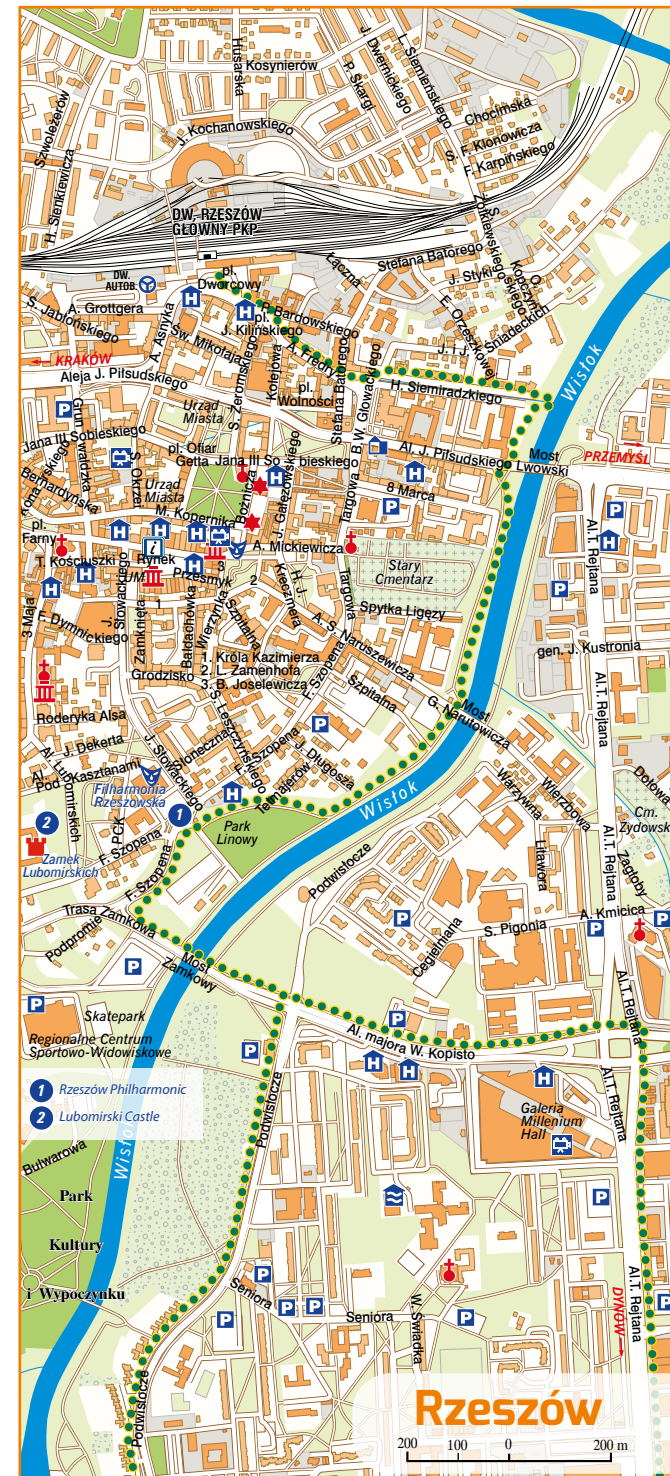




- Maps of the series:
1. At the Vistula Lagoon (Warmińsko-Mazurskie Voivodeship)
2. Warmia and the area (Warmińsko-Mazurskie Voivodeship)
3. Northern Mazury (Warmińsko-Mazurskie Voivodeship)
4. Świętokrzyski Region and Augustów Forest (Podlaskie Voivodeship)
5. Białowieża Forest and Knyszyn Forest (Podlaskie Voivodeship)
6. Białowieża Forest and Knyszyn Forest (Podlaskie Voivodeship)
7. Bug River Valley (Podlaskie and Lubelskie Voivodeships)
8. Pojezierze Lubelskie and Podkarpackie Voivodeships)
9. Roztocze (Lubelskie and Podkarpackie Voivodeships)
10. Carpathian Plateau (Podkarpackie Voivodeship)
11. Sandomiersz Province and Lower San Valley (Świętokrzyskie and Podkarpackie Voivodeships)
12. Świętokrzyskie Mountains and the area (Świętokrzyskie Voivodeship)



East of Poland Cycling Trail Green Velo

The Green Velo trail is a 1,885 kilometers long bike trail that runs through some of the most beautiful regions of Eastern Poland. It follows local asphalt and dirt roads and specially assigned cycle routes. The trail is clearly marked and every 10km or so, there are BSPs (Bike Service Points) with recreational facilities for cyclists. The main trail is supported by almost 200 kilometers of linking routes, which lead to transport hubs and nearby places of interest.

Come and ride the Green Velo trail – 200 kilometers of real tourist attractions!

