



Bike Kingdom Biebrza and Narew Rivers Valley

East of Poland Cycling Trail
Green Velo

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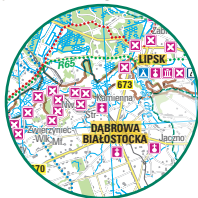


How to use the guide

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.

1 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.



3 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.



Kiermsy Dworek nad Łąkami (Kiermsy Manor House on the Meadows)
Kiermsy 12, 16-080 Tykocin
www.kiermsy.com.pl



phone +48 85 718 70 79
phone +48 85 718 70 79

5 Excursion description

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

Around the Łomża Landscape Park of the Narew

The route of the excursion the Łomża Landscape Park of the Narew Valley. Travelling by bicycle, you can expect beautiful views, but also intense fatigue after the ride.

7 Practical information

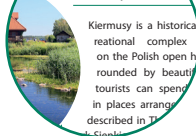
Tourist Information

Biebrza National Park
Oświec-Twierdza 8
19-110 Goniądz
phone +48 85 738 30 30
it@biebrza.org.pl
www.biebrza.org.pl

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).

Jantarowy Kasztel Kiermsy



Kiermsy is a historical recreational complex on the Polish open heath. It is surrounded by beautiful nature. Tourists can spend time in places arranged as described in the legend.

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.



6 Excursion information

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

Type of excursion: tourist
level of difficulty: intermediate



time of travel:
• without sightseeing: 3 hrs 30 min
• with sightseeing: 4 hrs 30 min



Bike Kingdom Biebrza and Narew Rivers Valley

Kingdom information

Legend



East of Poland Cycling Trail Green Velo; distance (km)

Other cycle trails



Hotels; youth hostels; campsites, camping grounds



Churches; Orthodox churches; Jewish culture relics



Palaces and mansions: castles: ruins



Museums: fortifications



Technical monuments; windmills; other tourist attractions



Ski resorts; horse-breeding farms



Holiday resorts: tourist information

TYKOCIN

Tourist destinations along the Green Velo cycle trail

GRAJEWO

Tourist destinations



National parks; landscape parks



Forests: nature reserves



Express roads



National roads



Provincial roads; other roads



Primary railways: secondary railways



Airports: river ferries



National borders

Provincial borders



Bike Kingdom

Biebrza and Narew Rivers Valley

The kingdom of Biebrza and Narew Rivers Valley is a land of marshes, a sanctuary of elks, paradise for birds watchers, and a place of peace and quiet. This area is large and sometimes difficult to reach due to the vast marshes. Nevertheless, well-marked tourist routes allow us to visit the most interesting parts of this region. The Green Velo route runs along asphalt and unpaved roads, at the edge of the Biebrza and Narew Valleys, which are protected as national parks and a landscape park. In the spring, Biebrza and Narew form picturesque marshes, which may limit the capacity of the route.

The kingdom of Biebrza and Narew Rivers Valley stretches from the north to the south, from the area of Augustów to Łomża and Białystok. The Biebrza Marshes belong to one of the best-preserved marsh complexes in Europe. The Biebrza and Narew Rivers lazily wind among the marshes, while the clean water of those rivers inhabited by many species of fish, provides food for hundreds of bird species that safely nest and feed in that area. Biebrza is most beautiful in spring, when flowers bloom and ruffs, one of the protected bird species, are mating. An access to some parts of the area may be limited to ensure a safe environment for the birds during their breeding period.

This area can be admired on foot, from a kayak, a "pychówka" boat or a raft. However, it is highly recommended for visitors to cycle through the region. The Green Velo route is a perfect tool for this purpose, as it runs through the area from the north to the south. However, to see the best sights, you will need to ride off the main route in the direction of, for example, Woźnawieś and a forester's lodge in Grzędy in the northern part of the Biebrza National Park. The park encompasses a strict protection area called Czerwone Bagno. After the Second World War, this area was the only elk sanctuary in Poland. The area has aeolian dunes, through which the route to Wilcza Mountain leads.

The Green Velo route stretches from Augustów, along the Augustów Canal and the left bank of the Biebrza River, through Dolistowo and Goniądz to the unconquered Osowiec Fortress, which dates back to the second half of the 19th century. A significant part of this section of the



Green Velo route runs along or close to the Podlaskie White Stork Trail, which is a part of the Greenways route network.

The next stage is the so-called Tsar's Road, which is an old road stretching on the eastern bank of the Biebrza River from Osowiec to the south to Strękowa Mountain. This section makes it possible to admire the vast marshes. The road also offers numerous viewpoints and footbridges leading through meadows and marshes.

The Narew River Valley towards Łomża, which is a byway, is also picturesque and interesting. This area is protected as the Łomża Landscape Park of the Narew River Valley, which constitutes a habitat of numerous beavers, elks, bats and many bird species. It is worth noting the valuable and rich vegetation of about 40 protected species.

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

About 30 kilometres away from Łomża, tourists will find defence complexes belonging to four fortress schools: Polish (Nowogród and Wizna), Russian (Piątnica), Soviet (Kolno – Nowogród – Zambrów) and German (Pisa). Amateurs of military tourism will surely find many interesting sights here.

The main route leads from Strękowa Mountain to charming Tykocin, one of the most beautiful, baroque towns in this voivodeship voivodeship. A synagogue, a Talmudic house, Alumnat, a church of the Holy Trinity and historical buildings are the main historical monuments of the town. From Tykocin, the route leads eastwards to Białystok, through the area of the Narew National Park, where you simply must walk on the footbridge with floating jetties between Śliwno and Waniewo. Then, the route goes to Białystok.

