

Bike Kingdom Suwałki Region and Augustów Forest

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/

was inhabited by the \

ians, who left these lands

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.



Excursion map

Puńsk Municipality Office ug_punsk@pro.onet.pl

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.

+48 87 516



Three times the A

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Excursion information

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

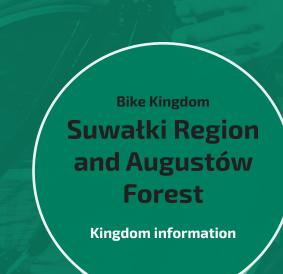
Practical information

Augustów Tourist Rynek Zygmunta Aug 16-300 Augustów phone: +48 87 643 28 8 it@augustow.eu www.augustow.eu www.augustow.pl

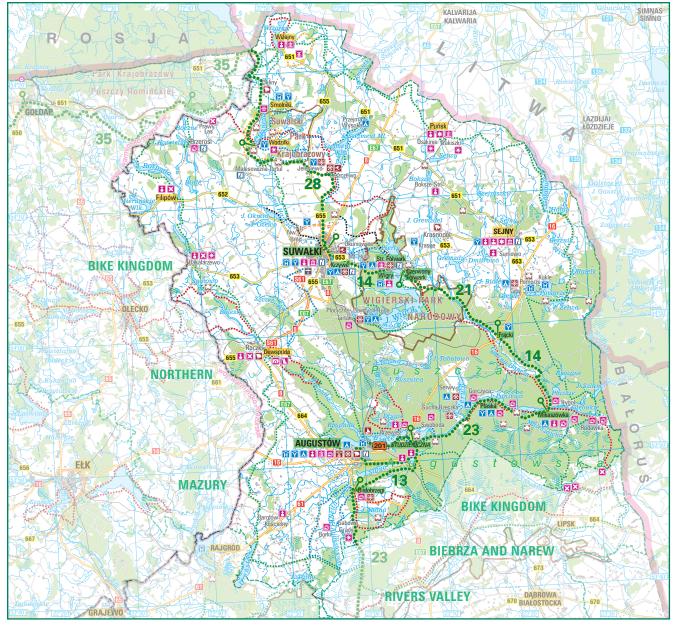














Scale 1 : 530 000

Legend

9 14 9			Boundaries of Bike Kingdoms
••	14	7	East of Poland Cycling Trail Green Velo; distance (km)
			Other cycle trails
Ħ	7	K	Hotels; youth hostels; campsites, camping grounds
B	B		Churches; monasteries; Jewish culture relics
		×	Palaces and mansions; ruins; fortifications
		2	Museums; fortified settlements
	X	*	Technical monuments; windmills; other tourist attractions
	3		Water sports resorts; ski resorts; horse-breeding farms
**		i	Holiday resorts; health resorts; tourist information
AU	GUST	ów	Tourist destinations along the Green Velo cycle trail
R/	JGR	ÓD	Tourist destinations
			National parks; landscape parks
			Forests; nature reserves
	S61		Express roads
	16		National roads
	651		Provincial roads; other roads
=		=	Primary railways; secondary railways
			Airports
			National borders



Bike Kingdom Suwałki Region and Augustów Forest

The Suwałki Region and the Augustów Forest constitute the two parts of a bike kingdom, which encompasses the northeastern part of Poland. It is one of the most beautiful areas of the country, famous for its nature, clean rivers, forests and lakes, as well as for frosty winters and hot summers.

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This kingdom is amazingly diversified. The northern part of the area is taken by the fabulous Suwałki Region with its numerous deep lakes, including the deepest lake in Poland – Hańcza (108 meters deep), picturesque hills and a green mosaic of fields, meadows and forests. The landscape and views offered by the Suwałki Region have no equal in Poland. This area is protected as a part of the Suwałki Landscape Park.

The Green Velo route runs through the most interesting parts of the Suwałki Region. The first significant point of the route is Bolcie, a village located in a place where Polish, Lithuanian and Russian borders meet (a viewpoint). Further on, the route runs close to a well-known resort called Wiżajny, which is located at the lake of the same name. This area is inhabited by a Lithuanian minority, which is a dominant group in some towns and villages, e.g. in Puńsk. This means that local restaurants offer Lithuanian specialities such as: chebureks, kibinai or kugelis (potato babka). Next, cyclists are led along the edge of the Suwałki Landscape Park, the western shore of the Hańcza Lake, and down the Czarna Hańcza River valley from the south to go by the hills of the Suwałki Region with its famous Cisowa Mountain and legendary Zamkowa Mountain. From there, along the southern shore of the Szelment Wielki Lake, the route leads near a new winter sports resort to the centre of Suwałki.

Suwałki is the biggest city in the north of the Podlaskie voivodeship. It is a significant economic, traffic and administrative centre of this region. The centre of Suwałki has been renovated recently, and the city itself has an interesting urban layout, historic Catholic and Orthodox churches, a market square with a classicist town hall, the Regional Museum and the Museum of Maria Konopnicka. It is also famous for its gnomes. Cyclists will be surely satisfied with the quality of cycle paths marked around the city.

Close to Suwałki, 10 kilometres south-east of the city, another treasure of this kingdom is located – the Wigry Lake. This area is protected as a part of the Wigry National Park. It is the fifth deepest (up to 74 meters deep) and tenth largest (more than 21 km²) lake in Poland. Moreover, this lake is famous for its game fish, including common whitefish and vendace, its amazingly diversified shore and 18 islands. Over the northern part of the lake, on a

peninsula, tourists will find an 18th century former Camaldolese monastery complex with a baroque church, reconstructed after the Second World War. The route runs along the northern part of the lake, almost to the monastery complex. In Stary Folwark, you can visit the Museum of Wigry.

