



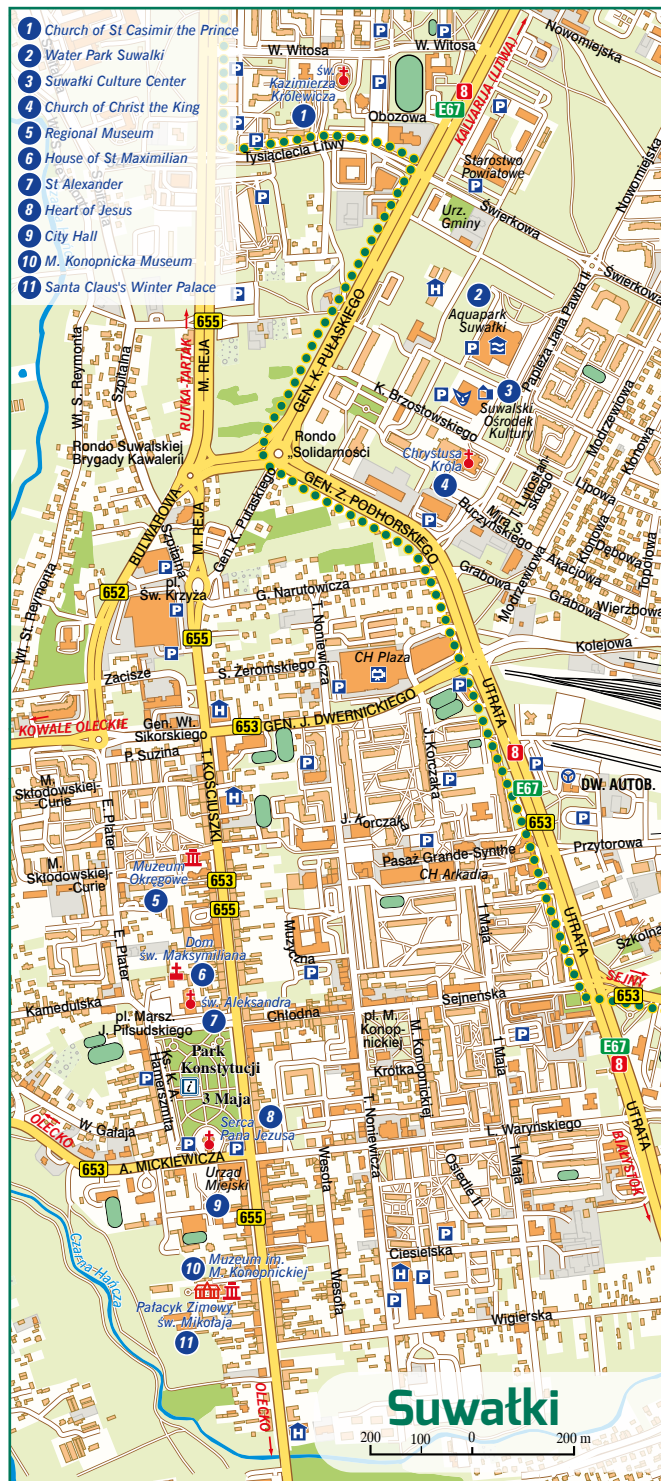
2	Warmia and the area	(Warmińsko-Mazurskie Voivodeship)
3	Northern Mazury (Warmińsko-Mazurskie Voivodeship)	
4	Swiacki Region and Augustów Forest	(Podlaskie Voivodeship)
5	Biebrza and Mławka River Valley (Podlaskie Voivodeship)	
6	Biłocerkwiza forest and Krzynyn Forest	
7	Bug River Valley (Podlaskie Voivodeship)	
8	Podlaskie (Podlaskie Voivodeship)	
9	Łódź (Łódzkie Voivodeship)	
10	Podkarpacie (Podkarpackie Voivodeship)	
11	Sandomierz Province and Lower San Valley (Świętokrzyskie and Podkarpackie Voivodeships)	
12	Świętokrzyskie Mountains and the area (Świętokrzyskie Voivodeship)	



Range of Attractions

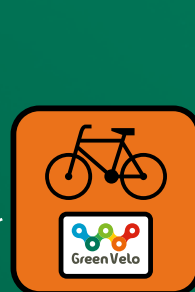


Podlaskie Voivodeship



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!



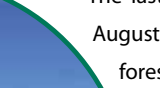
As the weather improves and the cycling season begins, it is worth remembering a few basic rules to ensure the safety of cyclists out on the trail.

- 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.

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, reserves, 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.



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

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: chlebureks, kibiai 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 Szelmeń 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 Suwalki, 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 meter deep) and tenth largest (more than 21 km²) lake in Poland. Moreover, this lake is famous for its game fish, including common whitefish and

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 north-eastern 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.

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 meter 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 Suwalki Region. The first significant point of the route is Boleścin, 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 Wizajny, which is located at the lake of the

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.



Practical Information

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EAST OF POLAND CYCLING TRAIL GREEN VELO

KALWAJA KALWAJA BIKE KINGDOM

SUWAŁKI REGION

AND AUGUSTÓW FOREST

The map displays the Suwałki region in northeastern Poland, near the Russian border. The East of Poland Cycling Trail Green Velo is highlighted in green, showing a route that includes the Kalwa region and the Augustów Forest. Major towns like Kalwa, Suwałki, and Augustów are marked. The map also shows the Baltic Sea to the north and the Russian border to the east. The trail route is detailed with various segments and landmarks, including the Kalwa region and the Augustów Forest.