The towns located by the Biebrza and Narew Rivers offer farm tourism accommodation, and the land owners there are very open and hospitable. Numerous tourism companies offer canoeing and thematic trips, which include elk observation.



Bike Kingdom
Biebrza and
Narew Rivers
Valley

Tourist attractions

Rajgród and Rajgrodzkie Lake

Rajgród is situated on the Rajgrodzkie Lake – the second largest lake in the Podlasie region. The characteristic features of this body of water are an expanded shoreline and interestingly shaped long sections. The lake contains several wet-land islands. The entire complex of the Rajgrodzkie lake is covered by a quiet zone, which makes it an ideal place for sailing. Because it is a habitat of a large number of fish, it is also popular among anglers. When staying by the lakes, you can visit many resorts, agrotourist lakes, guesthouses and boat berths. Both the berth and local yachts have been adapted to the needs of disabled persons in wheelchairs.



Town Hall in Rajgród

ul. Warszawska 32
19-206 Rajgród
www.um.rajgrad.pl



Lipsk

This small town is known for its rich Easter egg tradition, which has been cultivated until today. Called the "Easter egg heartland", Lipsk has its own Museum of Lipsk Easter Egg and Tradition, where you can admire a collection of almost 500 Easter eggs.

Apart from admiring, you will also have an opportunity to learn how to create such eggs, which are decorated using the batik (wax-resist) method. In museums and workshops, interesting presentations and handicraft sessions are organised. The museum and local workshops are a part of the Trail of Folk Handicraft.



Museum of Lipsk Easter Egg and Tradition

ul. Stary Rynek 2
16-315 Lipsk
www.kulturalipsk.pl/muzeum
sightseeing: upon prior appointment by phone



Tourist Information Point in Lipsk

Municipal-Communal
Cultural Centre in Lipsk
ul. Rynek 23
16-315 Lipsk
www.kulturalipsk.pl



phone: +48 87 642 35 86
phone: +48 698 921 115



Sztabin

The history of this place is connected with Count Karol Brzostowski, who introduced innovative reforms in the estate that he inherited. They resulted in its flourishing and establishment of the "Sztabin „Commonwealth." The traces of Sztabin's excellence can be found in the Regional Hut of the Sztabin Land and the neo-Gothic Church of St James. In addition, Sztabin is a good starting point for organising rafting tours on the Biebrza River.



Sztabin Municipality Office

ul. Augustowska 53
16-310 Sztabin
www.sztabin.ug.gov.pl



phone: +48 87 643 97 50



Tourist Information Point Resort House Biebrza

ul. Polna 50
16-310 Sztabin
www.turystyka-biebrza.pl



phone: +48 87 641 21 79





Tourist Information Point Biebrza National Park

Osowiec-Twierdza 8
19-110 Goniądz
www.biebrza.org.pl



phone: +48 85 738 30 35

Biebrza National Park

This biggest national park in Poland protects a unique ecosystem of wetlands and mires stretching out along the meandering Biebrza River. Protected against draining and excessive use, this land of marshes and wetlands is an important refuge for water and marsh birds and for swamp plants. Birds can be watched from over 20 towers and platforms situated in the most interesting areas of the park, such as Burzyna, Brzostowo, Wierciszew, Osowiec or Grzędy. In spring, when the Biebrza overflows its banks, you can watch flocks of a few thousand ducks, geese, cranes or ruffs, where each bird has different feathers. The ruff is the signature bird of the park – one of the 270 species living here. A perfect place to admire the Biebrza nature is the Tsar Route – a road running along the Biebrza Valley, built at the turn of the 20th century to connect three fortresses in



Osowiec, Łomża and Grodno. From there you can observe animals living in the park, and strolling elks are quite a frequent sight here. Near the Tsar Route, the Długa Luka path begins, which leads along a wooden footbridge suspended over the surface of Biebrza marshes. Along the path, there is a watchtower, near which the biggest event of the Park – the Biebrza Haymaking – is held every year.

The mysteries of the Biebrza National Park can be discovered in various ways. One of the proposed methods of gaining knowledge about it is to travel a network of educational paths, such as "A forest within reach of your hand", "Barwik", "Biały Grąd", "Around Fort no. 4 of the Osowiec Fortress" and many others. The educational offer is supplemented by displays of the Biebrza flora and fauna, photo exhibitions and educational classes conducted in the seat of the park – the Education and Management Centre of the Biebrza National Park in Osowiec.

It is good to discover Biebrza marshes from various perspectives: on horseback, by bicycle, by kayak or on foot. It is easy to get pulled in by any marsh, but these ones are particularly attractive and you can easily lose your head over them.





Tourist Information Point Biebrza National Park

Osowiec-Twierdza 8
19-110 Goniądz
www.biebrza.org.pl



phone: +48 85 738 30 35



The Czerwone Bagno trails are cared for by the Grzędy Forest House

Biebrzański Park Narodowy
Grzędy 2
19-206 Rajgród



phone: +48 85 749 55 99

Czerwone Bagno (Red Marsh) path and Grzędy in Biebrza National Park

The Czerwone Bagno (Red Marsh) path is a particularly protected and valuable part of the Park. It leads via a wooden footbridge to a platform that provides a view of the strict protection area, which is not available to tourists. In Grzędy, there is the Animal Rehabilitation Centre, the Centre for the Preservation Breeding of the Polish Horse, three tourist trails beginning from the forest house, from which you can access the Borek Bartny path, as well as sand dunes with view points to admire the panorama of the valley.