Further along, the route leads to the Augustów Forest, towards the east-west, along the Czarna Hańcza River and the Augustów Canal, to Augustów. There, instead of vast panoramas and hills, cyclists can enjoy the atmosphere of a grand forest. The land becomes and remains flat until you reach Chełm in the Lubelskie Voivodeship. The forest encompasses numerous nature preserves intended to protect the most precious nature complexes. This route section lures cyclists with wonderful views of Czarna Hańcza, one of the cleanest rivers in Poland, and a historic monument of the Augustów Canal dam. It is worth kayaking one way, and cycling back, thus combining two types of tourism in one of the most beautiful corners of Poland.

The last but not least must-see in this kingdom is Augustów. This town is located at the edge of the forest and surrounded by lakes. It has a status of a health resort and enjoys a fully developed tourist base. The green city of Augustów is a Mecca for water sports enthusiasts. It is virtually encompassed by a dense network of cycle routes, including routes running along the shores of city lakes. Augustów is also located on the Białystok – Suwałki railway line. The cycling route runs at the edges of the city, but you can get to the city centre using a connection route compliant with the Green Velo standard.

The tourist facilities of the Suwałki Landscape Park, the area of Wigry and Augustów are excellent. A dense network of well-marked routes invites tourists to visit many places. The signs direct you to viewpoints, preserves, boulder areas, hills and dams. There are tons of attractions awaiting you! It would be a shame to haste through this area using just the main route. Comprehensive sightseeing of the kingdom takes at least two weeks of fun on bicycles and involves many interesting trips along local cycle routes. In this section, a vast majority of the Green Velo route is marked along or close to the Podlaskie White Stork Trail, a part of Greenway routes.

From Augustów, the route goes further south and runs through the Biebrza and Narew marshes. That is another kingdom, and yet another cycling adventure on the Green Velo route.



Suwałki Region and Augustów Forest

Tourist attractions



Lake Hańcza

The lake is located within the Suwalski Landscape Park, in the water and landscape preserve Lake Hańcza. It is the deepest lake in Poland, and even in lowland Europe (maximum depth is 108.5 m). It was created from a glacial melt in a deep tunnel carved by a glacier. The banks of Hańcza are surrounded by steep slopes, and the local beach is covered with extensive boulder areas. The clear waters of the lake are the habitat of a unique invertebrate fauna and rare and protected species of fish. The depth of the water as well as its clarity often makes the reservoir attractive for diving enthusiasts.

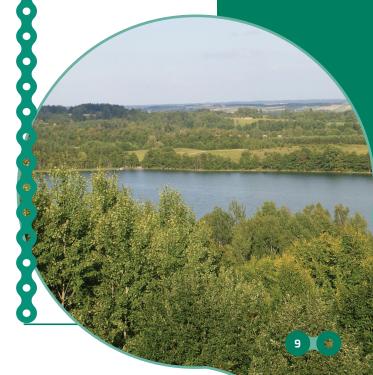


Suwalski Landscape Park

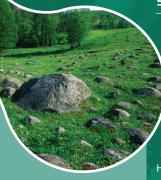
Tourist Information Malesowizna 24 16-404 Jeleniewo zarzad@spk.org.pl www.spk.org.pl



phone: +48 87 569 18 01



Suwałki Region and Augustów Forest



Suwalski Landscape Park Tourist Information

Malesowizna 24 16-404 Jeleniewo zarzad@spk.org.pl www.spk.org.pl



phone: +48 87 569 18 01

Suwalski Landscape Park

Described by many as the most beautiful landscape park in Poland in every season: spring, autumn and winter. It is also the oldest landscape park in the country. It was established in January 1976, and stretches out to the hollows of Szeszupa and the area surrounding the lake Hańcza. The landscape park includes more than twenty lakes with an area of more than one hectare.

The park's entire area is an example of a young, post-glacial landscape. Many unique forms of terrain, such as moraines, kames, eskers and boulder areas, are concentrated within a small area. All of these are the result of the Scandinavian ice sheet activity. Suwalski Landscape Park is a land of lakes, hills and valleys. The most known and distinctive acclivity is Góra



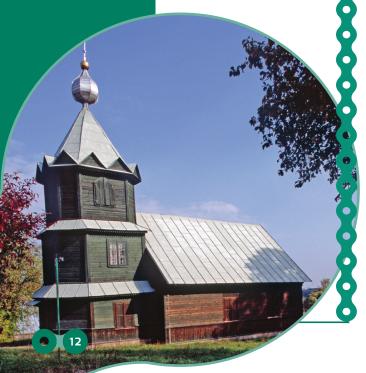
Tourist attractions



Wodziłki

This little village, located in the Suwalski National Park and situated in the Szeszupa valley, was established in the second half of the eighteenth century by the Russians who settled here, seeking refuge from persecution in their homeland, as they did not accept the reforms introduced into the Orthodox Church. They started being referred to as Old Believers, or Raskolnikovs. A 1921 wooden molenna, that is the temple of Old Believers, is located in the village. In Poland, there are approx 1,500 people of that religion. In the region of Podlasie, molennas are also located in Suwałki and Gabowe Grądy near Augustów.

