



Guide

# Podkarpackie on a bicycle

**50** cycling routes  
in Podkarpackie province

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## RZESZÓW AND NEIGHBOURHOOD

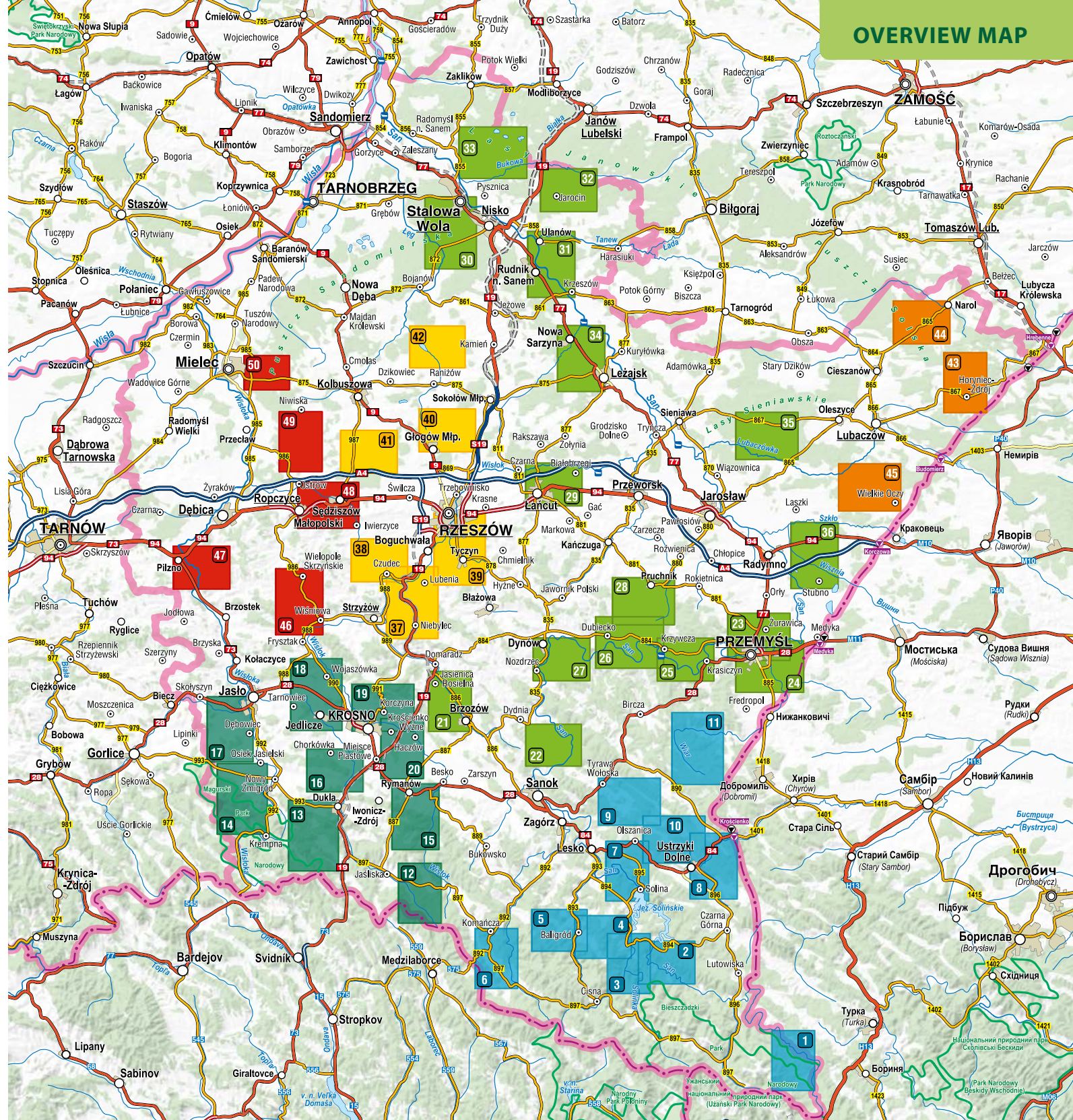
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# OVERVIEW MAP



**ATTRACTIONS ALONG THE ROUTE:**

- 1 Viewing terraces** – built by the Stuposiany Forest District are ideal for admiring at close hand the extensive panorama looking over high mountain meadows of Bukowe Berdo, Krzemień, Kopa Bukowska and Halicz.
- 2 Bukowiec** – a former village, established in 1444. It used to lie along the banks of the stream Halicz and was home to two water mills, a sawmill, a manor house and an orthodox church. After World War II there were 124 homesteads in the village and its population numbered more than 500. On June 2nd 1946 they were evicted and deported into the USSR.
- 3 Beniowa** – in 1945 a newly established national border split the village, whose remains lie in the upper San valley within BdPN. Up until World War II there was a manor house with farm buildings here as well as an orthodox church, two water powered and one steam powered sawmill, two watermills, a narrow gauge railway, a potash facility, school, healing spring and a Border Protection Corps outpost. After its residents were deported to the USSR on 2nd June 1946, the village ceased to exist. Its only visible remains include a cross at the boundary with Bukowiec, reconstructed ruins of an 1888 roadside chapel, sections of foundations of an orthodox church (1909) and 13 tombstones at an old cemetery. There is an information board, a fence, benches and some signposts next to the cemetery.
- 4 Tarnawa Bog** – two raised bogs separated by a stream are under protection here. The smaller bog is almost devoid of tress. The other is home to the only natural Scots pine habitat in this part of the Carpathians. A number of rare plant species take advantage of this specific microclimate. These include the hallucinogenic bog blueberry and the carnivorous round-leaved sundew. Visitors can use wooden footbridges to stroll over the bogs. There are information boards along the path.



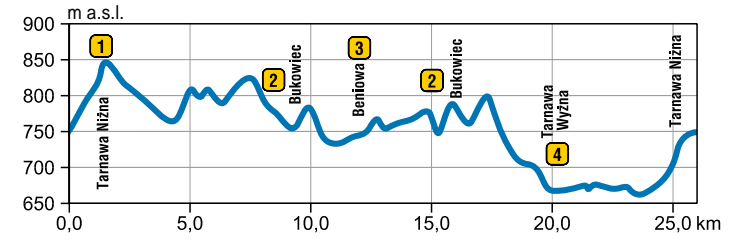
**4 Tarnawa Bog** – two raised bogs separated by a stream are under protection here. The smaller bog is almost devoid of tress. The other is home to the only natural Scots pine habitat in this part of the Carpathians. A number of rare plant species take advantage of this specific microclimate. These include the hallucinogenic bog blueberry and the carnivorous round-leaved sundew. Visitors can use wooden footbridges to stroll over the bogs. There are information boards along the path.



**BIESZCZADY**  
**ROUTE 1**  
**Into the Bieszczady Sack**



**Tarnawa Niżna** → Bukowiec (9,5 km) → Beniowa (12,5 km) → Bukowiec (15,1 km) → Tarnawa Wyżna (18,6 km) → **Tarnawa Niżna** (26 km)



**26 km**

**3,5 hours**

**difficult route**

**48% traffic-free**

**TECHNICAL DETAILS:**

A dream come true for those who like out of the way places. Tarnawa Niżna is the only human settlement along this route (don't forget to take plenty of provisions!). You will be passing through a part of the Bieszczady National Park and close to the Polish-Ukrainian border. It starts in Tarnawa Niżna, at a car park from which a gravel road leads to Bukowiec. Follow that road. At first you'll have quite a steep up-hill to contend with while cycling up the Roztoka stream valley. There are viewing terraces at the summit of Kiczera **1**. Then you traverse the north-east slopes of Wołowe and gently descend into an area where the former Czeremszanik settlement used to be. Now you'll have to deal with a number of up-hills and down-hills. Finally you leave the forest at the boundary of Bieszczady National Park and take a left at a junction. You are now within the former village of Bukowiec **2**. Continue for 850 m until you reach another junction. On the left you'll see a rocky road descending from Tarnawa Niżna. You'll be returning that way after completing the loop from Bukowiec to Beniowa. But now turn right and con-

tinue to the car park you can see down below. Turn right again onto the „Górny San” BdPN cycling trail towards Beniowa. After cycling for 2.5 km in the forest, you'll reach open country. The cycling trail heads towards Siarki but you should turn left onto a path following signs of the cycling route showing the way back. Soon you'll reach Beniowa **3**. Now if you look east, to the other bank of the San, you'll see Ukraine. This is a good place to take a break and discover this interesting place. Once satisfied start heading back north. To return to the car park in Bukowiec you'll follow the cycling trail and the white and green „Górny San” educational path. You'll cycle past a lime tree, which stood in the centre of the village. Its age can be counted in hundreds of years. Then you'll go past three roadside cast-iron crosses. Head back to the BdPN car park. After crossing the bridge over Halicz stream you'll see the side gravel road which you used to get there from Tarnawa Niżna. Do not take it, but continue climbing towards the forest wall. Then descend towards the asphalt road and follow it all the way to the Tarnawa bog **4**. Follow the asphalt road along the border river San. You'll go past some village houses, a Hucul Pony Stables centre and a small hotel. A kilometre down the road you'll reach your starting point.



# BIESZCZADY

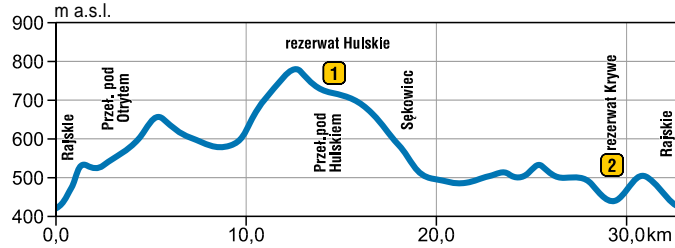
## ROUTE 2

### From Rajska Dolina via Otryt



**ROUTE 2**  
scale 1: 50 000

➡ **Rajske** → Przełęcz pod Otrytem (3,2 km) → Przełęcz pod Hulskiem (12,6 km) → Sękowiec (18,5 km) → rezerwat Krywe (27,2 km) → **Rajske** (33,4 km) ↻



33,4 km

4,5 hours

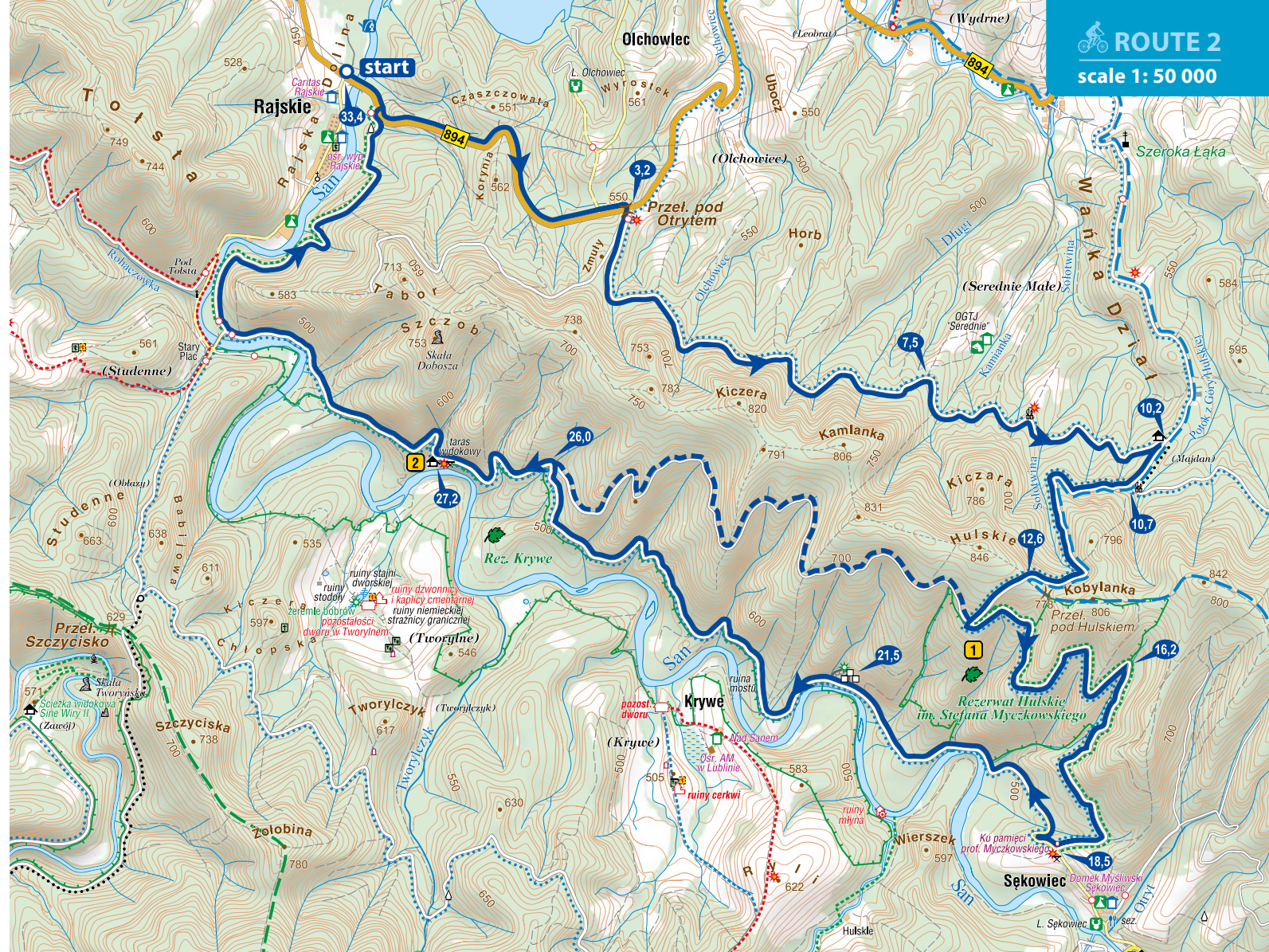
●●● difficult route

🚗 95% traffic-free

#### TECHNICAL DETAILS:

A charming place known as „Rajska Dolina” [Paradise Valley], where the river San empties into Solina lake is a perfect place to start this route. Apart from a section at the start, practically the entire route lies along comfortable forest gravel roads. Generally speaking the route is hard (more than 1000 m elevation). The climb to the Otryt mountain chain will be the most challenging. The trip begins near a junction with road number 894. Start along the provincial road (Small Bieszczady Loop) towards Czarna. A long climb will take you to Przełęcz pod Otrytem (550 m a.s.l.) pass. At the pass take a right into a road along the slopes of Otryt, following the blue cycling trail. Continue on for 7 kilometres until you reach a junction with a shelter. Turn right and begin the climb to the top of Otryt. Then you'll arrive at Przełęcz pod Hulskiem pass (785 m a.s.l.). Stay on the hardened road and begin the descent along the southern slopes of

Otryt. You'll reach a junction after 650 meters. Decision time. You can shorten the route somewhat (by 5.9 km) and take the right fork, which leads directly to Studenne. However, the main route is more interesting, so in our opinion it is better to stick to it. Follow the cycling trail and take a sharp left. You'll also see signs for the Hulskie nature path. Pass through the Stefan Myczkowski Hulskie nature reserve 1. Take a right at the next junction. You'll reach a large meadow with a viewing point and a rest area equipped with a table and benches. Northern arms of Połonina Wetlińska can be seen from here dropping away towards the river San. Follow the blue cycling trail along the meandering San. You will pass a disused quarry and the Krywe nature reserve with its viewing platform 2. Continue along a comfortable gravel road along the foot of Otryt until you reach the provincial road. There are a number of climbs and descents before you reach the end.



On the viewing terrace near Otryt

#### ATTRACTIONS ALONG THE ROUTE:

1 **„Stefan Myczkowski Hulskie” nature reserve** – its protection spans a large natural forest stand comprising vegetation from two altitudinal zones located on the southern slopes of the Otryt mountain chain near the former villages of Hulskie and Krzwe. Oak-hornbeam forest stands and a montane zone Carpathian beech forest stand with numerous, monumental and ancient trees are protected. The natural reserve is also a place where the forest fauna thrives. This includes large mammals and predators. Brown bears, wolves, lynx as well as the golden eagles and spotted eagles live here.

2 **The „Krywe” fauna natural reserve** – encompasses a 10 kilometre section of the San valley near Otryt, on the outskirts of a number of former villages: Krywe, Hulskie, Tworylne and Studenne. Here the San meanders amongst still bare hillsides. This place is exceptionally charming. The awe-inspiring beauty of this picturesque place is further enhanced by rock steps on the San, its rocky riverbed, steep banks, deep ravines of its tributary streams, meanders and riverside terraces. The varied local flora with its 22 plant formations is also quite unique. The varied fauna includes predators, large forest mammals, numerous species of birds, amphibians and reptiles. The Aesculapian snake, the largest snake in Poland also lives here.



Prof. dr hab. Stefan Myczkowski commemorative stone



Butterburs on the bank of the San, near the boundary of Krywe nature reserve



**ATTRACTIONS ALONG THE ROUTE:**

**1** The „Sine Wiry” forest and landscape nature reserve straddling the Wetlinka river enjoys a picturesque location. It spans the former villages of Łuh, Zawój and Polanki. A 7-kilometre long gorge section of the Wetlinka river is protected as part of this extensive nature reserve. It starts at the former village of Łuh and continues all the way to where it empties into Solinka. A nearly 600-meter gorge section of the Solinka river together with the slopes of Połoma, overgrown by an old beech and fir tree forest, is also protected. 10 plant communities, 350 species of forest vascular plants in a stratified system as well as many species of Bieszczady fauna with large mammals and birds of prey have been discovered in the reserve. This place is exceptional for a number of reasons: river rock steps, steep Wetlinka and Solinka river banks, their picturesque gorges and feeding flocks of aquatic birds.



**2** Saint Paraskeva of the Balkans Uniate orthodox church in Łopienka – the temple was probably erected in the first half of the 19th century in place of an older, wooden structure. It is home to a copy of the miraculous Our Lady of łopienka painting. A brick burial chapel, wooden bell tower and a cemetery surrounded by ancient lime trees still survive in the vicinity of the orthodox church. A spring, whose waters are said to have healing properties, is located 10 minutes away from the temple. The spring becomes active depending on the current groundwater level.

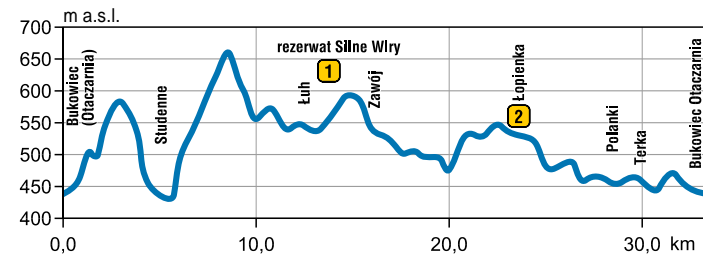


En route – charcoal burning

**BIESZCZADY**  
**ROUTE 3**  
Through Sine Wiry to Łopienka



**Bukowiec (Otczarnia)** → Studenne (5,8 km) → Łuh (12,7 km) → Zawój (15,5 km) → Łopienka (22,4 km) → Polanki (27,0 km) → Terka (30 km) → **Bukowiec (Otczarnia)** (33,3 km)



33,3 km

4,5 hours

medium difficult route

60% traffic-free

**TECHNICAL DETAILS:**

This route runs through the heart of Bieszczady. It entails asphalt and gravel roads, and as such technically it is simple. The only challenge might be presented by the climbs, out of which two are quite demanding. These will lead you to beautiful places out in the wilderness with remains of old villages as well as untamed nature in the Wetlinka valley. Start at a forest car park next to the Bieszczady Loop on the eastern outskirts of Bukowiec (Otczarnia). Head south along a gravel road. Initially follow nature path signs. First you have quite a long and laborious climb to a pass. Then descend into the San river valley. Take a right at a junction and reach another fork in a moment. You are now within the former village of Studenne. A Jewish inn stood here once. Take the right fork. Start the arduous climb to Szczycisko pass which rises between the San and Wetlinka valleys. The climb continues after the pass. Over the next half a kilometre the road follows a rising traverse of the

slopes of Szczycisko. You finally turn right and begin a 4 kilometre descent along Wetlinka valley slopes. Cross a bridge to the other side of the river. Now you'll find yourself in a deserted valley, once densely populated by the residents of villages such as Łuh, Zawój and Jaworzec. The „Bieszczady Odnalezione” [Rediscovered Bieszczady] historic and nature educational path has been set-out along Wetlinka valley in their memory. Turn right and continue north along the left river bank. The riverbed and the surrounding area is protected by the Sine Wiry nature reserve **1**.

Go past a viewing platform and reach an asphalt road. Turn right, then left into a gravel road which leads to another interesting place – an orthodox church in Łopienka **2**. Return along the same route. Then head north and cycle through the villages of Polanki and Terka. At the junction with the Small Bieszczady Loop turn right. You'll reach the car park in just a moment.



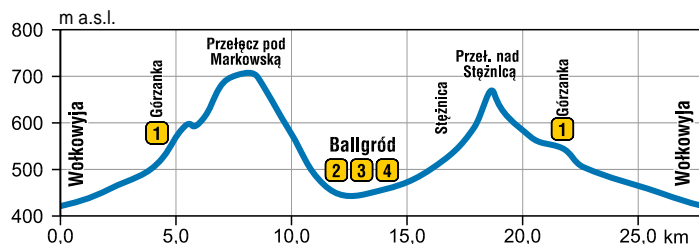
# BIESZCZADY

## ROUTE 4

### From Wołkowyja to Baligród



Wołkowyja → Górzanka (3,3 km) → Przełęcz pod Markowską (6,6 km) → Baligród (13,8 km) → Stężnica (15 km) → Przełęcz nad Stężnicą (pod Lipowcem) (18,9 km) → Górzanka (24,7 km) → **Wołkowyja (28 km)**



28 km    3,5 hours    medium difficult route    0% traffic-free

#### TECHNICAL DETAILS:

During this short cycling trip you'll visit two popular tourist summer resorts: Baligród and Wołkowyja. The entire route runs along asphalt and gravel roads. There are two climbs along the way. You can park your car in Wołkowyja on a smallish square at the junction of the Bieszczady Loop or at the church car park. To start off the route leads along the asphalt road to Górzanka. A former orthodox church (1) dating back to 1718 awaits visitors here. Past the church at a crossroads turn right into quite a deep valley (follow a road sign for „Bereznica 4”). The blue cycling trail also turns off here. There are still some remains of asphalt on this road. Continue up the hill until you reach the Baligród Forest District Tree Nursery. Turn left at a junction, head towards the summit and then descend to the picturesque Przełęcz pod Markowską (640 m a.s.l.) pass. To the left you'll see a panorama extending all the way to Połonina Wetlińska and Połonina Caryńska with Pogórze Leskie to the right. From here turn left and follow the red cycling trail to

Baligród. Along the way, on a meadow below the summit, you'll come across a wooden shrine as well as a tourist shelter – a perfect place for a rest. In a moment you'll have an exciting three kilometre descent to a local asphalt road. And indeed your route heads left along that road to Wołkowyja. However, we suggest taking a small detour to the right to visit Baligród (2 3 4). Now return to Wołkowyja via Stężnica. Initially follow the black cycling trail. As you reach the second bridge, you'll pass a cascade on the Stężnica stream. Now you have an exhausting 900 meter climb to Przełęcz nad Stężnicą (660 m) pass. Upon reaching it you'll be rewarded by viewtuns of the Durna and Łopiennik mountain chains as well as Korbania. Now descend to the Wołkowyja stream. The former villages of Radziejowa and Tyskowa stood along gravel roads which lead off to the right. Then you pass Wola Górzkańska, a small hamlet. Another kilometre and you'll arrive in Górzanka. This completes the loop. Just a pleasant descent and you'll find yourself back in Wołkowyja.



Climb to Przełęcz nad Stężnicą pass from Górzanka, the summit of Korbania in the background



#### ATTRACTIONS ALONG THE ROUTE:

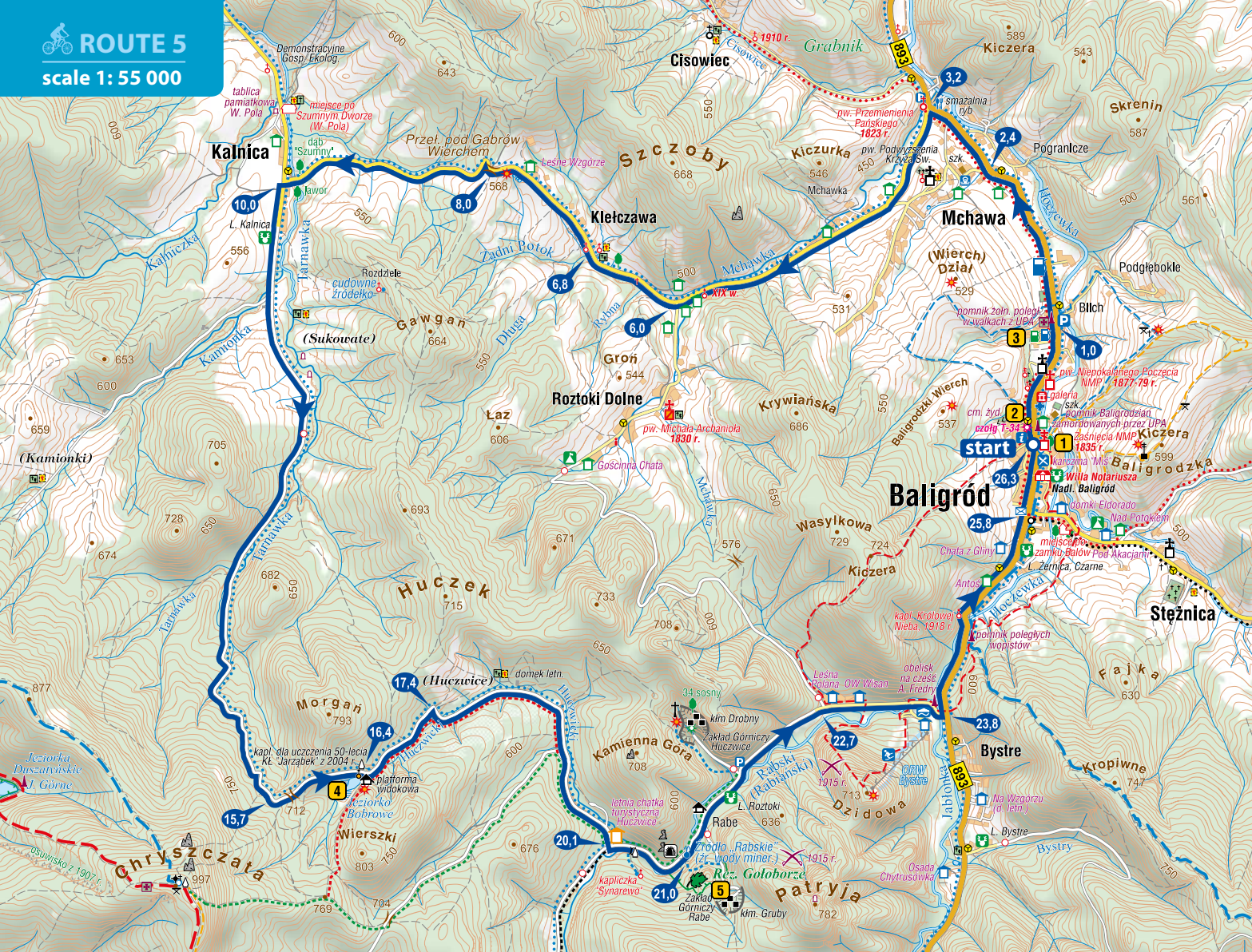
- Former orthodox church in Górzanka** – this log construction tripartite temple was erected between 1713 and 1718. It is home to a real rarity – the only bas-relief iconostasis in the Carpathians, dating back to 1752. Most of its icons survive to this day, however, over the years they were dismantled and hung up on the walls. Today the temple serves as a Roman Catholic parish church. A 19th century brick bell-gable with a bell dating back to 1744 as well as monumental oak trees stand next to the orthodox church.
- Brick Uiate orthodox church in Baligród** – dating back to 1835, funded by Wincent Karsznicki, the then owner of the town. A thorough refurbishment returned the temple to its former glory.
- A T-34 tank in Baligród** – a monument to commemorate the clashes in Bieszczady against Ukrainian insurgent forces. Initially a T-70 light tank stood here (from 1945) which according to local tradition was to be the first to have entered the town. As it was the only surviving tank of its kind it was taken to the Polish Army Museum in Poznań.
- Jewish cemetery in Baligród** – during their occupation, Nazis used a few hundred Jewish gravestones to support the town square. They are still there, covered by a new asphalt surface. There are approximately 160 gravestones at the cemetery, in various states of decay. The oldest dates back to 1716 (or 1731), however the lion's share of the surviving gravestones are from late 19th and early 20th century. They are prime examples of the local stonemasonry displaying an exceptionally beautiful and deep relief.



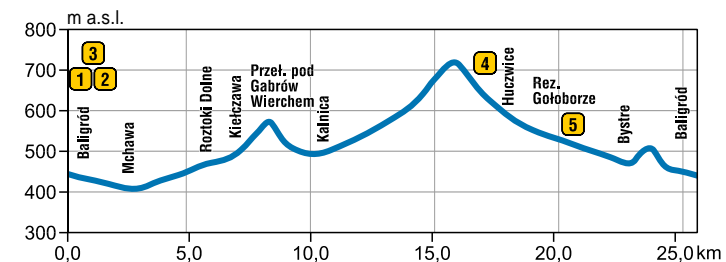
Bas-relief iconostasis inside an orthodox church in Górzanka







**Baligród** → Mchawa (2,4 km) → Roztoki Dolne (6,0 km) → Kielczawa (6,8 km) → Przełęcz pod Gabrów Wierchem (8 km) → Kalnica (10 km) → Huczvice (17,4 km) → Bystre (23,8 km) → **Baligród (26,3 km)**



26,3 km

3,5 hours

medium difficult route

60% traffic-free

**TECHNICAL DETAILS:**

This route will not treat you to too many panoramic views. Well, in actual fact there will only be one such site – the pass known as Przełęcz pod Gabrów Wierchem. You will cycle along valleys which were inhabited in the past, but are now devoid of people. Along the way you'll see nature reserve, mineral water springs, mountain stone runs and a charming lake at the foot of Chryszczata. Navigation along this route is simple. From start to finish it runs along cycling trails, making route finding a piece of cake. Set off from the town square in Baligród (1 2 3), along the main road towards Lesko. After 3 kilometres turn left at „Kielczawa 3” road sign and follow the blue cycling trail. You'll cycle up the Mchawka stream valley. Przełęcz pod Gabrów Wierchem pass will be perfect for a bit of respite. From here there are views over hills overgrown with forests which form a part of the Bieszczady foothills. One will also be able to see Chryszcz-

zata, Wołosarń, Durna and Łopiennik mountain ranges as well as high mountain meadows within the BdPN. Now you'll be facing a fast descent to Kalnica. Turn left when you reach a junction. The next section of your route runs along a gravel road through the former village of Sukowate. The striking Chryszczata mountain will be dead ahead. The road climbs steadily. After crossing a pass, you'll reach a delightful spot for a rest – the Jeziorko Bobrowe lake (4). Now you'll descend to the former village of Huczvice. Any signs of it are hard to spot from the road as to a large extent, the open slopes have been overgrown. You'll reach the summer student „Huczvice” refuge at a junction, where you'll take a left and begin your return journey to Baligród along the Rabski Potok valley. The route will also take you through the Gołoborze nature reserve (5). Turn left upon reaching the provincial road. Continue for 2.5 kilometres until you reach your starting point.