Osowiec Fortress

This settlement is known as the location of one of the biggest fortresses defending the western borders of the Russian Empire. Built in the second half of the 19th century, it was never conquered, so it is called the Russian Verdun. Now it serves as a military base, with routes in forts no. 1 and 3 and a museum with a collection of military items being available to tourists. Organised sightseeing tours can be arranged in advance with the guide of the Osowiec Fortification Society.



Osowiec Fortification Society

Osowiec-Twierdza 8
19-110 Goniądz



phone: +48 600 941 954





Local Government of the Goniądz Town

pl. 11 Listopada 38
19-110 Goniądz
www.goniadz.pl



phone: +48 85 738 00 43

Goniądz

The heart of the Biebrza Valley is Goniądz – a town situated on a high slope, the history of which dates back to 1358. Because of its strategic location, it was often subject to disputes and fights between Masovian dukes and Lithuania. The town functioned as a river port for a long time. After the Swedish Deluge, its importance sharply declined; only the construction of the Brest–Grajewo railway line revived its economy. If you visit the town, we recommend seeing the original urban arrangement of the town with a four-sided market square with diverging six streets, a parish church, a neo-Gothic cemetery chapel and a shrine built on the highest hill of Goniądz in 1864. The beautiful marshes of Biebrza and the birds living there can be admired from a view point situated on the high bank of the Biebrza River at ul. Majora Węgielnego.



Strękowa Mountain

The Strękowa Mountain is a must-see for lovers of history and birds. Lovers of history will see a place called the "Polish Thermopylae", where Captain Władysław Raginis ordered his soldiers to surrender after they had used up all their ammunition during the defence of Wizna against a German attack. He committed suicide by throwing himself on a grenade, as he had pledged that he would not leave his post alive. Bird lovers will appreciate the Strękowa Mountain as a very good point for watching an extensive network of canals, oxbow lakes and beds of the Narew River and the Narew Valley down to the spot where the river joins Biebrza.



Municipal Office in Zawady

pl. Wolności 12
16-075 Zawady
www.zawady.pl



phone: +48 85 714 00 28



Ecological Education Centre in Strękowa Góra

Strękowa Góra 24
16-075 Zawady
www.oee.strekowagora.pl



phone: +48 85 738 43 33





Tourist Information Point Łomża Landscape Park of the Narew Valley

Drozdowo, ul. Główna 52
18-421 Piątnica
www.lpkdn.wrotapodlasia.pl



phone: +48 86 219 21 75



Museum of Nature in Drozdowo

ul. Główna 38
18-421 Piątnica
www.muzeum-drozdowo.pl



phone: +48 86 219 20 81

Łomża Landscape Park of the Narew Valley

Located on the border of the Masovia-Podlasie region and the Masuria-Podlasie region, the landscape park was created to protect the natural lands of the Narew Valley with valuable plant groups and the particularly interesting shape of the land with the narrow river valley surrounded by slopes of moraine hills. The seat of the park is Drozdowo. Here, in the historic manor house of the Lutosławski family, there is the Museum of Nature with an interesting exhibition: "Herb mysteries. Curative plants of the Narew Valley".



Łomża and sports & recreational areas on the Narew River

Łomża is a town situated on a high slope over the Narew Valley, where you can combine sightseeing of many historic sites with recreation by the water. In the recently built river port and adjacent recreational areas, you can rent water equipment or spend your time in the tent area, the outdoor bodybuilding centre or the playground. On the trail of walking paths, you can visit the Cathedral of St Michael the Archangel and St John the Baptist, the Market Square, or streets: ul. Długa, ul. Sienkiewicza or ul. Farna with a monument dedicated to the famous actress Hanka Bielicka.



Town Hall in Łomża

Stary Rynek 14

18-400 Łomża

www.lomza.pl



phone: +48 86 215 67 00



Łomża Tourist Information Centre

Local Tourist Organisation

"Ziemia Łomżyńska"

(Łomża Land)

ul. Krzywe Koło 9

18-400 Łomża

www.lotlomza.nazwa.pl



phone: +48 86 216 70 50





**Museum run by the
Sagittarius Shooting Club**

ul. Stawiskowska 57a
18-421 Piątnica
www.kssagittarius.pl



President Paweł Zalewski
phone: +48 606 101 419

Forts in Piątnica

The three forts are reinforcements forming a part of the line of imperial forts on the northern bank of the Narew River in Piątnica. Fort no. 1 is the one that has survived in the best condition; you can visit it without a guide, although a high degree of caution is required. Gates in the barracks unit provide entrance to the courtyard, from which you can see two bunkers of emergency medical aid services. In forts no. 2 and 3, tourist routes for guided tours are marked. In fort no. 3, there is a sport shooting range and the small Museum of Military Items.



Kurpie Open-Air Museum in Nowogród

This open-air museum is one of the oldest open-air museums of folk architecture. It bears the name of Adam Chętnik – its founder, an ethnographer and a social activist. The museum occupies an area of 3.5 ha, containing 23 wooden historic buildings and a few dozen items of landscape architecture, such as gates, shrines, wells or a 'brog' (a mobile hay storage roof) from the land of the Kurpie Green Forest. The best time to visit the museum is during Polish Days of Kurpie Culture, when a market and presentations of works of folk art are organised on its premises.



