



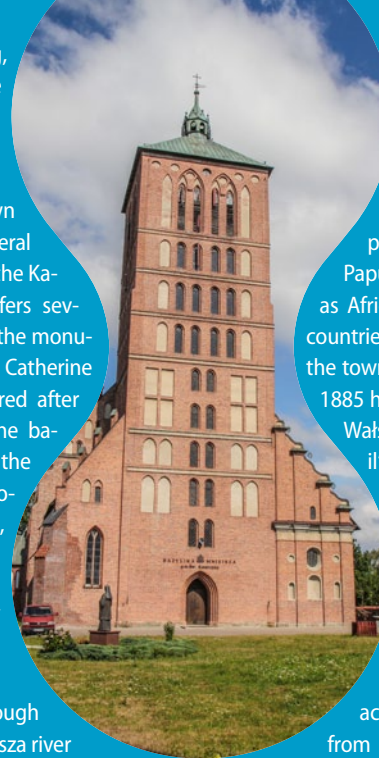
○ Cathedral in Frombork, by M. Franaszek

Frombork. The Cathedral Hill in Frombork is the site of one of the most wonderful sacral buildings in Poland: the Archcathedral Basilica, with the former bishops' palace surrounded by walls which bring to mind a fortified castle. Moreover, on the hill you can also see the old bell tower, known as the Radziejowski Tower, where a Foucault pendulum is kept, the Tower of Copernicus, which belonged to the world-famous astronomer, and the canons' residences. Other parts of the town also offer many interesting attractions, including the old hospital complex of the Holy Spirit. One of Frombork's symbols is a brick water tower from the 14th-

Frombork. Tourist Information Centre, ul. Młynarska 5a, tel.: +48 55 2440677, www.frombork.pl.

Channel, Elbląg, Pasłęka, and the waters of the Vistula Lagoon.

Braniewo. This town on the Pasłęka, several kilometres south of the Kaliningrad Oblast, offers several attractions, e.g. the monumental Basilica of St. Catherine of Alexandria, restored after wartime damage, the baroque Church of the Holy Cross, the Neo-Gothic train station, and an Orthodox church, originally the gothic Church of the Holy Trinity.



○ Basilica of St. Catherine of Alexandria in Braniewo, by M. Franaszek

China, Japan, the Philippines, India, Indonesia, Papua-New Guinea, as well as African and Latin American countries. On the outskirts of the town a steel rail bridge from 1885 hangs 30 metres over the Walsza Valley called the Devil's Gorge.

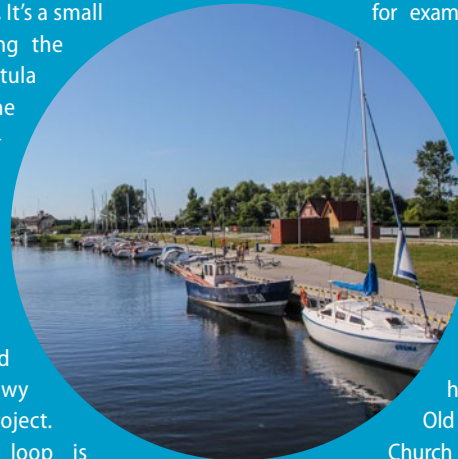
Górowo Iławeckie. This charming town on the Młynówka is full of historical monuments and attractions: a town hall with a characteristic tower, gas-works from 1908 (currently home to the Warmia and Masuria Gas

Pieniężno. Although this town on the Walsza river was to a large extent destroyed in the final phase of WWII, many interesting historical places survived, including, for example, a part of the

2. FROM FROMBORK TO LIDZBARK WARMIŃSKI

Nowa Pasłęka. It's a small town overlooking the coasts of the Vistula Lagoon near the Kaliningrad Oblast, where the river Pasłęka enters the Lagoon. It is also the location of a marina constructed under the Żuławy Loop project.

The loop is a 303-km water trail connecting the Vistula, Szarpawa, Wisła Królewiecka, Nogat, Śmiała Wisła, Tuga, Motława, the Jagielloński



○ Wharf in Nowa Pasłęka, by M. Franaszek

Warmia chapter castle from the 14th century, the partially reconstructed town hall at the medieval Old Town, the five-nave Church of Sts. Peter and Paul, the monumental building of the seminary, and the Divine Word monastery. The Mission-Ethnographic Museum in the monastery presents exhibits from the places where Divine Word Missionaries have been working, for example:



○ Church of Sts. Peter and Paul in Pieniężno, by M. Franaszek

Braniewo. Tourist Information, ul. Katedralna 7, tel.: +48 55 6443303, www.it.braniewo.pl.
Pieniężno. Tourist Information, ul. Generalska 8 (the City Hall building), tel.: +48 55 2374600, www.pieniezno.pl.

