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



PODKARPACKIE

lubelskie

Range of Attractions
Bike Kingdom Roztocze



Podlaskie
and Lubelskie
Voivodeships



Bike Kingdom Roztocze

Roztocze is a geographical area stretching from Kraśnik in the Lubelskie Voivodeship in the west to Lviv in Ukraine in the east. Its eastern part lies in the Lubelskie and Podkarpackie Voivodeships. Roztocze's varied terrain with its rolling hills, deep river valleys and villages and towns set among a mosaic of fields is simply breathtaking.

The Green Velo route runs through the most beautiful locations of the kingdom. Immortalised in Jan Brzechwa's poem, the city of Szczepreszyn boasts many beautiful ancient buildings and a statue of a cricket, also featured in the poem. The Roztocze National Park in Central Roztocze is an area of exceptional natural beauty rich in wildlife; the Park's headquarters are located in the town of Zwierzyniec. Southern Roztocze, bordering the dense forests of the Solśka Wilderness, is home to the famous rapids and waterfalls on the small Tanew river. It also holds many nature reserves.



The entire region is connected with an extensive network of bike routes leading to the most interesting locations and attractions. It's well worth taking the time to explore the area's nature and culture by bike. The almost 200 km-long red Central Roztocze Cycle Route from Kraśnik to Hrebennie is fascinating and well-marked. After the ride, take a break at the Echo ponds in Zwierzyniec or at the reservoir in Radawa in the south. Founded by the Zamoyksi family, Zwierzyniec has many charming landmarks, such as the church on the lake.

One of the most beautiful cities of Eastern Poland and Listed as a UNESCO World Heritage Site, Zamość is located near the trail. The stronghold is a perfect example of a Renaissance town, and its picturesque tenement houses, sacral buildings, market square and well-preserved fortifications are a must-see.

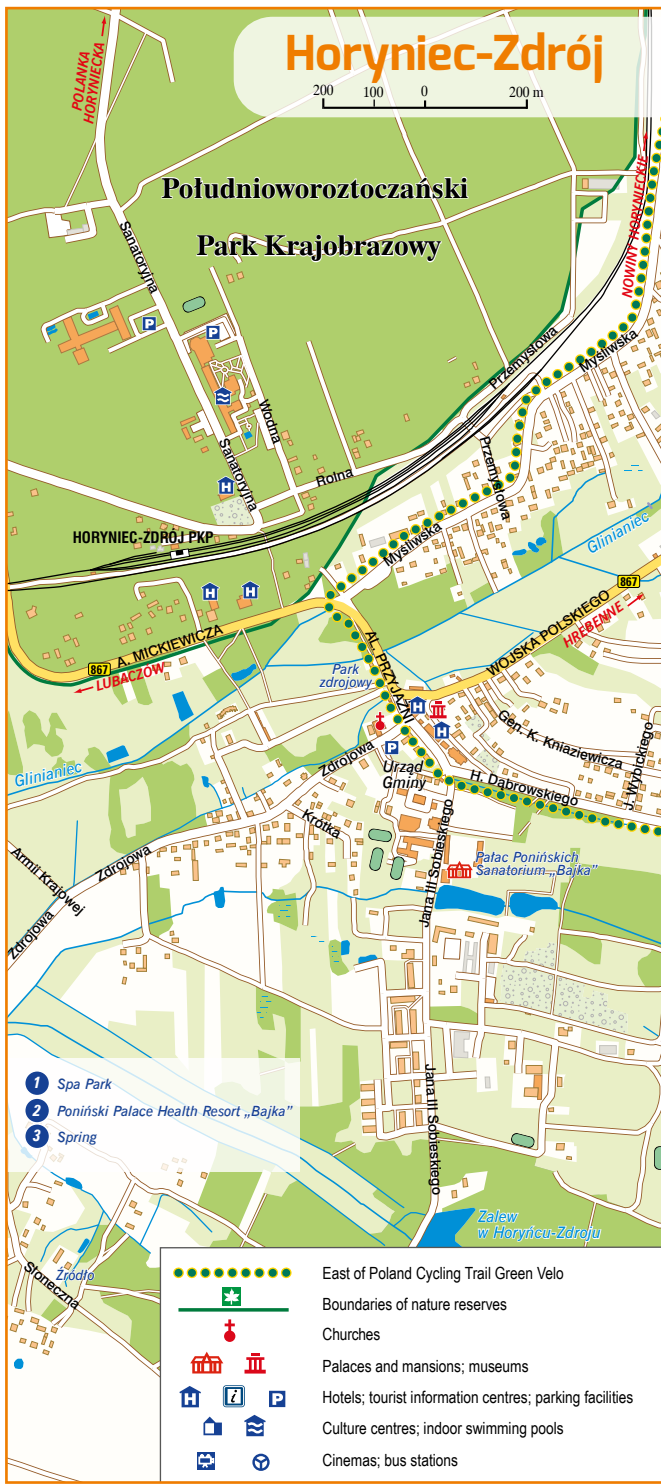
The Green Velo route runs through many pretty villages and towns, some of the most popular of which are Józefów, Górecko Kościelne and



Susiec. As well as the town of Józefów itself, the nearby quarries are worth seeing, as are the waterfalls on the Sopot river in the Czartowe Pole reserve near Susiec.

The southern part of Roztocze lies on the boundary of the Lubelskie and Podkarpackie Voivodeships. The area is sparsely inhabited and famous for its natural beauty. Just in the Podkarpackie Voivodeship lies the town of Narol with the 18th-century Łoś family palace and the spa village of Horyniec-Zdrój, near the Ukrainian border. Some of the greatest attractions of the area are the wooden Orthodox churches in Radruż and Chotyń, also Listed by UNESCO. You can find more beautiful old Orthodox churches near Horyniec-Zdrój, such as those in Łowcza and Nowe Brusno.

The route continues south-west, leading towards Carpathian Hills and Przemyśl, one of the most beautiful cities along the trail. One good option is taking the connecting route east from Zwierzyniec via Biłgoraj to Nisko in the Podkarpackie Voivodeship. The trail leads almost entirely through forests, and it is a perfect alternative if you want to take the southern



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 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.

part as a loop or travel from Sandomierz towards Zamość. It explores the southern part of the region, or serves as a shortcut for cyclists heading towards the Świętokrzyskie Voivodeship.



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

Zamość Historical and Tourist Information Centre
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phone +48 84 639 22 92
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EAST OF POLAND CYCLING TRAIL GREEN VELO

BIKE KINGDOM

ROZTOCZE



A detailed map of the Roztocze region in Poland, showing a network of cycling routes. The map includes major roads like the A4 and A16, and various towns such as Lublin, Białystok, and Białogóra. A green line indicates a specific cycling route, with markers for distances and points of interest. The text 'EAST OF POLAND CYCLING TRAIL GREEN VELO' is prominently displayed at the top, along with 'BIKE KINGDOM' and 'ROZTOCZE' in large, stylized letters. The map also shows the border with Ukraine to the east.