The Adam Chętnik Kurpie Open-Air Museum

ul. Zamkowa 25
18-414 Nowogród



phone: +48 86 217 55 62





Kiermusy Dworek nad Łąkami (Kiermusy Manor House on the Meadows)

Kiermusy 12, 16-080 Tykocin
www.kiermusy.com.pl



phone: +48 85 718 70 79
phone: +48 85 718 74 44
phone: +48 501 607 566

Jantarowy Kasztel in Kiermusy

Kiermusy is a historical and recreational complex modelled on the Polish open house. Surrounded by beautiful nature, tourists can spend their time in places arranged in the style described in *The Trilogy* by Henryk Sienkiewicz. One of the biggest attractions of the local estate is Jantarowy Kasztel – a faithfully reconstructed border castle situated on the Narew River, in the location of the former border between the Grand Duchy of Lithuania and the Commonwealth. It is also the place where the first private European bison refuge in Poland was established, and the flea market takes place on Czarcia Polana [Devil's Clearing] every first Sunday of the month.



Pentowo

Pentowo has held the title of the 7th European Stork Village together with Tykocin since 2001. It owes this distinction to the presence of over 30 stork nests in the farm and the estate of the Toczyłowski family. The village contains watchtowers that can be used for observing these beautiful birds from a close range. Upon payment of a small fee, you can borrow binoculars and visit an exceptional Stork Gallery with photographs taken by well-known photographers, nature experts and local artists. In the summer, open-air classical music concerts are organised in the estate.



European Stork Village Pentowo Manor House

Kolonia Kaczorowo 39
16-080 Tykocin
www.pentowo.pl



phone: +48 85 718 16 29
(booking of accommodation)
phone: +48 505 929 925



Tykocin

An atmospheric small town, which is regarded as the Podlasie pearl of the Baroque thanks to a number of historic sites, such as the representative Baroque market square, the Church of the Holy Trinity in the Parish of the Most Holy Trinity in Tykocin with a Baroque-Rococo altar and a Bernardine monastery. Walking the charming streets, you can also come across the former hospital for disabled soldiers, wooden bourgeois houses from the 18th century, a monument to Stefan Czarniecki, the former Administrator's House and a reconstructed castle on the right bank of the Narew. The Great Synagogue with a branch of the Podlasie Museum reminds us of the large Jewish community that lived here in the past.



Town Hall in Tykocin

ul. 11 Listopada 8
16-080 Tykocin
www.um.tykocin.wrotapodlasia.pl



phone: +48 85 718 16 27



Museum in Tykocin Division of the Podlasie Museum in Białystok

ul. Kozia 2
16-080 Tykocin
www.muzeum.bialystok.pl



phone: +48 85 718 16 13

phone: +48 509 336 597



Narew National Park

It is one of the youngest national parks in Poland. Its task is to protect an anastomosing river system (i.e. a river with many anabranches), which is one of the few systems of this kind in the world. This area is inhabited by breeding birds that represent as many as 155 species, including the western marsh harrier – the symbol of the Park. In the seat of the Park in Kurowo, you can see an educational exhibition, rent a kayak, make a bonfire or pitch a tent. It also serves as the starting point of two paths: Park Przydowski (The Manor Park) and Kładka wśród Bagien (The Footbridge in the Marsh).



Narew National Park

Kurowo 10
18-204 Kobylin Borzymy
www.npn.pl



phone: +48 85 718 14 17





Narew National Park

Kurowo 10
18-204 Kobylin Borzymy
www.npn.pl



phone: +48 85 718 14 17



Tourist Information Point

Waniewo 22
18-218 Sokoly
www.sokoly.pl



phone: +48 500 192 858

Śliwno – Waniewo Footbridge

The footbridge running across the Narew Valley allows you to reach the heart of the Narew National Park through usually inaccessible marsh areas and to observe most of the ecosystems, plants and animals, especially birds, that live here. In the middle part of the route, there is a watchtower that provides a broad view of the river valley. However, in order to reach it, you have to pass river canals a few times by means of floating platforms secured by ropes that you operate using the power of your own muscles.



Choroszcz

Situated near Białystok, the town is known because of a summer mansion of the magnate Jan Klemens Branicki located there. Branicki's representative Baroque palace is surrounded by a park with many paths, canals, moats and footbridges. The palace houses the Museum of Palace Interiors, which presents a permanent exhibition of interiors from the 18th and the 19th century. Other remarkable historical sites include the Church of the Protection of the Mother of God built in neo-Byzantine style and a former Dominican church and monastery.



**Tourist Information Point
Municipal & Communal
Culture Centre in
Choroszcz**

ul. Sienkiewicza 29
16-070 Choroszcz
www.kultura.choroszcz.pl



phone: +48 85 719 14 31



**Museum of Palace Interiors
in Choroszcz**

ul. Pałacowa 2
16-070 Choroszcz
www.muzeum.bialystok.pl



phone: +48 85 719 12 33
phone: +48 509 336 795



Suraż



Town Hall in Suraż

ul. 11 Listopada 16

18-105 Suraż

www.suraz.pl



phone: +48 85 650 31 84

It is one of the smallest Polish towns, situated on the Narew River in lands abounding in historical attractions. Within its borders, there are as many as 200 archaeological sites, including hill-forts and mounds. The spirit of old times is present here thanks to the Archaeological & Ethnographic Museum, as well as the Nawia Settlement demonstrating the life, tradition and architecture of Slavic people in the early Middle Ages. The commune offers many hiking opportunities due to the presence of nine tourist routes, including the Archaeological Trail, the Suraż Walking Path, the Podlasie Stork Trail and the Cycling Ring-Road of the Narew National Park.