Industry Museum) and the Greek-Catholic Church of the Exaltation of the Holy Cross (built in the 14th century, first Catholic and later Protestant), to name just a few. It is worth taking a look inside the temple to see the iconostasis by Jerzy Nowosielski and a marvellous ceiling painting from 1660. Other historical sites in Górowo include the city walls and enchanting tenement houses, in particular the one where Napoleon Bonaparte once spent the night.

Lidzbark Warmiński. This town at the Łyna is famous for one of the most wonderful Gothic residences in Poland – the castle of the bishops of Warmia. Moreover, Lidzbark offers many other interesting places, such as the late Gothic Sts. Peter and Paul the Apostles collegiate church with its stunning stellar vaults, the Orthodox church of the same name which used to be an Evangelical church (the temple was famous for the most sophisticated architecture of all the Protestant

Wielochowo.

This small village lies just over a dozen minutes away by bicycle from Lidzbark Warmiński. Its

major attraction is a beach where a large jetty divides two closed rectangular bathing places – one for children, the other one for adults.



○ Gas Industry Museum in Górowo Iławeckie, by M. Franaszek

churches in Warmia), the mighty High Gate - one of the three old city gates, and the preserved part of the defense walls. It is also recommended to see monuments from later centuries, such as the baroque-classicist Krasicki's Orangerie.

Lidzbark Warmiński. Tourist Information Centre, ul. Krasickiego 1, tel.: +48 89 5190052, www.osir.lidzbarkwarminski.pl. In season (April – September) Tourist Information Point, ul. Wysokiej Bramy 2, tel.: +48 89 7674148, www.lidzbarkwarminski.pl.

○ The castle in Lidzbark Warmiński, by M. Franaszek



WARMIŃSKO-MAZURSKIE VOIVODESHIP GREEN VELO EASTERN CYCLE TRAIL

Section 1: from Kępiny Wielkie to Frombork
Section 2: from Frombork to Lidzbark Warmiński

A chain of attractions



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View of the Vistula Lagoon from the Radziejowski tower in Frombork, by M. Franaszek

Attractions along the trail

1. FROM KĘPINY WIELKIE TO FROMBORK

Żuławy Wiślane. It is the youngest part of Poland. The word “żuławy” means lands formed piece by piece by alluvia (e.g.: sand, mud) accumulated over hundreds of years in a given area, mostly in the vicinity of river mouths. Here, in Żuławy Wiślane one can find rare depressions, -1.8 m below sea level. The



the Nogat river built on the site of a former ferry ford and the outlet of the Jagiellonski Channel to the Nogat. The 6-km channel, constructed in 1483 to connect Elbląg and Gdańsk via the Nogat, is one of the oldest inland water routes in Poland.

Elbląg. The capital of Żuławy boasts a wonderful Old Town with a lot of historical attractions, e.g. the Saint Nicolas Cathedral, the Market Gate – a remnant of the city's fortifications, and the former Dominican church, currently serving as an art gallery. We recommend taking a walk along the Sigismund Augustus Boulevard, and visiting the small port and the drawbridge called Most Wysoki.

Elbląg. Tourist Information, Ratusz Staromiejski, Stary Rynek, tel.: +48 55 2393377, www.ielblag.pl. In season (May-September) Tourist Information point at the Market Gate, Stary Rynek.

The Nogat river near Kępiny Wielkie, by M. Franaszek

Introduction

The Green Velo Eastern Cycle Trail, covering 1980 km, is the longest cycle route in Poland. It goes through five regions in the eastern part of the country: the Warmińsko-Mazurskie, Podlaskie, Lubelskie, Podkarpackie, and Świętokrzyskie Voivodeships. Just one glance at the map is enough to make one realise how many different regions the trail combines, and how diverse it is in terms of landscapes and culture. Among seaside sceneries and highlands, along lake lands, through primeval forests, and big urban centres, Green Velo takes us on a journey discovering the most beautiful features of the lands inhabited for centuries by various communities: Poles, Jews, Germans, Ukrainians, Belarusians, Lithuanians, Armenians, and Tartars.