**ATTRACTIONS ALONG THE ROUTE:**

- 1 Brick Uniate orthodox church in Baligród** – dating back to 1835, funded by Wincent Karasznicki, the then owner of the town. A thorough refurbishment returned the temple to its former glory.
- 2 A T-34 tank in Baligród** – a Red Army gratitude monument displayed on a concrete pedestal at the town square since 1981. It replaced a T-70 light tank which stood here before that (from 1945). According to local tradition it was to be the first to have entered the town. Today's tank monument commemorates the liberation of Baligród by soldiers of the 30th Infantry Division part of the 4th Ukrainian Front. On 25 September 1944 they entered the town after fierce fighting.
- 3 War cemetery** – (on exiting the town towards Lesko) with graves of Soviet and Polish soldiers who died fighting to liberate Bieszczady in 1944 and also during clashes with the Ukrainian Insurgent Army between 1945 and 1947. 5127 soldiers have been



laid to rest here in 155 graves. A concrete monument in the shape of a Grunwald shield occupies a central place at the cemetery.

- 4 Jeziorko Bobrowe** – a picturesque lake created by building a dam across a stream. This is an excellent spot for beaver habitation. A wooden hunter's chapel was built by the lake in to commemorate the 50th anniversary of the „Jarząbek” hunter's association. A sheltered rest place has been arranged next to it together with a viewing platform, benches and an information board.
- 5 Gołoborze nature reserve** – not far from the former village of Rabe whose inhabitants were deported between 1946 and 1947, it was established to protect the mountain stone run formed at the site of a quartz sandstone outcrop. Not far off there is a quarry with unique rock rubble. Near the na-



ture reserve, on the other side of Rabski stream, there are valuable mineral springs – arsenic and ferruginous acidic waters. Unfortunately thus far they have not been used commercially. They were the reason for Rabe being granted the status of a spa town in 1974. However spa facilities and infrastructure have not followed the name.



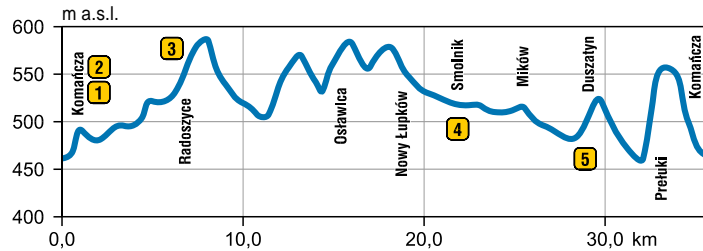
# BIESZCZADY

## ROUTE 6

### From Komańcza to Łupków



Komańcza → Radoszyce (5 km) → Radoszyckie Źródło (7,3 km) → Ostawica (14,5 km) → Nowy Łupków (17,8 km) → Smolnik (22 km) → Mików (26,4 km) → Duszatyn (29,4 km) → Prełuki (32,3 km) → **Komańcza (36,2 km)**



**36,2 km**  
**4,5 hours**  
 medium difficult route  
 12% traffic-free

#### TECHNICAL DETAILS:

There is only one demanding climb on this route – from Prełuki to Komańcza. Forging the Oslawa stream might be seen as an obstacle or an adventure. Along the route you'll discover many out of the way places. Komańcza 1 2 act as the base for this trip. From there, take the provincial road heading south. Most of the route goes along the red cycling trail. Take a right at a fork in Radoszyce to discover this interesting village. However, first you'll climb a little higher to the Radoszyce spring. On the way back you'll cycle along village houses. Keep an eye out for old Lemko cottages and a wooden orthodox church 3. Continue south along the provincial road towards the picturesque Ostawica valley. In Nowy Łupków the road swerves to the right towards the centre of the village. That is also the site of the famous train station where more than 300 Galician dignitaries were bidding Em-

peror Franz Joseph I goodbye after a visit to the Przemysł Fortress in 1880. After taking in the views enjoyed from Rysawski Wierch, descend into the Smolnik stream valley. At kilometre 20 take a left and leave the provincial road. Head towards the village of Smolnik. From this point on you'll be cycling along the Oslawa river all the way to Prełuki. Continue north along an asphalt road. Along the way you'll pass the orthodox church in Smolnik 4 and a little way further on the steep slopes of Kiczara with a refuge sporting a landing strip for small aircraft. You'll need to ford Oslawa four times over concrete slabs before you reach Duszatyn. As you exit Duszatyn, follow the boundary of a nature reserve established to protect a picturesque gorge on that river 5. In Prełuki cross a bridge and a railway line. Then turn left. The gravel road winds up to the pass to suddenly drop down to the outskirts of Komańcza.



At a pass over Ostawica

#### ATTRACTIONS ALONG THE ROUTE:

- 1 Protection of Our Most Holy Lady Greek Catholic church in Komańcza** – built between 1985 and 1988 it comprises two parts: brick bottom part and a wooden upper part. A 19th century iconostasis and original paintings adorn the interior of the temple. A side altar holds the miraculous icon of Our Lady (Pokrow). The orthodox church ground floor is home to a small Museum and Ethnographic Chamber, depicting the everyday life of Nadosławie Lemkos.
- 2 Protection of Our Most Holy Lady Eastern Orthodox church in Komańcza** dating back to 1802, rebuilt in 2010 after a fire which raged here on 13 September 2006, the chapel is based on its original design and is home to a new iconostasis. It's beautiful shape, associated with east Lemko style, stands out in the landscape.



2

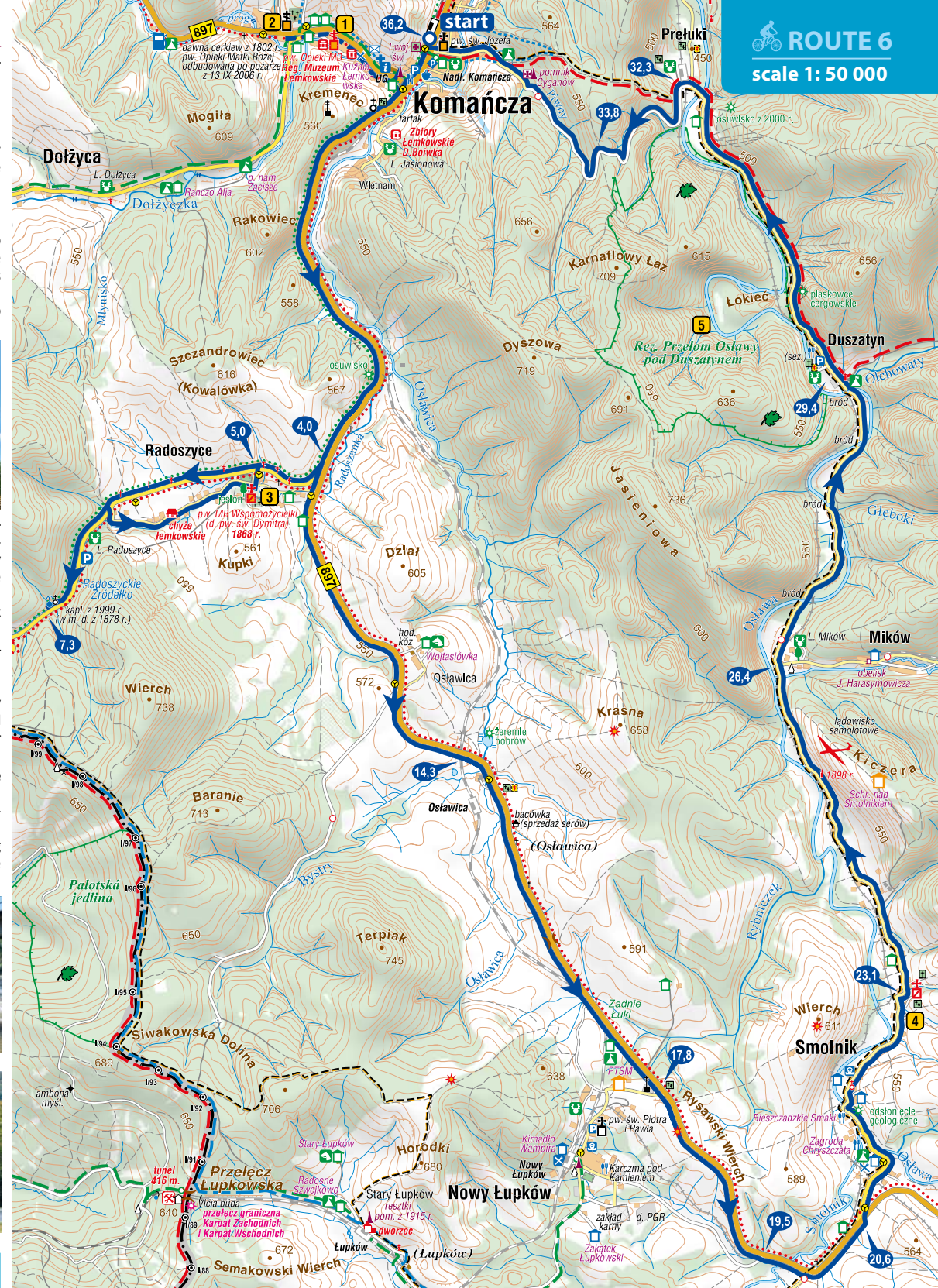
- 3 Saint Demetrius Greek Catholic church in Radoszyce** – a wooden, tripartite structure orthodox church dating back to 1868. A 19th century iconostasis still survives in its interior. Today the temple serves as a Roman Catholic filial church. A stone bell and gate gable and an orthodox church cemetery can be found nearby.
- 4 St. Nicolas Greek Catholic church in Smolnik** – dating back to 1806 with its bell tower alongside, it is surrounded by a traditional Lemko stone wall. A four-zone iconostasis dating back to the early 19th century, 18th and 19th century icons as well as rich wall paintings survive in its interior. A former orthodox church cemetery is located alongside it.
- 5 Przełom Oslawy pod Duszatynem landscape reserve** – it covers a gorge section of the Oslawa river around the hill of Łokieć (515 m a.s.l.), between Duszatyn and Prełuki as well as the eastern slopes of Karniatowy Łaz (709 m a.s.l.). Enchanting landscape forms, the rocky riverbed and valuable natural vegetation stands are protected.



Forging Oslawa



Cycling through Prełuki



**ROUTE 6**  
 scale 1: 50 000



**ATTRACTIONS ALONG THE ROUTE:**

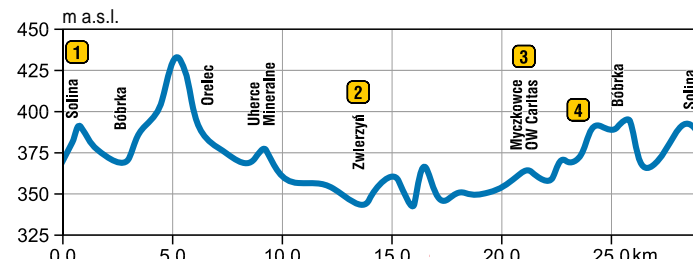
**1 Solina Dam** – erected between 1960 and 1968. It is 82 m high and 664 m long, making it the highest dam in Poland. Approximately 2000 people worked to make this huge hydro-engineering venture a success. Residents of a number of villages were evicted during the construction works. This meant that the dammed waters of the San had more room to spread, resulting in Lake Solina, known as the Bieszczady sea. Sightseeing inside of the dam itself and the power plant is possible. Please arrange your visit in advance.

**2 A former brick Greek Catholic church in Zwierzyn**, dating back to the second half of the 18th century. A valuable Limoges cross (one of six found in Poland and the best preserved specimen) was discovered here. It is now on display at the Archdiocese Museum in Przemyśl. A replica of the cross is held by a chapel above the spring, approx. 1.5 km south of the village. Tourists – similar to pilgrims in the past – come to the spring to drink the miraculous water.

**3 Caritas Recreation and Rehabilitation Centre** which is home to: The Ecumenical Culture Centre with models of 160 wooden temples located within the Polish, Slovak and Ukrainian borderland regions, the largest Biblical Garden in Poland, „Eden” horse farm, a mini-zoo, a cafe, a chapel and a fully featured recreation and sports centre.

**4 Myczkowce Dam** – constructed between 1955 and 1960, it is an alternative to the popular Solina Dam. Excess waters are pumped from Myczkowce reservoir to Solina Lake which then drive the power station’s hydro-turbines during peak demand periods. Thus the water level fluctuates quite significantly. This can be clearly seen on the steep, often picturesque shoreline. Myczkowce Lake is surrounded by picturesque hills: Grodzisk, Berdo, Koziniec and Żukowiec. It is an excellent recreational site.

Solina → Bóbrka (2,3 km) → Orelec (6,2 km) → Uherce Mineralne (9,3 km) → Zwierzyn (13,7 km) → Myczkowce OW Caritas (21,1 km) → Bóbrka (27,3 km) → Solina (29,6 km)



29,6 km | 4 hours | medium difficult route | 5% traffic-free

**TECHNICAL DETAILS:**

This is one of the most attractive cycling trips described in this guide. Just the thought of riding amongst lakes charmingly sprawled between tree lined mountain slopes is exiting. Furthermore, this trail is extremely easy. There is just one gentle climb to contend with – the remaining sections are completely flat. The only downside is cycling on roads which may be prone to increased traffic. Solina is first on our list. There are many car parks here. However, we think it will be most convenient to park next to the bridge over the river San with a view over the Solina Dam **1** and begin your trip there. Cross the bridge over the San and bear left to start heading towards Bóbrka. You are cycling on a provincial road – there may be some traffic here. You have gentle, 2+ kilometre climb followed by a short descent to Orelec. Apart from a former Greek Catholic wooden church dating back to circa 1740, you will also spot a sculpture of a Carpathian outlaw, known here as a tołhaj. Leave the Loop road at Uherce Mineralne and continue straight on towards the village centre.

The steep tower of the 18th century church is visible from quite a distance. Ruins of a Herbut family fortified manor stand next to the church. Upon leaving Uherce return to the Loop road. At a junction with a national road turn left (you’ll pass a train station with rail-cycle drainies on the right) and then left again towards Myczkowce. Continue along Olszanka. You’ll cycle past the Bobry nature reserve in Uherce. At the fork take a right. After a kilometre take the right fork again and complete a short loop along the San. Continue along the asphalt road until you reach a bridge, take a left after it into a gravel road. Follow that all the way to a cave with a miraculous spring. From here it is not far to the church in Zwierzyn **2**. Return to the junction and head towards Myczkowce. The Caritas Centre **3** will be your next stop. Between Myczkowce and Bóbrki you will be travelling along a picturesque route along Myczkowce Lake **4** at the foot of Koziniec. Its steep slopes are protected through the establishment of the „Koziniec” nature reserve. Take a right upon reaching a provincial road. Shortly you’ll arrive at your starting point.



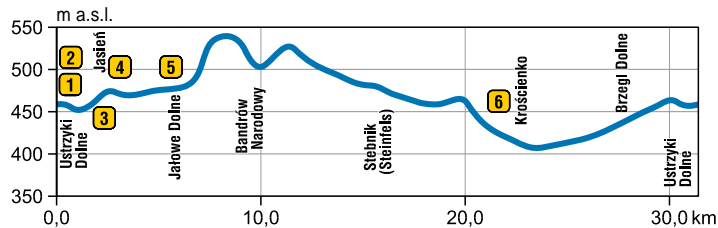
Church in Uherce Mineralne



# BIESZCZADY ROUTE 8 Jasieńka, Stebnik and Strwiąż valleys



➡ **Ustrzyki Dolne** → Jasień (2,4 km) → Jałowe Dolne (6 km) → Bandrów Narodowy (9,6 km) → Stebnik (Steinfels) (16,7 km) → Krościenko (23,6 km) → Brzegi Dolne (29 km) → **Ustrzyki Dolne (31,8 km)** ↻



31,8 km

4 hours

easy route

0% traffic-free

## TECHNICAL DETAILS:

This route will take you through the eastern part of the Słonne Mountains Landscape Park. It runs along good roads (asphalt and gravel), there are only a few climbs (a total of 300 m) as it predominantly keeps to the valleys. The route is a mixed bag of cycling along urbanised communication routes but it also takes you to some out of the way places, valleys which were once inhabited. There are a number of sacral architecture historical monuments along the way. There are quite a few in this area. Start at the town square in Ustrzyki Dolne 1 2. Follow the main road to the east, and after a short while take a right into Kolejowa street which will then take you to provincial road number 896. You'll see a historic mill here 3. Take a right and head south along the provincial road for 3 km. You'll see a brick church in the left – the Our Lady of Bieszczady Sanctuary in Jasień 4. When you reach a side road turn left towards Bandrów Narodowy. Here you'll join the blue cycling trail. Follow it all the way to Krościenko. In the village of Jałowe Dolne, on a rise you'll see a wooden



orthodox church 5 and a bit further back on the summit – ruins of a burial chapel dating back to 1882. Take a left at the junction in Bandrów Narodowy and cycle along valleys of the Królówka and Stebnik streams all the way to Krościenko. You'll pass Stebnik (Steinfels), a deserted village. In Krościenko, before the bridge over Strwiąż, a shy wooden orthodox church 6 hides away in a cluster of trees on the left. Take a left to take a closer look. Once you reach a national road turn left and continue for 8 km until you arrive at Ustrzyki Dolne.



## ATTRACTIONS ALONG THE ROUTE:

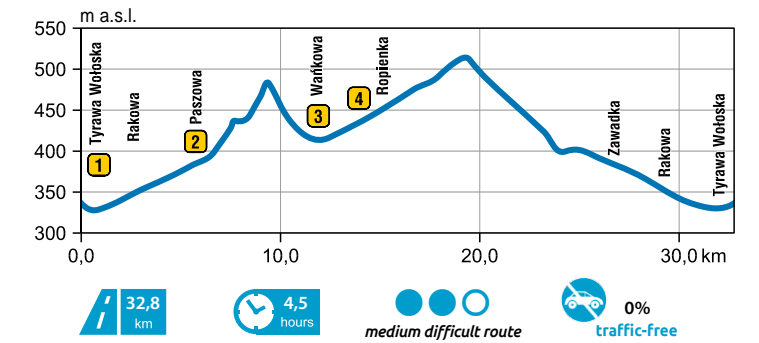
- 1 Bieszczady Nature Museum** – original exhibitions spanning Bieszczady fauna and flora, history and geology; it is also home to the Bieszczady National Park Science and Education Centre. The BdPN Information centre is also found here. It is a great source of information about the protected areas in Bieszczady. A selection of nature related publications can be purchased there.
- 2 Dormition of the Most Holy Mother of God Greek Catholic church** – a brick bipartite temple dating back to 1874 with an 1847 bell tower and iconostasis.
- 3 Village and Mill Museum** – the only museum in Bieszczady where visitors discover flour making techniques which solely rely on wooden tools; there is also an opportunity to try delicious flour based dishes in a restaurant.
- 4 Brick Roman Catholic parish church in Jasień** – with a Baroque interior decor and a bell tower which dates back to the second half of the 18th century. Since 1968 the temple has been used as the Our Lady of Bieszczady Sanctuary and is home to a valuable Mary with Child icon. Valuable chasubles woven by Marysienka Sobieska using silver and gold onto Turkish banners won during the Battle of Vienna as well as other historic memorabilia from Rudki are also held in the church.
- 5 Former wooden tripartite St. Nicolas Greek Catholic church in Jałowe** – it dates back to 1903. A wooden log construction, surrounded by sizeable eaves protecting the bottom part of the building against water ingress. Parts of an iconostasis dating back to 1902 survive in the temple and adorn the walls of the nave and chancel. The bell tower stands next to it. Today it serves as the Immaculate Heart of Holy Mary filial church.
- 6 A wooden Nativity of the Blessed Virgin Mary Greek Catholic church in Krościenko** – erected in 1794, this magnificent tripartite temple featuring square elements was constructed as a wooden log structure on a stone foundation. There is no iconostasis inside. In 1971 it was taken over by the Catholic Church and is used by it to this day.



ROUTE 8  
scale 1: 55 000



**Tyrawa Wołoska** → Rakowa (3,3 km) → Paszowa (6,6 km) → Wańkowa, dawna koziarnia (11,5 km) → Ropienka (15,3 km) → Zawadka, kościół (25,1 km) → Rakowa (29,4 km) → **Tyrawa Wołoska (32,8 km)**



**TECHNICAL DETAILS:**

This is one of the two routes that will take you into the Sanok-Turka Mountains. The vast majority of it follows asphalt roads, with only one short section along a gravel road. You will mostly stay within stream valleys with wooden churches and orthodox churches hiding here and there. It includes long, but not necessarily steep climbs and descents. Start in Tyrawa Wołoska which straddles national road number 28. There is a large car park by St. Nicholas church (1). Head towards Rakowa. In the village, on the other bank of the stream there is a former wooden orthodox church, which dates back to the 19th century. It is not easy to get to. You come across the next old temple in Paszowa (2). Continue straight on. You will now have to deal with a climb followed by a descent to Wańkowa. At the junction you can take a little detour to the right, to a former goat house and sample the famous Nikos' cheeses (3). Retrace your steps to the junction and continue along the main road. You will pass a wooden orthodox church (4) on a pretty hilltop site. Cycle through Ropienka, known for its oil production traditions. It is home to a former crude oil mine and a Gothic Revival church dating back to the late 19th century. A 19th century Wierzbicki family

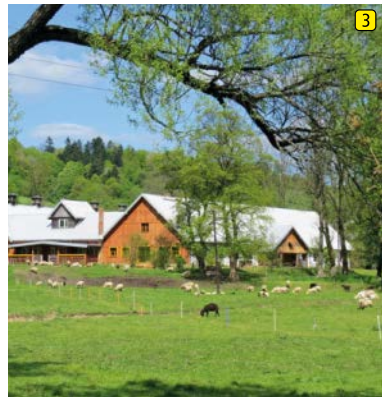
burial chapel stands in the upper part of the village. Today the temple stands disused. The original furnishings are no longer inside. Go back 150 m and take a right towards Zawadka. You will now have to deal with a short climb followed by a long descent. From quite a distance you'll see the slim tower of a wooden church at the end of the village. The temple is a little out of the way, on a small knoll. It is an enchanting place, worthy of a visit. The next section of the route follows a pleasant valley, partially along gravel road. It entails two fords. In Rakowa take a right and continue to Tyrawa Wołoska.



Church in Ropienka

**ATTRACTIONS ALONG THE ROUTE:**

- 1 St. Nicholas church in Tyrawa Wołoska** – this Late Baroque temple dating back to the 18th century is picturesquely located on a hill. Its current appearance is the result of refurbishment works carried out in the 20th century. 19th century tombstones and a brick bell tower stand within the church grounds.
- 2 Former wooden Greek Catholic Holy Virgin Mary cathedral in Paszowa** – it dates back to the 18th century. The church was thoroughly renovated in 1902. A preserved, albeit not in its entirety, iconostasis also dates back to that time. Since 1947 the temple has been used as a Roman Catholic church. It is surrounded by ancient trees and a cemetery speckled with old tombstones.
- 3 Czar PGRu in Wańkowa** – an agro-tourism farm with a goat house located in former state owned collective farm buildings. The place to sample and buy the famous Nikos' cheeses, made by the owners.
- 4 Former wooden Greek Catholic Nativity of the Theotokos church in Wańkowa** – erected in 1726 in Ropienka and moved to this site in 1985. Today it is used as a parish church in Wańkowa. It was abandoned and disused after World War II. Thus the modest furnishings, as most of it was stolen.



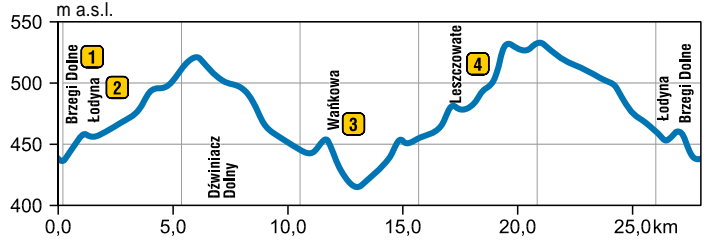
On the route near Zawadka

# BIESZCZADY ROUTE 10 On the „Hoła” Ecomuseum trail



**ROUTE 10**  
scale 1: 55 000

➡ **Brzezi Dolne** → Łodyna (1,9 km) → Dźwiniacz Dolny (6,3 km) → Wańkowa (12,9 km) → Leszczowate (19,1 km) → Łodyna (26,0 km) → **Brzezi Dolne (28,0 km)** ↻



**28 km**  
**3,5 hours**  
**medium difficult route**  
**0% traffic-free**

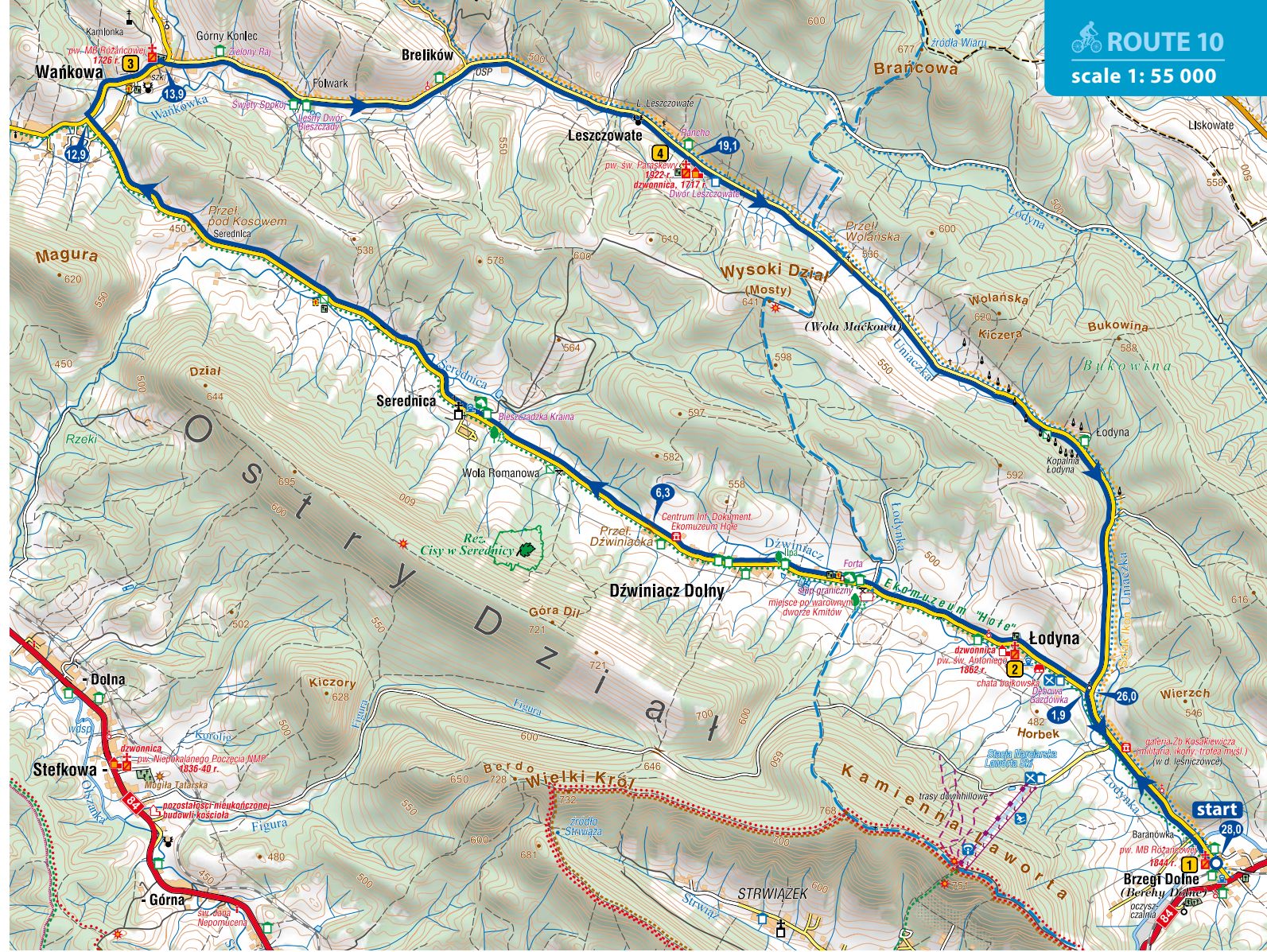
### TECHNICAL DETAILS:

This route will take you into the Sanok-Turka Mountains. The whole loop follows less frequented asphalt roads, away from heavily built up areas. There is no shortage of climbs and descents offering lovely views. Start in Brzezi Dolne, by national road number 84 which leads to Ukraine. Set off from a small car park by a former orthodox church **1**. At a crossroads after two kilometres turn left. Cycle through Łodyna, part of the „Hoła” Ecomuseum. Along the way you’ll go past an inn, an old Boyko cottage and an orthodox church **2**. Dźwiniacz Dolny, a summer holiday destination, comes next. It is picturesquely located in a mountain valley by Dźwiniacz stream. The towering Ostry Dział mountain chain on the left will not fail to grab your attention. En route you’ll see a monument on the site of a 1951 former USSR border. After a few kilometres you’ll reach the Przełęcz pod Kosowem pass (450 m a.s.l.). Then descend towards Wańkowa. Turn right when you reach a junction. Take another

right past the church **3** and continue towards the villages of Brelików and Leszczowate. The latter is home to another charming out-of-the-way orthodox church **4**. Cycle uphill along a narrow asphalt road for 200 m to reach it. Then climb up to Przełęcz Wolańska pass (536 m a.s.l.) and descend to Łodyna. You’ll cycle past an active crude oil mine with its characteristic pumpjacks. In Łodyna continue straight on and head towards Brzezi Dolne – your starting point.

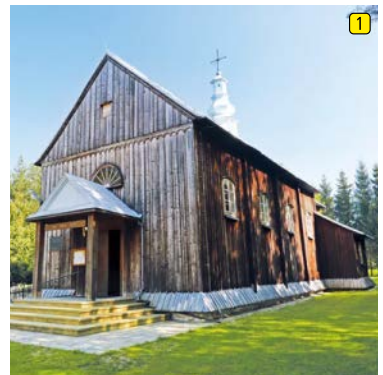


Crude oil trail signs in Leszczowate



### ATTRACTIONS ALONG THE ROUTE:

- 1 Former wooden Greek Catholic Saint Archangel Michael church in Brzezi Dolne** dating back to 1884. Following numerous refurbishments over the next century the temple changed considerably and today it is used as a Roman Catholic church. The original furnishings are no longer there. Today it is home to an 18th century main altar moved here from a church in Przeworsk.
- 2 Former wooden Greek Catholic Saint Archangel Michael church in Łodyna** – a tripartite temple dating back to 1862, clad in wood shakes and with a bulbous tented roof. Similar to the church in Brzezi Dolne, the original furnishings are no longer there. Today it is used by the Roman Catholic Church. A 20th century brick bell-gable stands next to the temple.



- 3 Former wooden Greek Catholic Nativity of the Theotokos church in Wańkowa** – erected in 1726 in Ropienka and moved to this site in 1985. Today it is used as a parish church in Wańkowa. It was abandoned and disused after World War II. Thus the modest furnishings, as most of it was stolen.
- 4 Former wooden Greek Catholic St. Paraskeva church in Leszczowate** – this surprisingly yellow temple dating back to 1922 stands out from afar. Built on a Latin cross shape footprint it is home to fragments of an iconostasis dating back to late 18th century. Since 1990 it has been used by Roman Catholics. An 18th century wooden bell tower with an even older, 16th century bell



as well as the tomb of Edmund Kraiński, the owner of the village, survive to this day next to the temple.



**ATTRACTIONS ALONG THE ROUTE:**

**1 Arłamów Hotel** – a four star facility, picturesquely located on top of a hill, surrounded by forests. It comprises two interconnected parts: a new and a historic residence built in the 1960s as a Government Holiday Resort. It spanned a total of 23 thousand hectares. The party elites used it as a hunting base. It had its own landing strip – today's Arłamów landing strip. Lech Wałęsa – the leader of „Solidarity” who later became the President of Poland – was interned here in 1982, during martial law. The hotel boasts 200 rooms and apartments. Restaurants, bars, a multitude of spa facilities with swimming pools and saunas, attractions for children as well as many others, aimed to make your active rest more enjoyable, are available to guests. Sports fields, tennis courts, gyms, a golf course, a ski complex with artificial snow, a climbing wall, a shooting ranges and a stud farm can also be taken advantage of. Sports equipment, including bicycles, is available for hire. Three cycling routes of different lengths and difficulties have been set out and signposted around Arłamów Hotel (blue, green and red) – a total of 80 km. This route overlaps with the aforementioned green cycling route



**2 Rybotycze** – with its characteristic late 19th century and early 20th century buildings, is similar to that of a small Galician town. In the past trade flourished here. The town was famous for its fairs and markets. Surviving Roman Catholic, Greek Catholic and Jewish cemeteries stand testament to its multi-cultural past.

