DEVELOPMENT OF EASTERN POLAND
NATIONAL CHERSKIN STRATEGY

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East of Poland Cycling Trail Green Velo

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www.greenvelo.pl

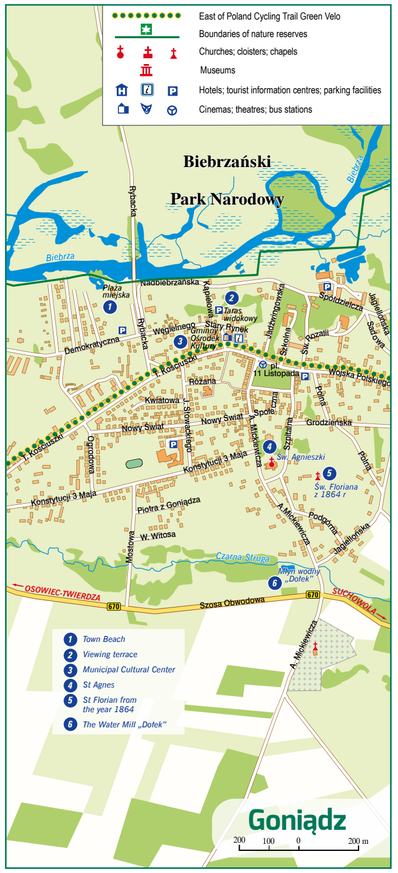
Podlaskie

Range of Attractions

Bike Kingdom Biebrza and Narew Rivers Valley

Green Velo®
EAST OF POLAND CYCLING TRAIL

Podlaskie 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.

www.greenvelo.pl web portal

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 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 is 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 voivodship 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 mustwalk 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.

Practical Information

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 Municipality
phone +48 86 219 21 75
lpkdn.drozdowo@wp.pl, www.lpkdn.wrotapodlasia.pl

Łomża Information Centre
"Ziemia Łomżyńska" Local Tourist Organisation
ul. Krzywe Koło 9 (9 Krzywe Koło St),
18-400 Łomża
phone +48 86 216 70 50
lot_ziemialomzynska@wp.pl

Texts by:
J. Zdrojewski, J. Sienkiewicz
Photographs:
Archives Podlasie Regional Tourist Organisation, Łomża City Hall , J. Gumowski, J. Trojanowski

