



www.greenvelo.pl

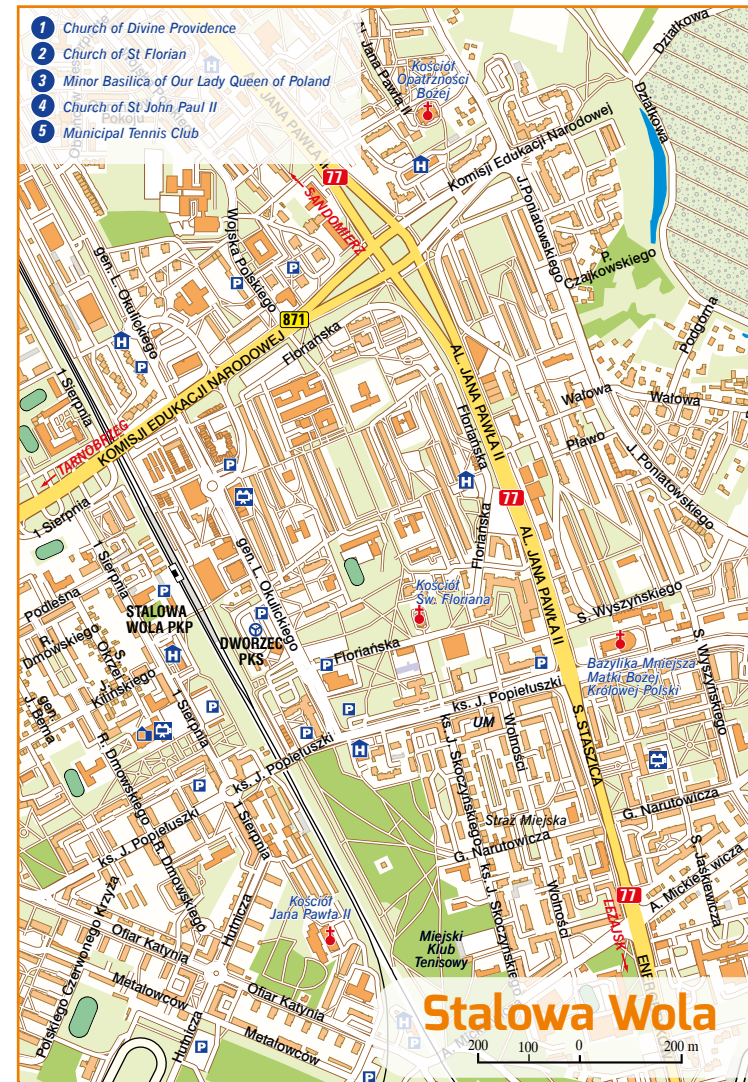
Maps of the series:
1. At the Vistula Lagoon (Warmińsko-Mazurskie Voivodeship)
2. Warmia and the area (Warmińsko-Mazurskie Voivodeship)
3. Northern Mazury (Warmińsko-Mazurskie Voivodeship)
4. Suwałki Region and Augustów Forest (Podlaskie Voivodeship)
5. Biebrza and Narew Rivers Valley (Podlaskie Voivodeship)
6. Białowieża Forest and Knyszyn Forest (Podlaskie Voivodeship)
7. Bug River Valley (Podlaskie and Lubelskie Voivodeships)
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)



Bike Kingdom Sandomierz Province and Lower San Valley
Range of Attractions



Świętokrzyskie
and Podkarpackie
Voivodeship



Bike Kingdom Sandomierz Province and Lower San Valley

The Sandomierz Province and Lower San Valley Bike Kingdom is located within the Sandomierz Basin and the Sandomierz Uplands, on the border of two voivodeships: Świętokrzyskie Voivodeship and Podkarpackie Voivodeship. On the right bank of the Vistula River is an area of flat land with its boundaries at the Wisłok River in the South, and the San River in the East. Picturesque orchards dominate the left bank. The region's character is emphasized by numerous loess ravines, the 500-million-year-old Pepper Mountains, the vast Sandomierz Wilderness, and the Janowskie Forest complex on the other bank of the Vistula.



The province's preserved cultural heritage is particularly rich and diverse. The Cistercians, the Camaldolese and the Jews, as well as rich magnates and kings all left precious traces of their existence here. There are many interesting places connected with the cultivation of local traditions, for example the raftmen's centre at Ulanów, and Rudnik on the bank of the River San - a centre of wicker weaving. Medieval Sandomierz, Baranów Sandomierski castle, the impressive Krzyżtopór castle in Ujazd and the Leżajsk basilica with its unique organ front, are all mesmerizing examples of the unusual local character.

Happily, the bike kingdom doubles as a culinary kingdom. Throughout your ride, you will be tempted by locally produced fresh fruit and vegetables, juices, salads, preserves and regional dishes made using local produce. A must for wine lovers is the Sandomierz Wine Trail and for those interested in



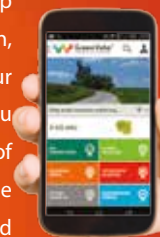
www.greenvelo.pl web portal

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.