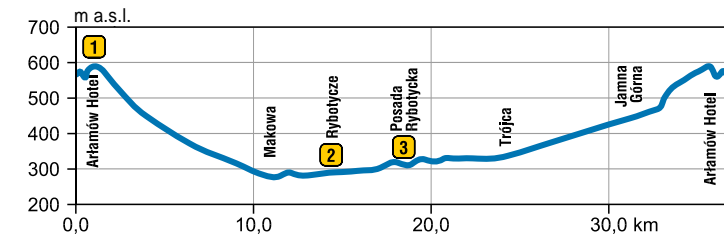
**3 Defensive St. Onuphrius orthodox church in Posada Rybotycka** – it has retained its Gothic style. A chancel dating back to the turn of the 14th century is its oldest element. A nave was built in the 15th century with a defensive tower atop as well as a second tower of a similar character with a porch and a chapel for monks. Embrasures can be seen in both. Initially it was an Eastern Orthodox temple. Subsequently it was looked after by Greek Catholics. The orthodox church is home to 17th century paintings.



**BIESZCZADY**  
**ROUTE 11**  
**Around Arłamów**



**Arłamów Hotel** → Makowa (11 km) → Rybotycze (14 km) → Posada Rybotycka (18 km) → Trójca (24 km) → Jamna Górna (31 km) → **Arłamów Hotel (36,6 km)**



**36,6 km** **3,5 hours** **0%** traffic-free  
medium difficult route

**TECHNICAL DETAILS:**

There is no abundance of spectacular views along this route. It's attractiveness lies in cycling mostly deserted roads surrounded by untamed nature. This route starts and ends at Arłamów Hotel **1**. Leave the complex along the main access road. At first you'll have to deal with a steep descent followed by a demanding climb. Turn left towards Przemysł when you reach a junction. Now you'll be facing an extremely pleasant part of the route – a long gentle descent all the way to the village of Makowa. You'll pass a charming rest place with a shelter along the way. Past a church cross the Wiar river over a bridge, then turn left when you reach a junction. If you have an urge to look upon the surrounding area from up top, then take a detour to the right to reach the ridge after a short climb. The views here are pretty. A flat, 10 kilometre section along the Wiar river valley leads through Rybotycze **2** and Posada Rybotycka. It is hard to believe that the former used to enjoy town privileges; remains of small town

architecture which you might spot along the way stand testament to that heritage. Upon leaving Posada Rybotycka, you'll pass the oldest defensive brick orthodox church in Poland **3**. Leave the main road a little further on, at a crossroads. Take a side road to the left towards Arłamów. After a moment you'll go past a side road leading to the Arłamów-Trójca Villa complex. After a long, gentle climb along Jamninka valley, with remains of the former Jamna village, you'll reach Przełęcz Pod Jamną pass. Here turn left once again to return to the Arłamów Hotel complex.



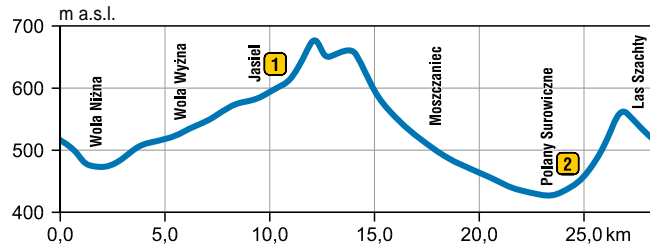
# BESKID NISKI

## ROUTE 12

### To Polany Surowiczne via Jasiołka springs



➡ **Wola Niżna, parking** → Wola Niżna (1,7 km) → Wola Wyzna (5 km) → Jasiel (9,8 km) → Moszczaniec (18,2 km) → Polany Surowiczne (24,8 km) → **Wola Niżna, parking** (28,3 km) ↻



**28,3 km** **3 hours** **medium difficult route** **70% traffic-free**

#### TECHNICAL DETAILS:

This route will be a real hit with those seeking cycling trips in the wilderness, far away from civilization. The loop is made up of two sections, split by a road. Black cycling trail signs will point the way. Start at a car park with a tent site, located by a provincial road, near Wola Niżna. Descend to the village, then take a left. From there head south, up the broad Jasiołka river valley. Initially along an asphalt road, which will soon change into gravel. Go past a number of homesteads, including the „Gawra” hunting association. In Wola Wyzna, which in the past had a population of nearly 320 individuals, you’ll see a former state owned collective farm housing estate. Once past a barrier, you’ll enter an untamed, completely deserted part of Jaśliski Landscape Park. Cycle past two former villages (Rudawka Jaśliska and Jasiel 1) and the Źródlika Jasiołki nature reserve. Follow the blue tourist trail for a while. There is a convenient spot

for a rest with sheltered areas next to a Border Protection Troops monument. From there on the road climbs steeply towards Jasiołka springs and then it turns sharply to the north. Descend to Moszczaniec along the stream valley. Go past a former state owned collective farm and head west upon reaching a provincial road. Then, after a few hundred meters, turn right into a dirt road following signs for the green tourist trail. Turn right upon reaching an asphalt road and then stick to the black cycling trail signs all the way to Polany Surowiczne. There are a number of fords along the way. In a charming valley, where a village used to be 2, you’ll see a renovated brick bell tower, remains of a former orthodox church and a cemetery. 300 meters further on stands the summer student Chatupa Elektryków KTE „Styki” refuge. Take a left upon reaching an asphalt road. Go past a large sheltered area, cycle over a rise and head towards a provincial road and your starting point.



Renovated bell tower in Polany Surowiczne

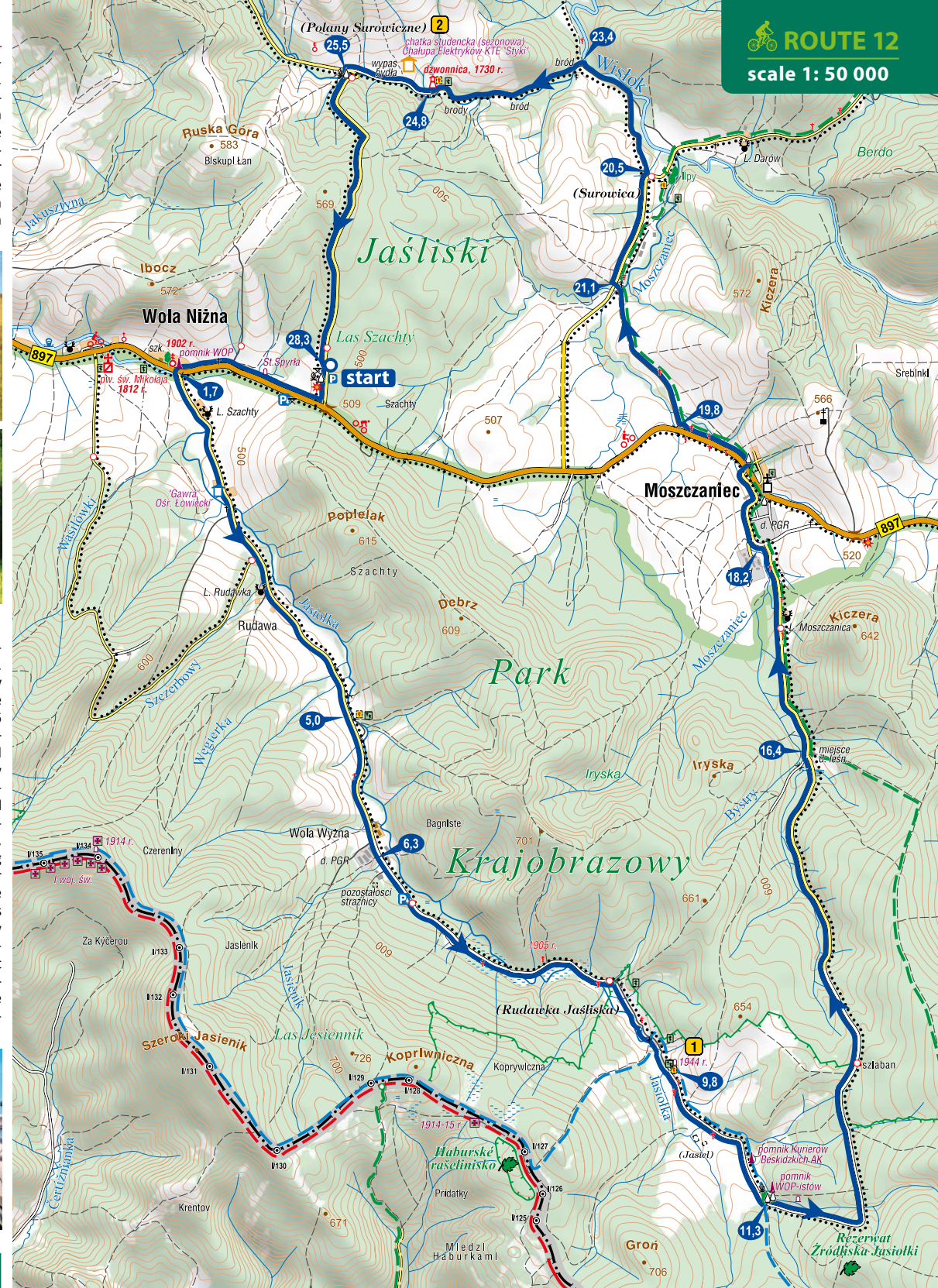
#### ATTRACTIONS ALONG THE ROUTE:

**1 Jasiel** – former smallish village (approx. 380 residents before World War II) near Jasiołka springs. An orthodox church was established here as a result of an expansion of an 18th century chapel in 1825 – with subsequent conversions taking place in 1886 and 1934. During World War I, in the winter of 1914-1915, fierce fighting took place near Jasiel for Carpathian passes. A large part of the village suffered as a result. The entire population was evicted and deported into the USSR between 1945 and 1946. The village ceased to exist.



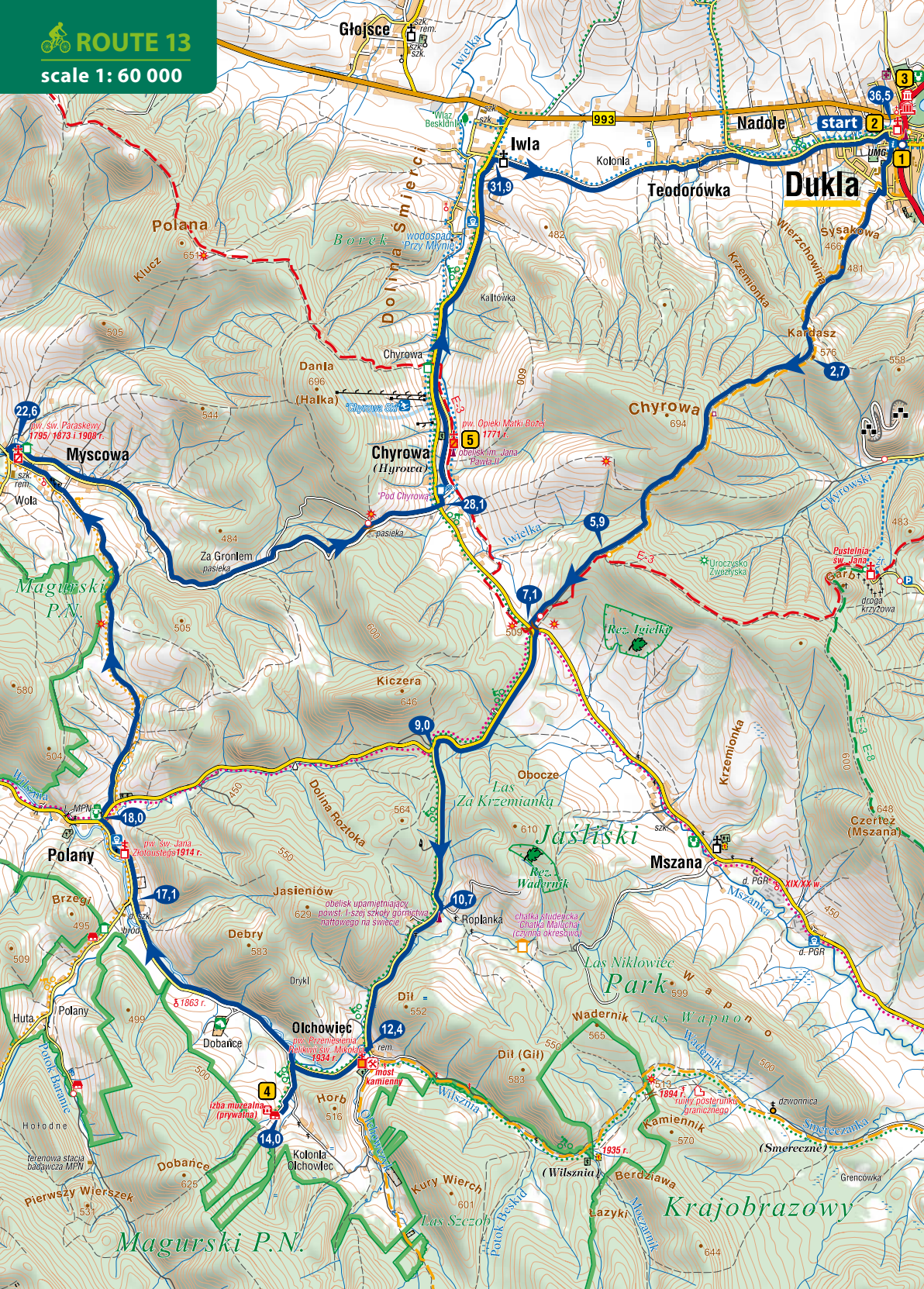
A monument commemorating fallen Border Protection Troops in Jasiel

**2 Polany Surowiczne** – more than 650 people, almost exclusively Ruthenians, lived here in 1880. Before World War II the village numbered nearly 1000 residents. At the time, Polany Surowiczne was a Ukrainian nationalists’ stronghold. In 1946 all residents were deported into Ukraine. The orthodox church and the homes were demolished and fields turned barren. After the war the valley was seasonally used by the state owned collective farm and prisoners from the nearby penal facility in Moszczaniec for grazing cattle. A renovated two storey bell tower dating back to 1730, foundations of a wooden orthodox church dating back to 1728 and a few tombstones of a former cemetery are all that remains of the village. The summer student Chatupa Elektryków refuge was established in one of the deserted penal facility buildings in 1981. It is managed by the Klub Turystyczny Elektryków „Styki” club, established at Warsaw University of Technology’s Electrical Faculty. It usually stays open to tourists between the end of June and the end of September. Sometimes during other holiday periods as well.



**ROUTE 12**  
scale 1: 50 000



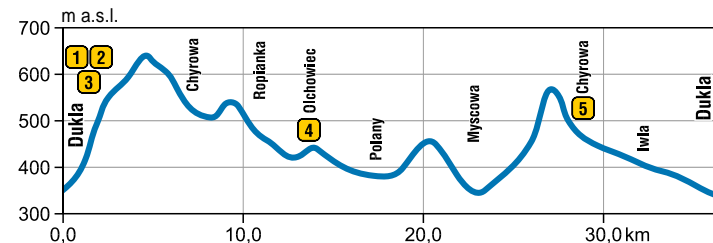


**ATTRACTIONS ALONG THE ROUTE:**

- 1 Town square in Dukla** – the old urban layout of the town centre together with the town hall erected in early 17th century and subsequently rebuilt in the second half of the 19th century are well preserved. The coats of arms borne by the former owners of the town, the Trąby – Jordanowie (Dukla coat of arms) and Poraj – Mięciński are displayed on the town hall façade. Today it is used by commercial enterprises.
- 2 The 18th century, Late Baroque Saint Mary Magdalene parish church** with a Rococo style interior decor is Dukla's most valuable historic monument and one of only three such sites in Europe. In terms of architecture its elliptical side chapels make it quite exceptional. An ancient sarcophagus of Maria Mniszchowa, the founder of the temple, lies in the right hand chapel.



Dukla → Chyrowa (7,1 km) → Ropianka (10,7 km) → Olchowiec (12,4 km) → Polany (18 km) → Myscowa (22,6 km) → Chyrowa (28,1 km) → Iwla (31,9 km) → Dukla (36,5 km)



36,5 km

4 hours

difficult route

47% traffic-free

- 3 Historical Museum – the Mniszchów Palace complex** – features an all year, outdoor exhibition of WWII heavy weapons and exhibitions indoor devoted to specific battles which played out in the vicinity of the town (including the largest military mountain campaign of World War II – the battle of the Dukla Pass). The museum hosts archaeological exhibitions as well as those dedicated to fine arts.
- 4 Museum in Olchowiec** – a private museum in a Lemko cottage. It holds collections of Lemko and Hucul items, such as: clothes, models of orthodox churches, household items, documents pertaining to lands inhabited by the Lemkos and Huculs as well as a collection of military items comprising the leftovers of the battle for the Dukla Pass. Please arrange museum visits with the owner.
- 5 Greek Catholic Intercession of the Theotokos church in Chyrowa** – today a Roman Catholic church; the temple was erected in 1780. The brick chancel and sacristy are its oldest elements – probably a former chapel dating back to early 18th century. The church underwent thorough refurbishments in 1932 and in the 1990s. Even before World War II many pilgrimages were made to the temple, particularly from Slovakia. They would seek the miraculous Mother of God painting. It is said that it made its way here from Hungary in a mysterious way some time ago.



**TECHNICAL DETAILS:**

Dukla 1 2 3, an exceptionally charming town, brimming with historical monuments, often associated with the battle of the Dukla Pass – a large scale World War II offensive for the control of the pass – is the starting point for this route. Head south-east as you leave the town square. Continue south for 50 meters along Trakt Węgierski street and then turn right into Słowacka street. Take Krasickiego street by the school and follow it until Jana Pawła II street. Turn right. From here on, follow the yellow tourist trail signs. Enjoy a picturesque view of Cergowa on your left hand side as you leave the town. You will now have to deal with quite a long climb followed by a descent onto a pass. Continue south along an asphalt road. You'll stay with the green cycling trail until Olchowiec. The village is home to a small, private museum 4. Return to Wilsznia valley, then take the left fork to Polany. The large, brick Greek Catholic St. John Chrysostom church is noteworthy in the village. Currently it is used as a Roman Catholic church. Keep following the yellow cycling trail. Once out of the village, the

road climbs gradually among open fields. Then descend to Myscowa. The old brick orthodox church can be seen from quite a distance. Turn right at the junction and follow an initially asphalt and then gravel road. It climbs laboriously for more than 4 kilometres to a small pass. From there descend to Chyrowa. At the junction with a metalled road turn left and then after a few meters, just before the Pod Chyrową guesthouse take a right and continue along the stream towards the wooden orthodox church 5. Rejoin the main street and head north along the deep valley. Turn right at the junction in Iwla and return to Dukla along this side road.



En route from Chyrowa to Myscowa, Mszana in the background

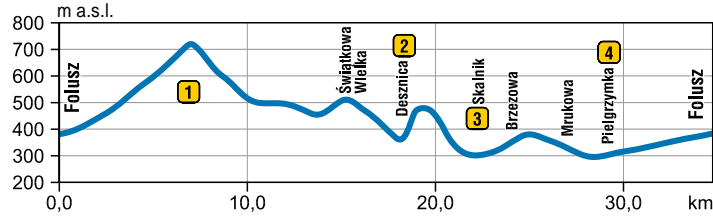
# BESKID NISKI

## ROUTE 14 To Pielgrzymka from Folsz in the shadow of Wątkowska



**ROUTE 14**  
scale 1: 60 000

➡ **Folsz** → Świątkowa Wielka (13,6 km) → Desznica (18,2 km) → Skalnik (21,2 km) → Brzezowa (23,8 km) → Mrukowa (26,3 km) → Pielgrzymka (29,3 km) → **Folsz** (34,7 km) ↻



34,7 km

4,5 hours

●●● difficult route

🚲 74% traffic-free

### TECHNICAL DETAILS:

Half of this trip runs across Magura National Park. The first section of the route passes through forests, whereas the second over open, varied country. Start in Folsz, right by provincial road number 933 from Gorlice to Nowy Żmigród. Starting from the village centre head east following the green tourist trail. You'll cycle past an active crude oil mine. The Magura National Park **1** starts just above the end of the village. Please remember to purchase a ticket. From here, follow the blue cycling trail for approximately 12 kilometres. Initially the route runs along an asphalt road up a tree lined stream valley. The climb, steep in its last section, end at the Przełęcz pod Świerzową pass. From there descend a gravel and asphalt road to the outskirts of Świątkowa. The blue cycling trail ends at the fork, by a shelter. Take a left and follow the red signs to Desznica **2**. At the junction in the vil-

lage centre carry on straight towards the summit with lovely views. The descent to Skalnik is not so steep. You will see the church tower **3**, protruding above the rooftops of other village buildings from quite a distance. Once past the church, take a left along the green trail; then leave that trail just before the football pitch and take a sweeping left. You will now be heading west along a western tributary of Wisłok. Go past the villages of Brzezowa and Mrukowa. In the latter turn left and follow the blue cycling trail. And old wooden orthodox church **4** is noteworthy in Pielgrzymka. Take a left upon reaching the asphalt road. After 300 m, on a turn, take a hardened road amongst fields and head west. At the second junction head north along the main road, then ford Kłopotnica and take a left at the next junction. Continue straight until you reach Folsz. When you get to an asphalt road, turn left to go back to the village centre.

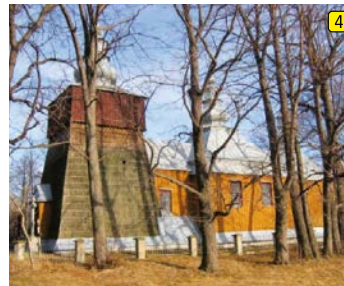


### ATTRACTIONS ALONG THE ROUTE:

- Magura National Park (MPN)** was established on 1 January 1995. It spans the upper Wisłoka river basin and the Magura Wątkowska mountain chain. It covers an area of 194.4 km<sup>2</sup>. Almost 90% of it lies within the Podkarpackie province, with the remaining 10% in the Małopolskie province. MPN protects the diverse plant and animal world within the transition region between West and East Carpathians – unique to the entire Carpathian region. This is the most wooded national park in Poland – forests span 95% of its area. In the most part they have retained their natural, native character.
- Former St. Demetrius the Martyr orthodox church in Desznica** – today a Roman Catholic church; it was erected in 1790 on the site of an even older, wooden temple which burned down. It features a colourful interior, all covered with wall paintings. War cemetery number 7, dating back to World War I, lies below the church.
- Our Lady Queen of the Mountains sanctuary in Skalnik** – today's church was erected between 1909 and 1911. The previous two were wooden. The main altar features the revered 15th century painting of Our Lady (which probably arrived here from Nitra in Slovakia). It is similar to the Our Lady of Częstochowa icon with byzantine influences. In September 2007 it was decorated by crowns consecrated by John Paul II.



- Wooden Eastern Orthodox Michael the Archangel church in Pielgrzymka** – probably dating back to the end of the 18th century, thoroughly refurbished between 1870 and 1872, still used today by Eastern Orthodox Christians. The temple is a sacral building typical to the western Lemko region. It is home to a noteworthy iconostasis and icons from the earlier orthodox church.





**ATTRACTIONS ALONG THE ROUTE:**

**1** Rymanów-Zdrój – a spa town; towards the end of the 19th century the Potocki family opened a spa resort here. „Klaudia”, „Celestyna” and „Tytus” were the first three mineral springs. The development of therapeutic facilities had a number of setbacks (fire of the wooden structures, both world wars). After World War II mainly children and teenagers were treated in Rymanów-Zdrój (high iodine content in the air). A number of wooden buildings dating back to the spa resort’s early days still survive. These include the drinkery building. However, new times require new measures. These include the revitalised spa park, an amphitheatre on a lake, new mini graduation towers.



**2** Late Baroque St. Lawrence church in Rymanów – erected between 1779 and 1781. Inside, there is a noteworthy 19th century main altar with a „Pietà” painting on a wooden plank. According to legend this was a gift to the town from King Władysław Jagiełło. A Catholic cemetery lies to the south of the church. It is home to the Potocki family tomb, the grave of dr. I. Bielecki and graves of soldiers from World War I and II.



**3** Former Greek Catholic Nativity of the Theotokos church in Sieniawa – erected in 1874. Today a Roman Catholic church. A bell tower from the same period stands next to it.

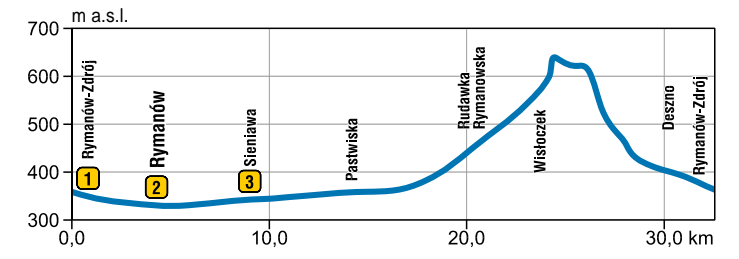


Courier chapel

**BESKID NISKI**  
**ROUTE 15**  
From Rymanów-Zdrój into the Wisłok valley



➡ Rymanów-Zdrój → Rymanów (4 km) → Sieniawa (9 km) → Pastwiska (13 km) → Rudawka Rymanowska (17 km) → Wisłoczek (22 km) → Deszno (30 km) → Rymanów-Zdrój (32,5 km) ⬅



32,5 km | 4,5 hours | medium difficult route | 1% traffic-free

**TECHNICAL DETAILS:**

A lovely and quite an easy loop from Rymanów-Zdrój into a gorge section of the Wisłok valley. Apart from one, quite a tiring climb up a gravel road for approximately 500 meters, the route is completely flat and runs along asphalt roads. This route starts in Rymanów-Zdrój **1**. There are convenient car parking places in the centre. You will follow the Rymanów Forest District black cycling trail from start to end. At first it follows a cycling path, then local roads along the Tabor river towards Rymanów. It turns right before the town centre and heads east. To take a detour and see the charming town square and the Baroque church **2** continue straight on. Leave the trail once again before Sieniawa (continue straight at the cross-roads) to see a wooden orthodox church **3** on the shore of Jezioro Sieniawskie lake. Follow road number 889 for a short while to then turn right towards Pastwiska. You can visit the Cardinal Karol Wojtyła Regional Remembrance Centre and lieutenant Geisler Remembrance Room

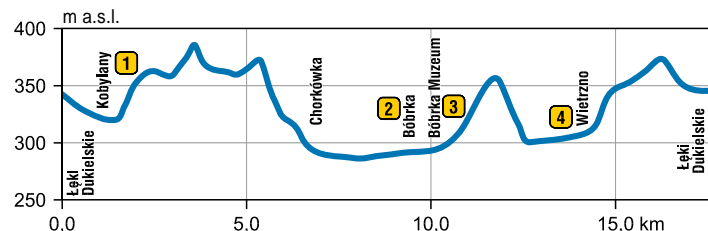
in the village. A bit further on you’ll come across a place for a comfortable rest with a car park and a shelter. Then you’ll cycle across extensive meadows. Before reaching the outlying houses of Rudawka Rymanowska take a left along the edge of the meadow leading to a Wisłok meander with an impressive slate outcrop. Past the village leave the Wisłok valley and head towards Wisłoczek. A typical agricultural village, mostly inhabited by Pentecostalists. The last houses are already on a steep slope, which you’ll have to contend with. Follow the trail right, amongst fields towards the forest. Most ordinary cyclists will probably have to push their bikes for a few hundred meters. The summit section affords amazing panoramas. Enter the forest along an asphalt road. At the turn you’ll pass a small chapel, known colloquially as the „kurierska” [courier]. That is because it was used as a reference point by couriers during the last world war. Now you have an exciting descent to Deszno in store. Then follow road number 887 back to Rymanów-Zdrój.



Slate outcrop in a Wisłok meander



Łęki Dukielskie → Kobylany (1,6 km) → Chorkówka (6,6 km) → Bóbrka (9 km) → Bóbrka, muzeum (10,1 km) → Wietrzno (14,5 km) → Łęki Dukielskie (18,2 km)



18,2 km  
2 hours

easy route  
0% traffic-free

TECHNICAL DETAILS:

This route will take you across the Pasma Jasielskie mountain chain to visit the Museum of Oil and Gas Industry in Bóbrka. It is short but includes two demanding climbs and follows asphalt roads all the way. In theory at all times you'll be following the Beskidy Museums cycling trail, but unfortunately in practice you won't find any signs for it. However, this is not a problem as in terms of navigation this loop does not present any problems. You can start the route from right in front of the museum. However, in high season there may be a shortage of parking spaces. We would therefore recommend starting on the other side of Pasma Jasielskie – from the church in Łęki Dukielskie. From the car park descend to the west towards Kobylany. Once there, take a right. A little higher you'll go past a church 1. Continue with the gentle climb. You cross Pasma Jasielskie at the edge of the forest. Now you have a section which is best characterised as short but steep. Then follow the long descent to Chorkówka. Turn right at the outskirts of the village and head towards Bóbrka. At the next junctions head towards the church tower 2 visible from quite a distance. In Bóbrka take a right at the main road and leave towards the village. Quite a demanding forest climb ends by the entrance to the Museum of Oil and Gas Industry 3.



Wind turbines on the ridge of Kamieniec

You should put aside approximately 2 hours for a visit to the museum. Now descend quickly through a beech forest and down into the Jasiołka valley. Take a right at a junction. At the main crossroads in Wietrzno take the third side road to the right. There is a plethora of marked out cycling trails around Wietrzno. You will certainly see some of them. After a short climb you'll see a wooden church 4 surrounded by a cemetery. Continue climbing up the side street and you'll reach the main road, which leads over a stunning pass between Pasma Jasielskie and Góry Iwelskie. On your right you'll see enormous blades of wind turbines. To take a closer look you'll have to contend with quite a climb. Now follow the blue trail back to the church where you started.