Bike Kingdom
Biebrza and
Narew Rivers
Valley

Excursions



length: 50 km

surface:

- asphalt roads: 85%
- paved country roads: 15%



marked route

- Łomża – Bronowo: marked as the international cycling trail Euro Velo R11
- Bronowo – Koty: natural trail
- Gać – Łomża: green pedestrian route



type of excursion: tourist

level of difficulty:

intermediate



travel time:

- without sightseeing: 3 hours 30 minutes
- with sightseeing: 4 hours 30 minutes



Around the Łomża Landscape Park of the Narew Valley

The route of the excursion leads around the Łomża Landscape Park of the Narew Valley. Travelling by bicycle, you can expect beautiful views, primordial nature, intense fatigue after covering the entire distance of the hilly path and, eventually, an opportunity to taste beer made in the local brewery.

Route: Łomża – Drozdowo (8 km) – Bronowo (19 km) – Gać (34 km) – Siemień Nadrzeczny (42 km) – Łomża (50 km)

The starting point of the cycling excursion is the bank on the Narew River in Łomża. You leave the city by riding down ul. Sikorskiego through the bridge from which a beautiful panorama of Łomża stretches out. Then you take the route towards Drozdowo. The road leads along the beds of the Narew to Bronowo village, where you cross the bridge. Here, it is worth stopping by a watchtower. At this point, the Koty – Bronowo natural path begins; it will overlap with the route of the excursion for the next few kilometres. From Koty village, you should head for Gać. In Gać, you should turn from the main road onto the field road, near which a war cemetery is situated. Then you follow the road in the hilly area through Pniewo village to Rybno. Before you reach Siemień Nadrzeczny, it is good to recover your strength, because the road will be very steep here. However, the reward is well worth the effort – after reaching the highest point, you will get an incredible view of the bends of the Narew. Near the view point, there are benches to rest on and a car park. A quick downhill ride will lead you to Stara Łomża. From there, you only have to ride 2 km to go back to the starting point of the excursion.



You can extend the route (9 km in one direction) by going to Wizna from Bronowo.

Route options

- 1 **Łomża** – an expanded infrastructure for rest and recreation is available on the banks on the Narew River. Here you can take a longer moment to sightsee the city, the history of which dates back to the 9th century.
- 2 **Drozdowo** – currently the seat of the Museum of Nature; a manor house of the Lutosławski family, who made a very valuable contribution to the history of Poland, is located in the village. A close friend of the Lutosławski family was Roman Dmowski, who spent the last years of his life here.
- 3 **Bronowo** – behind the bridge, there is a watchtower and the Koty – Bronowo natural path begins. Wetland meadows are a favourite mating site for ruffs, particularly at the end of April and the beginning of May. It is an incredible bird show, during which small fervent males try to win the females' favours. On the route of the natural path, you can find a few signboards drawing your attention to the most peculiar elements of the natural environment of the Narew Valley.
- 4 **Gać** – near the country road, there is an inconspicuous cemetery of German soldiers from World War I.
- 5 **Rybno** – in the winter, a ski lift operates here.
- 6 **Stara Łomża** – as the name ("Old Łomża") suggests, it is the place where Łomża was originally located. You can also find here the remains of a huge hill-fort from the 11th century.

Tourist attractions on the route





length: 49,5 km (51 km)

surface:

- mixed: alternately asphalt, gravel and cobblestones
- asphalt: 80%
- asphalt and gravel: mainly of good quality
- the centre of Choroszcz – the 17th kilometre of the route, past Radule: a cycle path, then a local asphalt road
- past Radule: almost 1 km of gravel
- Pajewo: asphalt
- past Pajewo – the 22nd kilometre of the route: gravel
- Kurowo near the seat of the Narew National Park: the red asphalt Stork Route: 1 km of gravel, with a turn to the left
- the 24th kilometre in Pszczółczyna: asphalt, a red route with a turn to the left towards Waniewo, to the Śliwno – Waniewo footbridge, over 1 km of passage to the 30th kilometre, with a break in Pańki and Kruszewo to Choroszcz



partly marked route

- Choroszcz – towards Żółtki: blue cycling trail – the ring-road of the Narew National Park
- separate unmarked cycling trail along the S8 route
- Rzędziany – Radule: Green Velo, orange marks
- before Radule – Kurowo – crossroads with the shrine of the Holy Mother of God on the outskirts of Waniewo: Podlasie Stork Route, red marks:
- to Kolonia Rogowo: no clear navigation marks of the route
- Śliwno – Kruszewo: asphalt to the mark directing to Pańki, from Pańki to Kolonia Rogowo
- Pańki – Choroszcz: Green Velo



type of excursion: tourist, family

level of difficulty:

- for beginners
- for families with children



travel time:

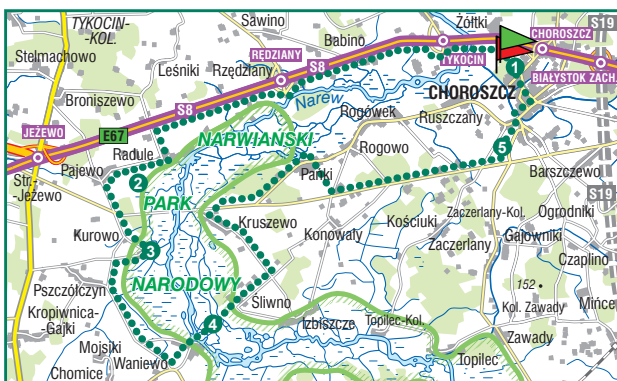
- without sightseeing: 3 hours 40 minutes
- with sightseeing: 5 hours 30 minutes

Unknown treasures of the Polish Amazonia

The Polish Amazonia – this is what the Narew Valley is often called. It is around this place that the entire tourist offer advertising the attractions of the Narew National Park – one of the five national parks through which the Green Velo trail runs – is focused. Choroszcz with a summer mansion of Count Jan Klemens Branicki, the seat of the park in Kurowo, a broken bridge in Kruszewo, with which an interesting legend is associated, and the biggest attraction of Narew – the Śliwno – Waniewo footbridge consisting partly of floating platforms – are a real treat for tourists.

Route: Choroszcz (0 km) – Żółtki (2.8 km) – Radule (17.3 km) – Kurowo (22 km) – Waniewo (28 km) – Śliwno (29.8 km) – Kruszewo (34.8 km) – Pańki (38.5 km) – Choroszcz (49.5 km)

You can start your adventure with the unknown treasures of the Polish Amazonia in the central point of Choroszcz near the Białystok Biker station. When leaving Choroszcz, you should arrive at an overpass in the north-western direction and then take the access road to a separate cycling path situated on the left side of the overpass. Following this route, you ride almost to the 16th kilometre of the trail, where you turn left before an overpass 200 metres behind the church painted pink. In Radule, you turn right and follow the gravel road to Pajewo, still sticking to the red trail – the Podlasie Stork Trail. Following this trail, you reach Kurowo. After a few moments, you arrive at a must-see point in the Narew National Park: the Waniewo – Śliwno footbridge with floating platforms that you have to use in order to move to its farther part.



Route options

An optional part of the excursion is the detour around the seat of the Narew National Park in Kurów. It enriches the route with extra sightseeing and aesthetic benefits, adding only 1.5 km of cycling distance.

After passing the footbridge, it is time for a broken bridge in Kruszewo, the road to which is paved with cobblestone in some places. In Kolonia Rogowo, you turn left and, going straight for the next 6 kilometres, you reach the Choroszcz/Białystok/Zaczerlany crossroads. Then you ride straight 200 metres farther in order to see the site of a grave called the "Gallows" and then turn left towards Choroszcz at the crossroads.



- 1 Choroszcz** – the summer mansion of Count Jan Klemens Branicki houses the Museum of Palace Interiors. The facility is surrounded by a park and moats, canals and footbridges.
- 2 The Podlasie Stork Trail** – it was created in order to present the rituals of the white stork, a species which inhabits this region in large numbers.
- 3 Kurowo** – the seat of the Narew National Park is situated here on the bank of the Narew River. Cycling around the 19th-century manor house will make the excursion longer by 1.5 km.
- 4 The Waniewo – Śliwno footbridge in the Narew National Park** contains watchtowers and signboards. Its charm lies in four floating platforms that you have to use in order to move to the farther part of the footbridge. And all of this happens among singing birds and the lazy flow of the Narew.
- 5 A grave called the Gallows** – the place of execution of 11 insurgents.

Tourist attractions on the route



length: 52 km

surface:

- asphalt roads: 80%
- gravel roads and sandy forest trails: 2%
- Żuki – Wyszowate: a very sandy road; good stamina and getting off the bicycle may be required to complete this section (particularly when it has not rained for a long time)



partly marked route

- running mainly along trails marked according to the standard for marking of PTTK's tourist cycling trails
- Trzcianne – Piaski: green and red cycling trail
- Piaski – Żuki: unmarked field path
- Białobrzесьkie area – Wyszowate: marked horse trail
- last section to Trzcianne: blue cycling trail



type of excursion: tourist

level of difficulty:

intermediate



travel time:

- without sightseeing: 4 hours
- with sightseeing: 5 hours 30 minutes



Bird paradise

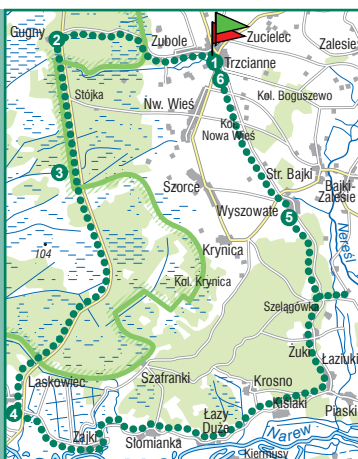
The route leads through the Biebrza National Park and its buffer zone, where tourists from around the world arrive to watch and photograph rare species of birds. Thanks to their unique qualities, the Biebrza Marshes are one of the few places of this kind in Europe. The route is certainly worth recommending to lovers of nature, as well as persons seeking peace and refuge from the hustle and bustle of big cities.

Route: Trzcianne – Gugny, crossroads (6 km) – Laskowiec (21 km) – Piaski (36 km) – Wyszowate (45 km) – Trzcianne (52 km)

The route begins near the church in Trzcianne, from which you have to follow the road to Gugny. Around 1.5 km away from the road, there is an entrance to the pedestrian trail from Barwik to Gugny. Then you should go south down the Tsar Road and make a stop near the Honczarowska Dyke. 1.5 km farther, right by the road, there is a watchtower. Then the route leads through the Laskowiec village to the east among wetland meadows and fields.

