

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 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.

Cycling from Lubenia to Sandomierz, one can visit unique places, including: Rzeszów - the capital of the Podkarpackie Voivodeship, with, for example, the Museum of Bedtime cartoons, Łańcut, with one of the most sumptuous Polish castles, or Leżajsk, where Jewish pilgrims visit Elimelech Rabbi's grave every year. The cycle trail goes through the hills of the Dynów Foothills, Rzeszów's slightly undulating surroundings, and flatlands over the river San.

Outdoor museum in Markowa, by K. Zajczkowski



Palace in Boguchwała, by Urszula Stachowicz / Wikimedia Commons



-see: water, rich in iodine from the old salt mine (dated from 1596) and newly discovered in 2009, flows down the stone walls in cascades. In the central part there is a 26 m deep saltwater well.

Boguchwała. In this small town on the Wisłok River southwest of Rzeszów, there is a palace and park complex – the work of Teodor Konstanty Lubomirski from 1728. In its vicinity, several buildings and objects remain from the old farm: a bricked granary from 1850 and a marvellous brick and cast-iron entrance gate from the 19th century. Near the palace stands the old baroque parish Church of St. Stanislaus the Bishop from 1729, with precious interior decoration elements. Next to it there is a parish facility, also from the same year.



Zagroda Garncarska (Pottery maker's homestead) in Medynia Głogowska by M. Franaszek

in the 20th century, stands in the exact location of the Lubomirski family's old castle, which was demolished by public authorities due to its poor condition at the beginning of the last century (only bastions and a gate tower remained). Admirers of Jewish culture will find two synagogues: the Old Town Synagogue, and the New Town Synagogue.



Castle in Łańcut, by T. Rusznica

Rzeszów. Tourist Information Centre, Rynek 26, tel.: +48 17 8754774, city@prot.rzeszow.pl. Podkarpackie Regional Tourist Board, ul. Grunwaldzka 2, tel.: +48 17 8520009, prot@prot.rzeszow.pl. Youth Hostel PTSM „Alko”, Rynek 25, tel.: +48 17 8534430, www.ptsm-alko.pl. Tourist Information Centre at the Airport Rzeszów-Jasionka, Jasionka 942, www.rzeszowairport.pl.

Attractions on the trail

FROM LUBENIA TO SANDOMIERZ

Sołonica. This village in the Dynów Foothills is the location of a Regional Museum presenting works from Rzeszów's villages, including clothes, everyday tools, and folk art. Moreover, you can see the gallery of scarecrows, which in the past stood tall and proud protecting the fields of the Podkarpackie region, the Polish and Slovak part of the Beskid Mountains, and Ukraine, as well as a collection of photographs of Bolesław Wróbel, who preserved images of village life on film in the years 1932-60. Another true feature is a bridge, called the Peasant Bridge, built by Paweł Materna of stones without the use of mortar. Besides the above, saline graduation towers are a must-

Rzeszów. The capital of the Podkarpackie Voivodeship, located in the borderlands between the Sandomierz Basin and the Carpathian Foothills. Attractions near the Old Town include: the town hall from 1591, the 400 m “Rzeszów cellars” underground tourist trail leading through basements from the 14th-18th centuries, and tenements dating from the 16th-19th centuries featuring a wide array of architectural styles. Moreover, the city contains numerous parks and charming streets. One of them is particularly worthy of attention: Chestnut Tree Avenue with Art Nouveau tenement buildings from the years 1899-1903. Other features include the baroque Summer Palace of the Lubomirski family, erected at the end of 17th century, and the castle, which, though built

City Town Hall in Rzeszów, by T. Rusznica



Markowa. Markowa, in the Dynów Foothills, is known for its Markowa Village Museum. The heritage park presents the most precious architectural elements of the village and its surroundings dating from the end of the 19th century and the beginning of the 20th century. The Museum was opened in 1985, on the 600th anniversary of the village's founding. In the beginning, it consisted of only several old chalets, a stable, a barn, a well with a sweep, and a windmill. Over time the collection of exhibits has grown – also including old photos and documents. Since November 2013 there have been attempts to establish the first Polish Museum of Poles Who Saved Jews

Łańcut. Podkarpackie Tourist Agency with TI, ul. 3 Maja 10, tel.: +48 17 2254850, patlancut@onet.pl.

in Markowa. It is in gratitude to the Ulm Family, who hid Jews during WWII and paid with their lives – German military police shot the whole, 8-person family, including 6 children, and 8 hiding Jews on 24 March 1944.

Łańcut. This city west of Rzeszów owes its fame to the early baroque Lubomirski and Potocki castle – one of the most striking aristocratic residences in Poland. Visiting the castle's opulent interiors is the focal point of all itineraries in the Podkarpackie region, and the Musical

Festival held in the castle is among the top Polish cultural events presenting classical music. A park stretches around the palace; over 36 ha divided into an internal park (surrounded by a moat) and external park (outside the moat), there is the Italian Garden, the Rosarium, and the Perennial Garden. Of course, it could not exist without an orangery and a small romantic castle as well. Other popular attractions include the riding arena from 1830, stables from the 19th century, the coach house from the beginning of the 20th century with a collection of carriages, and the orchid house.

Medynia Głogowska. Located 20 km to the northeast of Rzeszów, this village used to be the largest pottery centre in