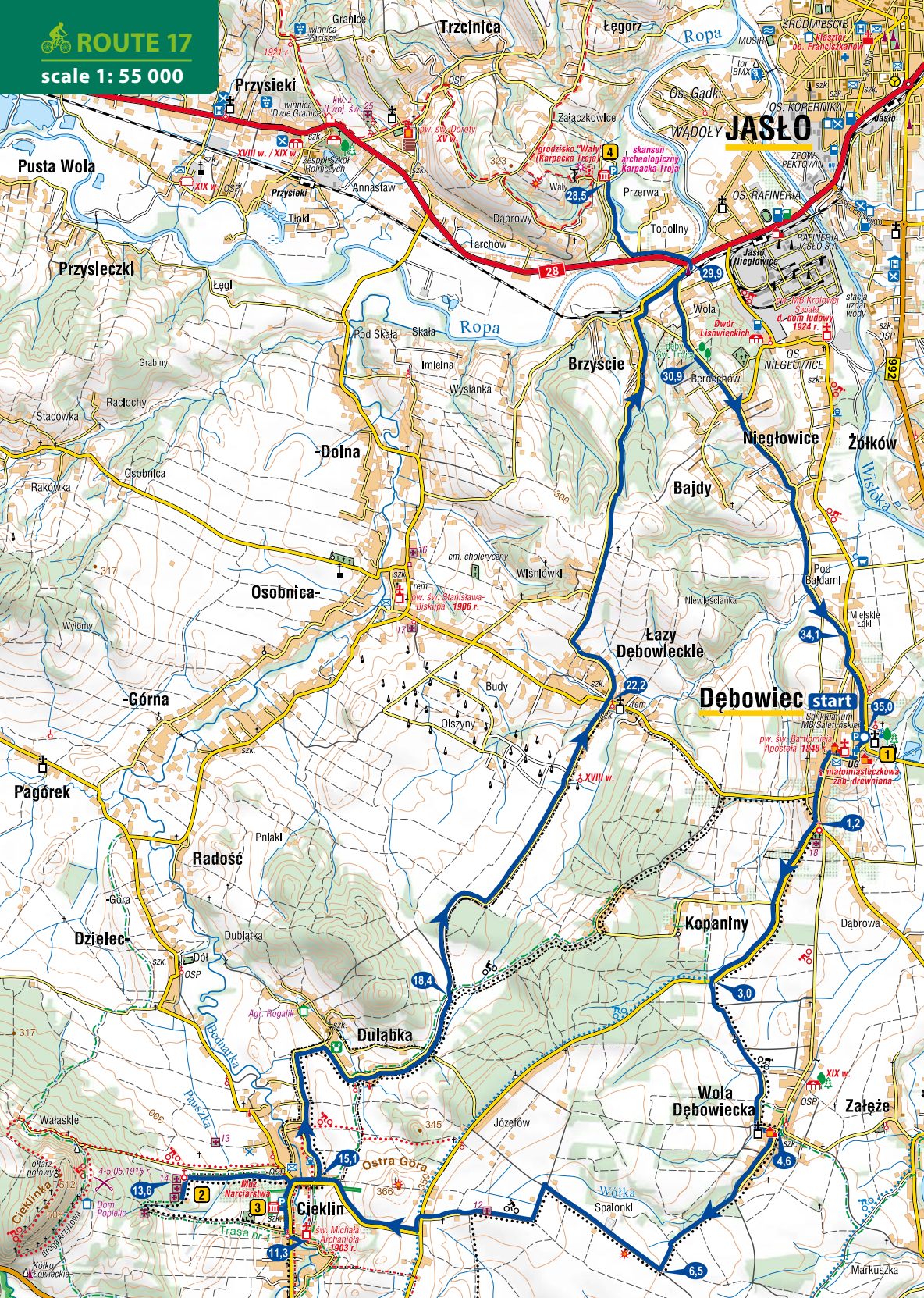
ATTRACTIONS ALONG THE ROUTE:

- 1 **Nativity of the Mother of God church in Kobylany** – a brick temple dating back to 1775 with Baroque attributes. A monument in the form of a concrete wall commemorating Kobylany residents who died between 1914 and 1920 stands next to it.
- 2 **Most Sacred Heart of Jesus church in Bóbrka** – the Gothic Revival temple with its slender tower were erected between 1905 and 1908 according to a design by Teodor Talowski, an outstanding Polish architect active at the turn of the 19th century. Inside the main altar in the backdrop of three large stained glass windows is very striking.
- 3 **Ignacy Łukasiewicz Museum of Oil and Gas Industry in Bóbrka** – the crude oil mine in Bóbrka, first of its kind, began production in 1854. An obelisk erected

in 1872 by Ignacy Łukasiewicz to commemorate that event stands there to this day. More than sixty shafts were dug by hand here between 1845 and 1880. Some of them were even 150 m deep, and two – Franek and Janina – are still active today. The Museum of Oil and Gas Industry spans an area of approx. 20 hectares. The facility boasts modern exhibition pavilions, the mine management building, a forge, drilling machines, oil wells and oil systems.

- 4 **Wooden Saint Archangel Michael church in Wietrzno** – an example of an 18th century sacral building with visible signs of the Late Gothic Małopolska carpentry tradition. The church was erected in 1752. It underwent refurbishments in 1906, in the 1980s and in the first decade of the 21st century. The Late Baroque interior features figural ornamental wall paintings dating back to 1880.





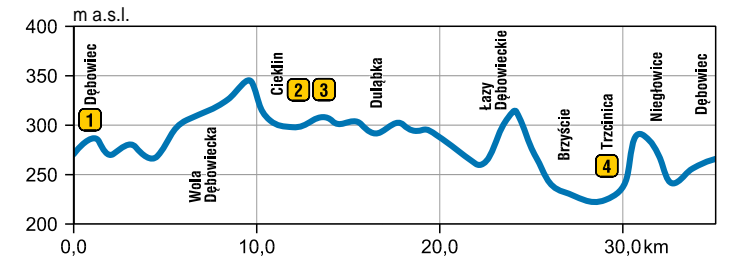
**ATTRACTIONS ALONG THE ROUTE:**

- 1 Our Lady of La Salette Sanctuary in Dębowiec** – Missionaries of La Salette established a monastery here in 1910. Over time it became a site for pilgrimages, prayer and retreats with more than local significance. The brick church was erected in the 1930's. In 2012 the Minor Basilica title was conferred upon the temple. The benevolent Sorrowful Mother of God figure stands in a side chapel. Next to the basilica there are rosary gardens and an original La Salette calvary.
- 2 The battle of Cieklin** – the World War I battle in the vicinity of Cieklin was fought on the 4th and 5th of May 1915. It claimed the lives of approximately 1000 soldiers. The numerous wounded were treated at the local church which was transformed into a field hospital. Once the front line had passed, building of war cemeteries began. Three were built in Cieklin itself: cemeteries 12, 13 and 14. They hold individual and mass graves of Russian and German soldiers.
- 3 Ski Museum in Cieklin** – Stanisław Barabasz is the patron of this facility. He was behind the making of the first skis in Poland in 1888 in Cieklin. The collections include exhibits associated with the history of Polish skiing – skis, ski poles, bindings, boots, medals, publications, etc.
- 4 „Karpacka Troja” [Carpathian Troy] The Open-Air Museum in Trzcinica** – a branch of the Podkarpackie Museum in Krośno. Established on an archaeological site. The park is home to an exhibition pavilion and reconstructed settlements: Ottoman from the early Bronze Age and an early Middle Ages Slav settlement. The defences include more than 150 m of reconstructed ramparts, two gates leading into the settlement and six cottages. A 44 m tall viewing tower overlooks the entire site.

**BESKID NISKI**  
**ROUTE 17**  
**In the footsteps of the Great War**



**Dębowiec** → Wola Dębowiecka (4,6 km) → Cieklin (11 km) → Dułabka (16,5 km) → Łazy Dębowieckie (22,2 km) → Brzyscie (28 km) → Trzcinica, skansen (28,5 km) → Niegłowice (32 km) → **Dębowiec (35 km)**



35 km  
 3,5 hours  
 medium difficult route  
 20% traffic-free

**TECHNICAL DETAILS:**

This route, with plenty of views along the way, starts at the Our Lady of La Salette Sanctuary in Dębowiec **1**. You can leave your car at a large car park opposite the church. It is free of charge. Head south towards the St. Bartholomew the Apostle church. A 200 year old building, known as „Szpitalki” stands next to the temple. This is one of the oldest buildings in Dębowiec. In the past it provided shelter for the sick and poor. A revered, 19th century crucifix made by a folk artist hangs on the front wall. Take a left upon reaching the main road. After 700 meters you'll reach a crossroads. It straddles a parish cemetery and the Holy Cross church, dating back to 1869. War cemetery number 18 designed by Johan Jäger is part of the necropolis. At the crossroads turn right towards Folusz. Continue south for approximately 2 km and turn left (follow the black cycling trail) before the forest. Then cycle towards Wola Dębowiecka along a road surrounded by fields. Take a left before reaching the church and then a right into an asphalt road. Leave the village and follow the black cycling trail to war cemetery number 12. A beautiful view extends over Beskid Niski and the Magura Wątkowska mountain chain from here. 250

Russian soldiers who fell during the bloody battle for Cieklin which took place on the 4th and 5th of May 1915 **2** were buried at this cemetery. Return to the Dębowiec – Folusz road. After a few dozen meters turn right into Cieklin. Take a left after the bridge towards the early 20th century St. Archangel Michael church. You'll be able to visit a Ski Museum **3** along the way. At the crossroads, by the Fire Station, follow the concrete road sign which reads „Droga na cmentarz wojskowy nr 14” (which means „The way to war cemetery number 14”). This will take you along a narrow asphalt road towards Cieklinka. After a kilometre you'll reach the cemetery. Return to the village, carry on straight and 100 meters past the bridge turn left into Dułabka. At the crossroads take a left into a gravel road, which then changes into asphalt, to Łazy Dębowieckie. Continue north until you reach the village of Brzyscie. Turn left into national road number 28 and after 500 meters take a right. After 900 m you'll reach the Open-Air Museum in Trzcinica **4**. Now come back and head towards Niegłowice and Dębowiec. Before Niegłowice, past a forest surrounding the Lisowiecki manor house, you might want to stop for a while by the monumental Holy Trinity oak trees.



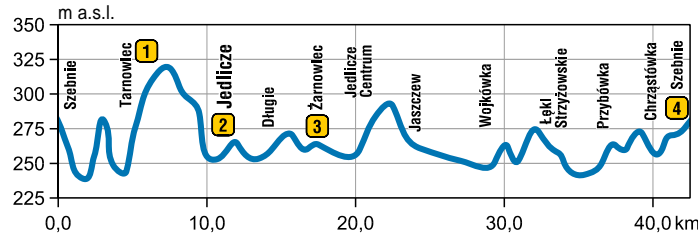
# BESKID NISKI

## ROUTE 18

### In Jasiołka and Wisłok valleys



➔ **Szebnie** → Tarnowiec (5 km) → Jedlicze (11 km) → Długie (14 km) → Żarnowiec (17 km) → Jedlicze, centrum (20 km) → Jaszczew (23 km) → Wojkówka (29 km) → Łęki Strzyżowskie (33,6 km) → Przybówka (35,6 km) → Chrzastówka (40 km) → **Szebnie (42,5 km)** ⤷



42,5 km

4,5 hours

medium difficult route

0% traffic-free

#### TECHNICAL DETAILS:

This route is ideal for road cyclists as it runs along good quality asphalt roads from start to end. There isn't much gain in terms of elevation and as such it is nothing but recreational. The route intersects national road number 28 at two places, and a start at either spot would be convenient. We would suggest the village of Szebnie. You can leave your car at the church car park or by the petrol station. Head south towards Tarnowiec. In Dobrucowa, by a side asphalt road, 400 m from the main road there is a 1943 site of martyrdom. A sizeable Our Lady of Entrustment sanctuary awaits in Tarnowiec **1**. Keep to the main road and turn left by the town hall building. Now descent pleasantly through a forest to Jedlicze. The route itself turns right past the food shop. We would suggest heading straight at first to see a Gothic Revival church and the Stawirski palace **2** surrounded by a garden in the centre of Jedlicze. Upon entering the village of Długie you will pass a small palace. Today it is used as an orphanage. At the junction join the

green Museum cycling trail. You'll be following it for nearly 20 km. Unfortunately it is quite useless in terms of route finding as there is a deficit of signs along the way. Żarnowiec is the place where a longer break might be required. Here you'll see the most attractive site en route – an 18th century manor house and the Maria Konopnicka museum **3**. Weaving along the streets of Jedlicze you'll reach Jaszczew with another splendid manor house. Now cross road number 28. Here you will see the last trail sign of the day. Cross road number 990 in Bajdy and follow the newly refurbished road with a new bridge to cross Wisłok. There is a convenient rest place on the other side of the bridge – a kayak launch site with a shelter and benches. Cycle along the foot of Pasma Jazowej to reach Łęki Strzyżowskie. Take a left and cross Wisłok once again, then road number 990 to return to Szebnie. Your attention will drift to the compelling shape of the new church even from quite a distance. A wooden church, part of the Wooden Architecture Trail **4**, stands next to it.



#### ATTRACTIONS ALONG THE ROUTE:

**1** The Our Lady of Entrustment sanctuary in Tarnowiec is famous for its benevolent wooden Our Lady of Entrustment figure which was moved here in 1789 from the monastery in Jasło. According to tradition it came to Poland from Hungary. Today it is held at the Nativity of the Blessed Virgin Mary parish church dating back to 1935-1949, modelled in the likeness of Roman basilicas.



**2** Stawirski palace in Jedlicze – erected at the turn of the 19th century for an affluent oil industry family. During World War II German troops were stationed here. They were followed by Soviet and then Polish soldiers. The devastated building was refurbished in 1946 and converted into a high school. It is used as such to this day.

**3** Maria Konopnicka museum in Żarnowiec – located in a historic 18th century manor house (converted towards the end of the 19th century). The real estate together with the old park was given to Maria Konopnicka on 1903 to celebrate the 25th anniversary of her writing. Manuscripts of Maria Konopnicka's works are part of the museum's most valuable collection. A collection of Maria Dulębianka's paintings is also on display here. Along with a number of other items.



**4** Bishop St. Martin church in Szebnie – the temple itself probably remembers the year 1605, however not much remains from that period. Further conversions were carried out in the 18th and 19th centuries, but also after World War II and during 2012–2013. The church interior boasts Baroque furnishings. Outside the church there is a noteworthy late 19th century brick bell tower built on a number of arches.

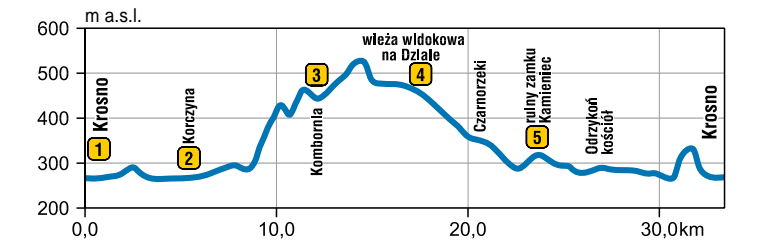


**ROUTE 18**  
scale 1: 60 000





➡ **Krosno** → Korczyna (6,0 km) → Kombornia (12,7 km) → wieża widokowa na Dziale (18,1 km) → Czarnorzeka (20,1 km) → ruiny zamku Kamieniec (23,0 km) → Odrzykoń, kościół (26,6 km) → **Krosno (33,4 km)** ↻



33,4 km | 4 hours | medium difficult route | 0% traffic-free

**TECHNICAL DETAILS:**

This varied route offering lovely views runs across Kotlina Jasielsko-Krośnieńska valley and Pogórze Dynowskie foothills. This route will also take you into Czarnorzeczko-Strzyżowski Landscape Park. There will be one, demanding climb to Dział mountain along the way. Start in Krosno. There are car parks by Legionów street for example. The town square 1 is nearby. It is worth taking a look. Head north out of the town along the following streets: Legionów, St. Okrzei and Prządki. Graniczna street will take you to a provincial road. Cross the busy road and head towards Korczyna. There is a large temple in the village centre. It acts as a sanctuary 2. From the square take Pignonia street and head towards the next village. You are now facing a section with lovely views. It ends with a descent to an old manor house 3, today used as a hotel. Pass the manor park on the left and head north. Start climbing. Turn right past the cemetery and then take a left. After a short descent, continue the laborious climb to Dział. You'll go past a vineyard. Enjoy the lovely views to the south. A newly built



viewing tower 4 stands on the slopes of Dział. The next part of the route entails alternate gentle descents and climbs along the forested Sokoli Grzbiet, with rock outcrops strewn about. Turn left before a church in Czarnorzeka. Cross provincial road number 991 and head towards Kamieniec castle 5. After a kilometre take a right and follow the narrow asphalt road to the centre of Odrzykoń. Past the church turn left upon reaching a junction and then right 2.5 km further on. From here the road will take you back to Krosno.

**ATTRACTIONS ALONG THE ROUTE:**

- 1 **Town square in Krosno** – surrounded by old town houses with characteristic Renaissance arcades. They date back to various periods. The oldest, Wójcowska town house (Rynek 7) dates back to the end of the 15th century. The town square is also home to a fountain, reminiscent of a flower in its shape. At night it is illuminated.
- 2 **Saint Bishop Józef Sebastian Pelczar sanctuary in Korczyna** – relics of the priest from Korczyna, founder of the temple, are the subject of devotions practised here. They are kept in a Gothic Revival church erected between 1910 and 1914.
- 3 **Kombornia manor house** – part of a historic manor house and park complex, the roots of which can be traced back to the 16th century. The styl-



- ised interiors of the former manor house are home to a luxury hotel. On top of that, ruins of a granary, a vineyard and another hotel with the Carpathian Wine Salon stand amongst the beautifully maintained park grounds.
- 4 **Viewing tower on Dział** – a 13 m tall structure, in appearance reminiscent of local architecture and stonemasonry traditions. The terrace affords extensive panoramas across the foothills, Beskid Niski and even the Tatras if the weather is kind.
- 5 **Ruins of the 16th century Kamieniec castle in Odrzykoń** – these stand on a rocky hill (452 m a.s.l.) overlooking Wisłok valley. Its beginnings can be traced back to 1348, to the reign of Casimir the Great. The fortress and its history have incurred many works of art, „Zemsta” by Aleksander Fredro, amongst others. Parts of

upper and middle castle walls, a portal as well as the circumference wall have survived to this day. It is home to: Castle Museum, a torture chamber and Castle Pottery Workshop.



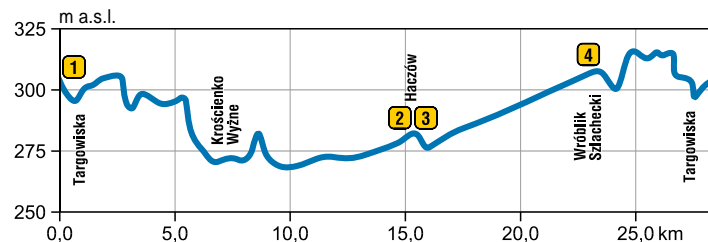
# BESKID NISKI

## ROUTE 20

### To the church in Haczów



➡ Targowiska, kościół → DK nr 19 (4,3 km) → Krościenko Wyżne (6,1 km) → DK nr 19 (11,5 km) → Haczów (15,2 km) → Wróblík Szlachecki (23,1 km) → Targowiska, kościół (28,2 km) ↻



28,2 km

3 hours

easy route

9% traffic-free

#### TECHNICAL DETAILS:

Almost the entire route follows asphalt roads, with only short climbs. However, it may not be the best choice for families with children as it runs over roads which are quite busy. It centres around the Wisłok and Morwawa river valleys. Begin in the village of Targowiska, near national road number 19. Set off from a large car park by a wooden church 1.

Descend towards the village centre, then head north along the main road. After a kilometre, turn right past a bridge. Follow a narrow asphalt, then a gravel road until you reach train tracks. Cross over. Continue along a dirt road for a few hundred metres, initially next to a fence. Take a right upon reaching the main road in the village of Pustyny and then a left. Cross a national road and head towards a church in Krościenko Wyżne visible from afar. Turn left and continue along Wisłok. After approximately two kilometres cross the river and head east, partially along designated cycle paths towards a national road. Continuing south cycle along it for a short while and then turn left towards Haczów. You'll reach the village and its wooden Gothic church 2 after approxi-

mately three kilometres. Take the second exit off the roundabout towards an interesting manor park complex 3. Retrace your steps and take the second exit at the roundabout. At the next junction follow signs for „Wróblík Szl. 7”. Then head for a large former orthodox church 4, which you'll pass on the right. To return to Targowiska you'll have to cycle through the villages of Wróblík Królewski and Widacz. This section includes a hill with wind turbines which you'll have to climb. The views will make the effort worthwhile. Finally return to your starting point along the narrow asphalt road you already know.



Manor house in Targowiska



#### ATTRACTIONS ALONG THE ROUTE:

1 **Wooden St. Margaret church in Targowiska** dates back to the 18th century. It was built using materials salvaged from the previous temple. Its original character has been lost through numerous conversions. A chapel was added and the main nave was extended in the 19th century. A brick bell-gable was erected in place of a wooden one which burned down.

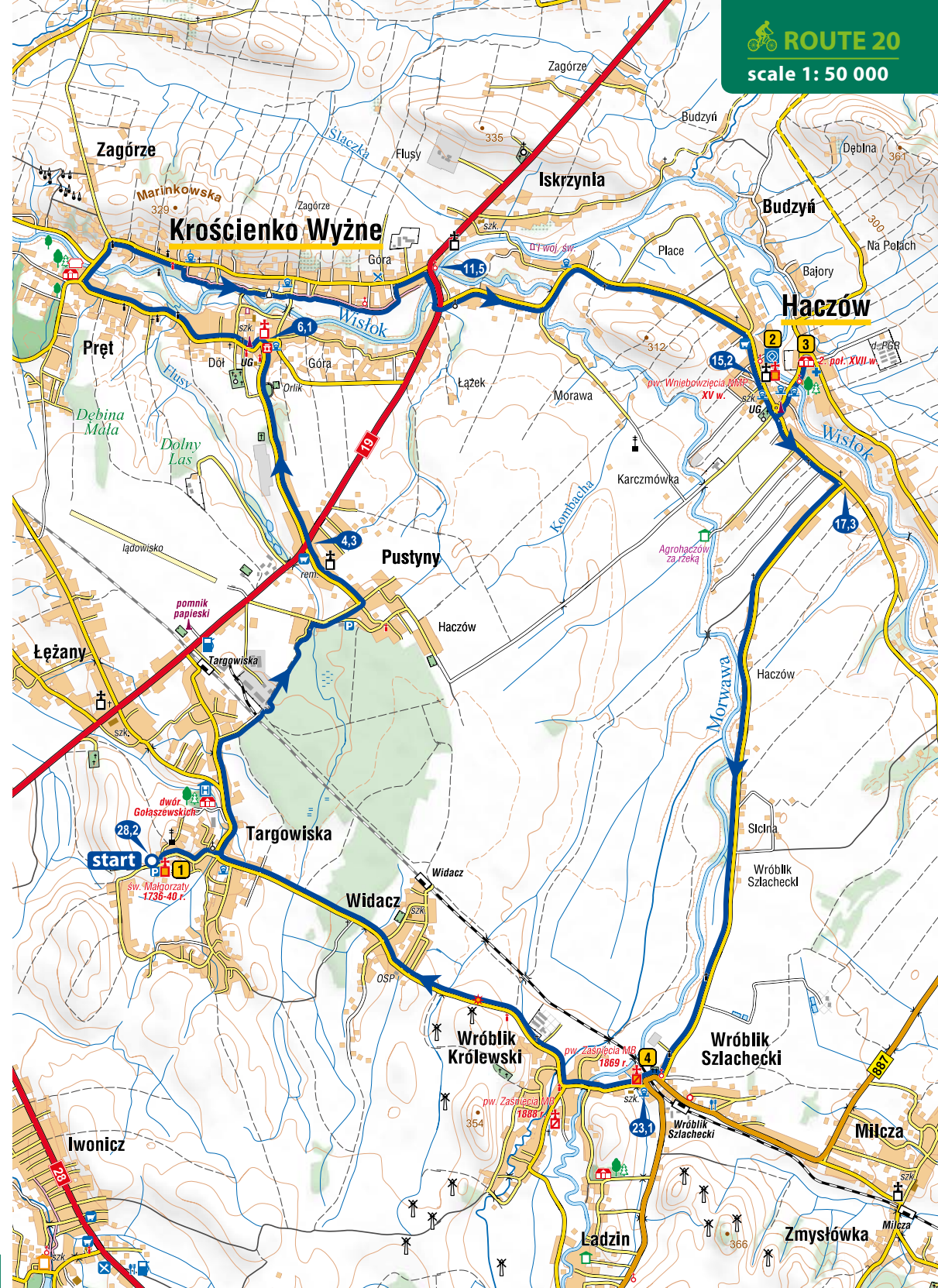


2 **Wooden Assumption of the Blessed Virgin Mary church in Haczów** – the largest wooden log construction church in Europe and the oldest building of such type in Poland. The temple was erected during the first half of the 15th century in Gothic style. The church was destroyed during a Tatar raid in 1624. A refurbishment and expansion ensued as a result of which a tower was constructed and arcades (locally known as „soboty”) were added. The interior of the church features a monumental wall painting dating back to 1494 (probably the oldest wall painting of such type in Europe) and one dating back to circa 1864. The most treasured item is a Pietà – a figure from the 15th century. Since 2003 the church in Haczów has been on the UNESCO World Heritage List.

3 **Manor house and park complex in Haczów** – remains of a former manor house complex, including a refurbished 17th century manor house with an outhouse, orangery, chapel and an entry gate are surrounded by an extensive park. Outdoor events and concerts are held at the park.



4 **Former wooden Greek Catholic Dormition of the Mother of God church in Wróblík Szlachecki** – this Lemko orthodox church was erected in 1869. After World War II it was changed somewhat and handed over to the Roman Catholic Church. Inside there are still partial remains of an iconostasis and 19th century figural wall paintings. A large 19th century bell tower built on an octagonal footprint stands next to the temple.



ROUTE 20  
scale 1: 50 000





**ATTRACTIONS ALONG THE ROUTE:**

**1** **Town square in Brzozów** – established in the 14th/15th century, revitalised between 2012 and 2014. It features a centrally located former town hall. The Neoclassicism style building was constructed towards the end of the 19th century. Today it is home to a Regional Museum and a Tourist Information Centre.



**2** **Our Lady of Stara Wieś sanctuary in Stara Wieś** – dates back to the 18th century. Since 1821 it has been in the care of the Jesuits. In 1927 the status of the Baroque church was elevated to that of a Minor Basilica. This is a site of Marian devotions associated with Dormition and Assumption of the Mother of God painting (Our Lady of Stara Wieś painting), moved here from Humenné (today's Slovakia). The original was incinerated. Today the altar holds a copy. South Polish Provinces' Society of Jesus Museum is found by the monastery as well as a beautifully maintained Biblical Garden.



**3** **Wooden Immaculate Conception of the Blessed Virgin Mary church in Jasienica Rosielna**, dating back to 1770 has survived in an almost unchanged state. Its double-tower west façade, typical to brick architecture, is noteworthy. The inside is home to 19th century wall paintings, amongst other things.

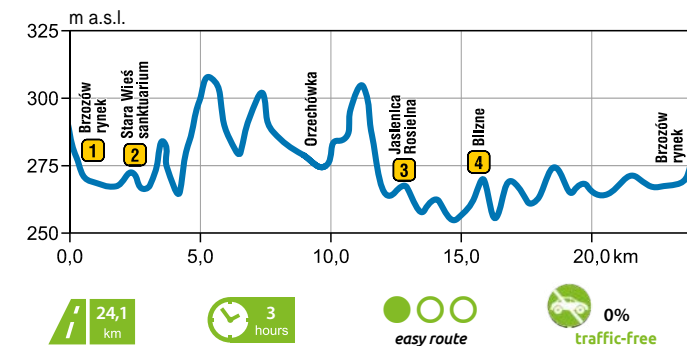


**4** **Wooden All Saints Church in Blizne** – a Gothic, defensive style temple, erected about the mid-15th century. It is accompanied by a 17th-19th century parish complex. The interior of the church features ornamental figural wall paintings from 1549, 1649 and 1700, a Late Renaissance pulpit dating back to 1604, a main altar from the year 1700, two Late Baroque side altars dating back to the 17th century and a baptismal font from the first half of the 18th century. In 2003 the church was entered onto the UNESCO World Heritage List.

**DOLINA DOLNEGO SANU**  
**ROUTE 21**  
**St. Mary's Way from Brzozów**



➡ **Brzozów, rynek** → Stara Wieś, sanktuarium (3,5 km) → Orzechówka (9,4 km) → Jasienica Rosielna (12,0 km) → Blizne (15,7 km) → **Brzozów, rynek (24,1 km)** ↻



**TECHNICAL DETAILS:**

An easy route. However, it may not be the best choice for families with children as it runs over roads which are quite busy. The whole route follows asphalt roads with only slight gains in elevation. It traverses open country. Its main attractions include a sanctuary in Stara Wieś and a UNESCO-listed church in Blizne. Start at the town square in Brzozów **1**. From there the route follows a provincial road to the north and then it veers to the left into Gen. Bema street. Turn right when you reach a junction and once again reach a provincial road with a large sanctuary **2**. Once you've taken in this amazing place, return as you came, but this time go straight on at the junction. You'll have to deal with small climbs and descents. Head towards Orzechówka and then Jasienica Rosielna. In the latter you'll see an 18th century wooden church **3**. Take a right at the next junction. Continue along a busy road. You'll cycle past a park with a pond and remains of a manor house in the form of columns on the right hand side. Carry on

for 700 m, then turn right and then take the first asphalt road on the left. Heading south east along the provincial road you'll arrive at a charming wooden UNESCO-listed church **4**. Retrace your steps for 800 metres and then turn left. Now you have to contend with a straight 5 kilometre section amongst rural buildings to the next junction. Go straight on. From there return to the town square in Brzozów. You've cycled that way before, albeit in the opposite direction.



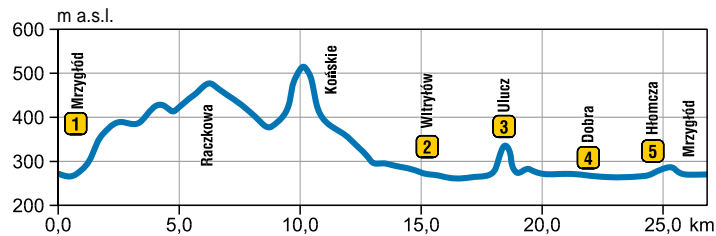
# DOLINA DOLNEGO SANU

## ROUTE 22 On the orthodox church trail in San valley



**ROUTE 22**  
scale 1: 50 000

Mrzyglód → Raczkowa (8,8 km) → Końskie (12,7 km) → Witryłów (14,6 km) → Ulucz (18,5 km) → Dobra (22,8 km) → Hłomcza (24,9 km) → Mrzyglód (26,8 km)



26.8 km

4 hours

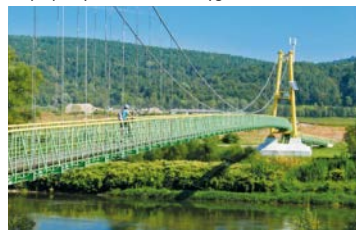
medium difficult route

31% traffic-free

### TECHNICAL DETAILS:

A pleasant and varied route with a plethora of attractions. It may be split into two parts: the first is quite demanding, partially along gravel and dirt roads across Pasma Grabówki mountain chain – a ridge overgrown with forests in the south-east of Pogórze Dynowskie; and the second, in the San valley, along flat, asphalt roads. Along the way you'll discover many old orthodox churches and churches, you'll see characteristic wooden architecture, deal with demanding climbs and fast descents with wonderful views and cycle over a footbridge suspended over the river San. Start at the charming town square in Mrzyglód 1. Head right, then take the first left. Follow an asphalt road which then changes into a steep uphill gravel road. The following sections will not be so difficult. For the next few kilometres you'll be cycling through a forest. Stick to the main road. A descent towards Raczkowa with wonderful views is coming up. Turn right when you reach a junction and head north to cross Pasma Grabówki chain once again. The road climbs steeply all the way to the pass. Then a fast descent with lovely views will take you down to Końskie. Cycle past a 1927 wooden orthodox church with a brick bell-gable standing next to it. Continue straight on towards

Witryłów. There, follow road signs and turn into a side street to go and see an old former orthodox church 2, somewhat hidden amongst the trees. After a few hundred metres, at a junction, turn right and continue all the way to the river San. Cross the river over a 234 metres long suspended footbridge. Take a right upon arriving in Ulucz. You'll shortly reach a car park. From there take a forest path to Dębnik hill. A real jewel awaits you there – one of the oldest wooden orthodox churches in Poland 3. The last section of the route leads along San valley. Continue along the main asphalt road, cycle through the villages of Dobra and Hłomcza passing more historic temples 4 5 en route. You'll complete the loop upon your arrival in Mrzyglód.