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WOSiR Szelment

The Regional Sports and Recreation Centre (WOSiR) Szelment is a modern winter sports complex in Podlaskie Voivodship. It is located 15 kilometres north of Suwałki, near Lake Szelment Wielki, on Góra Jesionowa. It offers seven ski lifts and a conveyor lift, a natural ice skating rink, crosscountry skiing trails, a snow park and a skiing equipment rental point. All runs are artificially snowed, groomed and lighted after dark. The centre houses a valuable exhibition, ,From Marusarz to Małysz and Kowalczyk,' presenting numerous skiing exhibits, such as the Olympic skis and a replica of Wojciech Fortuna's 1972 Olympic Gold Medal, or Adam Małysz's ski-jumping suit. In summer, available for tourists are a fantastic paintball field, a bicycle rental point and an





WOSiR Szelment

Szelment 2 16-404 Jeleniewo www.wosir-szelment.pl

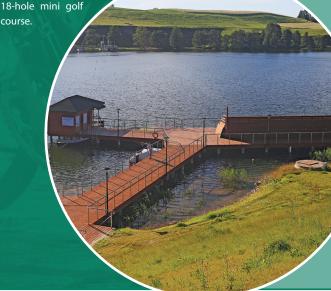


Booking and information about accommodation.

bike rental, mini-golf phone: +48 87 568 30 07

Paintball

phone: +48 783 800 701



Suwałki Region and Augustów Forest

Czarna Hańcza River

The Czarna Hańcza is the largest river of the Suwałki Region. It starts in Suwalski Landscape Park, near the village of Okliny. The Czarna Hańcza River is the oldest and most famous canoeing trail in Poland.

Along its banks there are numerous camping sites. The river flows through areas that are exceptional in terms of landscape, geology and history. It is extremely diverse; in the Suwalski Landscape Park it takes the form of a swift mountain brook, and then, as it enters the valley, it becomes a calmly meandering lowland river.



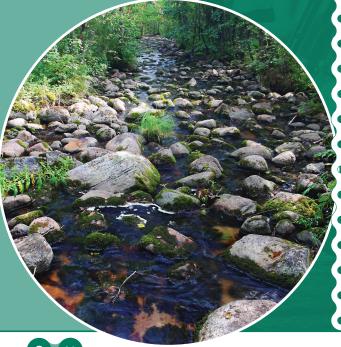


Tourist Information Centre - Wigry National Park

Krzywe 82 16-402 Suwałki turystyka@wigry.org.pl www.wigry.org.pl



phone: +48 87 563 25 62 **phone:** +48 510 992 672



Fairytale Route

The trail consists of seven Fairy Tale Villages, dedicated to various themes and presenting the region's cultural and natural value. The Merry Pilgrims Village in Nowa Wieś near Suwałki presents the life of the village, the Village of Two Masters in Puńsk reveals the borderland's linguistic diversity and the Village of the Forgotten Warriors in Bakałarzewo tells the history of the ancient Yotvingians. On the other hand, the Adventure Valley by River Szeszupa in Rutka Tartak transfers one to the land of rivers and lakes, the Town of Secret Streets in Sejny presents the former cultural diversity of this town, and the Augustów Primeval Forest houses the Village of Forest Gifts, focusing primarily on the natural richness of the area. Also, there is the Dwarfs Alley in Suwałki. The trail reflects the motto: "Suwałki Region - a fairy-tale land". The Fairy Tale Route is based on interactive exploration and learning through fun.





Suwałki Chamber of Agriculture and Tourism

ul. Kościuszki 82/7 16-400 Suwałki info@basniowyszlak.pl www.sirt.suwalki.com.pl www.basniowyszlak.pl



phone: +48 87 566 58 72

Information: phone: +48 690 519 644





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Tourist Information Centre in Suwałki

ul. ks. Hamerszmita 16 16-400 Suwałki cit@um.suwalki.pl www.um.suwalki.pl



phone: +48 87 566 20 79

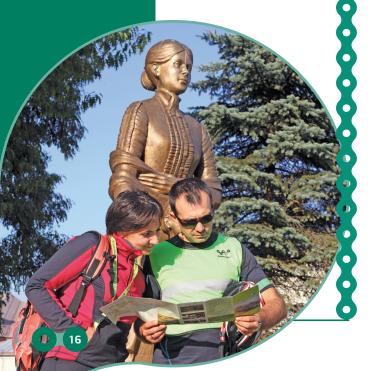
Suwałki

The city, beautifully situated on the Czarna Hańcza, is the second largest city in Podlaskie Voivodship.

Suwałki was first mentioned in the second half of the seventeenth century, while in 1715 it was declared a city by the Camaldolese friars from the monastery in Wigry.

The main landmark of Suwałki is the neoclassical development of ul. Kosciuszki, with the seat of the Regional Museum. Every year, a famous event takes place here - the Suwałki Blues Festival.

Also several Polish celebrities are associated with Suwałki: writer Maria Konopnicka, former Prime Minister Edward Szczepanik and film director Andrzej Wajda.



Wigry National Park

Wigry, the largest lake in the region and the second deepest lake in Poland, is protected within the Wigry National Park, together with the adjacent, smaller reservoirs. It is the only big lake with such a winding coastline; varied with islands, bays, depths, intra-lake hills and shallow coastal areas.

The park is located on the northern edge of the Augustów Primeval Forest, the largest dense forest complex in the Central European Lowlands. In the forests surrounding the Wigry you can meet one of its main attractions - 20 intraforest humic lakes called "biscuits". The water of which is tea-coloured because of the humic acid. Also, rare and protected species of orchids grow here and the diversity of lichens testifies to the cleanliness of the air. Equally rich is the animal world. More than 2,000 species live here, but





Tourist Information Centre Wigry National Park

Krzywe 82 16-402 Suwałki turystyka@wigry.org.pl www.wigry.org.pl



phone: +48 87 563 25 62 **phone:** +48 510 992 672



Suwałki Region and Augustów Forest



Post-Camaldolese monastery in Wigry

The Camaldolese monastery complex is beautifully located on the Wigry Peninsula.

The towers of the Church of the Immaculate Conception of the Blessed Virgin Mary and the red roofs of the monastery can be seen even from a distance. The Camaldolese monks came here in 1667 and build their monastery over nearly 50 years. The friars participated in the life of Suwalszczyzna, founded the city of Suwałki and contributed significantly to the civilizational development of the surrounding lands. The Second World War brought huge destruction; the monastery was rebuilt after the war. Pope John Paul II stayed here during one of his pilgrimages to Poland.

