) – Buszkowice (21.5 km) – Buszkowiczki (25 km) – Bolestraszyce (28.5 km)

The adventure begins in the car park at the Bolestraszyce Arboretum. From here, you set off towards Fort XIII "San Rideau". The black Fortress Route takes you to further fortifications. The second is Fort XII "Werner". To get to the next attraction, you have to ride down a country road and watch all the time for the signs of the black Fortress Route. After about 4 km, you reach Fort Duńkowiczki. The next two forts on the route are Orzechowce and Brunner. When you cross the boundary of Przemyśl, you have to leave the black Fortress Route and turn left to the route leading along the forest. In an unmarked section,

Stwosza and Kochanowskiego, then a short section of streets:

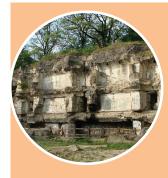
3 Maja, Stanisława Augusta, Borelowskiego. Going straight ahead from Rogozińskiego Street, you will reach the end point of the excursion: the car park of the Bolestraszyce

take the streets: Wysockiego, Wita

Arboretum.



Being in Przemyśl, you might want to deviate a little from the trail and visit the Old Town, Casimir Castle, Tatar Mound and the National Museum of Przemyśl.



- 1 Bolestraszyce Arboretum —the magnificent botanical garden delights even the most demanding tourists. It is especially attractive in the spring, when you cannot take your eyes off multi-coloured magnolia, irises, azaleas and peonies. In summer, it is worth coming here to cool down, resting on the benches. There's also an interesting Sensory Garden, perceived using all of your senses.
- 2 Fort XIII "San Rideau" one of those most devastated during war operations.
- 3 Fort XII "Werner" one of the most interesting, the oldest and best preserved. The building was incorporated into the defensive

- ring of Przemyśl Fortress in 1883. The fort, whose name derives from the surname of the first commander of the fortress of Przemyśl, Antoni Werner, is the chief artillery fort of the fourth northern section of the defence.
- 4 Fort Duńkowiczki this fortification, in spite of fierce battles and sieges, survived to our times in good condition.
- 5 FortsOrzechowceandBrunner in utter ruin, though they make a huge impression on tourists and lovers of the military architecture.





## length: 46.5 km

- local bituminous pavemen
- · Łańcut Krzemienica: grave



the route is partly marked:

 Łańcut – Krasne: in a large par Green Velo



type of excursion: tourist level of difficulty: intermediate



#### travel tir

- without sightseeing: 4 hour
- · with sightseeing: 9 hours

## In the footsteps of the Potockis' Łańcut Entail

This tour allows you to see the most interesting places in the area of Łańcut. The tour leads through grounds, most of which once belonged to the Potockis' Łańcut Entail. The main attractions on it are: the palace and park complex in Łańcut, the open-air museum and the Ulma Family Carpathian Museum of Poles Saving Jews, in Markowa.

Route: Łańcut (0 km) – Krzemienica (4 km) – Strażów (9.5 km) – Krasne (14 km) – Malawa (17.5 km) – Kraczkowa (23 km) – Markowa (34 km) – Lańcut (46.5 km)

The journey begins in Łańcut. The expedition should be preceded by sightseeing of the residence of the Lubomirskis and Potockis. From the car park at the railway station in Łańcut, you follow the Green Velo trail to the west. The trail runs along the railway line No. 91 Kraków – Przemyśl, through the village of Krzemienica to Strażowa. In Krasne, you deviate from the main Green Velo trail and change the direction of travel from the west to the south. The next section runs through places with a typically

and Kraczkowa. Markowa is another important point on the route. The next section leads by the regional Road No. 881 to Łańcut. In the city, you should direct yourself on to Leżajsk. You reach the car park in front of the station by turning left be-

agricultural nature - Malawa

fore the rails.



- Łańcut a city renowned for the magnificent residence of the two noblest aristocratic families of the Republic: the Lubomirskis and the Potockis. You need to visit the magnificent interior of the early baroque castle. The building is surrounded by well-preserved fortifications with bastions at the corners. Nearby is the coach house with one of Europe's largest collections of horse-drawn vehicles. You can relax, strolling along the paths of the picturesque park.
- Malawa you should go to the Mary Magdalene Hill, offering a beautiful view of Rzeszów and the surrounding area. This is the first slope of the Dynowskie Plateau. At the top, there is the historic Church

3 Markowa – it is famous in this area for the social activities of the extremely thrifty locals and gourmet meat products. Once in the village, there were a few dozen wind turbines (windmills), one of which has survived. Passing through, you should pay attention to houses with a unique half-timbered construction from the late 19th and early 20th century. You should also look to the newly built Ulma Family Carpathian Museum of Poles Saving Jews. Ceremonies are held in the village, connected with the tragic death of the Ulma family, who were shot by the Nazis. They died because they helped Jewish families to survive.





length: 32

local bituminous road



the route is partly marked:

• Dynów – Błażowa: in a large

 Dynów – Błażowa: in a larg part Green Velo



type of excursion: tourist level of difficulty: intermediate



#### travel time:

- without sightseeing:
   hours 50 minutes
- with sightseeing: 5 hour

#### Trail of Galician small towns

This tour provides an excellent opportunity to encounter the very interesting history of Galician towns. The main attractions along the route are the historical centres in Błażowa and Dynów. Of particular note is the Przeworsk – Dynów narrow gauge railway, with a unique tunnel.