Suspended footbridge over San river



Descent towards Raczkowa



### ATTRACTIONS ALONG THE ROUTE:

- 1 Town square in Mrzyglód** – with its characteristic 19th/20th century wooden architecture. It's layout is reminiscent of a small, medieval town. In most cases buildings are arranged so that their overhanging gable ends with original ornamental decorations are facing the road.
- 2 Former wooden Greek Catholic Saint Archangel Michael church in Witryłów** – the temple was erected in 1812. Its former style was lost after a 20th century conversion. After 1947 it was abandoned and neglected. Today it is used by Roman Catholics.
- 3 Greek Catholic Ascension of Our Lord church in Ulucz** – erected on top of Dębnik hill, overgrown with a forest as part of a defensive Basilian Monastery. The church and monastery buildings



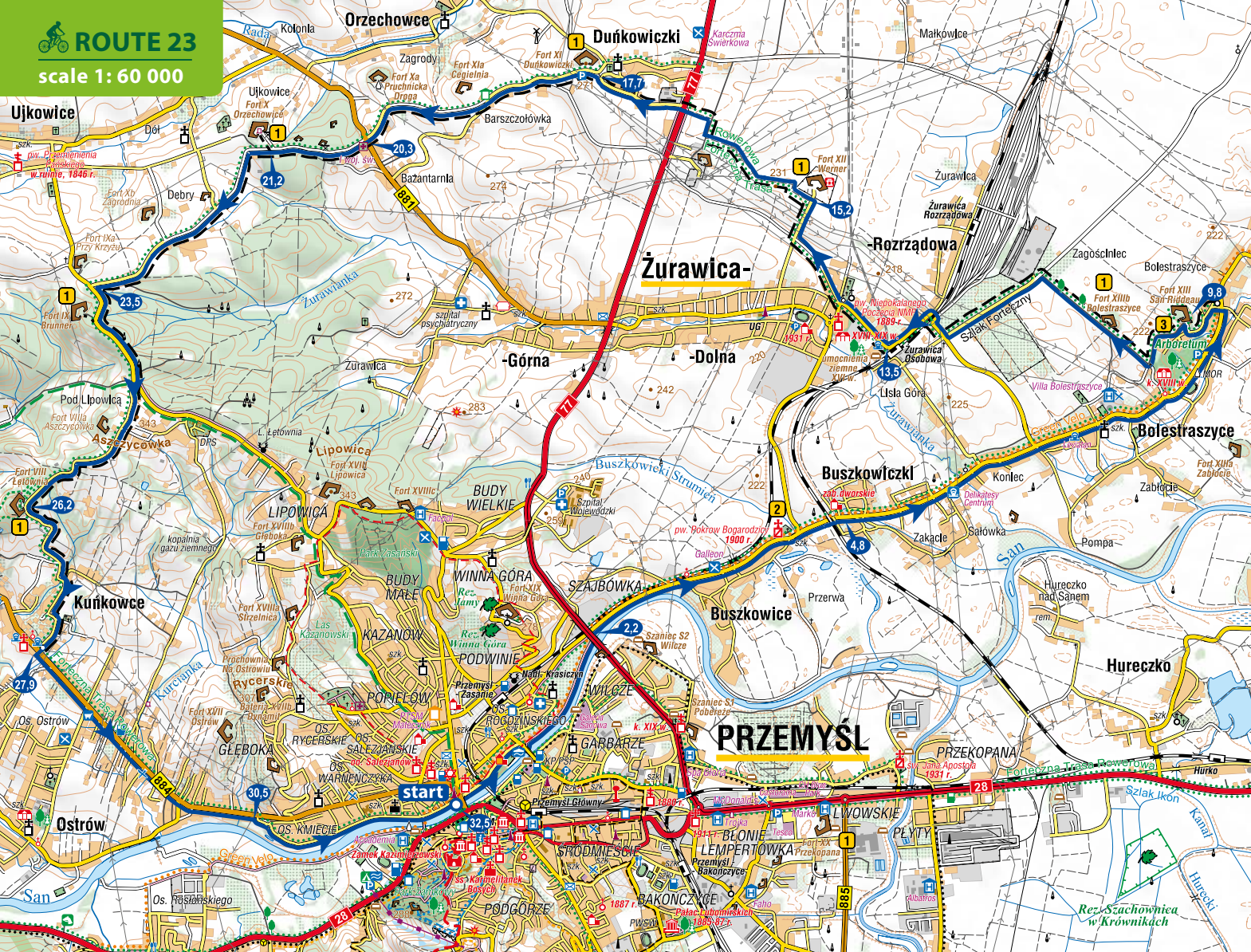
were surrounded by two stone walls, separated by a moat, signs of which are still visible today. After the war and deportations of the local residents the temple fell into ruin. The listed building was only renovated in the 1960s. It was open to sightseers as a branch of the Folk Architecture Museum in Sanok.

- 4 Wooden church complex in Dobra** – encompasses the former Greek Catholic St. Nicholas church (today a Roman Catholic church) dating back to 1879 and a 17th century bell tower

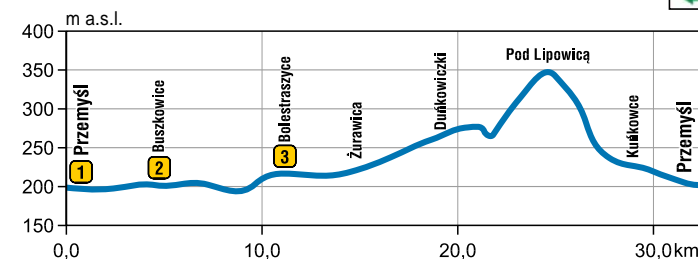


gate. Inside the church there is a figural wall painting and a Neoclassical four-tier iconostasis, dating back to the turn of the 18th century. The church site is surrounded by a stone wall. The gate bell tower is part of that wall.

- 5 Former wooden Greek Catholic Holy Virgin Mary orthodox cathedral in Hłomcza** – erected in 1859 and renovated in 1910. A brick bell tower with three bells (one of them dating back to the 17th century) dates back to the time of the temple's construction. After the war the temple was used by the Roman Catholics and then by Orthodox Christians. In 1991 it was handed back to Greek Catholics.



Przemyśl (centrum) → Buszkowice (3 km) → Bolestraszyce (9,8 km) → Żurawica (15,2 km) → Duńkowiczki (17,7km) → Pod Lipowicą (24 km) → Kuńkowce (27 km) → Przemyśl (32,5 km)



32,5 km

4 hours

medium difficult route

10% traffic-free

**ATTRACTIONS ALONG THE ROUTE:**

**1 Przemyśl Fortress** – one of the largest defensive architecture structures in Europe. Its construction began in mid-19th century during the Crimean War, at a time when relations between



tween Austria and Russia were taking a turn for the worse. The main purpose for building the fortress was to protect the Przemyśl Gate area. The construction was to be finished within 24 years. Due to financial reasons it was never completed, however it was subject to a number of modernisations. During World War I it was Europe's third largest fortification, under siege three times. The Fortress Trail (black) spans the forts. The most interesting forts include: I Salis Soglio in Siedliska, VIII Lętownia in Kuńkowce, XI Duńkowiczki, XII Werner in Żurawica, XIII San Rideau in Bolestraszyce and XV Borek in Siedliska.

**2 Former Greek Catholic church in Buszkowice** – erected on the site of an older, wooden temple in 1900. The remains of the previous orthodox church, or its bell tower, are on display at a nearby

cemetery. After World War II the building was taken over by the Catholic Church and is used by it to this day. The original furnishings are still inside.

**3 Arboretum in Bolestraszyce** – established in 1975, the garden spans approximately 30 hectares. It is home to many species of trees, bushes and shrubs. The largest horse chestnut and larch trees are even 70 years old. There are more than 3000 plant species here, more than 120 different vertebrates live here and close to 40 different bird species breed here. A 19th century Przemyśl Fortress fort is located within the garden. It is also home to the Natural History Museum and the Sensual Garden with plants which are attractive to the touch and smell. The venue is suitable for disabled access, especially for the blind.

**TECHNICAL DETAILS:**

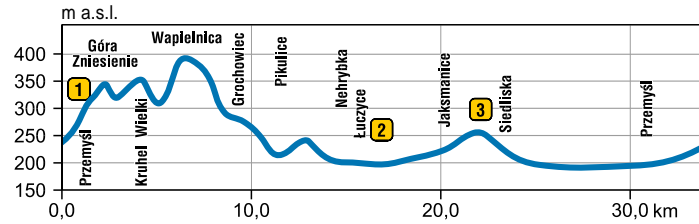
This extremely attractive trip follows the northern Fortress Cycling Trail **1**. The trail is signposted in green and starts in the centre of Przemyśl next to a bridge over the San river. First take the cycling path along the river. The path ends by the ring road bridge. Continue along a public road. You'll be following the Green Velo signs all the way to Bolestraszyce. In Buszkowice you'll see a grand church in a former orthodox church building **2**. An arboretum **3** awaits visitors in Bolestraszyce. A few hundred meters further on turn left and leave the main road. This is where the black Fortress Tourist Trail starts. As the cycling trail is not adequately signposted, remember to keep an eye out for the tourist trail signs. After a short climb the first fortress structure comes into view – Fort XIII „San Rideau”. Take a left here into a gravel road and then a right. Cycle past Fort XIIIb „Bolestraszyce”. Weaving between orchards and then buildings in Żurawica, you'll reach Fort XII „Werner”. This facility is closed. Sightseeing is only possible if prior arrangements had been made. Take a left before the fort. You are facing the hardest

part of the route – a dirt path amongst fields. Carefully cross the usually busy road number 77. Shortly you'll arrive at Fort XI „Duńkowiczki”. This facility is open to tourists. Continue along asphalt and gravel roads and keep gaining height, pass a cemetery of those fallen at Przemyśl Fortress as well as more forts. Not all of them are directly by the trail – some are between 100 and 300 meters away. Access routes are signposted by special stands, however some are not so easy to read from a distance, so remain vigilant in order not to miss a turn-off. The climb ends with a left turn onto the busy Ujkiwice – Przemyśl road which you'll leave after a few hundred meters. Reach the last site on this route along a gentle descent – the picturesquely located Fort VIII „Lętownia”. This place is ideal for a longer break with its panorama of the San valley. The fort is well preserved and worth a visit. Follow the windy descent to the provincial road in Kuńkowce. This is where the black tourist trail ends. Turn left and head towards city centre. Turn off the provincial road onto Wybrzeże Świętego Jana Pawła II street and continue along the San until you reach your starting point.





Przemyśl (ul. J. Słowackiego) → Góra Zniesienie (2,2 km) → Kruhel Wielki (5 km) → Wapielnica (6,9 km) → Grochowiec (9 km) → Pikulice (11 km) → Nehrybka (14 km) → Łuczyce (16 km) → Jaksmanice (20 km) → Siedliska (23 km) → Przemyśl (33,8 km)



33,8 km

4,5 hours

medium difficult route

0% traffic-free

### TECHNICAL DETAILS:

This is the second part of the Fortress Cycling Trail around Przemyśl. It spans the southern section of the Przemyśl Fortress. The route runs along cycling trails and tourist trails. Start at a car park next to the cemetery at Słowackiego street. At first you'll have to contend with quite a demanding climb up the cobbled Przemysława street until you reach a complex of historic Przemyśl Fortress war cemeteries. It will be asphalt roads from there on. Along the way you'll pass: Tatar Mound, Cross on Zniesienie, a viewing point with a splendid panorama of Przemyśl and the upper ski lift station. The next two kilometres will take you along the red tourist trail – a picturesque, undulating asphalt road. At the pass begin the arduous climb to Wapielnica. Once there take a left and follow the black tourist trail. Now you are on the Fortress Cycling Trail, but because it is not signposted sufficiently, look out for tourist trail signs. At the junction of the trails (a bit further on with Helich's fort) start a long and exciting descent along a gravel road to Grochowiec. There is another fort in the village on the right hand side – signposted only by the black access trail and as such it is easy to miss the turn-off. In Pikulice, follow the

tourist trail and turn right off the main road. At the end of a short climb take a gravel side road and descend to Nehrybka. In Łuczyce, after crossing the Wiar river via a footbridge, leave the tourist trail – it is not suitable for bikes (steepness and dense bushes) – and continue left along the road following a cycling trail. Take a right across private land to see a small orthodox church with a surviving iconostasis. Past the church, the road which follows the black trail leads to a fort in Łuczyce. Leave the tourist trail once again in Jaksmanice and follow the road (cycling trail signs). Those who like serious off road cycling can continue along the black tourist trail. If you continue along the road and want to see Fort W-I Salis Soglio then take a right at the junction with the crossroads and follow an exciting descent to Fort XV Borek. Then continue along an asphalt road with stunning views until you reach national road number 28. Remain cautious as even though there are three cycling trails here, there is no cycle lane until the boundary of the town. Turn left at a roundabout before McDonald's and then take S. Batory street followed by Bakończycka street to return to the car park.



### ATTRACTIONS ALONG THE ROUTE:

**1** **Przemyśl Fortress** – one of the largest defensive architecture structures in Europe. Its construction began in mid-19th century during the Crimean War, at a time when relations between Austria and Russia were taking a turn for the worse. The main purpose for building the fortress was to protect the Przemyśl Gate area. The construction was to be finished within 24 years. Due to financial reasons it was never completed, however it was subject to a number of modernisations. During World War I it was Europe's third largest fortification, under siege three times. The Fortress Trail (black) spans the forts. The most interesting forts include: I Salis Soglio in Siedliska, VIII Łętownia in Kuńkowce, XI Duńkowiczki, XII Werner in Żurawica, XIII San Rideau in Bolestraszyce and XV Borek in Siedliska.

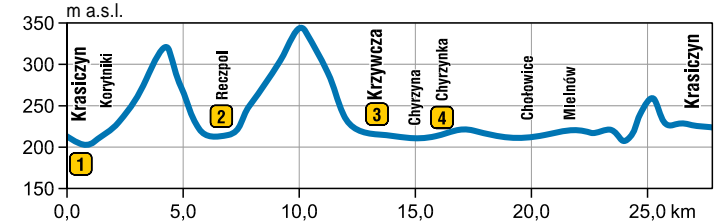
**2** **A wooden Presentation of the Blessed Virgin Mary orthodox church in Łuczyce** – erected in 1856. After the Ukrainian population was deported in 1947 it lay abandoned and derelict. It was only renovated in the 1990s. It is used by Greek Catholics to this day. It is home to a 19th century iconostasis.

**3** **Fort XV Borek** – a well preserved armoured fort part of the Przemyśl Fortress near Siedliska. Built in circa 1890 on a hilltop, it was to defend the valley, road and railway track which links Przemyśl and Lviv. Two-storey barracks, entry gate and remains of the main bunker survive to this day. It is also the site of a museum exhibition.





**Krasiczyn** → Korytniki (1,5 km) → Reczpol (8,5 km) → Krzywca (12,5 km) → Chyrzyna (13,8 km) → Chyrzynka (15 km) → Chotołwice (19 km) → Mielnów (21 km) → Krasice (24 km) → **Krasiczyn (27,6 km)**



27,6 km

4 hours

medium difficult route

28% traffic-free

**TECHNICAL DETAILS:**

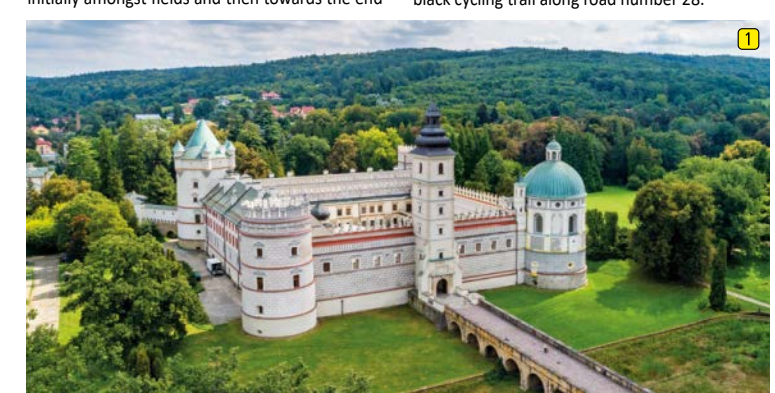
A very interesting route. It features two completely different sections. The first is quite difficult on account of the changes in elevation, gravel roads and navigational difficulties. The second is completely flat, easy and pleasant. Those who prefer slightly easier, recreational cycling should take advantage of an alternative option and get to Krzywca from Korytniki along the provincial road. You will not avoid the climb, but the entire route leads along asphalt roads and is much easier. Start in the centre of Krasiczyn. There are plenty of convenient car parking spaces there. Head north along a side street, keeping the castle **1** and then a Baroque church on your left. Cross the river San over a suspension bridge and head towards Korytniki. There is a war cemetery in the village, on the left hand side. A road sign points the way (300 m). Past the shop, at a sharp bend you have to decide which route option you'll be taking. To continue along roads turn right. For the more difficult option go straight on. After 200 m turn left towards a saw mill. Now a long and laborious climb along a hardened road awaits: initially amongst fields and then towards the end

in a forest. Once you reach the ridge turn left into a gravel road. Now an exciting descent to a sharp turn. Take a right there. Cycle past accommodation facilities and continue straight ahead, on a dirt path along the river San. Turn right along an access road to the river. Then begin another arduous climb from Korytniki along the provincial road. Carry on straight. Head in the same direction as you leave the village. Next to a large metal cross take a dirt path and descend to Krzywca. A Baroque church in the village as well as a large but defunct orthodox church dating back to 1911 **3** are worthy of a visit. Join the Green Velo trail here and follow it for the 10+ kilometres. You'll be cycling along the charming San valley. A kilometre past the bridge you can take an interesting detour right to Chyrzyna to visit an out of the way, small wooden orthodox church **4**. There is another temple, this time made of bricks and used as a church in Chotołwice. Upon reaching Krasice you can have a rest at a cyclist service point. The Green Velo trail veers right along the river Olszanka. To return to Krasiczyn follow the black cycling trail along road number 28.

**ATTRACTIONS ALONG THE ROUTE:**

- 1 Castle in Krasiczyn** – one of the most spectacular Late Renaissance architecture examples in Poland. Stanisław Krasicki, the Przemysł Castellan, began its construction in late 16th century. The castle stands on a rectangular footprint with cylindrical defensive towers in the corners. An extraordinary sgraffito (sculpted in plaster) covers both the interior as well as the exterior walls of the building. A chapel in the Divine Tower is one of its most prized architectural exhibits. It has been compared with Sigismund's Chapel in Wawel Castle.
- 2 Former Greek Catholic Protection of Our Most Holy Lady church in Reczpol** – it was erected in 1879 as a single nave building with

- a separate chancel. In the 1970s it was converted into a Roman Catholic church. This listed building has not been used since 2006.
- 3 Nativity of the Blessed Virgin Mary church in Krzywca** – this Baroque style temple was erected between 1625 and 1630. Its main altar, dating back to the second half of the 18th century features an Our Lady with Baby Jesus painting. A brick 18th century bell tower stands next to the church.
- 4 Greek Catholic Saint Simeon Stylites wooden church in Chyrzynka** – erected in 1857, it was refurbished in 1911 and 2014. The temple has been empty since World War II. Following the 1947 forcible evictions of the local population it was used as a sheep house.



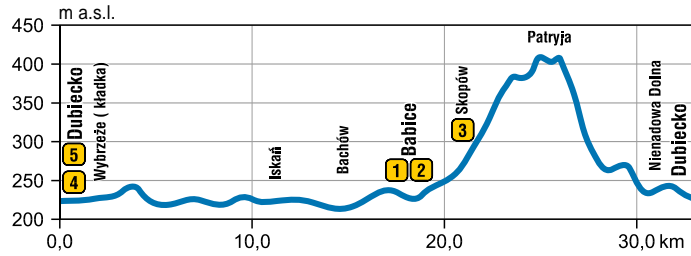
# DOLINA DOLNEGO SANU

## ROUTE 26 Along the San valley and to the summit of Patryja



**ROUTE 26**  
scale 1: 60 000

➡ Dubiecko → Wybrzeże, kładka (1,7 km) → Iskań (6,7 km) → Bachów (13, km) → Babice (17, km) → Skopów (20, km) → Patryja (24,9 km) → Nienadowa Dolna (30,2 km) → Dubiecko (32,9 km) ↻



32,9 km

4 hours

medium difficult route

10% traffic-free

### TECHNICAL DETAILS:

An easy, recreational route along the splendid San valley. It has one, quite a demanding climb, however, that can be bypassed by taking a shortcut in Babice. The route can be simplified even further by returning to Dubiecko straight from Bachów on the other side of the San valley. Then the entire route will be level and safe, ideal for children as well. There are convenient car parking spaces in the centre of Dubiecko or by the road leaving the town to the south next to the sports field. And the route leads along that road too. Take the leisurely cycling path to the footbridge over the San in the village of Wybrzeże. On the other bank of the river you'll follow an asphalt lane for a few kilometres. At first amongst fields and then along an edge of a forest. The Green Velo cycling trail will join this route between Iskań and Babice. Return to the other bank of the San in Bachów, over a suspended footbridge. Just before the footbridge there is a convenient place to have a rest (cyclist service point). Take a right at a junction with a small shop. If you want the

shortest route option then carry on straight here. Before reaching Babice, the Green Velo trail veers to the left. If you don't fancy climbing to the top of Patryja then follow the trail and return to Dubiecko along road number 884. In Babice there is a Baroque church 1 and an abandoned orthodox church 2 hiding behind the outlying village houses. Turn left to Skopów and leave road number 884. You'll see the delightful shape of the former orthodox church, currently used as a church 3 from quite a distance. You'll come across the Green Velo trail again at the crossroads. Take the left fork and climb for 2 kilometres to the summit ridge. You'll reach the summit of Patryja once you cycle past the site with drilling equipment. The views are lovely. The beautiful panorama makes this a great place to stop and rest for a while. Still enjoying the views descend to road number 884 and then to Nienadowa. Turn left and then right to return to Dubiecko along side roads. The beautifully maintained palace complex 4 in the town and the brick orthodox church 5 are certainly worth a visit.



4

### ATTRACTIONS ALONG THE ROUTE:

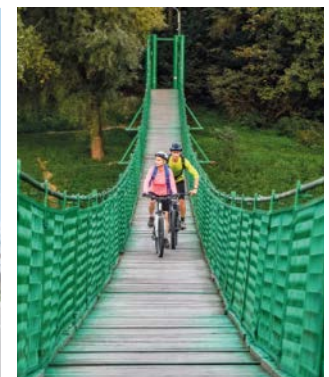
- 1 Late Baroque Holiest Trinity church in Babice** – erected in 1792. The temple assumed its current shape in 1866 when it was re-built after a fire. Its altar features a miraculous painting of Our Lady.
- 2 Wooden, Greek Catholic Dormition of the Mother church in Babice** – erected circa 1840 on the site of an earlier temple. Refurbished towards the end of the 19th century. It has been standing empty since 1947. Inside there are still remains of wall paintings. A well preserved post and frame structure bell tower stands next to the temple.
- 3 Former Greek Catholic Transfiguration of Jesus church in Skopów** – the brick temple on a Greek cross footprint was erected in 1900 on the site of an older wooden structure. It was used by the

residents until 1945. It was refurbished in the 1980s. Since then it has been used as a Roman Catholic church.

- 4 18th century Krasicki Palace in Dubiecko**, current used as a hotel with a stylish restaurant, built using walls part of the former building which served as the birthplace of the prince of poets – Ignacy Krasicki. The village takes its name from the numerous oak trees in the surrounding park.
- 5 Former Greek Catholic Exaltation of the Cross church in Dubiecko** – a tripartite structure erected in a footprint of a cross in 1927 crowned by a central dome with a beautiful portal beam. Today the refurbished temple is home to the Borderland Art Centre. It hosts exhibitions and is involved in a variety of cultural activities.



1

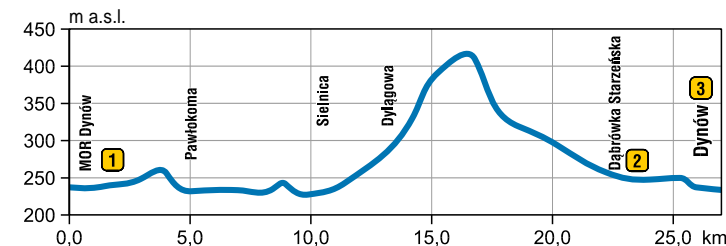


Footbridge over the San in the village of Wybrzeże





Dynów, MOR → Pawłokoma (5 km) → Sielnica (10,8 km) → Dylagowa (13,6 km) → Dąbrowka Starzeńska (22,9 km) → Dynów (27 km)



27 km

4,5 hours

medium difficult route

16% traffic-free

**TECHNICAL DETAILS:**

A lovely route with splendid views across the Pogórze Przemyskie Landscape Park. Most of the way you'll be travelling on asphalt roads, some closed to traffic. There is one short and yet steep descent down a gravel road. There are a number of climbs along the way. Start in Dynów, at a car park by Sanowa street. That's where you'll find a cyclist service point – a convenient place to have a rest. Cycle along the San river (1). After approximately a kilometre take a bridge across the river and turn left. The entire loop follows the red cycling trail. However, it is signposted not that well and we would recommend keeping a map handy just in case. You now have to contend with the first climb to the village of Pawłokoma. That's where you'll come across the remains of a former 1909 Greek Catholic church, demolished in the 1960s. Only its brick bell tower is left standing. Follow the edge of the San valley towards the ferry crossing

and then the new bridge. As you climb, you'll go through the villages of Sielnica and Dylagowa. At the end of the latter you'll begin the steep descent down a gravel road to the Kruszelnica stream valley. Take a right by a rest place, cycle past a campsite and continue along a comfortable asphalt road down to Dąbrowka Starzeńska. Pay attention to the old wooden buildings as you go through the village. Turn right upon reaching the main road. There is a cyclist service point before the junction. It is a good place to stop and take a closer look at the Stadnicki castle ruins (2). The last section of the route leads along quite a busy road, with a convenient, dedicated cycling path in some places. You'll reach the bridge which you crossed at the start. Before hanging up your boots for the day you can still go and explore the town square in Dynów with its characteristic small town architecture (3). To get there follow provincial road number 835 – Piłsudskiego street.



**ATTRACTIONS ALONG THE ROUTE:**

- 1 **San** – one of the largest and most beautiful rivers in Poland. It is a 457 km long right bank tributary of the Vistula. Its source lies in Bieszczady, near the Polish-Ukrainian border. In the upstream section – down to Przemyśl – it has a mountain character with rock steps and picturesque gorges. Further on it becomes more lowland. In the vicinity of Dynów it constitutes a natural border between Pogórze Przemyskie and Pogórze Dynowskie. The „Błękitny San” river trail runs along it. There are many tourist and cycling trails along the banks. In places they cross the river over suspended footbridges or ferries.
- 2 **Stadnicki castle ruins in Dąbrowka Starzeńska** – located in a large park, surrounded by trees hundreds of years old. The castle was built in the

- second half of the 16th century. Initially it served as a defensive manor. It was expanded when the Stadnicki family moved from Łańcut and took up residence there in the next century. Since World War II, the castle has lain in ruins. Remains of two bastilles and fragments of its defensive walls and residential buildings survive to this day. A 1905 Romanesque Revival Starzeński family burial chapel stands in the park.
- 3 **Town square in Dynów** – with its medieval street layout it lies within the old castle and town fortifications. It is surrounded by charming town houses with those along the western frontage exhibiting particular historical value. A Władysław Jagiełło monument stands in the middle of the town square. A Late Renaissance St. Lawrence church with an 18th century bell tower are also nearby.



Cyclist service point (MOR) in Dynów

# DOLINA DOLNEGO SANU

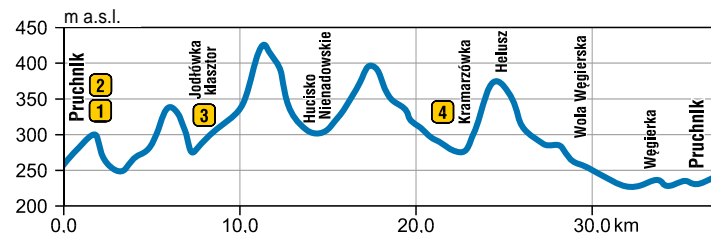
## ROUTE 28

### From Pruchnik to Pogórze Dynowskie



**ROUTE 28**  
scale 1: 55 000

Pruchnik → Jodłówka, klasztor (6,1 km) → Hucisko Nienadowskie (12,5 km) → Kramarzówka (21,7 km) → Helusz (24,9 km) → Wola Węgierska (27,6 km) → Węgierka (32 km) → Pruchnik (36,9 km)



36,9 km

5 hours

difficult route

8% traffic-free

#### TECHNICAL DETAILS:

This route is difficult due to its length and elevation gains. You will follow a large loop and climb to the main Pogórze Dynowskie ridge. Half way through the route there is an option to cut it short and return to Pruchnik from Kramarzówka. Begin at the charming Pruchnik town square **1**. Before doing that the Late Renaissance church **2** is worth a visit. Follow the main road (number 881) and head north. Before a shopping centre and a petrol station take a side road towards Jodłówka. If you want to visit the sanctuary in Jodłówka **3**, continue straight on for another kilometre and then turn right into a side road. A visit to this interesting place requires a number of climbs and descents. It also adds 2 km to your route (distance to and from the main road – follow signposts). It is much easier to take the option which continues straight on along the wide refurbished road. The descent ends when you join road number 881. A dozen or so meters further on leave that road and turn left into a side road which will take you back to the town square in Pruchnik.

road heading left, blocked by a barrier. Follow the road on the other side of the barrier. The initial 1.5 km constitutes a laborious climb along a damaged asphalt and gravel road. Then you will clock up more kilometres along a more comfortable asphalt forest lane. However, the ups and downs keep coming. Turn left in Kramarzówka and arrive at village centre next to a former orthodox church **4**. At the junction turn right along the trail (here a shortcut is possible: turn left and go to Pruchnik) and then climb to the main Pogórze Dynowskie ridge along quite a steep and long climb. Here you'll reach the village of Helusz. Follow the Green Velo signs and turn left. You now have a long and pleasant descent in store. Initially it goes through a forest and then the villages of Wola Węgierska and Węgierka. The Green Velo trail turns right at the first junction in Wola Węgierska. You should take a left along the red trail. The descent ends when you join road number 881. A dozen or so meters further on leave that road and turn left into a side road which will take you back to the town square in Pruchnik.



**1**

#### ATTRACTIONS ALONG THE ROUTE:

- Town square in Pruchnik** – and its characteristic wooden architecture with arcades. The oldest houses date back to the 18th century. These are post and frame as well as wooden log structures. Feature original arcades supported by a number of columns extend along the fronts. The façades on the uppermost sections of the houses feature fantastic patterns. The original urban layout makes Pruchnik look like a typical Galician town.
- St. Nicholas the Bishop church in Pruchnik** – the temple standing close to the town square was erected in the 14th century. Initially its appearance was Gothic. Time and conversions changed it to Late Renaissance. Baroque chapels were added in the 18th century. An old wall with

an 18th century gate surrounds the church. There is a small parish museum nearby.

- Our Lady of Consolation sanctuary in Jodłówka** – the Our Lady with Baby Jesus in her left arm painting is the subject of devotions. It probably dates back to 1743. According to legend, it is said to have appeared on a tree, next to a spring with healing waters. The sanctuary we see today was built in 1871. The brick church was reconstructed before World War II in Gothic Revival style.
- Former Greek Catholic Exaltation of the Holy Cross church in Kramarzówka** – the brick temple was erected in 1790. After World War II Roman Catholics began using the church. Since a new church was built in 2000 it has been standing empty.