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Post-Camaldolese Monastery in Wigry

16-402 Suwałki www.wigry.pro



phone: + 48 87 563 70 16



tours of the monastery:

9am - 5pm



Wigry Museum

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The multimedia Wigry Museum is housed in the Old Grange, in the former hydro-biological station. At the time of Dr. Alfred Lityński the station was a recognized research centre, and Lake Wigry the best researched reservoir in Poland. It is located within the Wigry National Park, established in 1989 to protect the complex of 42 lakes, including Lake Wigry and the forest complex of the northern part of the Augustów Primeval Forest. Both permanent and temporary exhibitions are organised here. The offer includes a cruise on Lake Wigry in a glass bottom boat.



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Tourist Information in the Museum of the Wigry National Park (WPN)



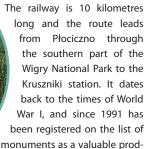
phone: +48 87 563 01 52



Opening hours:



Wigry Narrow-Gauge Railway



uct of technology and one of the longest-functioning forest railways in Poland. It was a continuation of the forest Narrow-gauge railway in the Augustów Primeval Forest and supported the Augustów Canal, the purpose of which was to transport timber. After Płociczno, another station on the railway route is Binduga, where you can admire the beautiful view of the Lake Wigry, then Bartny Dół and finally the destination station - Krusznik, where the main timber repository was once located. Today it houses Zielona Karczma Inn, the perfect place





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Narrow-gauge Railway in Płociczno

Płociczno Tartak 40 16-402 Suwałki biuro@augustowska.p www.augustowska.pl



phone: +48 87 563 92 63 **phone:** +48 697 075 906 **phone:** +48 603 165 390

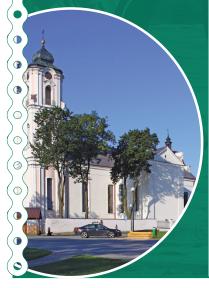


Opening hours:

- V daily, departs at 1pr
- VI daily, departs at 1pm and 3pm
- summer season: VII VIII daily, departs at 10am, 1pm, 4pm
- IX daily, departs at 1pm
- the remainder of the yea (X – IV): operates for organized groups, by telephone booking

Sejny

Poland's smallest county town in terms of population, situated on the Polish-Lithuanian borderland on the Marycha river. The most impressive monument here is the Dominican monastery complex with a late Renaissance basilica of the Visitation of the Blessed Virgin Mary from the early seventeenth century. It is here that the most precious, famous miraculous Gothic wooden statue of the Virgin Mary with Child is kept. Sejny is an important point on the Transboundary Dominican Route. The city's landmarks include the White Synagogue from the years 1860-1870 (which is one of the best preserved monuments of this type in Podlaskie Voivodship) and the former Talmud House. Additionally, the local Borderland of Arts, Cultures and Nations Centre



operations are quite dynamic.





Tourist Information Centre in Seinv Sejny Society for the **Protection of Monuments**

muzeum@sejny.home.pl www.muzeum.sejny.pl



phone: +48 87 516 22 12



Borderland of Arts, Cultures and Nations Centre

www.pogranicze.sejny.pl



phone: +48 87 516 27 65



The International Centre for Dialogue

Krasnogruda 14



phone: +48 87 565 03 69

Suwałki Region and Augustów Forest

Puńsk





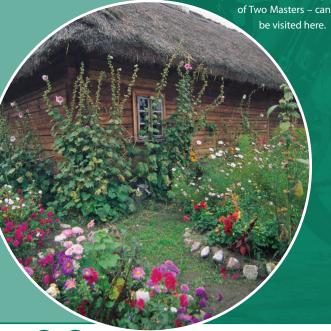
Puńsk Municipality Office

ul. Mickiewicza 23 16-515 Puńsk ug_punsk@pro.onet.pl www.ugpunsk.pl



phone: +48 87 516 10 48

A village in the district of Sejny and the seat of Puńsk Municipality. In the early Middle Ages it was inhabited by the Yotvingians, who left these lands in the thirteenth century. It was not until the Lithuanians and Mazovians arrived in the fifteenth century and began to populate the surrounding areas. Currently, Puńsk is a prominent centre of Lithuanian culture. Lithuanians living here cultivate their traditions, their native language and cuisine. Puńsk's must-see attractions include: the parish Basilica of the Assumption of the Blessed Virgin Mary from the late nineteenth century, the synagogue and the Ethnographic Museum in the Lithuanian Folk Culture Centre, Since recently, one of the stops on the Fairytale Route - the Village



Dowspuda

A small town located roughly 2 kilometres from Raczki, at the Rospuda river. It is famous for the ruins of a neo-Gothic palace built in the years 1820 -1827 by a general of the Polish army under Napoleon, Ludwik Michał Pac. Fascinated by the art and economics of England, the count introduced many innovative solutions to these lands, e.g. he introduced crop rotation, which was rarely used at that time. The palace was demolished in 1887. Until today, only a fine arcaded porch, a corner watchtower called Stork Tower and the remains of the basement have survived. Both the residence and its owner went down to the treasury of Polish proverbs: "Worthy is Pac of his palace, and the palace of Pac", meaning a rather critical assessment of two people or institutions.