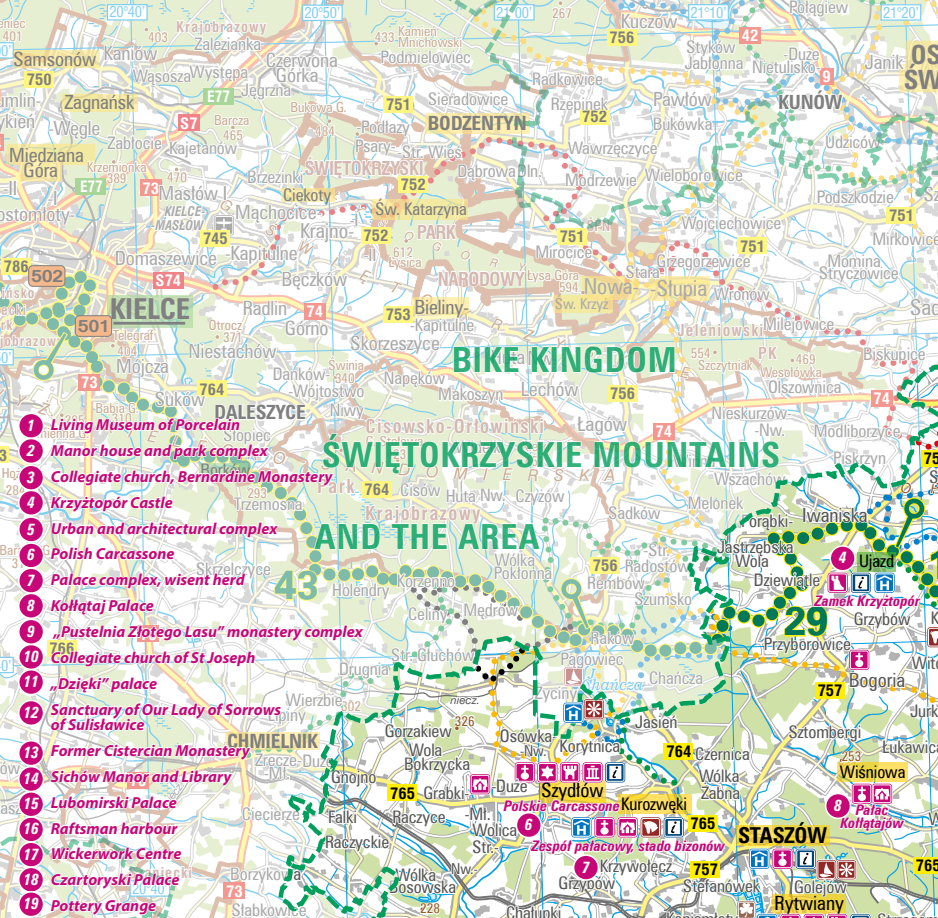


fruit farming, the Sandomierz Apple Trail. There are numerous regional events relating to culinary art, such as Powidlaki in Krzeszów, the European Apple Festival in Obrazów, the Blossoming Appletree Festival in Samborzec, the Tomato Festival in Dwikozy, and Time for Good Cheese in Sandomierz.

The Green Velo trail of the Sandomierz Province and the Lower San Valley kingdom is designed to provide cyclists with a safe passage through the picturesque Vistula region. The trail varies enormously – the Podkarpackie stretch is almost flat, while in the Świętokrzyskie region the landscape tends to be rolling and more hilly. The trail mostly follows local roads which carry low volumes of traffic. There are plenty of restaurant and accommodation options to be found by leaving the Green Velo trail here, at the Leżajsk basilica, Rudnik and Radomyśl nad Sanem, Sandomierz, Opatów and Klimontów.

EAST OF POLAND CYCLING TRAIL GREEN VELO

SANDOMIERZ PROVINCE AND LOWER SAN VALLEY



PUBLISHER

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

Scale 1 : 450 000
1 0 2 4 6 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; palaces and mansions; castles; ruins

Other tourist attractions;
holiday resorts; tourist information

Water sports resorts; ski resorts;
horse-breeding farms

ULANÓW

OPATÓW

National parks; 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; provincial borders

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ul. St. Konarskiego 3; 01-355 Warszawa
phone: +48 22 664 50 91; biuro@europilot.com.pl
www.europilot.com.pl
Warszawa 2015
978-83-8009-273-0

TOURIST INFORMATION POINT

Tourist Information Centre
Rynek 20, 27-600 Sandomierz
phone: +48 15 644 61 05
www.sandomierz.travel

TOURIST INFORMATION POINT

Tourist Information Point of
the Regional Museum
ul. Sandomierska 1, 37-464 Stalowa Wola
phone: +48 15 844 85 56
e-mail: muzeum@stalowawola.pl
www.muzeum.stalowawola.pl