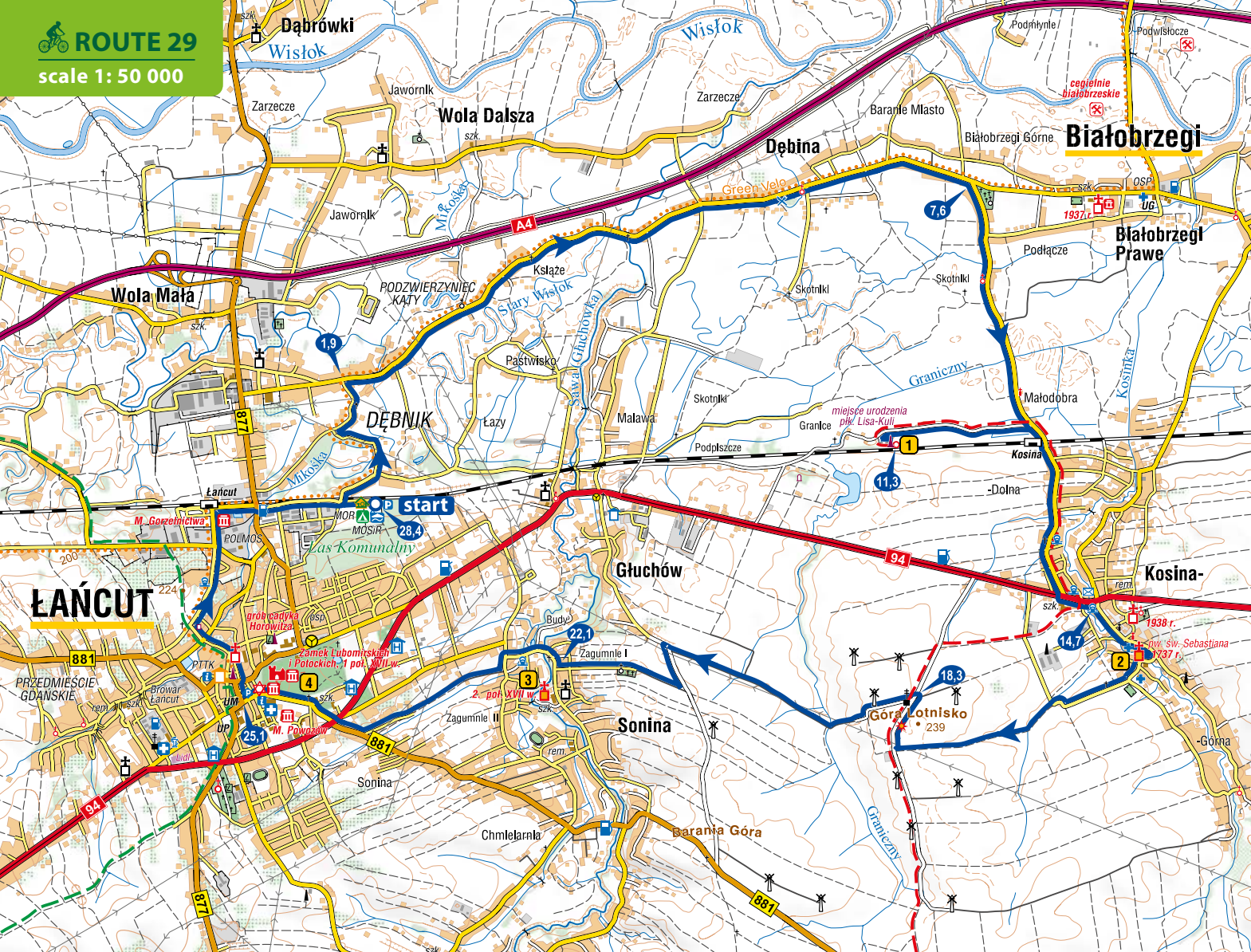


**2**

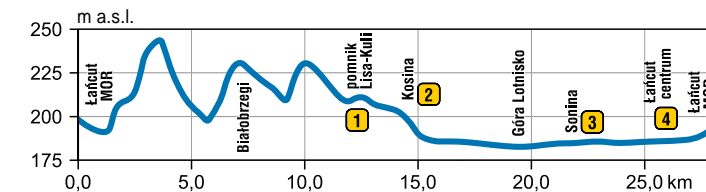


**3**





📍 Łańcut, MOR → Białobrzegi (7,6 km) → pomnik, miejsce urodzenia ptk. Lisa-Kuli (11,3 km) → Kosina (14,7 km) → Góra Lotnisko (18,3 km) → Sonina (22,1 km) → Łańcut, centrum (25,1 km) → Łańcut, MOR (28,4 km) 📍



28,4 km

3,5 hours

medium difficult route

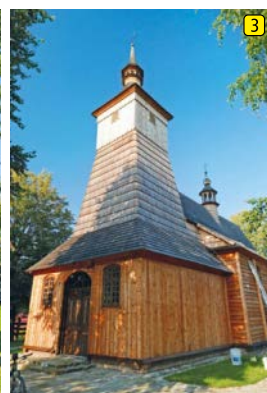
21% traffic-free

**TECHNICAL DETAILS:**

The route in the vicinity of Łańcut partially runs along the Green Velo trail. It primarily follows asphalt roads across open country. The castle in Łańcut is the biggest attraction. Apart from that you'll have to tackle a moderate climb with splendid views, you'll see two wooden churches and visit a memorial site. Start from a car park by the Municipal Sports and Recreation Centre in Łańcut. It is also the site of a cyclist service point. Follow the Green Velo signs along narrow streets in a northern direction. Take a right upon reaching the main road. The orange trail signs will be with you for more than 5 kilometres. Veer right before crossing the train tracks take a right onto a gravel road. A sign will tell you that it leads to Col. Lis-Kula's monument 1. Return along the same route. Continue south. At a junction with a national road turn left and then take the second little road on the right. Your next stop will be by a wooden church 2, on a hilltop above Kosinka stream. You will reach it in about 1 km. From there head west, initially along an asphalt road and then a dirt road which



climbs Góra Lotnisko mountain with wind turbines visible from quite a distance. Descend towards the cemetery in Sonina. Do not miss out on the 17th century wooden church 3 in the village. To get to it turn left before Sawa stream and then take a right just before the school building. Turn right upon reaching a provincial road. Cross a national road. Then cycle along the extensive castle grounds in Łańcut 4. You will see a Coach Museum on the opposite side of the road and a synagogue a little further on. Cycle through the town centre along the following streets: Królowej Elżbiety, Rynek, Farna and Dominikańska. The Green Velo signs will take you to your starting point.



**ATTRACTIONS ALONG THE ROUTE:**

- 1 **The birthplace of Col. Leopold Lis-Kula in Kosina** – a monument commemorating the site of a house where Leopold Kula was born on 11 November 1896. As a child together with his family he moved to Rzeszów where he completed his education. He took on a nickname, Lis, at a Rifleman's Association. He was an officer of the Polish Legions and the Polish Army. One of the heroes fighting for Poland's independence. He died in 1919 on the Ukrainian Front.
- 2 **St. Sebastian church in Kosina** – a small larch wood temple erected in 1737. Home to rich wall paintings dating back to the 18th century. A 17th century Mannerism main altar is also noteworthy.

- 3 **St. John the Baptist church in Sonina** – a fine example of 17th century sacral architecture. Over the years the temple was subjected to numerous refurbishments and conversions. Today it is home to three Baroque altars amongst other things.
- 4 **Castle in Łańcut** – one of the finest aristocratic residences in Poland. Its erection was commissioned by Stanisław Lubomirski between 1629 and 1642. It is famous for its exquisite interiors and a collection of historic horse drawn carriages. The castle owes its modern-day French Baroque Revival style shape and façades to a refurbishment carried out by the Potocki family at the turn of the 19th century. It is home to numerous works of art from old Łańcut collections. The residence is surrounded by an old, picturesque English style park.

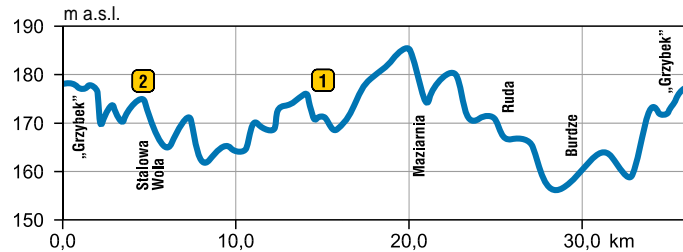


# DOLINA DOLNEGO SANU

## ROUTE 30 Through Sandomierz Forest



„Grzybek” → Stalowa Wola (3 km) → Maziarnia (20 km) → Ruda (25 km) → Burdze (29,9 km) → „Grzybek” (35,9 km) ↻



35,9 km

4,5 hours

medium difficult route

35% traffic-free

### TECHNICAL DETAILS:

A recreational loop around Sandomierz Forest 1. It starts and ends near Stalowa Wola. This route presents no or little technical difficulties. It has been set out along local asphalt roads, separate cycle lanes and hardened forest roads. You will also travel along cycling trails which have been set out but are not adequately signposted. Leave your car on a car park next to „Grzybek” – a tourist and recreational facility by the „Ciemny Kąt” Rozwadów Forest District educational and nature path. Head north along a local road linking Ruda and Stalowa Wola. Turn right at the cemetery. Now cycle along a designated cycle lane, parallel to Ofiar Katynia street. If you wish you can take a detour from here into the town centre to see the wooden St. Florian church 2 – take the following streets: Popieluski, Okulickiego and Floriańska. Cycling through Stalowa Wola its industrial character will become clear. The town shares its name with a steel mill which you'll be passing next to. That massive production facility was built as part of the infrastructure constituting the Central Industrial Region. Continue along Ofiar Katynia street and then turn right into Solidarnosci street. The dedicated cycle path ends at the level

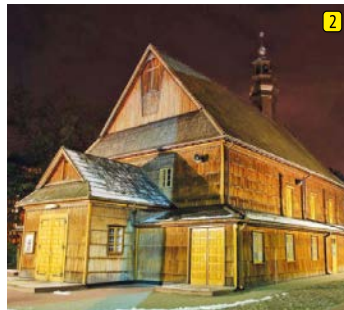
crossing. Continue straight along the following streets: Wczasowa, Wańkowicza and Wrzosowa. Once you pass the bus terminus turn right into Sosnowa street. Continue along an asphalt road, then a gravel forest road for approximately 3 km until the junction with provincial road number 872. Cross it and continue straight along an asphalt fire access road number 4 until you reach the village of Maziarnia. At the end of the village (km 20.2 of the route) turn right into a narrow asphalt road which then morphs into a gravel road. Stay on the main hardened road to return to the provincial road. Turn left, continue for 1200 meters and take a right, towards the village of Ruda. Turn left before a World War I cemetery. Follow Kard. A. Sapiecha street until you reach a parish church in Ruda. Here the route joins the blue trail. Follow it all the way to the village of Burdze. A natural monument in the form of a large oak tree stands in front of the church. Go past the village and turn left towards Stalowa Wola. On the left hand side you'll see a military proving ground. After approximately two kilometres turn right into the forest and make your way back to the car park by „Grzybek” – your starting point.



### ATTRACTIONS ALONG THE ROUTE:

1 **Sandomierz Forest** – a compact forest within the Kotlina Sandomierska valley stretching from Tarnobrzeg in the north to Rzeszów in the south. In the middle ages the forest was a natural boundary between Poland and Ruthenian Principalities. Today its ecosystem is very important for south-east Poland. The Łęg river, a right bank tributary of the Vistula, passes through the forest. Scots pine and pedunculate oak dominate the forest. A number of meadows, fields and fish ponds add to the diversity of this woodland landscape.

2 **Wooden St. Florian church in Stalowa Wola** – built in 1802 in the village of Stany and moved to its current location in 1943. This wooden log construction features characteristic large lower eaves called soboty. It is crowned by a bulbous tented roof with a lamp. Baroque Revival furnishings from 19th century dominate the interior. The church is part of the Wooden Architecture Trail.



“Grzybek” tourist and recreational facility

## ROUTE 30 scale 1: 60 000





**ATTRACTIONS ALONG THE ROUTE:**

**1 Ulanów** – the character of this town was predetermined by its riverbank location. Between the 16th and 20th centuries it was the unquestioned capital of Polish rafting. The raftsmen and their captains involved in the river traffic on the San, Vistula and other Polish rivers came from here. Ulanów raftsmen operated rafts carrying all sorts of goods to Toruń and Gdańsk for example. Interestingly, upon reaching their destinations they sold their rafts and came back to Ulanów on foot. Exhibitions in as many as four local museums and rafting activities in the summer still pay heed to the old rafting traditions.



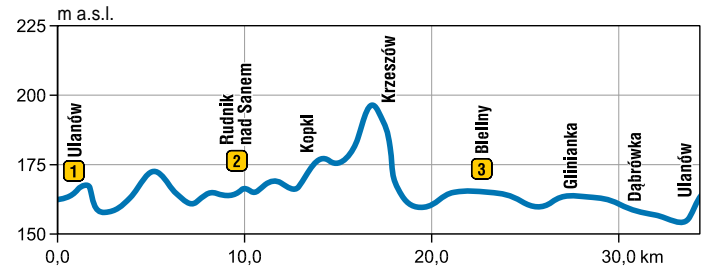
**2 Rudnik nad Sanem** – known as the wicker capital. The Hompesch family is attributed with starting this tradition. Wilhelm and Ferdynand established here among others a basket school. It was attended by local residents. The Wicker Centre was established in 2007. It includes an exhibition of pieces by artists who use wicker as their main creative material (wicker fashion collections for example). The annual „Wicker – Rudnik nad Sanem” event is organised by the centre. There are a number of outdoor wicker sculptures in the town.



**3 St. Adalbert Sanctuary in Bieliny** is home to approximately 100 relics of Patrons of Poland, such as Stanisław Kostka and Jan Nepomucen. The Baroque temple was funded by Duchess Elżbieta Anna Dulska, daughter of Michał Korybut Wiśniowiecki. It is home to a wall painting dating back to the turn of the 18th century.



➡ **Ulanów** → Rudnik nad Sanem (6 km) → Kopki (13 km) → Krzeszów (16,2 km) → Bieliny (21,7 km) → Glinianka (27,8 km) → Dąbrówka (30,8 km) → **Ulanów (34,3 km)** ↻



34,3 km

4 hours

easy route

5% traffic-free

**TECHNICAL DETAILS:**

The route is technically straightforward. It runs along quiet local roads. It partially follows the Green Velo trail. Start in the centre of Ulanów **1**, next to a wooden St. John the Baptist and St. Barbara church. Leave your car at the town square. There are plenty of car parking spaces there. Once ready, follow Bielniecka street and then Rudnicka street, cross a bridge over the San and continue along the Green Velo trail towards Rudnik nad Sanem. Upon reaching national road number 19 turn left, initially along a designated cycle lane and then a local asphalt road. In Rudnik nad Sanem, a charming and somewhat sleepy village, you will go past the Wicker Centre museum **2**, the old Holiest Trinity church and a 1920 mill and power station building (currently a groat mill). Cross the national road once again. There is a cyclist service point there. Continue towards the San river, first along an asphalt road and then along unpaved roads. Turn left next to the historic Tarnowski Palace towards the village of Kopki. You will see

another cyclist service point. Leave the Green Velo trail onto a one kilometre stretch of asphalt marked as a cycling path. Upon reaching the provincial road turn left towards Krzeszów. Pass the market square with its characteristic anchor and head towards Podolszyna Ordynacka. You are cycling along Rita – an English Flyers Trail. It starts in the village of Tarnogóra, at a site where a HALIFAX JP 224, an English heavy bomber, fell. It ends in Huta Podgórna, where four crew members were evacuated from a field airstrip on the night of 5 June 1944. The trail was named after Rita Storey, the wife of the aircraft captain. Turn left past a petrol station. In Bieliny follow the tourist trail, go past a manor house, an 1876 Dominican Sisters' monastery and the St. Adalbert Sanctuary **3**. Turn right in Wólka Bielińska towards Glinianka and then head towards Dąbrówka. Turn left before the bridge over Tanwa into an unpaved road running along the river. You can stop at a restaurant by the Galicja hotel next to a knickpoint on the Tanwa or continue on towards Ulanów.



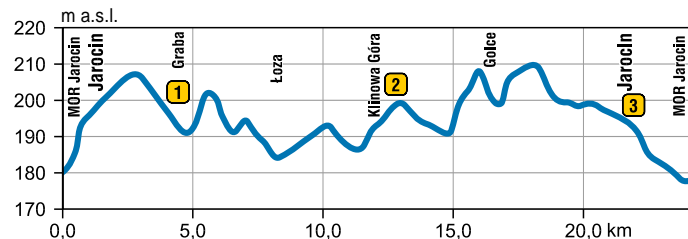
The Green Velo trail to the east of Rudnik nad Sanem

# DOLINA DOLNEGO SANU

## ROUTE 32 Jarocin Commune Historic Cycling Trail



Jarocin, MOR → Graba (4,8 km) → Łoza (7 km) → Klinowa Góra (11 km) → Golce (16,8 km) → Jarocin (22,8 km) → Jarocin, MOR (24,2 km) ↻



24,2 km

3 hours

easy route

8% traffic-free

### TECHNICAL DETAILS:

A stunning route partially following the Jarocin Commune Historic Cycling Trail. It mostly uses hardened forest roads as well as local and quiet asphalt roads. Navigation on this route is straight forward as apart from the black cycling trail signs you'll have Green Velo signs to keep you on the right track. Leave your car at the car park by the Jarocin cycle service point. This service point includes a shelter by a small lake with a bridge, bathing spot as well as sports equipment hire facilities. Head north east following the Jarocin Commune Historic Cycling Trail signs. After approximately two kilometres turn right towards the hamlet of Graba. A shelter for cyclists and a monument commemorating the forceful pacification of the village in 1943 (1). Continue along the asphalt road to the Łoza

hamlet. Then turn right and after 700 meters you'll reach a shrine to Saint John Paul II. Turn right once again. After 600 meters turn left and continue until you reach a crossroads. Follow the black and green trails and head towards the forest. After a kilometre you'll reach a sand dune – Klinowa Góra (2) with an old shrine on top. Enter the village, turn right and go onto Golce. There you'll joint the Green Velo trail. Continue along the local road, pass Majdan Golczański and arrive in Jarocin. You will be able to visit the Eco-Friendly Education Centre and the Hall of Remembrance (3) at the Commune Culture, Sports, Tourism and Recreation Centre in Jarocin. Go past a 1913 church and a monument of Father Marcin Kędziński, burned alive by the Germans in 1943. Follow the Green Velo signs and turn right towards Jarocin Lake.



ROUTE 32  
scale 1: 50 000



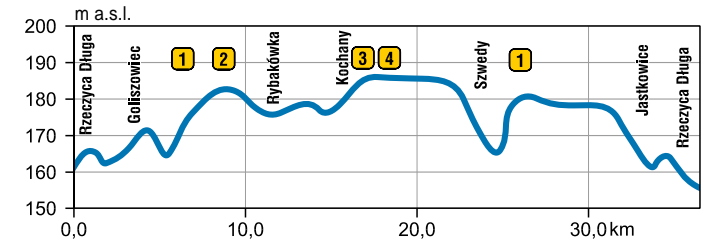
### ATTRACTIONS ALONG THE ROUTE:

- 1 A monument commemorating the forceful pacification of Graba** – the tragic events took place on 28 December 1943 when the Germans, in retaliation for the village sheltering a NOW-AK unit led by Franciszek Przysiężniak „Father John”, bestially murdered 14 of its residents.
- 2 Klinowa Góra** – one of the few dunes of such dimensions in this region. Perhaps it is still there because of a shrine on its summit. Until the end of the 19th century these dune areas were being forested and as a result many have disappeared from the local landscape. The quarried sand was used as a building material.

- 3 Eco-Friendly Education Centre in Jarocin** – the centre comprises didactic rooms, nature exhibition room, bird watching station, the „Friendly Forest” nature and education path as well as an eco-friendly path for the youngest. The Commune Culture, Sports, Tourism and Recreation Centre also features a Hall of Remembrance with an exhibition devoted to the history of the primary school in Jarocin and an exhibition of old artefacts which came from commune residents.



Rzeczyca Długa → Goliszowiec (4,5 km) → Rybakówka (10,3 km) → Kochany (15,4 km) → Szwedry (23,4 km) → Jastkowice (33,3 km) → Rzeczyca Długa (36,5 km) ↻



36,5 km | 4,5 hours | medium difficult route | 95% traffic-free

**TECHNICAL DETAILS:**

The entire route follows woodlands around charming corners of the Lasy Janowskie Landscape Park 1 to the north east of Stalowa Wola. It uses hardened forest roads as well as local and quiet asphalt roads. Navigation should not be an issue here as you will mostly be following cycling trail signs. You can leave your car in Rzeczyca Długa at a forest car park, next to a roofed over rest place with a shelter. Here you'll find an interesting St. Hubertus relief. Head east along the Pysznica commune cycling trail. After three kilometres turn left and follow the green trail all the way to a car park and an interesting shrine by the red PTTK tourist trail. Turn right and follow the red trail all the way to a commemorative plaque describing the fighting between AK units led by „Father John” and the German invaders 4. The plaque was funded by the son of the war-time hero. Retrace your tracks for a kilome-

tre and turn south into a sandy forest road. At a junction with a gravel road turn left and head towards the Kochany hamlet 2. The history of this place is interesting in itself. You can pay a visit to the Polish Country and Crafts Living Museum 3 and its mini-zoo. It is also home to a monument commemorating insurgents fighting for Poland. Follow the gravel road along a characteristic fence until you reach kilometre 16.6 of the route. At that point turn right. Reach fire access road number 23 and turn left. After approximately two kilometres head south along a forest road which will take you to the village of Szwedry. From here on navigating should be more straight forward as you'll be following the yellow cycling trail. Take a right as the trail signs do. Cycle past the Madeje hamlet and enter a forest. Continue along a sandy road until a junction with boards. Turn left into a gravel road and head towards Rzeczyca Długa via Jastkowice.

**ATRAKCJE NA TRASIE:**

- 1 **Lasy Janowskie Landscape Park** – established in order to protect and preserve the unique character of one of the largest integral woodland complexes in Poland – Puszcza Solska. Woodland, comprising mainly pine forests, makes up 80% of its area. Marshes, bogs, meandering rivers and streams as well as dunes contribute to the diversity of this landscape. Not to mention the varied fauna and flora. The park provides excellent conditions to engage in walking and cycling as well as equestrian activities.
- 2 **Janiki Memorial Site** – it was here on 10 June 1944 that „Father John's” Home Army unit led by Bolesław Usow „Konar” fought the Germans for the first time. The invaders were looking to eliminate insurgent units from Lasy Lipskie, Lasy Janowskie and Puszcza Solska.

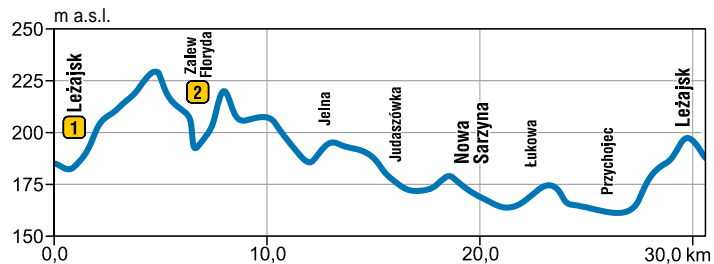
- 3 **Kochany** – this village which dates back to the 18th century used to be owned by the Lubomirski family. During the partitions, the border between the Austro-Hungarian Empire and Russian Empire passed here. During World War II it was used by insurgents. That is why on 29 September 1942 the Germans forcibly pacified the village. 35 residents, mainly women and children, were murdered.
- 4 **Polish Country and Crafts Living Museum in Kochany** – a profound educational character, the museum mainly caters for organised groups. The open air museum features old buildings with accurately reconstructed furnishings, including old machines and equipment. There is also a mini-zoo here.



On the trail on Madejska Góra



➡ **Leżajsk** → DW nr 875 (7,3 km) → Jelna (12 km) → Judaszówka (15,3 km) → Nowa Sarzyna (19,6 km) → Łukowa (21,5 km) → Przychojec (25,4 km) → **Leżajsk (30,6 km)** ↻



30,6 km

3,5 hours

medium difficult route

20% traffic-free

### TECHNICAL DETAILS:

A relatively easy route. In the most part it runs alongside the Green Velo Eastern Cycling Trail. You can leave your car at a large, free car park by the Bernardine monastery in Leżajsk 1. You'll also find a Green Velo cyclist service point here and that's where the route starts. You'll be following the Green Velo signs and the „Łańcut 45, Dynów 70” signposts in particular. Head south and south west for approximately 2.5 km along quiet urban roads. Turn left before some allotment gardens onto a hardened road amongst fields and continue following the Green Velo signs. After approximately 2 km you'll enter a forest. Follow it and take a sharp right to join the blue ATR cycling trail. Both trails are adequately signposted. Two kilometres down the road you'll reach the Florida Lake 2. Turn left and cycle around the reservoir. You'll reach provincial road number 875 along a wide gravel road. Cross the main road and head north along a forest road, following the ATR trail. Along the eighth kilometre of the route you'll

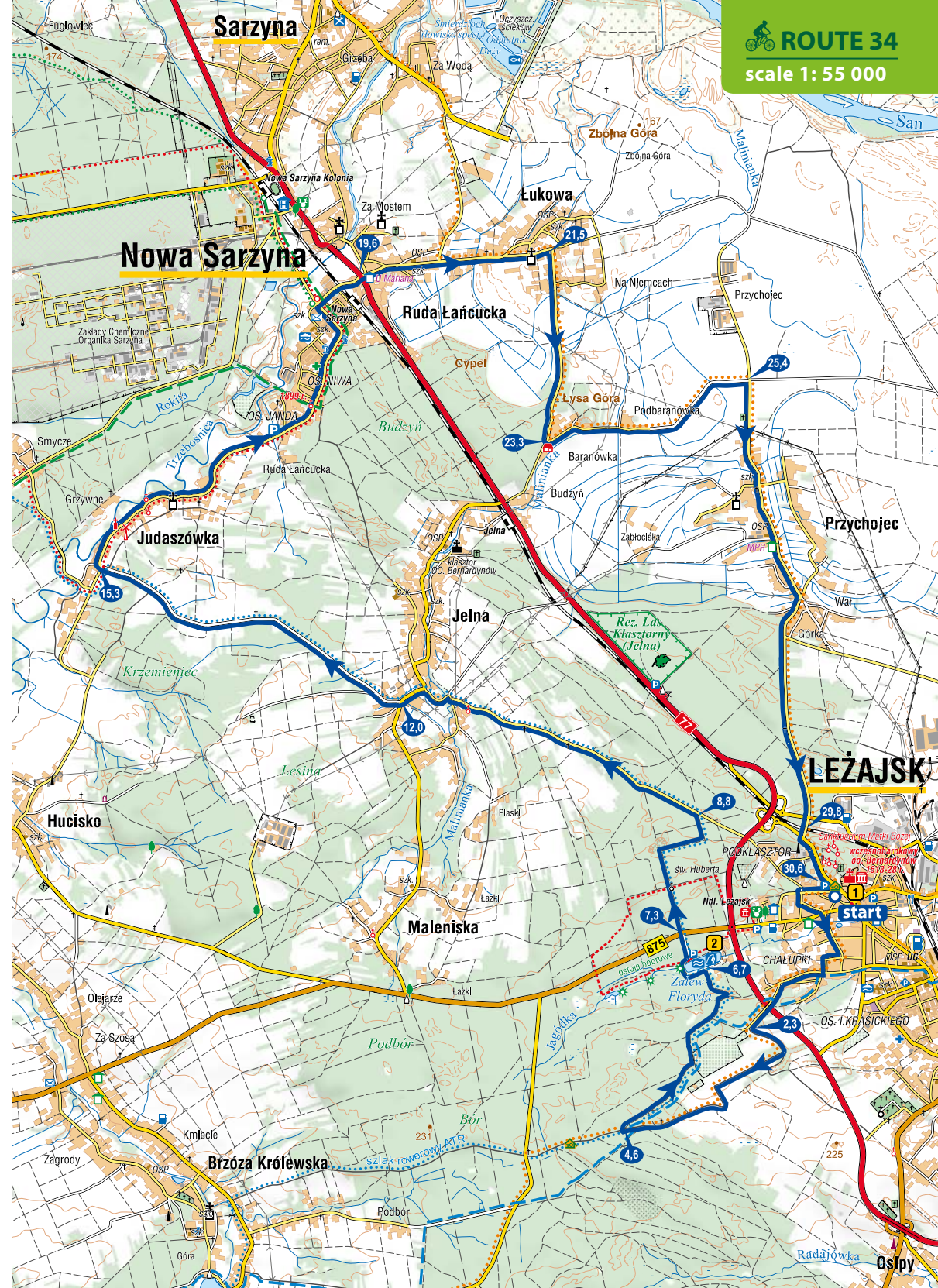
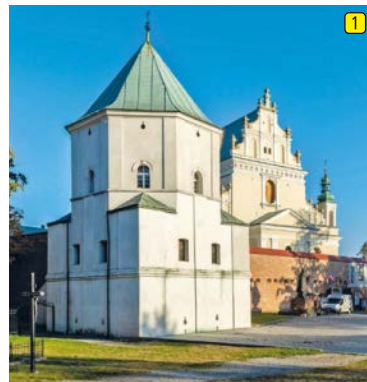
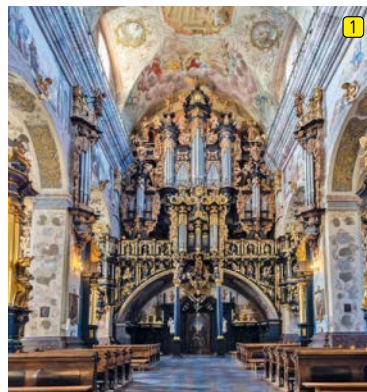
reach a local asphalt road. Take a left and continue to the village of Jelna. Turn right into a gravel road to reach the village of Judaszówka. The road crosses fields and groves. You'll go past a number of roadside crosses along the way. In Judaszówka leave the ATR trail and turn right towards Nowa Sarzyna. You'll be cycling along a commune asphalt road. There may be moderate traffic here. You'll cycle past a church and a number of roadside shrines. Enter Nowa Sarzyna along Azalia Pontyjska street, take a gentle left into 1 Maja street. At the first roundabout take the first exit into Jana Pawła II street. Cross train tracks and reach national road number 77. Continue straight on towards Ruda Łańcucka. After approximately 700 meters the route joins the Green Velo trail. Take it towards Łukowa. Take a right past the church and continue for almost 2 km until you reach the hamlet of Baranówka. Head towards Przychojec and Leżajsk. Along the way you'll see many examples of folk architecture. After crossing the train line turn left, go past a petrol station and reach the cyclist service point in Leżajsk.



On the Green Velo trail in Leżajsk

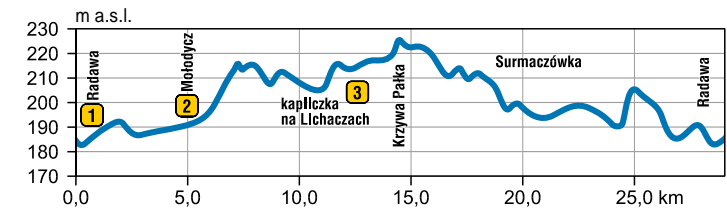
### ATTRACTIONS ALONG THE ROUTE:

- 1 Our Lady of Consolation Sanctuary in Leżajsk** – the monastery complex includes a Late Renaissance Annunciation of the Blessed Virgin Mary Basilica and a Bernardine monastery. The 17th century church is home to the Miraculous Our Lady of Leżajsk Painting. The Baroque furnishing in the temple are noteworthy. This venue is often used for concerts, on account of its unique figural pipe organs. The Leżajsk calvary is also located within the sanctuary.
- 2 Florida Lake** – a small reservoir on the Jagódka watercourse built between 1986 and 1990. The reservoir was to act as a water storage facility. Now it is predominantly used by anglers.





➡ **Radawa** → Mołodycz (5 km) → DW nr 867 (7,2 km) → kapliczka na Lichaczach (13,2 km) → Krzywa Pałka (14,9 km) → Surmaczówka (20,9 km) → **Radawa** (29 km) ↻



29 km

3 hours

medium difficult route

66% traffic-free

**TECHNICAL DETAILS:**

This route runs almost entirely along forest hardened and asphalt roads. A short section on a busy provincial road is the only exception. Start in Radawa – a small summer holiday village. In high season there is a bathing area here with water sports equipment hire which take advantage of an artificial lake, created by damming the waters of the picturesquely meandering river Lubaczówka. The ambient microclimate, rich in iodine, is conducive to forest walks and outings. You can park your car in the centre of the village, near the church 1. Head north along a local asphalt road. Pass the village of Mołodycz with its wooden church 2 and World War I cemetery. Turn right upon reaching the provincial road. Turn right once again after approximately two kilometres, this time into a forest gravel road. Take a left at the first crossroads and head towards a wooden chapel in Lichacze 3. There is also a shelter nearby. Here you'll meet the red cycling trail. Follow it south along an asphalt road. At

the Krzywa Pałka crossroads turn right. Continue for six kilometres, pass another shelter to reach the outskirts of the village of Surmaczówka. Past a barrier take a right into a gravel road and follow yellow signs. The red trail joins after 1.5 km and you complete your loop as you head towards Radawa. Along the way you'll be cycling amongst fish ponds and there will still be one more small climb to deal with.