Raczki Municipality Office pl. Kościuszki 14 16-420 Raczki www.raczki.pl



phone: +48 87 568 59 25



Suwałki Region and Augustów Forest



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Tourist Information Centre in Augustów

Rynek Zygmunta Augusta 44 16-300 Augustów it@augustow.eu www.augustow.eu



phone: +48 87 643 28 83



Augustów Tourist Organization

Rynek Zygmunta Augusta 44 lok.1 16–300 Augustów aot@poczta.onet.eu www.augustow.org.pl



phone: +48 728 755 936

Augustów Canal

It is the most important monument of hydrological engineering in Podlaskie Voivodship and thus one of the most important attractions of the region. The canal combining Biebrza and Niemen rivers was built between 1824-1839. It was the response of the Kingdom of Poland to a customs war with Russia and Prussia. The initiator of building the canal was minister of the treasury, Duke Franciszek Ksawery Drucki-Lubecki, and the designer was Ignacy Prądzyński. All in all, Augustów Canal was never not fully exploited, because customs duties were significantly reduced. Nowadays, it is used as a scenic waterway. The total length of the canal is 101.2 kilometres, with 18 locks, of which 14 are on the Polish side of the border. These are: Debowo, Sosnowo, Borki, Białobrzegi, Augustów, Przewięź, Swoboda, Gorczyca, Paniewo, Perkuć, Mikaszówka, Sosnówek, Tartak, Kudrynki, one In

Kurzyniec borderland area and three



Tourist attractions





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Tourist Information Centre in Augustów

rynek zygmunta Augusta 44 16-300 Augustów it@augustow.eu www.augustow.eu



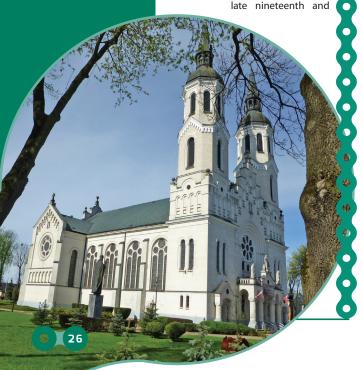
phone: +48 87 643 28 83

Augustów

Situated on the Netta River, the city is referred to as the heart of the Augustów Primeval Forest. It is also the summer capital of Podlaskie Voivodship, surrounded by Augustów Primeval Forest from the east, south and north.

Until the thirteenth century the area was inhabited by the Yotvingians. After numerous wars, the land was deserted, but in the midsixteenth century the forests of Augustów Primeval Forest became part of the royal estate. In 1557, King Sigismund August granted the town municipal rights, and it is to him that Augustów owes its royal name.

When in Augustów, you need to see the historic city centre with a sixteenth century urban layout, the Sigismund Augustus Market, neoclassical and eclectic tenements from the late nineteenth and



early twentieth century, the 1829 Old Post Office complex and the minor basilica of the Sacred Heart of Jesus. There is also the house in which the Emperor Napoleon I spent the night in 1812.

Since 1993, the city has had a spa status thanks to its micro climate. rich in essential oils, by the Augustów Primeval Forest complex and rich deposits of peat; a sanatorium operates here.

The city also runs a dock for white fleet ships, gondolas, catamarans; there are numerous water equipment rentals, hotels and resorts. Worthy of note is also an electric water ski lift on the Necko lake. Water-skiers cruise across the waves at a speed of almost 60 km/h. This is where the International Water Ski Jumping Competition takes place. Recently renovated boulevards at Lake Necko and River Netta are ideal for a stroll. Augustów hosts many concerts and outdoor events in the summer season.

thing

place.



Suwałki Region and Augustów Forest



Shrine of Our Lady of Studzieniczna

Studzieniczna 10 16-301 Augustów tel. 87 643 31 43 www.sanktuariumstudzieniczna.pl



phone: +48 87 643 47 69

Studzieniczna

Until 1973 an independent village, now an administrative part of Augustów located at Lake Studzieniczne and surrounded by the Augustów Primeval Forest. Studzieniczna is the Marian sanctuary with a famous miracle-working image. The village was made famous thanks to the visit of Pope John Paul II in June 1999.

The places worth visiting are: a historic wooden church with ornaments made of antlers, a 1920 Chapel of the Blessed Virgin Mary, accessed by a narrow causeway, where the miraculous image of Our Lady is kept. Next to it there is a well, which – as the local legend has it – contains healing water. Studzieniczna can be reached by a boat of Żegluga Augustowska (Augustowska Shipping), on the socalled Papal Trail Cruise.





Suwałki Region and Augustów Forest

Excursions



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length: 31.9 km

- asphalt roads and bike path approx 40%
- dirt roads: approx. 609



The route is marked according to the PTTK marking standard fo tourist cycling trails

- to water lock Swoboda: blue trail
- approx. 1 km behind the lock The International Cycling Route R11 - green trail, and Green Velo
- Studzieniczna ul. Turystyczna the White Eagle Trail
- al. Wyszyńskiego: Green Velo



type of excursion: family **level of difficulty**: for families with children



travel time:

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

Three times the Augustów Canal

The excursion will help you to learn more about the most interesting engineering monument - the Augustów Canal, built between 1824-1828, as a result of the customs war between the Kingdom of Prussia and the Kingdom of Poland and Russia. The route winds along the shores of three lakes that are part of the Augustów Canal. Along the way, you can see the structures of three water locks (Augustów, Przewięź, Swoboda) and the weir (near the Swoboda lock). The history of this listed monument is presented in the Augustów Canal Museum, on the route, just in front of the Augustów lock.

Route: Zygmunt August Market Square (centre of Augustów, 0.0 km) - Klonownica (4.5 km) - Przewięź (12.5 km) - water lock Swoboda (17.5 km) - Studzieniczna (21.5 km) - Wojciech (23.0 km) - Zygmunt August Market Square (31.9 km)

The route starts in the centre of Augustów, under the column of King Sigismund Augustus – the founder of the city. The centre includes a few noteworthy landmarks located on the route. Away from ul. Mostowa towards the boulevard, on the left, is the monument

of the Accursed Soldiers. After a few minutes, you pass by the town beach, the amphitheatre, the electric water ski lift and the former Biała Góra Hotel. Then, you reach Klonownica - the shortest navigable river in Poland. Nearby you turn right, along the

When driving right by the shore of Białe Lake, you can stray

blue trail.



