



Great Market Square
in Zamość,
by J. Gumowski

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: 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 sea-side 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 from Chelm to Narol leads travellers along the Wieprz River to the biggest reservoir in the region, in Nielisz. The main attraction of this segment is Roztocze - one of the most scenic areas of Poland, where the Roztocze National Park was created. You will visit interesting towns, such as Szczepieszyn and Zwierzyniec. You will see the scenic Echo reservoirs, charming quarries in the vicinity of Józefów and the Tanew River, which is full of small, picturesque waterfalls called *szumy*. This section of the trail runs through meadows and forests. Although the terrain of Roztocze undulates a bit, cycling here is not challenging at all, so you can focus on admiring the wonderful views.



Attractions along the route

FROM CHELM TO NAROL

Krasnystaw. The city of Krasnystaw on the Wieprz River has an interesting history. In the 15th and 16th centuries an important trade route connecting Pomerania and Lviv ran right through it. One of the most valuable monuments of the city is the baroque Church of St. Francis Xavier from the turn of the 18th century. The former Jesuit college building near the temple is now the site of the Regional Museum. A former Augustinian monastery complex is located nearby. A building constructed for the former regional council in 1923 is also of interest and currently serves as the seat of the municipal authorities. There are also some objects left behind by the Jewish community - a synagogue and a *kirkut* (Jewish cemetery). The city also hosts the annual National Brewers' Festival, or *Chmielaki Krasnostawskie*, held in August. Krasnystaw neighbours the Skierbieszów Landscape Park from the southeast. It is a picturesque area with numerous gorges and ravines.

Nielisz. The biggest reservoir in the Lublin region can be found right next to the town, on the Wieprz and Por Rivers. A pier, an open-air swimming pool, a small marina and a rowing course can be found here. You can also rent

Chmielaki
Krasnostawskie,
by Arch. LROT

water sports equipment. The open-air swimming pool was named *Moczydło*, in memory of the former reservoirs located in this place, where farmers soaked linen. The reservoir is also a popular fishing spot which attracts fishermen from all over the region.



Szczepieszyn,
by J. Gumowski

Zwierzyniec,
by J. Gumowski

Zamość. This ideal Renaissance city was designed by the Italian architect Bernardo Morando for the Crown Hetman Jan Zamoyski in the second half of the 16th century. The Great Market Square is the heart of Zamość. It has a total area of 10,000 square metres and contains a majestic town hall and arcaded tenement buildings. The Old Town has been entered onto the UNESCO World Heritage List.



Zamość. Zamość Tourist and History Information Centre, Rynek Wielki 13, tel.: 84 6392292, zci@zamosc.pl.
ZCITH Branch, ul. Łukasieńskiego 2e, tel.: 84 5381733, luneta@zamosc.pl.

The most interesting monuments are: the cathedral, the Zamość Academy building, the synagogue and the fragments of old fortifications, including the Rotunda - currently the location of the Martyrdom Museum. The zoo is also one of the city's bigger attractions.

Szczepieszyn. This city is famous for being featured in a well-known tongue twister by Jan Brzechwa, which tells the tale of a certain beetle. Here, tourists can find two figures of beetles playing the violin. The wooden figure is located by the spring, while the one cast in bronze can be found on the market square. The biggest attraction of this once-multicultural city is its religious monuments: the synagogue (now home to a community centre) and *kirkut* (Jewish cemetery), the Orthodox Church of the Dormition

Zwierzyniec, Roztocze National Park. RNP Museum and Education Centre - Tourist Information Centre, ul. Plażowa 3, tel.: 84 6872066, www.roztozczanski.pn.pl.

of the Holy Mother of God, with its 18th-century wall paintings, and the Church of Sts. Nicholas and Catherine, which boasts some features of the Lublin Renaissance trend.

Zwierzyniec. This small town is located at the edge of Roztocze National Park. At the end of the 16th century, Jan Zamoyski created one of the largest zoos in Poland here - its fence was almost 30 kilometres long. It was inhabited

by deer, wolves, boars, tarpan, wildcats and lynxes. The Zamoyski zoo was a botanical and zoological garden, and gave impetus for the subsequent development of nature conservation in the area. Many companies were established in Zwierzyniec. The most famous of these is the brewery, which is still in operation today. The 18th-century Church of St. John of Nepomuk, with its spectacular illusionist polychrome, still stands on the island and is decidedly the most important monument in Zwierzyniec. Every year both the city and its surroundings host many interesting events, including the LandArt Festival and the Summer Film Academy.