**ATTRACTIONS ALONG THE ROUTE:**

- 1 St. Anne church in Radawa** – today's brick temple was erected in the 1920s. It replaced the previous 16th century Jesuit wooden church which burned down as the front was passing in 1915. The main altar, formerly in an orthodox church in Jarosław, survives there to this day. Next to the church there is a cemetery with a war section dating back to World War I.
- 2 Wooden Immaculate Heart of Holy Mary church in Mołodycz** – erected upon the foundations of a former Greek Catholic church dating back to 1716. The building was thoroughly transformed in the second half of the 20th century, that's why the narthex, for example, is no longer there.

Following the post-World War II deportations, the temple was adopted into a Roman Catholic church. There is a World War I cemetery on the opposite side of the road. Approximately 600 Austro-Hungarian and Russian soldiers have been laid to rest there in 20 mass and 12 individual graves.

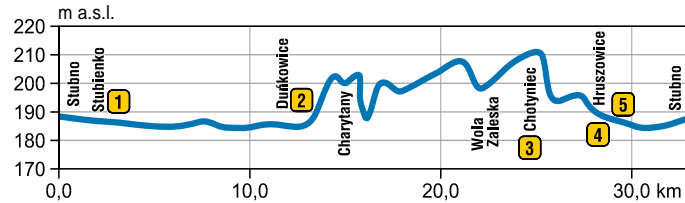
- 3 The Blessed Virgin of the Berries shrine in Lichacze** – built in 1900 in the village of Lichacze. As a result of Operation Vistula the local residents were deported and the surrounding areas were forested. Today the refurbished shrine is home to an Our Lady of Częstochowa painting. Every year, on the first Sunday of July, indulgence is celebrated in honour of the Blessed Virgin of the Berries – patron of mothers and pregnant women.



Sheltered rest place on a route near Surmaczówka



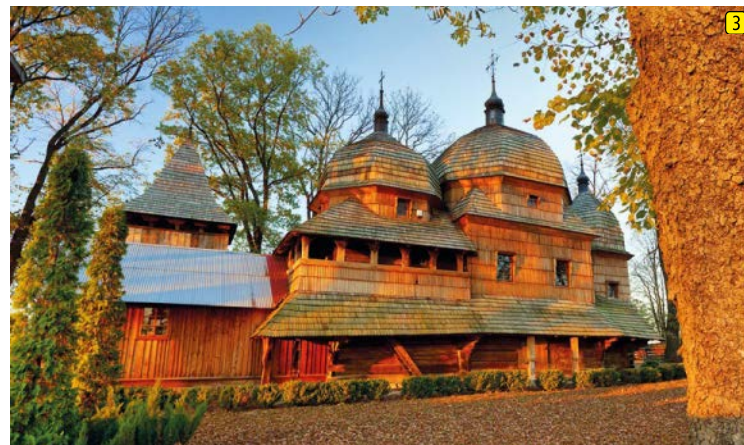
➡ **Stubno** → Stubienko (2,4 km) → Duńkowice (11 km) → Charytany (16,3 km) → Wola Zaleska (20,4) → Chotyńiec (25,3) → Hruszowice (27 km) → **Stubno** (33 km) ↻



### TECHNICAL DETAILS:

An easy route, pretty flat, in the region of Radymno. It mostly follows open country asphalt roads. There are short gravel road sections through forests in its northern part. Start the trip in Stubno. The Green Velo trail passes through here and there is a cyclist service point. Initially head towards Stubienko to have a look at a former, 19th century orthodox church 1. Continue on along a quiet asphalt road towards the motorway. Cross it using an overpass and turn right into the first asphalt road. Cycle through the village of Nienowice – second exit at a small roundabout and then continue straight on. A narrow asphalt road leads to Duńkowice amongst sunflower fields. Turn right upon reaching a national road. Do not dwell on it for too long, leave it and follow a road sign for „Charytany 4”. Along the way you’ll pass bunkers part of the Molotov Line 2. Before the first buildings in Charytany take a right into a dirt road. First you’ll reach Wola Zaleska and then Chałupki Chotyńieckie. A gravel

road will take you back to the national road. There is a World War I cemetery right by it. Head east and after a short while turn right towards Chotyńiec. Here is the main attraction of the day – a beautiful wooden orthodox church, entered onto the UNESCO list 3. There is a cyclist service point in the village. Continue and cross a motorway, pass an orthodox church in Hruszowice 4 and a little further on surrounded by fields – the Kopicz Monastery mound 5. Continue straight on until you reach your starting point.



### ATTRACTIONS ALONG THE ROUTE:

1 **Nativity of the Virgin Mary former Greek Catholic church in Stubienko** – this picturesque located wooden temple in a meander of a stream of Stubienko dates back to 1849. Until World War II it was used by Greek Catholics. After the Ukrainian residents were deported it was disused. It has only served as a Roman Catholic church since 1971. A 19th century wooden bell tower stands next to the church.



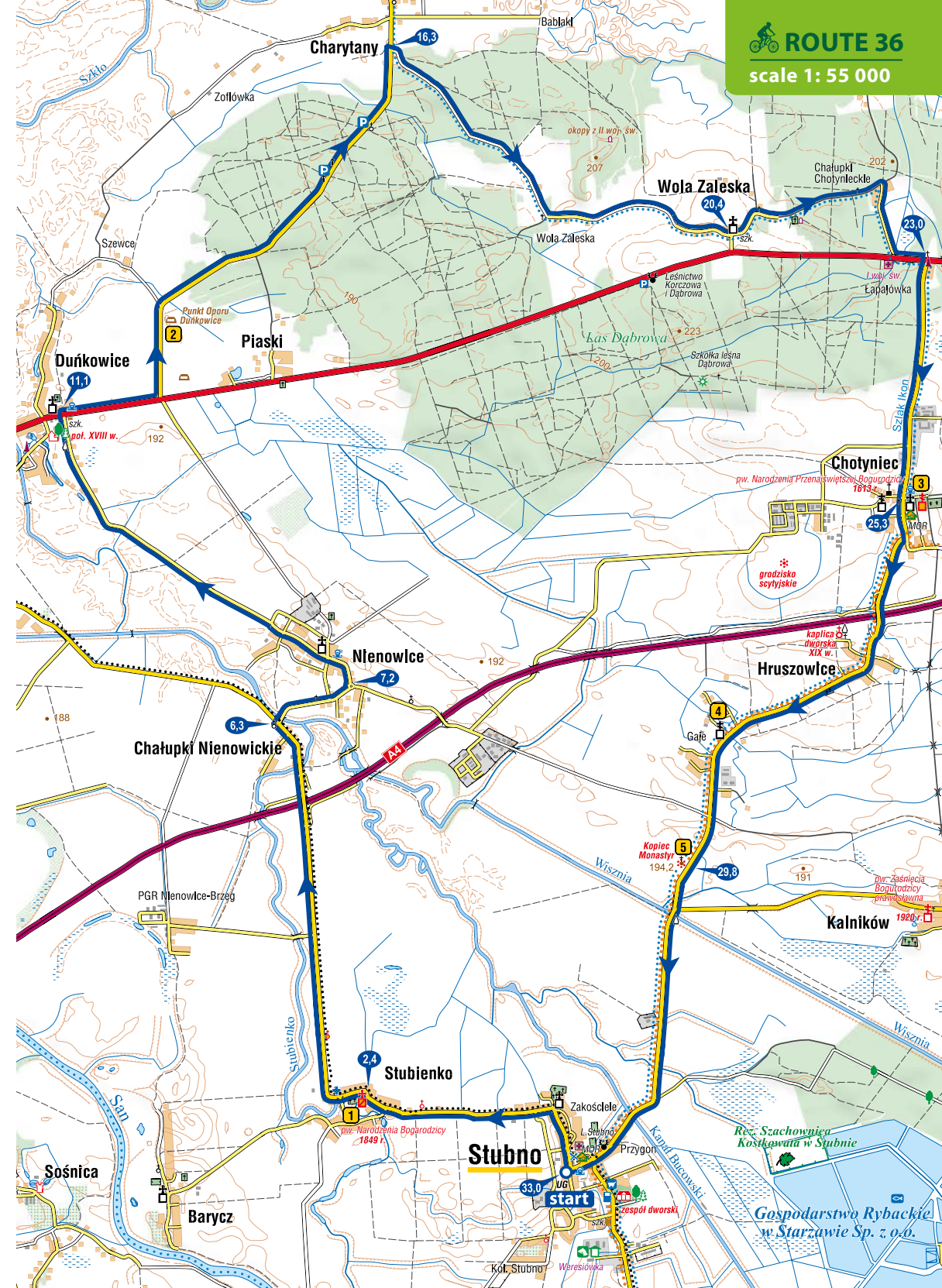
2 **Duńkowice Strongpoint** – the primary task of the bunkers was to protect the Radymno – Korczowa road required for a safe passage of troops to the east, towards Lviv.



3 **Nativity of the Most Holy Mother of God Greek Catholic church in Chotyńiec** – an example of 17th century wooden temple architecture. Its original spatial form and harmonious shape are certainly noteworthy. The inside is home to a figural ornamental wall painting dating back to 1735 and 1772 with a depiction of the Last Judgement. A miraculous Our Lady icon has been added to a historic iconostasis dating back to 1671. In 2013 the temple was entered onto the UNESCO World Heritage List.

4 **Dormition of the Mother of God Greek Catholic church in Hruszowice-Gaje** – a brick, tripartite temple dating back to 1996–1999. Erected for the local Greek Catholic community. It is home to a contemporary iconostasis moved here from a church in Olchowice.

5 **Kopicz Monastery mound** – a local archaeological site – stronghold/settlement. Outlines of cavities and remains of hearths dating back to the 12th and 13th centuries have been found there. During that period settlements were predominantly wooden due to a lack of stone and as such were numerously destroyed by raiding Tatars.







**ATTRACTIONS ALONG THE ROUTE:**

**1 Synagogue in Niebylec** – dates back to 1894-1905. It was erected by local residents of Jewish origin. During World War II it served as a warehouse and was destroyed. It had to wait until the 1970s when it was adopted for use as a library. It is used as such to this day. Beautiful 20th century wall paintings are the only surviving elements of its fittings.



**2 Former wooden Greek Catholic Saints Cosmas and Damian church in Gwoździńska** – erected in late 18th or early 19th century. After World War II it was taken over by the Roman Catholic Church. Solitary icons in its interior are the only remains of its former fittings. Wall paintings have been covered by panelling. The temple underwent a thorough refurbishment. A small six-sided tower crowned with a bulbous dome protrudes from its roof.



**3 Graduation tower in Sołonka** – the local brine springs were put to good use already in the 16th and 17th centuries. A 25 m deep well also dates back to this period. Spa-like brine cascades were built here between 2009 and 2010. The local brine has a high iodine content. A nearby museum has an exhibition of old mining equipment.

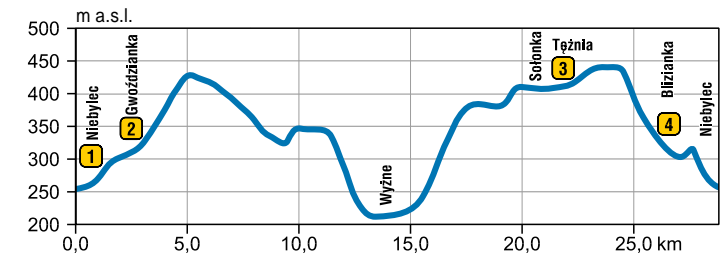
**4 Former wooden Dormition of the Most Holy Mother of God Greek Catholic church in Bliżianka** – dates back to 1865. It was reconstructed in the next century. The small wooden log construction temple is clad in wood shake and crowned with a small tower. Inside there are still remains of 20th century figural wall paintings and fragments of an iconostasis. After 1947 Roman Catholics took over the temple.



**RZESZÓW AND NEIGHBOURHOOD**  
**ROUTE 37**  
From Niebylec to the foothills



Niebylec → Gwoździńska (3,2 km) → Wyżne (14,7 km) → Sołonka (21 km) → Bliżianka (26 km) → Niebylec (28,8 km)



**28,8 km**

**4 hours**

**difficult route**

**24% traffic-free**

**TECHNICAL DETAILS:**

A route across Pogórze Dynowskie and Pogórze Strzyżowskie foothills offering splendid views. It includes two long climbs and two fast descents. Most of the route leads along upper parts of hillsides, with plenty of lovely views and only slight elevation changes. In terms of landscape it is varied. You will cycle amongst fields, meadows, forests and sparse village buildings. Start from Niebylec. Leave your car at a car park near the church. There is a noteworthy former synagogue in the village **1**. Begin a long climb via Gwoździńska. Go past a former orthodox church **2**. Turn left at a pass onto a gravel road with black tourist trail signs. Enjoy the extensive views of the nearby chains of foothills as well as Rzeszów. Descend along a dirt road to a narrow asphalt road. Turn right. The route winds amongst fields. You'll have to contend with a number of small climbs and descents. There is a tent site at a crossroads at the edge of a forest. A good spot for a rest. A steep descent through a forest to the village of Wyżne. Cross a national road and begin another, laborious climb. Pass the Maria Anna Vineyard on the left hand side. The fi-



Church in Niebylec

nal section of the climb leads along a comfortable gravel road. Follow the yellow tourist trail signs. The next section entails cycling over dirt, gravel and asphalt roads. Continue along the upper parts of hillsides. After 21 km you can take a left to graduation tower in Sołonka **3**. There is a nicely arranged bivouac site with a shelter and a place for a fire at the end of a forest section. Upon leaving the forest you will be confronted with an extensive panorama of the foothills. A quick descent along an asphalt road via Bliżianka. Do not miss the former orthodox church **4**. Shortly you'll reach Niebylec and the end of your trip.



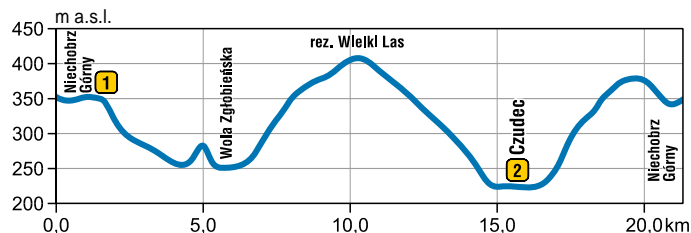
# RZESZÓW AND NEIGHBOURHOOD

## ROUTE 38 Around Czudec



**ROUTE 38**  
scale 1: 50 000

Niechobrz Górny → Wola Zgłobieńska (5,5 km) → Wielki Las (10 km) → Czudec (14,7 km) → Niechobrz Górny (21,3 km)



21,3 km

2,5 hours

medium difficult route

5% traffic-free

### TECHNICAL DETAILS:

This technically straightforward route affords amazing views. It entails two long climbs. It mainly runs along quiet local roads and forest tracks. You can leave your car at a small car park by the Millennium Cross in Niechobrz Górny 1. From there head south. Join the local Niechobrz – Czudec road, then after 150 meters turn right following the blue cycling trail. Go past ski lift towers and descend along a road amongst fields to the Leśny Tabor campsite. Take a narrow asphalt road to the Zagórze hamlet, turn left before a chapel towards a cemetery visible from a distance. Reach Wola Zgłobieńska, turn left and begin the slow climb to the Wielki Las nature reserve. Turn right at the ridge and after approximately a kilometre, before a tent site, take a left. This is where the long, 5 kilometre descent to Czudec begins. Turn left into provin-

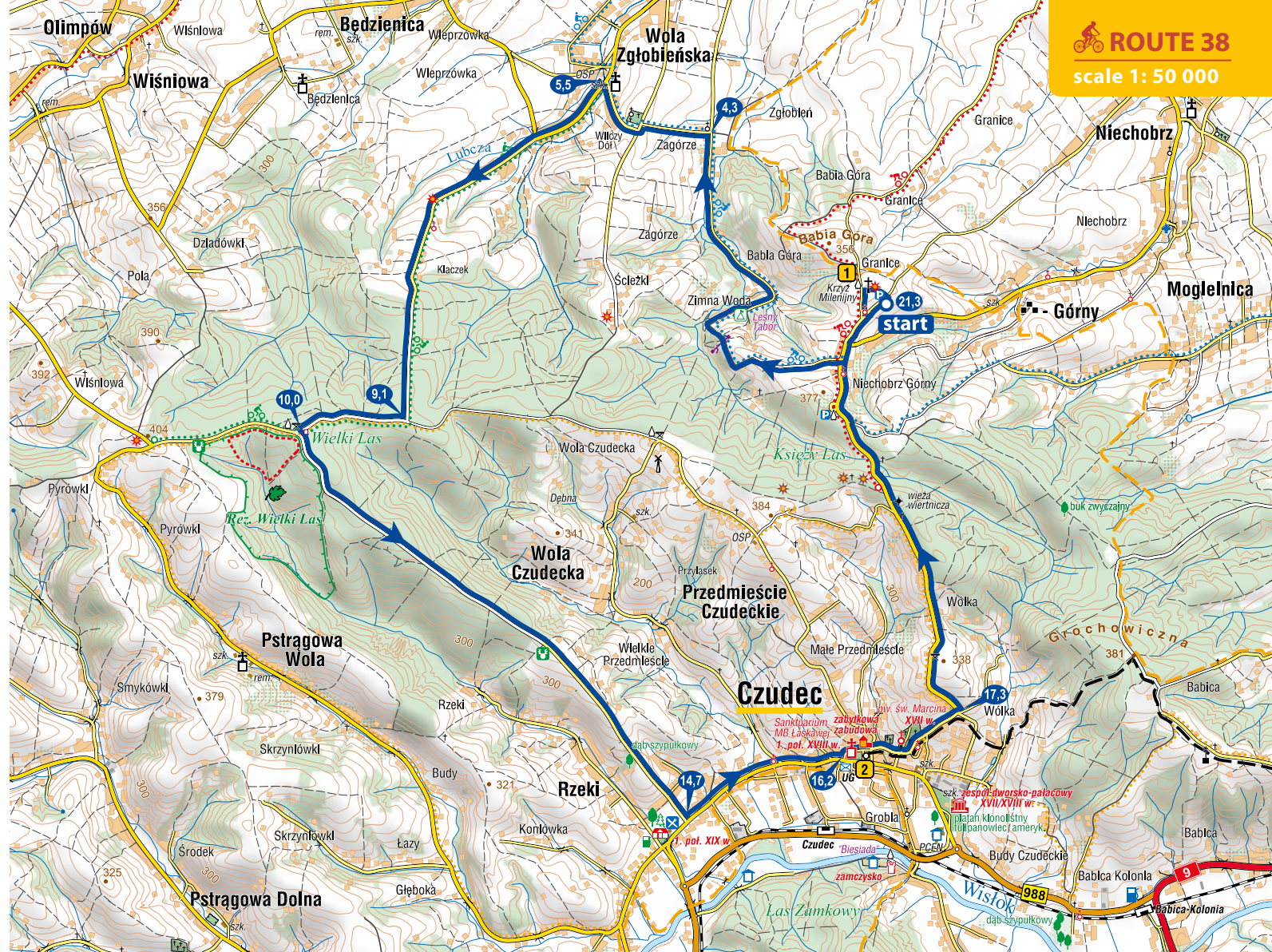
cial road number 988. Take a left before an 18th century church 2, then cycle past parish house to arrive at the town square with its historic wooden architecture. From the town square head towards the cemetery along św. Marcina street. Then begin the climb towards Babia Góra. The views are wonderful.



Historic Czudec architecture



1

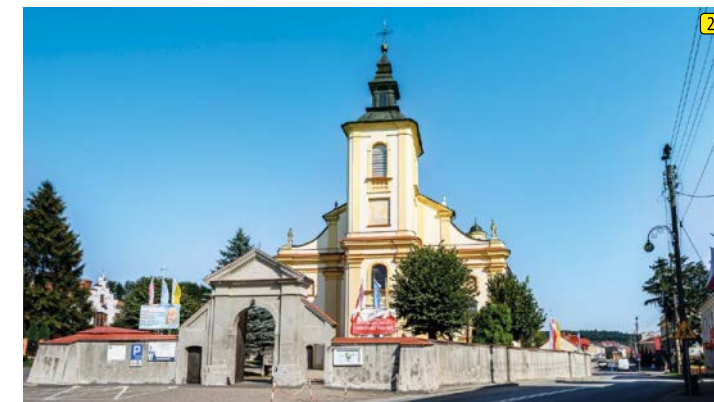


### ATTRACTIONS ALONG THE ROUTE:

- 1 Millennium Cross in Niechobrz Górny** – erected on one of the biggest hills in the area (403 m a.s.l.). It was constructed in 2000 to commemorate the jubilee of Christianity. The viewing platform at its foot affords extensive panoramas. Even Rzeszów can be seen from there. There is a large shelter and a car park nearby.
- 2 Our Lady of Czudec sanctuary in Czudec** – the miraculous Our Lady Hodegetria type painting on a wooden plank is the object of devotions. The icon probably dates back to the 15th or 16th century. In 1973 it was moved to the main altar at the Baroque Holy Trinity church built using materials salvaged from a demolished castle in Przedmieście Czudeckie village. A sanctuary was established on the site in 2002 on the day the miraculous image was crowned.



At a crossroads in Zagórze near Wola Zgłobieńska



2



**ATTRACTIONS ALONG THE ROUTE:**

**1 Lubomirski Castle in Rzeszów** – Mikotaj Spyttek Ligeza began its construction in the 17th century. The Lubomirski family, its subsequent owners, continued with the building works. A *palazzo in fortezza* was built, quite a modern concept at the time. It was a spacious, four-sided building, surrounded by stone fortifications, with four bastions, a courtyard in the middle and a tall gate tower on its western side. After the partitions of Poland the castle became part of the Austrian monarchy. It was used as a prison and continued as such until 1981. In early 20th century Lubomirski Castle was demolished keeping the defensive walls intact and a new building was built by 1906. Today the castle is home to Rzeszów's regional court.



**2 Lubomirski summer palace in Rzeszów** – the Late Baroque residence was erected towards the end of the 18th century. It was rebuilt in the next century. Next to the castle, it was used for entertainment purposes. It was also home to the court theatre. A French style garden surrounded the entire site. Today it is owned by the District Chamber of Physicians. A Multimedia Fountain, illuminated at night, is also nearby.



**3 Palace and park complex in Tyczyn** – it encompasses a palace, outbuilding, granary, stable and a park. A recently renovated eclectic palace is its largest building. It was erected between 1962 and 1969 for the Wodzicki family. In the late 19th century it was converted. After World War II it was adopted for the needs of a school. It is used as such to this day.

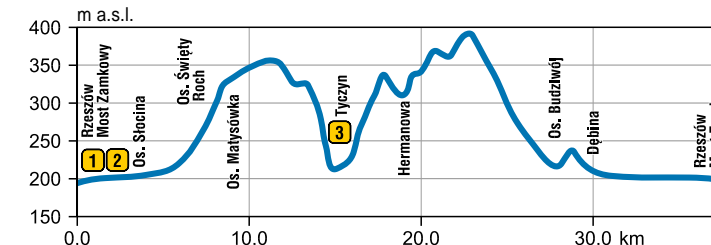


On a cycling path along Wisłok river in Rzeszów

**RZESZÓW AND NEIGHBOURHOOD**  
**ROUTE 39**  
From Rzeszów to the foothills



**Rzeszów, Most Zamkowy** → Os. Słocina (5 km) → Os. Święty Roch (7 km) → Os. Matysówka (9 km) → Tyczyn (15 km) → Hermanowa (19 km) → Os. Budziwój (27 km) → Dębina (30 km) → **Rzeszów, Most Zamkowy (37,8 km)**



**37,8 km**

**4,5 hours**

**medium difficult route**

**31% traffic-free**

**TECHNICAL DETAILS:**

This route will take you south from the provincial capital. It passes along Pogórze Dynowskie and Pogórze Strzyżowskie foothills. It mostly runs through Rzeszów's built up areas, its extensive suburbs and the smallish town of Tyczyn. Half of the route overlaps with the Green Velo trail. Start at a large car park by Most Zamkowy bridge near the centre of Rzeszów **1 2**. Rzeszów's old town, with a town square and a town hall at its heart are nearby. It is certainly worth a visit. There is an underground tourist route right below it. The Good-Night Story Museum, interesting in itself, is also near the town square. Upon returning to the route proper, you'll cross a bridge over the river Wisłok. Follow the Green Velo trail signs. Cycling paths will take you along the city's major roads. Cycle along Paderewski street next to a park with a manor house and a Gothic Revival church.

Then head south amongst former villages, today districts of Rzeszów: Święty Roch and Matysówka. Now you'll have to cope with quite a long climb. The views will make it worth the effort. Now take local roads, amongst sparse buildings, to Tyczyn **3**. Now you have another climb to contend with. It comes with splendid views. In Hermanowa continue along the Green Velo trail all the way to Rzeszów itself. Cycle through a smallish forest complex with a cyclist service point in its midst. A little further on there is an American restaurant, perfect for a little sustenance. Descend to Budziwój – today a district of Rzeszów. Continue on a wide, comfortable cycling path along Jana Pawła II street. The final section of the route runs along Wisłok. Cycle past a cyclist service point and recreational grounds by the river. Podwisłocze street will bring you close to Most Zamkowy bridge. You'll reach the end of the trip upon crossing it.

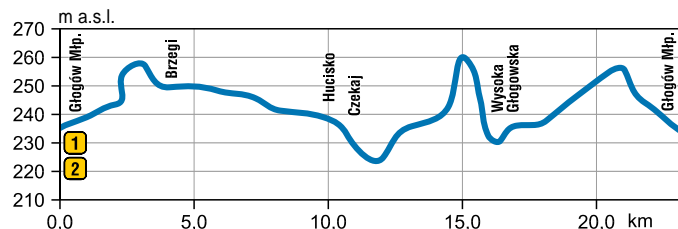


# RZESZÓW AND NEIGHBOURHOOD

## ROUTE 40 Through the backwoods from Głogów Małopolski



Głogów Małopolski → Brzegi (4,5 km) → Hucisko (10 km) → Czekaj (11,3 km) → Wysoka Głogowska (16,3 km) → Głogów Małopolski (23,2 km)



23,2 km
 3 hours
 medium difficult route
 35% traffic-free

### TECHNICAL DETAILS:

A medium difficult, recreational route marked out amongst forest stands to the north-east of Głogów Małopolski. It mostly uses hardened forest roads, marked trails as well as local and quiet asphalt roads. Leave the car in the centre of Głogów, by the town square **1** **2**. The route starts right there. Set off from the town hall building and follow the blue PTTK tourist trail along the following streets: Mickiewiczza, Prusa, Polna and Cicha. At the end of Cicha you'll enter a forest. Keep following the blue trail signs. After approx. 600 meters turn left onto an asphalt road. Now you have to cycle 7 km through the forest, initially on an asphalt and then gravel road. Ten kilometres from the start, at a junction in Hucisko take a right towards the village of Nienadówka Górna. Continue for 1300 m and then take a right into a small asphalt road, then

another right and reach the end of the asphalt road. Now you'll enter a forest. Cycle along the forest road for approximately 1200 meters and then turn right, into a characteristic sandy lane. After approximately 600 m you'll reach a fire reservoir and fire access road number 9. Continue until you reach the hamlet of Osiczyna. Turn right into a wide gravel road. After approximately one kilometre, past a forest ranger's hut turn right. 500 m down the road you'll come across the green tourist trail. Continue south following that trail. You'll see a number of old crosses along the way. You'll reach a local road, linking Głogów and Wysoka Głogowska. Take a right and then another right after approximately two kilometres towards Hucisko. You'll re-join the blue trail – the same one you started out with. From here go back to the town square in Głogów Małopolski the same way as you came.



Hucisko – kilometre ten of the route



Forest shrine in Poręby



**ROUTE 40**  
scale 1: 50 000



**2**

### ATTRACTIONS ALONG THE ROUTE:

- 1 Głogów Małopolski Town Square** – a town hall building occupies a central place on the large square. It was built by the Lubomirski family in mid-18th century. The brick building was erected on the site of an older, wooded structure dating back to the 17th century. The town hall was refurbished in 1822 and 1929. The town square is also home to historic, 18th century figures of St. Florian and the Mother of God, a monument to Struggle and Suffering, a John Paul II monument and a boulder to commemorate John III Sobieski.
- 2 The Holiest Trinity church in Głogów Małopolski** – erected towards the end of the 19th century. This brick, single nave temple features two characteristic towers on its façade. Our Lady of Głogów Sanctuary was established by the church in 2012.



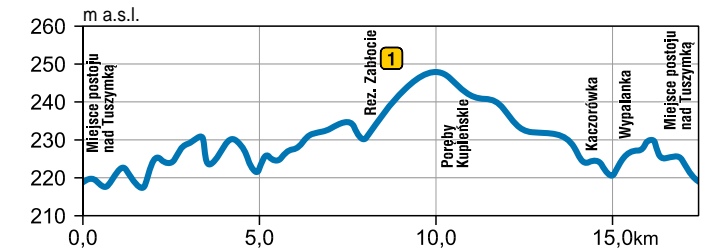
**1**



**RZESZÓW AND NEIGHBOURHOOD**  
**ROUTE 41**  
To the Zabłocie nature reserve



↻ **Miejsce postoju nad Tuszynką** → Rezerwat Zabłocie (9,0 km) → Poręby Kupieńskie (10,0 km) → Kaczorówka (14 km) → Wypalanka (15,5 km) → **miejsce postoju nad Tuszynką (17,5 km)** ↻



**17,5 km**

**2 hours**

**easy route**

**86%**  
traffic-free

**TECHNICAL DETAILS:**

An easy and painless route, which stays within forests to the south of Kolbuszowa. It is just under 20 km long. It mostly uses hardened forest roads for 700 m and turn left. Now the route runs along a gravel road for approx. 2.3 km until it reaches a road known as „Droga Decowa”. Now turn left towards the Zabłocie nature reserve 1. At km 12.7 of the route there is a nice view point overlooking the nature reserve. Turn west and follow a good earth forest road to Kaczorówka and a bridge over the Tuszynka river. There are some benches here. Take the gravel fire access road number 32 and head east. The yellow PTTK tourist trail crosses your route. Continue along this road which is known as „Szeroka” until a junction with a local road linking Poręby Kupieńskie and Bratkowice. Traffic is permitted on this road. Turn left. Head north for 2.7 km. Initially along a gravel

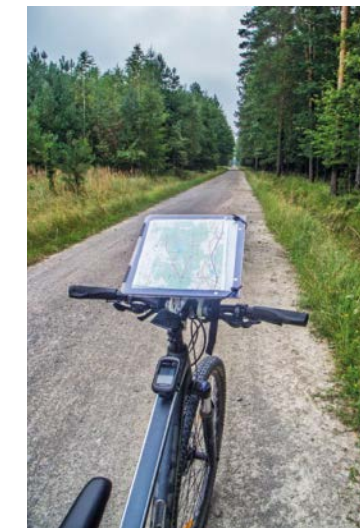
and then, after a junction with the so called Szóstka, an asphalt road. From Szóstka and the yellow trail which branches off here continue for 700 m and turn left. Now the route runs along a gravel road for approx. 2.3 km until it reaches a road known as „Droga Decowa”. Now turn left towards the Zabłocie nature reserve 1. At km 12.7 of the route there is a nice view point overlooking the nature reserve. Turn west and follow a good earth forest road to Kaczorówka and a bridge over the Tuszynka river. There are some benches here. Take the gravel fire access road number 32 and head east. The yellow PTTK tourist trail crosses your route. Continue along this road which is known as „Szeroka” until a junction with a local road linking Poręby Kupieńskie and Bratkowice. Traffic is permitted on this road. Turn left. Head north for 2.7 km. Initially along a gravel



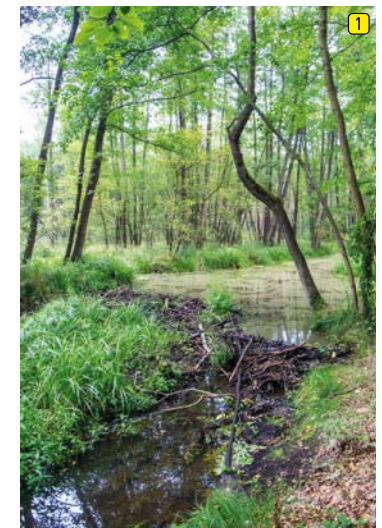
On the yellow trail in the Zabłocie nature reserve

**ATTRACTIONS ALONG THE ROUTE:**

**1 Zabłocie nature reserve** – fauna reserve with ponds and surrounding oak and pine tree forests, part of Sandomierz Forest. Breeding sites of rare bird species are protected here. There are as many as 150 bird species here, out of which 30 are in danger of extinction. You may see black storks, grebes, spotted crakes, coots as well as many species of wild geese and ducks. White-tailed eagles, lesser spotted eagles and honey buzzards hunt in this area.