In the Studzieniczna village, the route can be extended by the so-called small loop of the White Eagle Trail near the Sajno lake. This will make the excursion longer by 12 km. The route is not demanding physically demanding.

from the trail, heading to the lake. In the Przewięź village, there is the former raft building station, now a beach and camping, Patelnia, with a perfect view of the lake. From there you can also see a Przewięź lock, which is just a short driving distance away. The next point is the Water Lock Swoboda. A longer stop is recommended in Studzieniczna. Worth taking a detour is the Sculpture in the Forest Trail, with a peek into the Centre for Forest Education and the nature trail leading to the Forester Monument.



- Augustów interesting landmarks along the route are, subsequently: the sawmill, timber houses of the sawmill workers, the railway station, the White House, the former garrison Orthodox church, Augustów Canal Museum, the Augustów lock, the Old Post Office and the basilica. By the lake there is an electric water ski lift.
- 2 Biała Góra the former hotel designed by Maciej Nowicki, now the Hetman inn.
- 3 Przewięź the former raft station, where the wood was stored to be later transported to the sawmill in Augustów, now the beach and camping Patelnia.
- 4 Water Lock Przewięź one of the most crowded locks. Ships, catamarans, kayaks or gondolas pass through here on their way from Augustów to Studzieniczna, so there is a good opportunity to watch them from there.
- 5 Water Lock Swoboda one of 18 built along the entire Canal (now 14 locks are within Polish borders). It was destroyed during the war, so the present day gate looks different from the original. Worth pointing out are the wooden buildings for the lock operator.
- 6 Studzieniczna Sanctuary of Our Lady, the history of which dates back to the eighteenth century.



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length: 24 km

- dirt and forest roads: 509
- local asphalt roads
- walkways over wetlands (w recommend walking with the bike)



The route is marked

- initial and final parts Green Velo
- the remaining part of the route: hiking trails of the Wigry NP, marked according to the standards of the PTTK, the international bike route R11, local asphalt road



type of excursion: tourist level of difficulty: intermediate



travel time:

- without sightseeing: 2 hours
- with sightseeing: 3–4 hours

To Gawrych Ruda through the valley of Czarna Hańcza

An excursion for lovers of nature and history. Particularly noteworthy is the valley of the Czarna Hańcza, with precious forest communities: alders, Boreal spruces and swamp forests. The open areas include bogs, covered with characteristic clumps of sedges. In the area of Słupia are the remains of a historic village, a complex of Okrągłe, Długie and Muliczne lakes, as well as the observation tower and deck of Lake Wigry. In Płociczno are historic Wigry Narrow-gauge railway and the Museum of Narrow-gauge Trains.

Route: Krzywe (0 km) – Bindasowa Droga (0.5 km, Green Velo) – Bindasowa Droga (3 km, hiking trail, blue) – Łąkowa Droga (4.5 km, hiking trail, black) – Kładka – Słupie – Gawrych Ruda (15 km, hiking trail, green) – Gawrych Ruda – Sobolewo (20 km, bike route R11) – Sobolewo – Krzywe (24 km, local asphalt road, Green Velo)

The excursion begins in Krzywe, where the Tourist Information Centre of the Wigry National Park is located. This is where you can collect maps,

guides and get professional information. Available here

are: car parking, as well as a bike rental point and a repair shop.

The route goes along the Green Velo trail; after 500 meters it turns right into the forest. The blue hiking trail (Bindasowa Droga), then the black one (Łąkowa Droga) leads the cyclists through the valley of the Czarna Hańcza.



It is possible to start the excursion in Suwałki. Then, you reach Krzywe with the Green Velo Trail (approx. 4 km from the centre of Suwałki). In the area of Słupia runs the educational path of the lake, worth seeing it in its entirety. Following the path, you can see among other things Suchar Wielki - the largest dystrophic lake in the Wigry National Park.

Approx. 700 metres of walkways lead through the wetland forests and peat bogs.

Following the green trail, you reach the charming Lake Muliczne, pass the memorial cemetery, and then arrive at the Słupiańska Gulf of Lake Wigry. Further on, the trail leads to Gawrych Ruda close to Wigry and Okrągłe lakes. Here is a shop and a bar U Jawora, hotel and restaurant Nad Wigrami - worth stopping by for a rest.

By the church, the route turns right to the bike trail R11. It then runs through Płociczno to reach Sobolewo after approx. 5 km. Here you leave trail R11, which turns right, and continue on the asphalt. To return to Krzywe, just follow the information signs for cyclists.

- Valley of the Czarna Hańcza wetland forests and peat bogs overgrown with characteristic sedges are home to elk as well as a pack of wolves.
- **2 Cemetery in Słupie** a reminder of the historic village.
- 3 Gawrych Rudy a tower overlooking Wigry and Okrągłe lakes.
- 4 Płociczno a narrow gauge railway built by the Germans during World War I to transport timber. Today, it is a tourist attraction, together with the Narrow-gauge Railway Museum.
- ed by Camaldolese monks of Lake Wigry in 1792. Even in the nineteenth century a hammer smithy (smelter) operated here, powered by the waters of the Czarna Hańcza. This is where brass sheets and vessels were made. In the village, there

Paul II, who visited this place during his 1999

homeland pilgrimage.

is also a monument com-



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length: 34.9 km

- asphalt roads and bike path: 40%
- dirt roads: 60%



The route is partly marked

- partly marked according to the PTTK standard, mostly black trail
- Przewięź Sajenek: yellow trail, partly the White Eagle Trail: white-red
- Sajenek Bystry Channel: Green Velo Trail



type of excursion: tourist level of difficulty: for beginners



travel time:

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

Augustów Primeval Forest in a nutshell

It is a very scenic route combining a wealth of fauna and flora as well as the monuments of history. An example is Uroczysko Powstańce, with a monument in honour of the January Insurgents and a 1863 smithy used by the insurgents. Be sure to have your camera at the ready, because you can often meet representatives of the local fauna on the road. Also worth visiting is the sanctuary in Studzieniczna, nicely merging with the landscape. In June 1999 it was visited by Pope John Paul II.