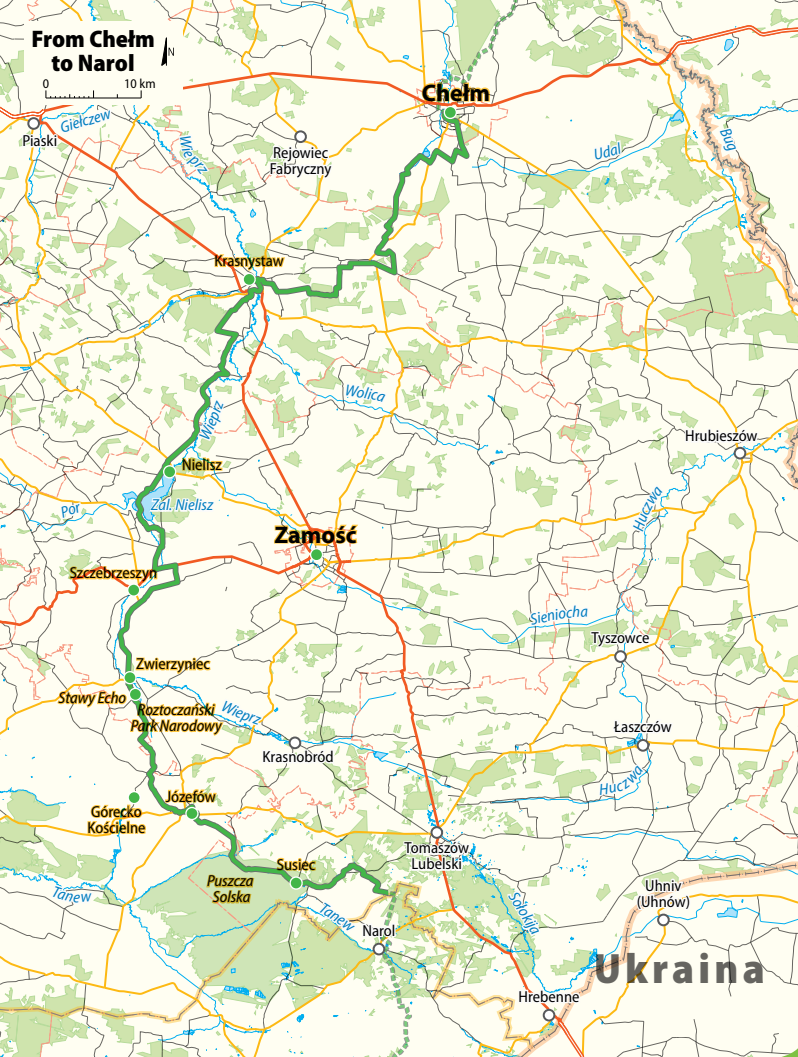
Echo Ponds. A complex of picturesque ponds created on the area of vast mid-forest wetlands can be found near Zwie-

Echo Ponds,
by J. Gumowski



rynec. The waters of the Świerszcz stream flow into them. One of the reservoirs, adjacent to a forested dune, serves as an open-air swimming pool. These areas are the home of the Polish Konik horse; on an area of 180 ha these horses live almost as if in the wild, and are fed only in winter. A few kilometres south of the reservoirs, in Florianka, you will find the Forest Chamber, built on the foundations of a lodge from 1830.

Roztocze National Park. This park was created in 1974 and includes the most precious areas of Roztocze: hills covered by valuable beech and fir forests. It's best to start exploring the park with a visit to the Museum and Education Centre in Zwierzyniec, where visitors can see an interesting exhibition on nature.



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Rapids in the "Nad Tanwią" nature reserve, by Arch. LROT

Vantage point in Susiec, by J. Gumowski

Educational trails start at the centre. From here you can reach Bukowa Mountain, among other attractions. It is a great vantage point, allowing one to admire the panorama of Roztocze's fields. The Konik horse is the park's symbol.

Górecko Kościelne. The most valuable monument in this village, located within the Solska Primeval Forest, is the larch church from 1768 standing right in the middle of the village. It was built to commemorate the revelation of St. Stanislaus. Nearby, just next to the Szum River, one can find a 19th-century wooden chapel "on the water" which is also dedicated to this saint. A beautiful oak avenue will lead you to it; its oldest tree is approximately 500 years old.



View from Bukowa Góra, by J. Gumowski

Józefów. This town on the Nepryszka River is the cycling capital of Roztocze - nearly 100 kilometres of cycle routes and trails runs through it. The most important monuments in Józefów are the church and the synagogue from the second half of the 19th century, as well as the *kirkut* located on the outskirts of the city. A large quarry with a lookout tower is undoubtedly one of the local attractions. It is a place that will delight not only geology

Józefów. Tourist Information Centre, ul. Kościuszki 37A, tel.: 84 6879669, www.ejosefow.pl.
Susiec. Tourist Information Centre, ul. Tomaszowska 100, tel.: 84 6654410, www.susiec.pl.

fans. A picturesque recreational reservoir with a sandy beach and an open-air swimming pool can also be found in Józefów.

Solska Primeval Forest. This is the second largest forest complex in Poland, comprising a total area of 124,000 ha. Most of it falls within the Solska Primeval Forest Landscape Park. The natural treasures of this area are protected in reserves. The best known include: Czartowe Pole, covering the Sopot River gorge and the ruins of an 18th-century paper mill, Nad Tanwią, protecting the Tanew River gorge and its small waterfalls called *szumy*, as well as Szum, with the Szum River gorge. Marked natural and educational trails run through all of the reserves.



"Czartowe Pole" nature reserve, by M. Tarajko

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