It is worth stopping by in Zajki, from which a beautiful view of the Narew River stretches out. Near Piaski village, you turn towards Żuki. Then, you have to ride straight down the country road to look for the horse trail marked with an orange circle on a white background, which will lead you to Wyszowate village. Here, from the crossroads near which a shrine is situated, you have to ride straight down the gravel road to the place in which the excursion began – Trzcianne.

You can extend the route by 8 km (in one direction) by riding onto the Strękowa Mountain – the place of the heroic defence of Wizna during World War II in 1939 and an excellent viewpoint.



Route options

- 1 **Trzcianne** – the Church of the Saint Apostles Peter and Paul.
- 2 **On the Barwik** – Gugny pedestrian trail, you can admire a full overview of plant communities that are characteristic elements of a low peat-land. Not far from it, there is also a watchtower, from which you can observe elks.
- 3 **The Honczarowska Dyke** – a 3.6 km long path on which you can notice many traces and trails of local animals, such as elks, badgers and beavers. If you don't have time for an additional trip into the marshes, all is not lost yet; 1.5 kilometres away from here, right by the road, there is a watchtower that provides a magnificent view of the Ławki Marsh.
- 4 **The Laskowiec area** – wetland meadows and fields create a unique paradise for birds. This area is a part of the buffer zone between the Biebrza National Park and the "Biebrza Valley" Natura 2000 area. The meadows that are flooded from time to time are an



ideal environment for shore birds, such as black-tailed godwits or lapwings. You can also meet great snipes here – very rare birds of passage from the sandpiper family.

- 5 **Wyszowate** – there is a beautiful wooden pillar shrine at the crossroads.
- 6 **The Trzcianne Area** – it is worth noticing beautiful roadside crosses, which are characteristic elements of this land.

Tourist attractions on the route



length: 42 km

surface:

- good asphalt roads: 90%
- sandy forest paths: 10%



marked route

- route marked according to PTTK's standard of marking tourist cycling trails
- section: crossroads in the area of the Osowiec Fortress – crossroads in Gugnny: cycling trail marked in red, then in green



type of excursion: tourist

level of difficulty:

intermediate



travel time:

- without sightseeing: 3 hours
- with sightseeing: 4–5 hours

History and nature – Biebrza National Park

A lesson of history in the beautiful natural surroundings – that's how we can briefly characterise this excursion. The route begins in the 19th century imperial fortress, then it leads along the Tsar Road among the marshes and picturesquely located towns and villages, where the term "contact with nature" acquires its real meaning.

Route: Osowiec Fortress (site of the Biebrza National Park, 0 km) – Dobarz (15 km) – Gugnny (crossroads, 17 km) – Trzcianne (23 km) – Wilamówka (32 km) – Osowiec Fortress (site of the Biebrza National Park, 42 km)

The excursion begins at a car park near the seat of the Biebrza National Park, where you can buy entrance tickets to the Park and visit the tourist information point. The Osowiec Fortress is a place worth touring.

Then you have to ride south down the Tsar Road leading through the Biebrza National Park. If you become tired on the way, you can rest

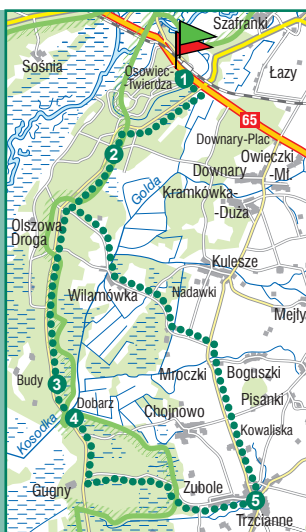
in the Barwik grove or visit Budy – a village situated close to the trail.

Then you pass by Dobarz – a village with an inn.

On the level of the Gugnny village, you can leave the route for a while and climb one of the watchtowers from which beautiful views spread out. At the crossroads, you should turn east towards Trzcianne. From



You can extend the route by 6 km (in one direction) by riding farther down the Green Velo trail to Goniądz.



Route options

Trzcianne, you have to follow the green cycling trail and ride down the hilly road towards Wilamówka village until you arrive at the Tsar Road again; from there, you can return to the seat of the Biebrza National Park. At the crossroads with the national road no. 65, you can go straight 6 km farther in one direction in order to visit Goniądz.



- 1 The Osowiec Fortress** – it is worth taking a longer moment to visit this unconquered fortress from the 19th century, which astounds the viewer with its size and serves as an excellent place to learn the history of the 19th and 20th centuries.
- 2 Tsar Road** – built in the 19th century, it was intended to connect the Łomża, Osowiec and Grodno fortresses. Leading through the heart of the Biebrza National Park,

the road gives the possibility of real contact with nature.

- 3 Budy** – the village in which you can visit Krzysztof Kawenczyński, called the “King of Biebrza”.
- 4 Dobarz** – there is an inn with very interesting wooden architecture in the roadside village.
- 5 Trzcianne** – when you arrive at this village, don't forget to visit the historic Church of the Saint Apostles Peter and Paul.