Route: Augustów (Market Square, column of Sigismund Augustus, 0 km) – Augustów (water ski lift, 2.5 km) – Augustów (former hotel in Biała Góra, 3.5 km) – Augustów (River Klonownica, 4.5 km) – Strękowizna (9.5 km) – Uroczysko Powstańce (13 km) – Przewięź (21 km) – Studzieniczna (22 km) – Augustów (ul. Obrońców Westerplatte, 26 km) – Augustów (Market Square, column of Sigismund Augustus, 34.9 km)

The route starts in the centre of Augustów, under the column of Sigismund Augustus - the founder of the city. Going down ul. Mostowa to the boulevard, on the left there is a monument of the Accursed Soldiers. After a few minutes, you pass, subsequently, the city beach,

the amphitheatre, the electric water ski lift and the former hotel on Biała Góra. Finally, you arrive at the Klonownica - the shortest navigable river in Poland. Nearby, turn right in the direction of Strękowizna, then there is Uroczysko Powstańce and River Blizna. Its trail leads to Studzieniczna, passing the water lock Przewieź on the way. A longer



Nature lovers will not be disappointed if they extend their excursion by approx. 12 kilometres and circle the Lake Kalejty preserve, at the point where the black trail starts. The sign boards on the trail provide information about it. In the Sajenek village, the route can also be combined with the so-called small loop at White Eagle Route (approx. 12 km).

stop is recommended in Studzieniczna. From Studzieniczna to Sajenka you take the White Eagle Trail, passing the cemetery in Augustów Primeval Forest. It is worth stopping here for a while. Behind the village Sajenki starts the Green Velo Trail. After a few kilometres the route leads through the boulevards along Canal Bystry. You reach the Augustów Canal Museum. 200 metres further you pass the Augustów lock on the right, the Old Post Office designed by Henryk Marconi on the left, from where you reach the Zygmunt August Market Square via the Netta boulevards and ul. Mostowa.



- 1 Augustów an electric water ski lift runs by the lake.
- 2 Biała Góra the former hotel designed by Maciej Nowicki, now the Hetman inn.
- **3 Strękowizna** in the village there are several old wooden houses.
- 4 Uroczysko Powstańce just in front of the river there are a few insurgent graves, and behind it there is a monument. It is easy to meet the representatives of fauna in the forest. You can often see squirrels or woodpeckers, meet eye to eye with a roe or deer, especially in the mornings and afternoons.
- 5 Water Lock Przewięź one of the most busy locks on the Augustów Canal
- 6 Studzieniczna Sanctuary of Our Lady, which dates back to the eighteenth century, and the Forest Education Centre with a nature trail leading to the Forester Monument. Nearby there is a marked trail Sculpture in the Forest.
- 7 Cemetery in Augustów Primeval
 Forest worth stopping here for a
 while reading the signboards.
- 8 Augustów Canal Museum worth a visit to learn about the history of this unique monument.



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length: 36.1 km, with the possibility of climbing Góra Cisowa and Góra Zamkowa

surface:

- asphalt roads: 60%
- dirt roads, with sandy fragments, and a forest section: 40%
- · route of medium difficu
- short climbs and descents on dirt roads that require physical exertion



The route is partly marked

- the beginning from Jeleniewo: connects with Green Velo
- Szurpiły: blue educational trail to the Góra Zamkowa
- yellow PTTK trail to Gulbieniszki: to an asphalt road that turns to the left (1.5 km)
- behind the parking at Gora Cisowa - towards Udziejek: black PTTK trail to Smolniki
- vantage point in Smolniki the road to Suwałki: aspha road (2 km)
- Parking on Góra Cisowa Lake Szelment: Podlaski Stork Route
- back to Jeleniewo: asphalt road



type of excursion: family level of difficulty: advanced



travel time:

- 3 hours 30 minutes (the 23.7 km option), the longeralternative: 39.5 km
- with sightseeing: 6 hour 30 minutes



Among lakes and hills of the Yotvingians

A route of special scenic value. Driving through the eastern side of the Suwałki Landscape Park provides a one of a kind opportunity to admire the well preserved post-glacial landscape, with numerous moraine hills and lakes. Góra Zamkowa, with clear traces of a historical fortified settlement, is surrounded by four lakes. The conical Góra Cisowa is called the Fuji of Suwalszczyzna. In Smolniki, there is a vantage point on the lakes considered the most beautiful grouping of lowland lakes in Poland. Over the ribbon lake Szelment Wielki (suitable for swimming), rises the Jesionowa Góra.

Route: Jeleniewo (0 km) - Szurpiły (3 km) - Góra Zamkowa (6 km) - Góra Cisowa (parking, 9.3 km) - Góra Cisowa (9.7 km) - Udziejek Dolny (mill, 12.4 km) - Smolniki (viewpoint, 16.5 km) - Kleszczówek, Sidory (19.7 km) - Gulbieniszki (parking at Góra Cisowa, 21.8 km) - Lake Szelment (WOSiR centre, 31.1 km) - Jeleniewo (36.1 km)

The cycling journey through the magical Suwalszczyzna begins in Jeleniewo – a place worth stopping by.

In Szurpiły, turn right to Góra Zamkowa. Thanks to signboards on the route, you can learn the history of Yotvingian settlement in Suwalszczyzna. At the beginning of the Targowisko village there is a view of Lake Szurpiły. And now the challenge - climbing Góra Zamkowa (228 metres above sea level).