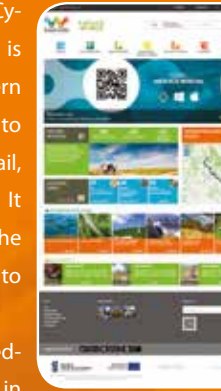


Cyclist's Guide

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

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

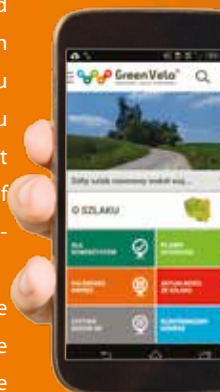
Visit www.greenvelo.pl and find out for yourself about all the advantages of the East of Poland Cycling Trail. The Green Velo portal is the biggest cycling guide to Eastern Poland. It will explain how to get to know not only the Green Velo trail, but also other routes in the area. It will reveal places of interest and the best places to eat, and will help to find accommodation.



Before setting off, create your schedule using our intuitive trip planner in just a few easy steps. News, an events calendar and our newsletter will keep you up to date with events and news from the trail.

Mobile Application

All essential trail information can be found in the Green Velo mobile app (available on Android, iOS and Windows Phones). The app will help you to find places of interest, accommodation, restaurant facilities and BSPs along the way. Trails in your area are listed so that you can find those that interest you most. And don't worry about poor phone reception – all of the most important information is accessible offline. The app lets you record the course of your trip as you ride and helps you to plan future trips. Just choose points on the map and the system will automatically generate the best route for you.



Bike Kingdom Carpathian Plateau

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

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

Contrary to the title of the kingdom (named after the Carpathian mountains), most of the Green Velo trail does not pass through the mountains and in fact follows the River San valley. Here riders have to deal with considerable changes in altitude, especially near the towns of Przemysł and Dynów. The mountain routes near



Przemysł and towards the Bieszczady Mountains and the Low Beskids (just a few dozen kilometres away), are also well worth considering. Riders should be reasonably fit and bikes will need good brakes for some of the descents. Crossing the River San on the footbridges that serve pedestrians and bike riders alike – some of which like those in Przemysł, were built especially for the Green Velo trail – is an unforgettable experience.

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

There are a lot of fascinating museums and historical religious buildings of different denominations in Przemysł, and the Galician architecture of the city centre resembles that of the cities of Cracow and Lvov. The arboretum in Bolestraszycze and the Krasicki Family's Renaissance castle in Krasieczyn (not far from Przemysł), are both worth a visit. Amongst the angling hills of the Przemyskie Plateau on the way to Ustrzyki Dolne, riders can discover the Paclawska Calvary monastery complex and the former hunting centre for the party "aristocracy" of the PRL times, the famous Arłamów. Over the years things have changed in this region...



come and see what is left for yourself. There are many other places to visit between Rzeszów and Przemysł, including Orthodox churches, war cemeteries and the remains of the former residences of noble families. A little way off the trail are places of note, including the Kmita Family castle in Dubieck, the Piątkowa and Ulucz Orthodox churches, Dynów's provincial buildings, Boguchwała palace, Krosno, Sanok, and the wooden church in Haczów (that can be found on the list of World Heritage Sites); all are particularly worth visiting.

The Green Velo trail then makes its way to Rzeszów, the historic capital of the Podkarpackie Voivodeship, and more recently a dynamically developing city. Here the trail leads along the Wisłok River, leaving behind the hills of the Plateau to the South. Rzeszów is a bicycle friendly city featuring numerous historical sites and traditional Galician buildings in its centre, which are worthy of your attention. Rzeszów market, beneath which, an underground tourist trail leads, is of particular interest. A stretch of the Green Velo trail links the city centre and the railway station, which as well as being an important transport hub, is also a good point to start or finish a journey along the southern part of the trail.

Leaving Rzeszów, the trail turns North-East and leads to Łańcut. The impressive Lubomirski Family palace, situated in a beautiful sprawling park, is particularly worth visiting and the local Carriage Museum is world-famous. Other

recommendations include the small town provincial buildings around the market, as well as the old synagogue and the modern sport and recreation complex, situated close to the castle.

From Łańcut the trail heads North in the direction of Leżajsk, and then along the River San valley until it finally reaches Sandomierz. Near Nisko there is a section of the trail linking to Roztocze and Zwierzyniec, which is an interesting additional loop enabling keen riders to cover the southern part of the Green Velo trail as a few-day long bike trip, with its start and finish points in Rzeszów.



Practical Information

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Rzeszów Zaprasza Tourist and Cultural Information Point
ul. Rynek 26, 35-064 Rzeszów
www.rzeszowzaprasza.pl
phone +48 17 852 57 77

Podkarpackie Tourist Agency
with a tourist information point
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phone +48 17 225 48 50