Route: Błażowa (0 km) – Piątkowa (5 km) – Harta (9.5 km) – Dynów (16.5 km) – Ulanica (22 km) – Futoma (27 km) – Piątkowa (29 km) – Błażowa (32 km)

The route leads through areas of touristic interest, drawing on both the characteristics of the natural environment and also cultural heritage. The tour starts at Błażowa's market square. Before you go further, you should get to know the unique monuments of the town.

Having learned the unusual history of the town head to the east,





through the village of Piatkowa to Harta. It is worth to stop here. Heading further south, you reach the charming Dynów, lying at the junction of four counties: Rzeszów, Przemyśl, Przeworsk and Brzozów. You leave the town riding down Ożoga Street. The trail follows a Green Velo route through the picturesque places of the Dynowskie Plateau and the towns of Ulanica and Futoma as far as Błażowa. On this section, you can admire a panorama of Dynów and the neighbouring towns. The loop finishes in the village of Piatkowa, and further

down 3 Maja Street, you will reach the starting point.



- 1 Błażowa mansion from the late 18th and 19th century, the neogothic Church of St Martin of the late 19th century, the town hall from 1900 and the Jewish cemetery from the 18th century. It is worth seeing the unique Public Museum of the Błażowski Land.
- 2 Harta an old mill and a bell tower, in which echoes a centuries-old bell.
- 3 **Dynów** it is worth seeing the train station, as well as going on an extraordinary journey by historic railway via the only

narrow-gauge railway tunnel in Poland, and the longest one in Europe. In its heyday, Dynów was a multicultural city, as evidenced by architectural monuments surviving to this day.





## length: 31 km

- · local bituminous road:
- Jabłonica Ruska Hroszówka gravel road, asphalt in severa places
- · Ulucz Borownica: gravel road



the route is marked

- the route uses existing bicycle routes: the San River Line Fortifications Trail and the Trail of Icons
- Jawornik Ruski Siedliska: Green Velo



type of excursion: touris level of difficulty: intermediate



#### travel time

- without sightseeing:
   3 hours 10 minutes
- · with sightseeing: 6 hour

## In the land of forgotten places

This tour runs, in large part, through the picturesque valley of the San. Attractions such as the remains of the abandoned village Hroszówka, the beautiful wooden Orthodox Church in Ulucz, varied terrain, forests and clean air mean that by choosing this route, you can experience an unforgettable adventure.

Route: Siedliska (0 km) – Jabłonica Ruska (8 km) – Hroszówka (12 km) – Ulucz (14 km) – Borownica (19 km) – Jawornik Ruski (22.5 km) – Huta Poręby (26 km) – Siedliska (31 km)

The tour begins in the town of Siedliska in the municipality of Nozdrzec on the right side of the San. The route continues south along the San River Line Fortifications Trail. After covering eight kilometres, you reach Jabłonica Ruska. Continuing along the enchanting valley of the San, you pass a farm where fallow deer are bred, and after a few kilometres, you reach the now-abandoned village of Hroszówka. Another village on the route is Ulucz. The next section of the route is the most exhausting. The cycling Trail of Icons leads through the woods to the village of Borownica. In Jawornik Ruski, you will reach the main Green Velo trail, which, further along, reaches the point of both the start and finish of the tour:

Siedliska.



An interesting variant of the tour is the route leading from Ulucz to Witrylów by the newly built footbridge for pedestrians and cyclists.



- 1 Jablonica Ruska a town, which in 1936 was a big settlement with a population of 760 inhabitants. Most of the population were Greek-Catholic. World War II changed the face of this place. To this day, reinforced concrete bunkers hidden in the forest thickets are silent witnesses of those events.
- 2 Abandoned village of **Hroszów- ka** like Jabłonica Ruska, in the interwar period, was teeming with life. After of World War II, the village was completely deserted. Relics of the pre-war inhabitants are

avenues, orchards and a roadside chapel.

3 Ulucz – the post-war history of the village is connected with the tragic fate of the people living along the borderland. The village was burned and its inhabitants evicted. The most precious memento to the former splendour of the village survived the conflagration: the Orthodox Church. It is located on a hill, so you should leave your bikes at its foot. The temple is one of the loveliest examples of wooden sacred architecture.



### **Practical information**



### **Tourist Information Centre**

ul. Grodzka 1 37-700 Przemyśl cit@um.przemysl.pl phone: +48 16 675 21 63

# Tourist and Cultural Information Centre "Rzeszów Zaprasza"

ul. Rynek 26 35-064 Rzeszów www.rzeszowzaprasza.pl phone: +48 17 852 57 77

# Sub-Carpathian Tourist Agency with a tourist information desk

ul. 3 Maja 10 37-100 Łańcut phone: +48 17 225 48 50