After descending from the top you have to continue in the direction of Góra Cisowa, the symbol of Suwalski Landscape Park. From the "bald spot" of Góra Cisowa (256 meters above sea level) you can admire yet



- Faster and easier option: to Góra Zamkowa, and then the red Stork Trail from the parking lot to Lake Szelment, and returning to Jeleniewo.
- After crossing the road towards Suwalki in Gulbieniszki, the longer variant leads along a blue hiking trail, the marking of which is quite scarce. The only recommended way to travel the route is to use the GPX trace. The trail leads through the isthmus between Szelment Maly and Szelment Wielki lakes.

panorama of the post-glacial landscape of Suwalszczyzna. After returning to the road, turn left immediately and continue along the black trail in the direction of Smolnik. Along the way, you pass the renovated old water mill and a forest area, behind which Lake Koile shimmers on the right. This is how you arrive in Smolniki with its accommodation and catering services. Then you continue through the Kleszczówek village, pass the next lakes and reach the road no. 655 leading to Suwałki between the Sidory and Gulbieniszki villages. Opposite the parking lot at Góra Cisowa, turn left to Podlasie Stork Trail, marked in red, which leads with its gently rolling slopes to the shore of the long narrow Szelment Wielki lake. Cyclists who have enough energy and desire can climb Góra Jesionowa (251 meters above sea level, ski lift), offering a panorama of the Suwalki Landscape Park.



- 1 Jeleniewo a historic wooden church from the 19th century.
- 2 Szurpiły Memorial Chamber of the Yotvingians, opened in 2014.
- 3 Góra Zamkowa (228 m above sea level) – It is on Góra Zamkowa that the tribal centre of the Yotvingians was located. From here stretches a beautiful panorama of Lake Szurpily, the second largest after the Hańcza.
- 4 Smolniki at the end of the village there is the platform U Pana Tadeusza, perched on the edge of the Lake Szeszupa escarpment. It offers the most beautiful view. This is where Andrzej Wajda and Tadeusz Konwicki shoot scenes for their movies. Below lay the kettles of Lakes Kojle, Perty and Purwin (names are derived from the Lithuanian language).

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length: 48 km

- asphalt roads and bike path 60%
- · dirt and forest roads
- walkways over wetlands (w recommend walking with the bike)



The route is marked

- the beginning and end of the route: coincides with the Green Velo
- the remaining part of the route: marked according to the PTTK standards, the international bike trail R11, the Podlaski Stork Trail



type of excursion: tourist level of difficulty: intermediate



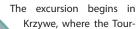
travel time:

- without sightseeing approx. 4 hours
- with sightseeing: 6-8 hour:

A trip around the Wigry

The route leads around the Wigry - the gem lake of Suwalszczyzna. It runs mainly through forests of the Wigry National Park, as well as valuable peat bogs in the Czarna Hańcza valley, which we can travel through with walkways of the total length of 700 meters. The beautiful views can be best admired from lookout towers in Stary Folwark, Bryzgiel and Gawrych Ruda and the viewing platforms over the Wigry. The most valuable monument on the route is the post-Camaldolese monastery in Wigry. The Wigry Museum is also worth a visit.

Route: Krzywe – Leszczewek – Stary Folwark – Wigry – Mikołajewo (14 km, Green Velo) – Mikołajewo – Piaski (16 km, Podlaski Stork Trail) – Piaski – Czerwony Krzyż – Zakąty – Krusznik – Bryzgiel (26 km, green hiking trail) – Bryzgiel - Powały (29.3 km, bike trail R11) – Powały – Binduga – (31,4 km, green hiking trail) – Binduga – Gawrych Ruda (33 m, bike trail R11) – Gawrych Ruda – Słupie – Dolina Czarnej Hańczy (43 km, green hiking trail) – Łąkowa Droga (45 km, black hiking trail) – Bindasowa Droga (47,2 km, blue hiking trail) – Krzywe (48 km, Green Velo)



ist Information Centre of the Wigry National Park is located. This is where you can collect maps, quides and aet professional information. is a parking space available, as well as a bike rental and repair shop. Start along the

Green Velo Route, to reach





It is possible to start the excursion in Suwałki - then you will reach Krzywe with the Green Velo Trail (approx. 4 km from the centre of Suwałki

Stary Folwark after 5 kilometres. Then, the trail leads to village Wigry. In Mikołajewo, the trail turns from Green Velo to Podlaski Stork Trail and leads to Piaski Bay. Next, it follows the green hiking trail through Czerwony Krzyż, and reaches Bryzgło. The international bike trail R11 leads along the local asphalt road, then turns again to the green hiking trail and passes through Binduga and Powały mid-forest clearings, stations of the Wigry Narrow-Gauge Railway and viewpoints of the Wigry lake. After reaching Gawrych Ruda, turn again to the green trail

behind the church. This is where you will find a tower with a view of Wigry and Okragle lakes, a shop and a bar U Jawora, hotel and restaurant Nad Wigrami - worth stopping in for a rest. After setting off, along the edge of the Wigry, pass the cemetery and the lovely Lake Muliczne. You reach the valley of Czarna Hańcza, where approx. 700 metres of walkways lead through the wetland forests and peat bogs. You leave the river valley along the black, then the blue hiking trail and reach the Green Velo Trail, and get back to Krzywe.

- 1 Stary Folwark a modern museum of Wigry.
- 2 Wigry an 18th-century former monastic complex; the most valuable historical site of the region. In the village, you can buy Wigry Pierogi - a certified regional product.
- 3 Piaski a charming bay with one of the most beautiful views of Wigry, a scenic wild beach under the canopy of pine forest, perfect for stopping by and swimming.
- Czerwony Krzyż a monument

- commemorating the pacification of the village by the Germans in 1944.
- **5 Bryzgiel** a watchtower; a good place for observation of birds.
 - Cmentarz a remnant of the historical Słupie village.
 - Dolina Czarnej Hańczy ca. 700 metres of footbridges run through wetland forests and mires grown with characteristic Carex plants. It is a habitat for elks and wolves.



Practical information



Augustów Tourist Information Centre

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