Tourist attractions
on the route



length: 29.5 km, without bypassing of Tykocin and Pentowo – a Stork Village

surface:

- mainly good-quality asphalt: approx. 90%
- to the Pentowo Manor: mostly old manor surface
- Kiermusy: gravel for around 1 km
- Łopuchowo: a short cobblestone section



partly marked route

- marking according to PTTK's standard of marking tourist cycling trails
- Jeżewo – Tykocin: blue marks, poor marking
- remaining part of the route: outside marked cycling trails
- Jeżewo – Tykocin – Hermany section: marked on the basis of the Green Velo trail
- part of the route: running along the Ring-Road of the Narew National Park



type of excursion: tourist

level of difficulty:

intermediate



travel time:

- without sightseeing: 2 hours
- with sightseeing: 3 hours 30 minutes

Towards the border of Old Poland

If you want to experience contact with nature and, at the same time, broaden your knowledge about the heritage of this historical region, this offer is meant for you. This cycling route gives you an opportunity to visit Tykocin - a town where you can still feel the presence of its former Jewish inhabitants, Pentowo – the 7th European Stork Village, Kiermusy with its European bison farmstead and Jantarowy Kasztel. The spirit of old time merges with unspoiled nature...

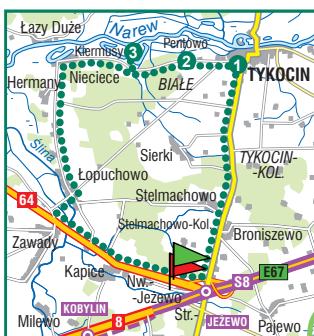
Route: Jeżewo Stare (0 km) – Tykocin (9.1 km) – Pentowo (10.6 km) – Kiermusy (13.8 km) – Nieciecie (16.5 km) – Łopuchowo (20.6 km) – Zawady (22.4 km) – Jeżewo Stare (29.5 km)

The excursion begins in Jeżewo Stare, at a petrol station where you can leave your car. From there, you should head for Tykocin. After finding orange marks of the Green Velo trail, you enter Tykocin. When leaving Tykocin, you have to ride towards Pentowo – a Stork Village. One short section of the route is a gravel road, but the effort does pay off. The

manor house of the Toczyłowski family and the clattering storks are important elements of the Podlasie Stork Trail – the longest marked cycling trail in the Podlasie region.

From Pentowo, you arrive in Kiermusy. It is good to stop here for some time. After leaving Kiermusy, you should ride west and turn left in Nieciecie at the 16th kilometre of the route. At the 20th kilometre of the route in





Route options

- Białystok (Porosły) – Złotoria – Bagienki – Popowłany – Tykocin – Pentowo – Kiermsy – Rzędziany/Radule/Jezewo Stare – Białystok (Porosły): approx. 58 km without sightseeing, no additional means of transport required
- Jezewo Stare – Tykocin – Nieciecie – Zawady – Sikory Janowięta – Kobylin Borzymy – Kropiewnica Racibory – Jezewo Stare: bypasses road no. 64 with intense street traffic, diverges at a large distance from the Narew Valley (approx. 45 km)

Łopuchowo, you can ride straight on cobblestone in order to make a shortcut or turn right and follow the asphalt road. This section leads to the 22nd kilometre of the route, where you have to turn left and take road no. 64 with intense car traffic. At the 27th kilometre, you have to turn right off the road

no. 64 to the parallel asphalt road, in compliance with the sign informing about an approach road to a separate cycling path 800 metres from there. When you reach this path, turn left. After a few kilometres, the adventure is over.

- 1 Tykocin** – this town will make you feel as if you have travelled back in time. Narrow stone streets and characteristic white buildings with red roofs create a different world that does not exist any more. In Tykocin, you can come across many traces of the presence of its former Jewish inhabitants. There is also a monument to Stefan Czarniecki – the former owner of the city.
 - The Great Synagogue – at first, the tourists are welcomed by the second largest synagogue in Poland. Built in 1642, it is the most important trace of the presence of Jews in the town. Before World War II, they accounted for more than half of Tykocin's residents; interestingly enough, they were famous for the production of tal-lits – prayer shawls.
 - The Talmud house – an 18th-century building

- The former military hospital – the first house for veteran soldiers in Poland; today it houses a pension and a restaurant with a magnificent view of Narew.
- The Church of the Holy Trinity – this Baroque temple was founded by Jan Klemens Branicki.

- 2 Pentowo** – this place holds the title of a European Stork Village, which has been awarded by the German Foundation for the European Heritage of Nature "Euronatur" for years. You can find here the manor house of the Toczyłowski family and dozens of clattering storks.
- 3 Kiermsy** – this colony is said to be a refuge for European bison and the old noble tradition. The entire complex consists of the manor house, the Jantarowy Kasztel, the Karczma Rzym tavern and living quarters. It is good to stop here for some time.

Tourist attractions on the route



Tourist Information Point – Biebrza National Park

Osowiec-Twierdza 8
19-110 Goniądz
phone: +48 85 738 30 35
it@biebrza.org.pl
www.biebrza.org.pl

Tourist Information Point – Łomża Landscape Park of the Narew Valley

ul. Główna 52
Drozdowo, Piątnica commune
phone: +48 86 219 21 75
lpkdn.drozdowo@wp.pl
www.lpkdn.wrotapodlasia.pl

Łomża Information Centre Local Tourist Organisation “Ziemia Łomżyńska” (Łomża Land)

ul. Krzywe Koło 9
18-400 Łomża
phone: +48 86 216 70 50
lot_ziemialomzynska@wp.pl