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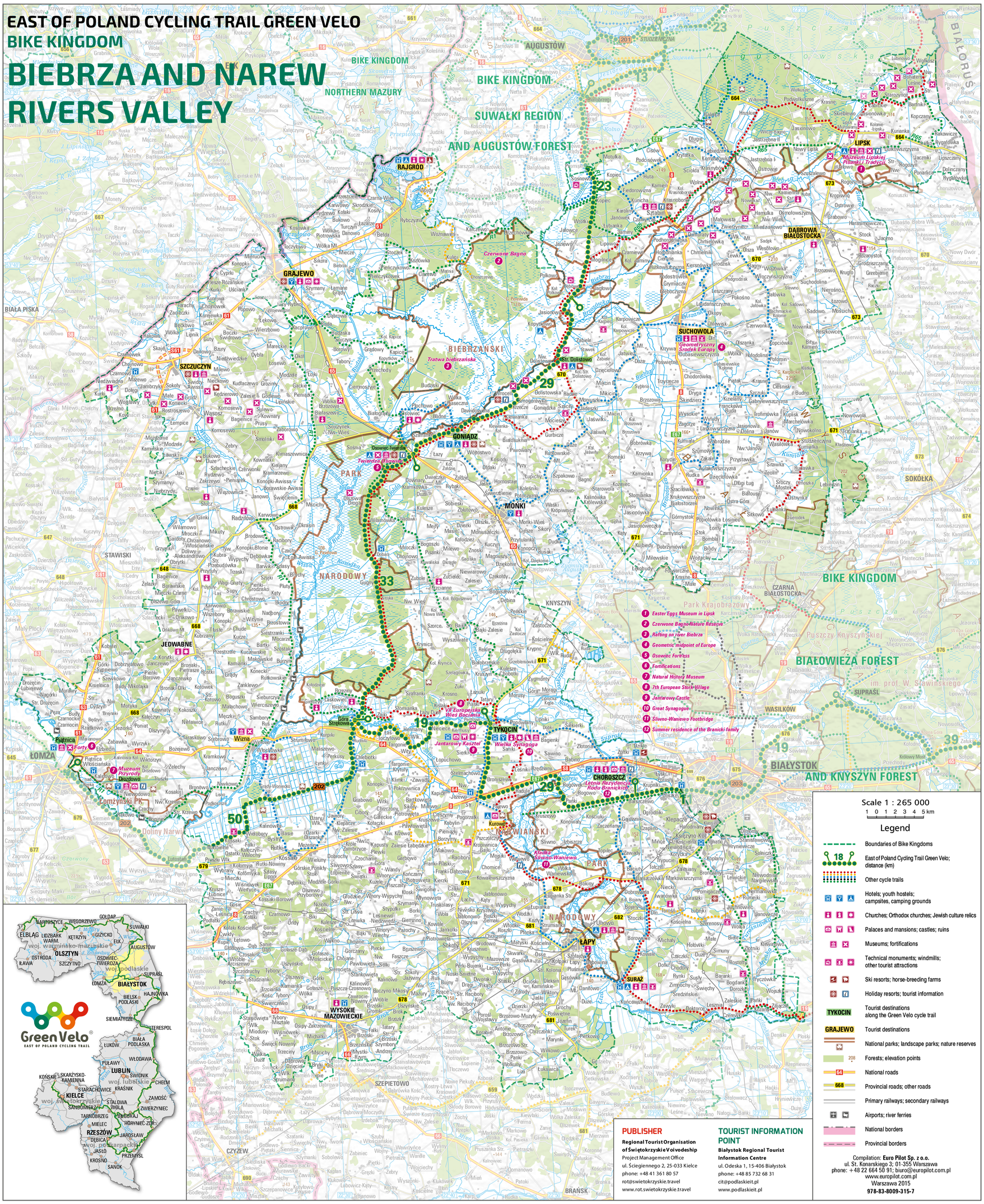
ul. Konarskiego 3
01-355 Warszawa
www.europilot.com.pl

EAST OF POLAND CYCLING TRAIL GREEN VELO

BIKE KINGDOM

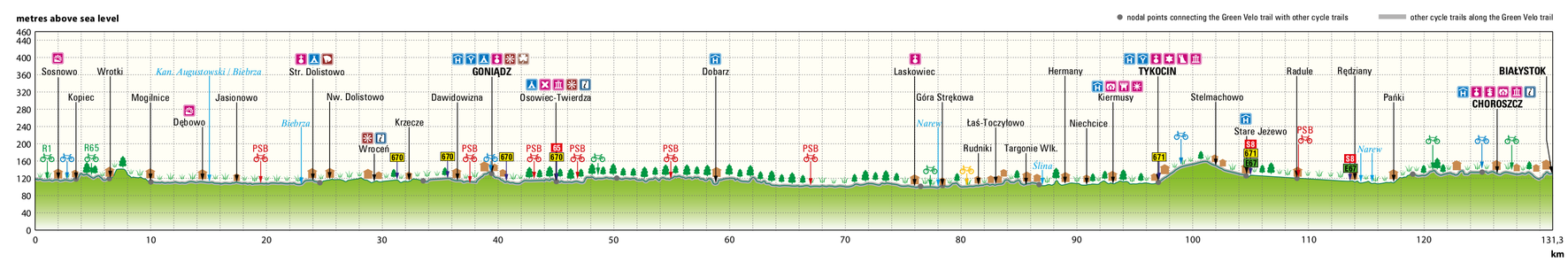
BIEBRZA AND NAREW RIVERS VALLEY



PUBLISHER

Regional Tourist Organisation of Świętokrzyskie Voivodeship
Project Management Office
ul. Ściegiennego 2, 25-033 Kielce
phone: +48 41 361 80 57
rot@swietokrzyskie.travel
www.rot.swietokrzyskie.travel

TOURIST INFORMATION POINT

Białystok Regional Tourist Information Centre
ul. Odeska 1, 15-406 Białystok
phone: +48 85 732 68 31
cit@podlaskiet.pl
www.podlaskiet.pl

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ul. St. Konarskiego 3; 01-355 Warszawa
phone: +48 22 664 50 91; biuro@europilot.com.pl
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