The section between Kępiny Wielkie at the Nogat and Lidzbark Warmiński offers a number of picturesque views. One can admire the flat landscapes of the Żuławy Wiślane, the widely overflowing waters of the Vistula river, and the charmingly calm villages of Warmia. Almost the whole section – apart from the Elbląg Uplands – goes through lowlands, and it is easy to cover.



major river of the land, the Vistula, deserves a separate story. For centuries the main arm of the Vistula estuary – the Nogat – flowed north-east from Biała Góra into Żuławy Wiślane. However, people changed the proportion of waters in the branches of the river

Market Gate in Elbląg, by M. Franaszek

that formed the delta by extending the Vistula's western branch – the Leniwka. numerous historical monuments reminiscent of the Dutch settlement, for example, astonishing post and beam arcaded houses (e.g. a house from 1803 in Marynowy, one from 1820 in Nowy Staw, in Orlów one from 1802 and in Trutnowce one from 1720). Moreover, a system of drainage channels was built step by step by Dutch settlers over several hundred years.

Bielnik Drugi. In this small village in Żuławy Elbląskie there is a true “must-see” – a bridge over



Harbor in Suchacz, by Sylwester M. Jarkiewicz

Vistula Lagoon.

This shallow bay of the Baltic Sea is separated from the Gdańsk Bay by the Vistula Split, and flows to the open sea via a small passage, the Piława strait. The Polish-Russian border runs across the lagoon. The water salinity is diversified, with the highest levels observed around Bałtyjsk (Piława in Polish), the lowest in the Nogat's mouth and Elbląg. Due to its natural value (as a bird habitat) the whole Polish area of the lagoon is protected under the Natura 2000 programme.

Suchacz. This town made Polish history in the Battle of the Vistula Lagoon fought in 1463 by the Teutonic Order fleet against the combined fleets of Elbląg and Gdańsk. Currently, Suchacz is well-known for its fishing port, established in 2004 and providing services for yachts sailing through the Vistula Lagoon. It also has a beach with a well developed area for recreation and bathing.

Kadyny. This village on the Vistula Lagoon has a beautifully preserved vil-



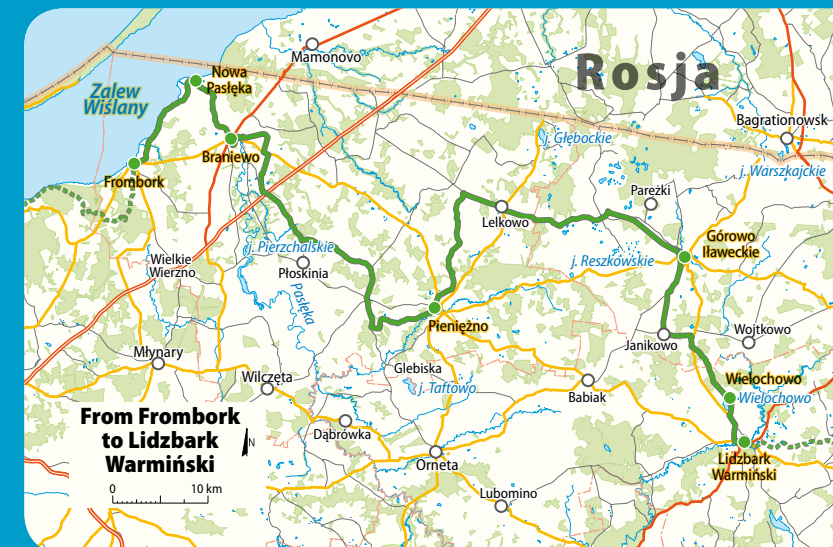
Franciscan Monastery in Kadyny, by Polimerek / Wikimedia Commons

lage development structure and numerous historical buildings, for example: a school from 1902 and a 19th century grange complex. In summer, its major attraction is the beach, called the Silver Riviera. Apart

Harbor in Tolkmicko, by Polimerek / Wikimedia Commons



Tolkmicko. This town on the Vistula Lagoon delights visitors with its well preserved urban structures, fragments of city walls with a Gothic tower, and houses from the turn of 19th and 20th centuries. Another attraction is a marina for yachts crossing the lagoon.



Published by
Project Office – Świętokrzyskie Voivodeship's Regional Tourist Organisation
ul. Scieżennego 2, 25-033 Kielce
phone/fax +48 41 3618057, +48 41 3655182
rot@swietokrzyskie.travel
www.rot.swietokrzyskie.travel

Publication prepared and issued by
Amistad Sp. z o.o. – Program PolskaTurystyczna.pl
pl. Na Groblach 8/2, 31-101 Kraków, phone: +48 12 4229922,
e-mail: biuro@polskaturystyczna.pl,
www.polskaturystyczna.pl

ISBN 978-83-7560-171-8



European Fund for the development of Eastern Poland
A project financed by the European Regional Development Fund within the Eastern Poland Development 2007-2013 Operational Programme

www.greenvelo.pl