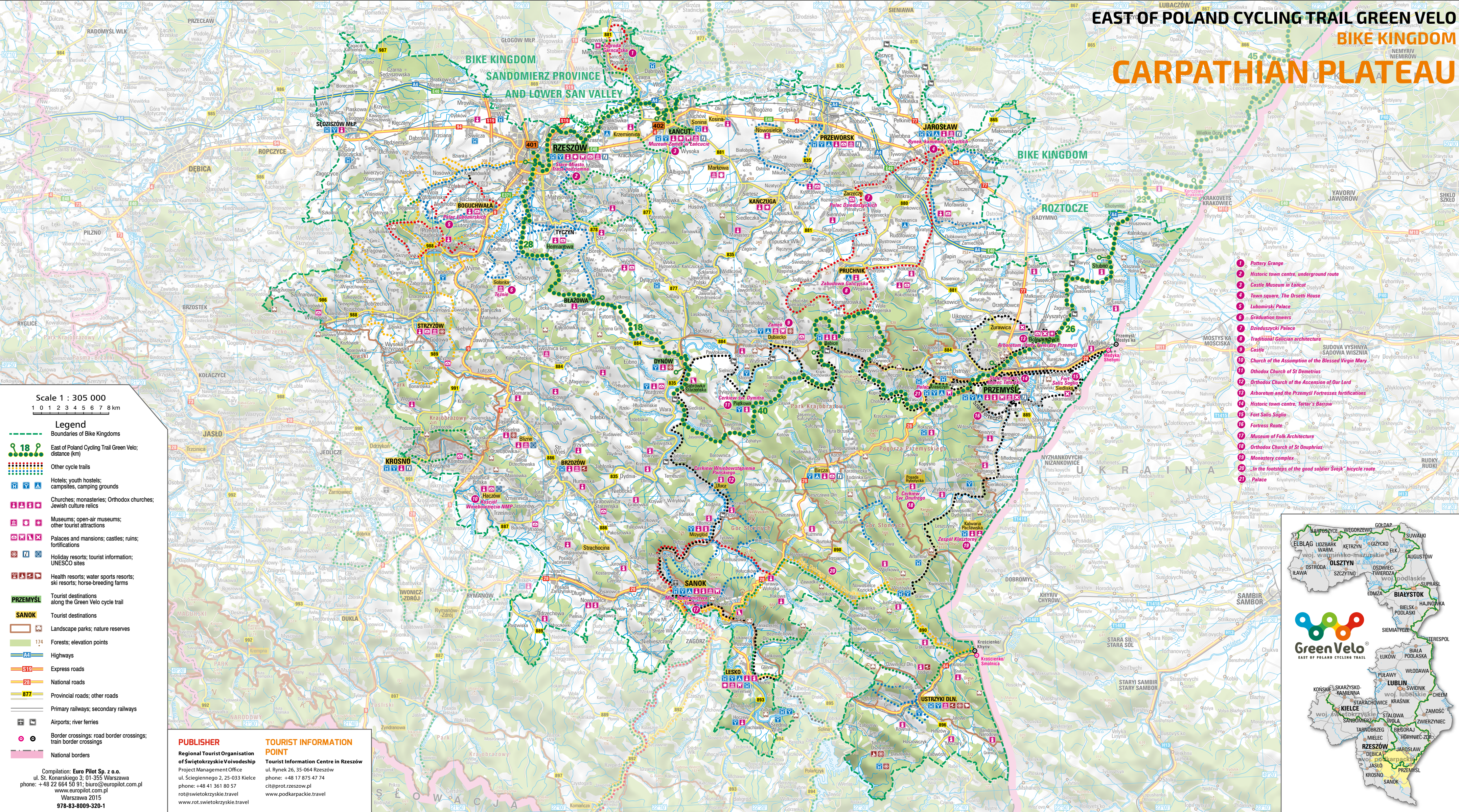
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EAST OF POLAND CYCLING TRAIL GREEN VELO

BIKE KINGDOM

CARPATHIAN PLATEAU



- 1 Pottery town
- 2 Historic town centre, underground route
- 3 Castle Museum in Łanicut
- 4 Town Square, The Orsetti House
- 5 Lubomirski Palace
- 6 Gradation towers
- 7 Dziedziński Palace
- 8 Traditional Galician architecture
- 9 Castle
- 10 Church of the Assumption of the Blessed Virgin Mary
- 11 Orthodox Church of St Demetrius
- 12 Orthodox Church of the Ascension of Our Lord
- 13 Arboretum and the Przemyski Fortifications
- 14 Historic town centre, Tatar's Bazaar
- 15 Fort Salis Soglio
- 16 Fortress Route
- 17 Museum of Folk Architecture
- 18 Orthodox Church of St Onuphrius
- 19 Monastery complex
- 20 In the footsteps of the good soldier Svek bicycle route

Scale 1 : 305 000
 1 0 1 2 3 4 5 6 7 8 km

- Legend**
- Boundaries of Bike Kingdoms
 - East of Poland Cycling Trail Green Velo; distance (km)
 - Other cycle trails
 - Hotels; youth hostels; campsites; camping grounds
 - Churches; monasteries; Orthodox churches; Jewish culture relics
 - Museums; open-air museums; other tourist attractions
 - Palaces and mansions; castles; ruins; fortifications
 - Holiday resorts; tourist information; UNESCO sites
 - Health resorts; water sports resorts; ski resorts; horse-breeding farms
 - Tourist destinations along the Green Velo cycle trail
 - Tourist destinations
 - Landscape parks; nature reserves
 - Forests; elevation points
 - Highways
 - Express roads
 - National roads
 - Provincial roads; other roads
 - Primary railways; secondary railways
 - Airports; river ferries
 - Border crossings; road border crossings; train border crossings
 - National borders

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