Fire access route number 32 in Las Czarniewski



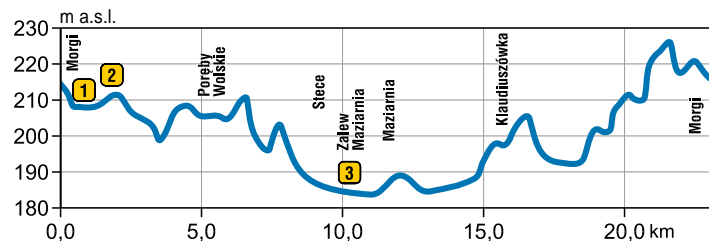
# RZESZÓW AND NEIGHBOURHOOD

## ROUTE 42

### At the Maziarnia Lake



**Morgi** → Poręby Wolskie (4,5 km) → Stece (9,0km) → Maziarnia (12,7 km) → Klaudiuszówka (16,0 km) → Nowy Nart (17,8 km) → **Morgi** (23,0 km)



23 km

3 hours

easy route

84% traffic-free

#### TECHNICAL DETAILS:

This route remains in the vicinity of Kolbuszowa. It mostly uses hardened forest roads as well as local and quiet asphalt roads. Technical difficulty: easy. There are no marked cycling trails here and as such the navigation along this route may be somewhat taxing. It would be advisable to use the attached map or a GPS track. Leave your car at a small forest car park at the start of the „Morgi” educational path. There is a small shelter here and a refurbished St. Hubertus obelisk **1**. Head south along fire access road number 19. After 400 m on the left you’ll pass a site for a campfire and some benches. Continue for another 400 m and take a right. Once you reach an asphalt road turn right and continue until you reach the hunting lodge in Morgi **2**. Go back for 400 meters and continue along gravel road number 23. After two kilometres you’ll pass a forest ranger’s hut on the right. Turn left into an asphalt road via Poręby Wolskie. 700 m down the road turn right and head towards the forest. After approxi-

mately 4 km you’ll reach Stece. Turn left and then after several dozen meters take a right. Continue along Rzeszowska street for approximately 1 km. Leave the asphalt road before the campsite and car park along a path clearly visible on the embankments. You have reached the Maziarnia Lake **3**. Continue on a path which runs along the embankments for approx. 3 km. Enjoy the views! Along the way you’ll pass bathing sites and rest places. Turn right once you reach the dam into an asphalt road. Turn right again just before the „Izba Rybacka” restaurant. After 200 meters take a left and head towards the village of Stary Nart. After two kilometres turn right into the gravel forest fire access road number 30 and then take road number 17 until you reach a characteristic shrine. Before the shrine take a right into fire access road number 7. Continue for 4.4 km along this convenient gravel road until you reach a junction with an asphalt road. From here it is just 800 m to the car park where you began.



ROUTE 42  
scale 1: 50 000

#### ATTRACTIONS ALONG THE ROUTE:

- 1 St. Hubertus obelisk** – the history of this monument stretches back to an era when baron Antoni Goetz, an intrepid hunter, owned these forests. To commemorate his hunting adventures he founded the St. Hubertus obelisk. It was destroyed during the war and then subsequently reconstructed and returned to its original site.
- 2 Hunting lodge in Morgi**– erected in the 18th century by the noble Ressequier family. In 1918 it was sold to baron Jan Götz-Okocimski. It was home to Morgi Forest District offices. At one point it was owned by the police. Today the facility is privately owned.
- 3 Maziarnia Lake** – a lake in Wilcza Wola, designed as a storage reservoir, today used for recreational purposes. Bathing, sailing, angling, windsurfing and iceboating can be enjoyed here.





**ATTRACTIONS ALONG THE ROUTE:**

- Horyniec-Zdrój** – it is said that King John III Sobieski and his wife were already enjoying the natural therapeutic bounties of these lands. The Poniński family is attributed with promoting one of the best peat deposits in Europe and its therapeutic waters. Some tangible signs of their efforts can be seen to this day: palace (today home to „Bajka” sanatorium), theatre building and manor chapel as well as the family mausoleum at the parish cemetery. The town was bestowed with the SPA status only in 1976. Spa visitors arriving at the „waters” can take advantage of a number of professional and modern sanatorium facilities. The revitalised SPA Park is ideal for walks.
- Former St. Paraskeva the Greek Catholic church in Nowe Brusno** – one of the oldest churches in the region. It dates back to the early 18th century. It survives to this day in a shape chiselled by centuries. Since World War II it has been disused.
- Our Lady forest chapel in Nowiny Horynieckie** – picturesquely located in a forest ravine, amongst numerous springs it hides a benevolent Immaculate Conception of Virgin Mary figure. The current temple dates back to the late 19th century. Today it is a well-known pilgrimage site.
- 16th century defensive orthodox church complex in Radruż** – it includes a Late Gothic style St. Paraskeva wooden temple with a 17th century iconostasis and a preserved figural ornamental wall painting, tall tower – bell tower, stone wall with two gates and a morgue dating back to the 19th century (known as „dom diaka”) The temple is surrounded by the remains of a cemetery. The temple was entered onto the UNESCO Heritage List in 2013. The entire complex is overseen by the Kresy Museum in Lubaczów.



- Our Lady forest chapel in Nowiny Horynieckie** – picturesquely located in a forest ravine, amongst numerous springs it hides a benevolent Immaculate Conception of Virgin Mary figure. The current temple dates back to the late 19th century. Today it is a well-known pilgrimage site.



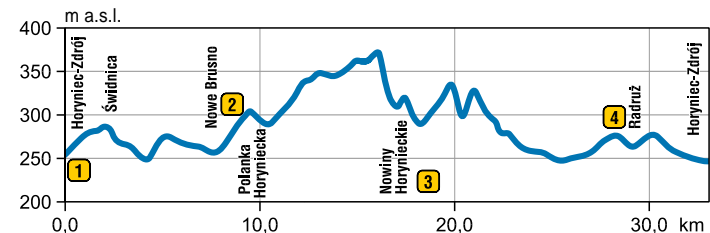
- 16th century defensive orthodox church complex in Radruż** – it includes a Late Gothic style St. Paraskeva wooden temple with a 17th century iconostasis and a preserved figural ornamental wall painting, tall tower – bell tower, stone wall with two gates and a morgue dating back to the 19th century (known as „dom diaka”) The temple is surrounded by the remains of a cemetery. The temple was entered onto the UNESCO Heritage List in 2013. The entire complex is overseen by the Kresy Museum in Lubaczów.



**ROZTOCZE**  
**ROUTE 43**  
**Orthodox churches and SPA waters**



Horyniec-Zdrój → Swidnica (2,8 km) → Nowe Brusno (7 km) → Polanka Horyniecka (9 km) → Nowiny Horynieckie (18,2 km) → Radruż (29,2 km) → Horyniec-Zdrój (33,1 km)



33,1 km

4 hours

medium difficult route

32% traffic-free

**TECHNICAL DETAILS:**

This route will take you from Horyniec-Zdrój, a SPA resort famous for the best peat beds in Poland (1), to an orthodox church in Radruż and a forest chapel in Nowiny Horynieckie. You can park your car by the central SPA. From the car park by Mickiewicza street, take the pedestrian-only street to an underground passage. Emerge on the other side of the railway tracks, next to the Tourist Information building. From there head north along Sanatoryjna street amongst SPA houses. Continue along a gently undulating asphalt road through a forest. You will join the Green Velo trail in Swidnica. At a junction in Nowe Brusno take a right and go past a cyclist service point. In a few moments you will see the beautiful St. Paraskeva wooden orthodox church (2). Now you'll have to contend with a spectacular climb to Hrebclanka. The green hilltop hides many World War II secrets. There are six bunkers there, part of the Molotov Line fortifications. After a short descent you'll arrive at the Polanka agro-tourism facility. At a crossroads, the Green

Velo trail continues straight on, but you'll have to turn right following the red cycling trail signs. Now you have another climb. Once you leave a forest turn right and continue for approximately two kilometres until you reach an asphalt road. Turn right and then take a left. The road descends steeply to Dublin stream valley. You'll reach Nowiny Horynieckie. Follow a road sign and head left towards the forest chapel. Cycle through the village, then take a right and follow a gravel road (green tourist trail) to arrive at a car park. Continue along a forest lane all the way to the chapel with a miraculous spring (3). The route then leads through a culvert under a railway embankment and then up a steep path to a forest asphalt road. Go right, continue for 1.5 km and take a left into a gravel road which will take you to a provincial road. Pass a Franciscan Monastery and head west to the centre of Horyniec-Zdrój. From here you might want to cycle approximately 3 km to the south, to Radruż, to see one of Poland's most beautiful orthodox church complexes (4). Return along the same route.



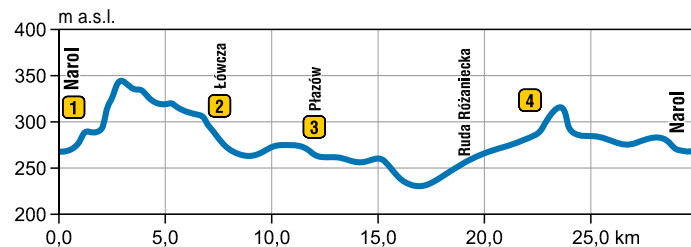
Palace in Horyniec-Zdrój, currently used as the "Bajka" sanatorium

# ROZTOCZE ROUTE 44 Through Puszcza Solska forest to Narol



**ROUTE 44**  
scale 1: 50 000

Narol → Łówcza (7 km) → Płazów (12 km) → Ruda Różaniecka (17 km) → Narol (29,8 km)



29,8 km  
4 hours  
medium difficult route  
41% traffic-free

## TECHNICAL DETAILS:

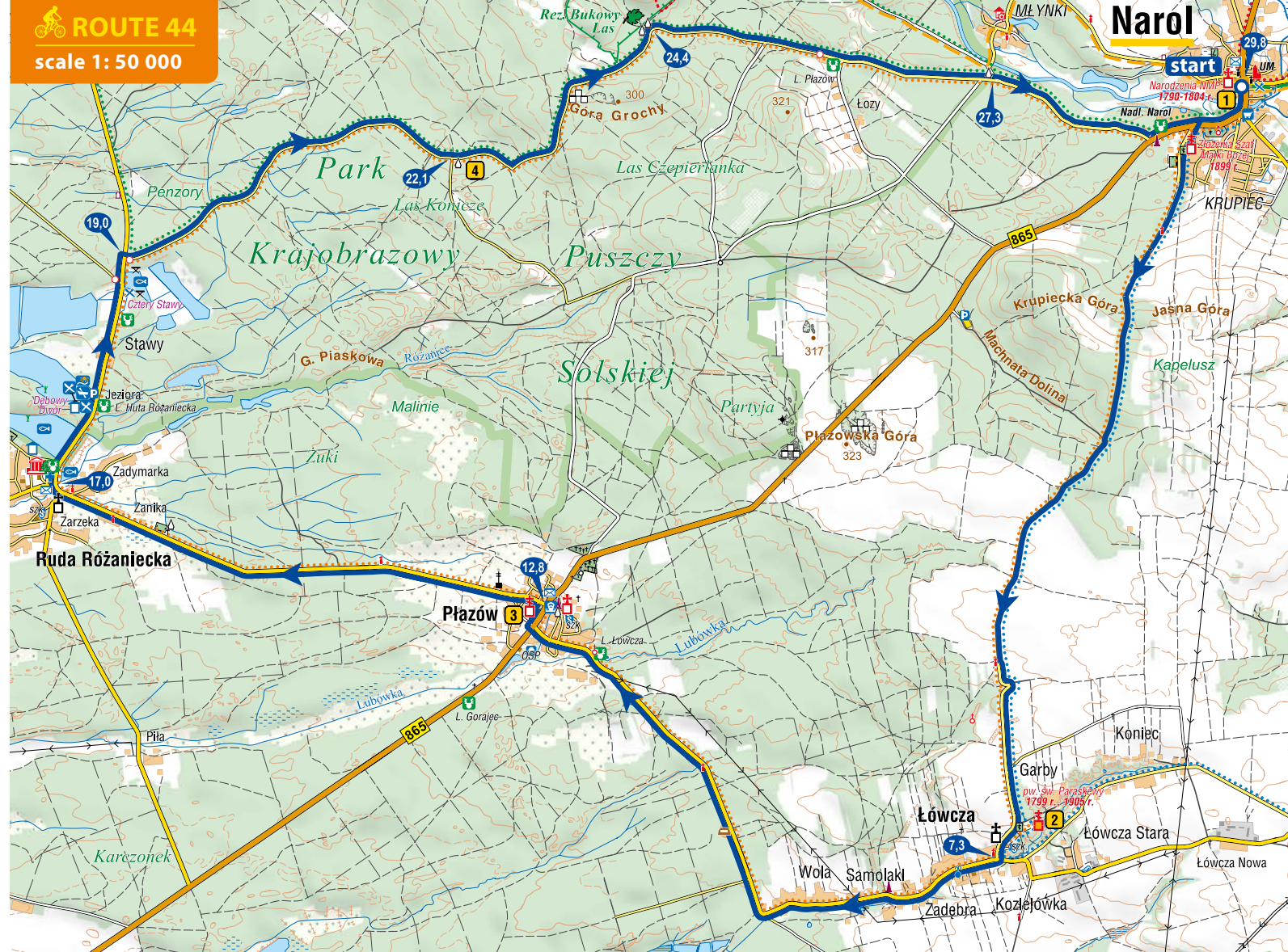
The route predominantly passes through forests and various landforms. Former orthodox churches, fish ponds, forest lanes and the town of Narol 1 are the main attractions. That's where you should start your trip. You can park your car in the centre, by the town square. From there, take the provincial road heading south. Turn into Sportowa street. Cycle past a refurbished former Greek Catholic church which today is used as a Concert and Exhibition Centre. Now continue for approximately 4 kilometres along a dirt road. There will be two climbs along that section. Follow the yellow and blue cycling trail signs. Descend on an asphalt road to Łówcza. Take a left before a cemetery to see an out of the way, former orthodox church 2. Take a right upon reaching the main road. Cross a provincial road in Płazów to see another old temple 3. Follow road signs to arrive at Ruda Różaniecka. As its name suggests, its founding was associated with the construction of metalworks in the 17th century (the Polish word „ruda” means „ore”). Today this place is known for its palace and park complex used by a public nursing home as well



as fish pond complexes – paradise for anglers. Continuing north along a local road you'll go past two places where one can try decent local fish delicacies. These are: Dębowy Dwór – a large facility with an island, harbour and a beach as well as Cztery Stawy – a small intimate bar with a rest area. Past the latter turn right into the first asphalt road. Now you'll cycle about 10 kilometres through Puszcza Solska forest 4. You might like to know that there is no car traffic there. There will be one, longish climb along the way. Once you reach a provincial road, turn left and head towards the town square.



On the route in Puszcza Solska



## ATTRACTIONS ALONG THE ROUTE:

- 1 Town square in Narol** – four sided, with a St. Florian figure, town hall dating back to 1928-1932, surrounded by interesting town houses. Next to the town hall there is a thanksgiving stone laid to honour John III Sobieski who rescued the town's inhabitants being taken away as prosper by the Tatars. A Baroque Neoclassical Nativity of the Blessed Virgin Mary church stands on the opposite side of the road. It is also home to the Łoś family mausoleum – past owners of the town.
- 2 Former St. Paraskeva Greek Catholic church in Łówcza** – located near a deep stream valley, surrounded by stone crosses made out of the local Brusno limestone. The temple erected in the late 18th century. In 1905 is underwent a thorough refurbishment. After World War II it was taken over by the Catholic Church and is used by it to this day.



- 3 Dormition of the Mother of God Greek Catholic church in Płazów** – brick, quite modest in its form, one of the younger temples in the region (built in 1936 on the site of a former wooden temple dating back to the early 18th century). Since World War II, it has been deserted and unused. Stone crosses still survive at the church cemetery – they stand testament to the local stonemasonry traditions.

- 4 Puszcza Solska** – an extensive forest complex on Równina Biłgorajska, spanning Lubelskie and Podkarpackie provinces all the way to the Ukrainian border. It is dominated by partially managed pine trees. Fir trees are also popular. Hazel trees, juniper trees, cornel and heather grow amongst the bogs. Tanew is the main river. It features picturesque cascades and rock steps. There are many fish ponds near Huta Różaniecka. The forest is famous for its plentiful animals, mushrooms and berries. It is accessible via the many forest roads and lanes, some of which act as tourist trails.

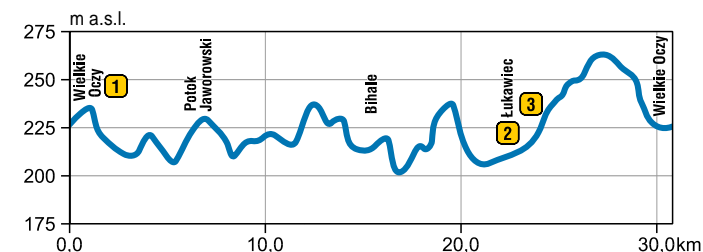


At a pond in Ruda Różaniecka





↻ **Wielkie Oczy** → Potok Jaworowski (7,8 km) → Bihale (15,9 km) → Łukawiec (22 km) → **Wielkie Oczy** (30,8 km) ↻



16%  
traffic-free

**TECHNICAL DETAILS:**

Start the route in the village of Wielkie Oczy, which in Polish, somewhat exotically, means „enormous eyes“. Despite its moderate size, it is home to a number of interesting historic monuments, including three temples of different denominations. The multi-cultural aspect of this land is inscribed in its history **1**.

The route leads amongst the hills of Płaskowyż Tarnogrodzki plateau, partially through forests. Head west out of the village and follow the Green Velo signs as well as the sparse signs for the blue cycling trail. Cycle amongst sunflower fields over a gentle rise all the way to Potok Jaworowski. Past the village, in a forest turn right into the first asphalt road. Stay on it for nearly 5 km. At a spot where the asphalt road turns right you go left, into a dirt road, which will soon change into a hardened road leading to the village of Bihale. Cycle past a charming church – formerly an orthodox church and turn right upon reaching the main road. Continue for a few kilometres and at a junction take a right



once again and continue to Łukawiec. This sprawling village is home to a strikingly beautiful, albeit neglected wooden orthodox church **2**. You'll see it on the right hand side, just before a bar with a small car park. Two more temples, one of which is wooden **3**, stand a few hundred meters further on. The last few kilometres of the route run through a forest. There is a small climb. Along the way you'll see a monument devoted to the insurgents' victory in a battle during World War II in the forest of Łukawiec. Continue straight on along the asphalt road until you reach your starting point.

**ATTRACTIONS ALONG THE ROUTE:**

**1 Wielkie Oczy** – a small village, reminiscent of an old borderland town. The settlement dates back to the turn of the 16th century. Temples which stand testament to this colourful smelting pot of various nationalities in the Kresy region survive to this day: St. Nicholas the Miracle-Worker orthodox church – currently being refurbished, the only brick and timber orthodox church in Poland, a synagogue – today home to a library and a small Room of Remembrance, former abbey and Dominican church – today used as the Our Lady of Consolation of the Troubled sanctuary. The remains of an 18th century Jewish cemetery and a 17th century defensive manor (currently home to the Town Hall) are also noteworthy.



En route, behind Potok Jaworowski stream

**2 St. Demetrius the Martyr Greek Catholic church in Łukawiec** – dating back to 1701, it represents a type of traditional Eastern Churches temple. In style it is reminiscent to the temples in Radruż and Gorajec. In 1923 it underwent a thorough conversion. The subsequent period was not at all kind. It was abandoned after World War II, then used as a warehouse. In 1987 a fire partially consumed it. And even though it was painstakingly rebuilt, it remains unused to this day.



**3 Holy Epiphany church in Łukawiec** – a larch wood temple dating back to 1754-1756. Refurbished in a number of occasions. It used to house a miraculous Our Lady of Graces, Protector of the Sick painting dating back to the 17th century. In 1990 it was moved to the new church built right opposite. A year later the painting was crowned by Pope John Paul II.



Former synagogue in Wielkie Oczy

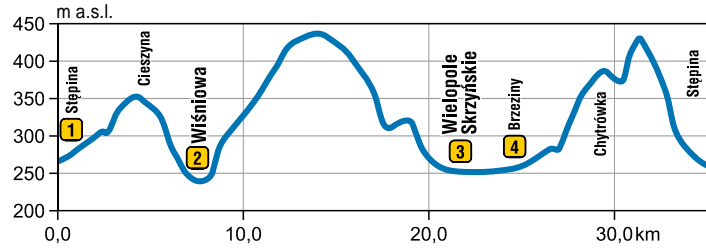
# ZACHODNIE PODKARPACKIE

## ROUTE 46 „Wielopole, Wielopole” – In the footsteps of Tadeusz Kantor



**ROUTE 46**  
scale 1: 55 000

➡ **Stępina** → Chytrówka (2,2 km) → Cieszyna (4 km) → Wiśniowa (7 km) → Wielopole Skrzyńskie (20,5 km) → Brzeziny (26 km) → **Stępina (35 km)** ↻



35 km

4 hours

medium difficult route

14% traffic-free

### TECHNICAL DETAILS:

The route is technically straightforward. It mainly runs along quiet local roads. Cycling and tourist trails marked out in this area will be used to facilitate navigation. There is a convenient, free of charge car park by an overground railway bunker near the village of Stępina 1. It is open to tourists. To start turn right and then after a few dozen meters take a left. Climb towards the hamlet of Chytrówka. There you'll come across the blue tourist trail. Turn right and follow it. Continue the climb. Upon reaching two TV and radio towers you'll start the descent towards Wiśniowa. Turn left into provincial road number 988 and follow it for approximately 1.5 km until you reach Mycielski Palace 2. Then continue north along the Wiśniowa Commune Scenic Trail, well signposted in blue. At a crossroads past Dudniacz rocks take a right and begin the descent to Wielopole Skrzyńskie. In the village do not miss out the town square and the 1683 Baroque church together with its former parish house. Tomasz Kantor – one of 20th century's most outstanding artists – was born here in 1915. Today it is

home to Kantorówka – Regional Documentation and History Centre – Tadeusz Kantor Museum 3. Turn right past the church and then take a left and continue to Brzeziny. Cycle past a wooden St. Nicholas church 4, then turn right following signs for the green tourist trail. You'll reach the hamlet of Pogwizdów after four kilometres. Turn right past a shelter and a few hundred meters down the road at a junction take a right following the yellow trail, then left, following signs for the red educational path. This will lead you back to the car park by the bunker in Cieszyna.



Church in Wiśniowa



1

### ATTRACTIONS ALONG THE ROUTE:

1 **Overground railway bunker in Stępina-Cieszyna** – one of the facilities part of the Anlage Süd complex – Hitler's main World War II headquarters. It was built between 1940 and 1941 by the Germans using slave labour. The bunker is almost 400 m long and its walls are approximately 2 meters thick. Auxiliary facilities and combat bunkers have been built in the area to defend the tunnel. Today it is a tourist attraction, open for sight-seers.

2 **Mycielski Palace in Wiśniowa** – its history stretches back to the 18th century. At the time it was owned by the Jabłonowski family. After a fire in 1848 the property changed hands and its new owners, the Mycielski family, rebuilt it in Neoclassical style. Social and intellectual life bloomed here over the following period. Many artists stayed here. The building is surrounded by a park, home to an outhouse, manor stables and a burial chapel.



2

3 **Tadeusz Kantor Museum in Wielopole Skrzyńskie** – at a former parish house. This is the birthplace of Tadeusz Kantor (1915) – a painter, scenographer, one of the most outstanding 20th century avant-garde artists, founder of the Cricot 2 theatre in Kraków. The museum exhibition depicts the artist's family history and its connections with Wielopole Skrzyńskie. It includes items from his childhood, correspondence, manuscripts and props from the artist's most famous productions: Wielopole, Wielopole and The Dead Class.



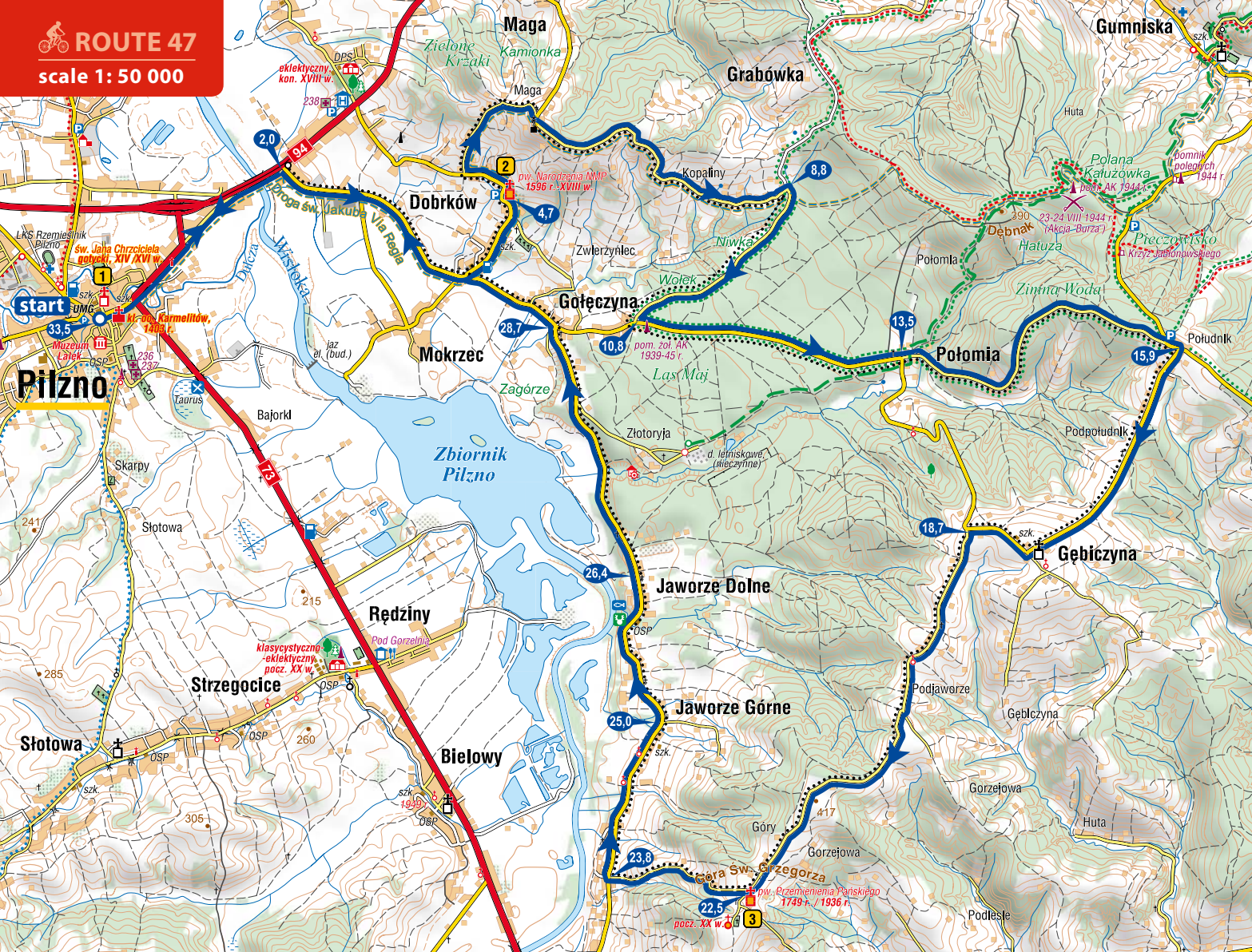
3

4 **St. Nicholas church in Brzeziny** – a 15th century wooden church complex. Its Gothic character is still evident despite the passage of time and numerous refurbishments. The opulent paintings decorating the interior date back to the first half of the 16th century. The Late Baroque main altar dating back to 1700 is also noteworthy. A Baroque 18th century bell tower stands next to the temple.

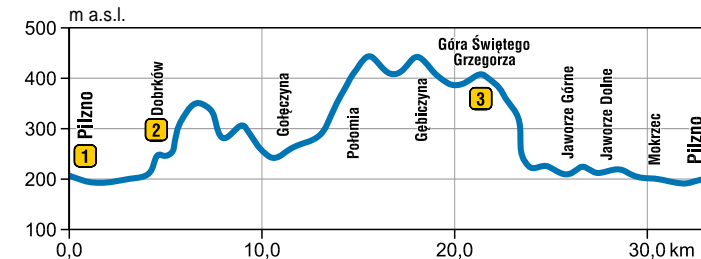


4





➡ **Pilzno** → Dobrków (4,7 km) → Gołęczyna (10,8 km) → Połomia (13,5 km) → Gębiczyna (18,7 km) → Góra Świętego Grzegorza (22,5 km) → Jaworze Górne (25 km) → Jaworze Dolne (26,4 km) → Mokrzec (28,7 km) → **Pilzno (33,5 km)** ↻



33,5 km

4 hours

medium difficult route

5% traffic-free

**TECHNICAL DETAILS:**

This is a medium difficulty route. It entails two demanding climbs. Practically the entire route follows black cycling trail signs. You can park your car in the centre of Pilzno. A 14th century Gothic church towers 1 over the town square. It is certainly worth a visit. Take Lwowska street and head east. Cross Wisłoka along a pavement which runs along national road number 73. Turn right after the bridge towards the village of Mokrzec. Continue for two kilometres and then head towards Dobrków. There you will come across a 1596 Nativity of the Blessed Virgin Mary wooden church 2. Turn right 300 meters past the temple into a narrow asphalt road and begin a steep climb. The views at the top will make it worthwhile. Continue along the ridge and then descend along the black cycling trail and St. James' Way. Turn left in Gołęczyna and carry on until the hamlet of Południk. Here you'll have to deal with another climb. Turn right in Południk to Gębiczyna



Descent from Góra Świętego Grzegorza mountain to Jaworze Górne

and continue towards Góra Świętego Grzegorza mountain 3. There are splendid views along this section. Take a right before the church and carefully descend into the Wisłoka valley along a derelict asphalt road interspersed by sections paved with concrete slabs. Turn north and pass through Jaworze Górne and Jaworze Dolne to return to Pilzno along an asphalt road. You'll see a number of interesting shrines along the way.

**ATTRACTIONS ALONG THE ROUTE:**

- 1 **St. John the Baptist church in Pilzno** – the large temple is a landmark on this town's landscape. It is dated to the 14th century. It has had its fair share of troubles and was reconstructed on a number of occasions, but it still retains its Gothic character. Apart from Gothic Revival furnishings, the interior hides 20th century Art Nouveau wall paintings, Baroque side altars and a Late Gothic Virgin Mary with Baby Jesus sculpture.
- 2 **Nativity of the Blessed Virgin Mary church in Dobrków** – this brick and timber temple owes its numerous transformations to its colourful his-



tory. In the 16th century the original wooden church was converted into a Polish Brethren temple. It was founded by Jan Koniecpolski. After his death the building was once again converted into a Roman Catholic church. A wooden nave and sacristy was added to the brick chancel. A tower and side chapels came later. An Assumption of the Blessed Virgin Mary painting by Walery Eljasz-Radzikowski adorns the 18th century main altar.

- 3 **Góra Świętego Grzegorza mountain** – a wooden St. Gregory church stands on a prominent hill. Its brick chancel constitutes the remains of a 1749 former chapel. It was probably established on the murder site of a monk travelling from Siedliska to Pilzno. The wooden body was added in 1936. The temple's interior hides

a 17th century painting of St. Gregory on a plank. A World War I cemetery also sits on the top. 99 Austrians and 106 Russians were buried there.



# ZACHODNIE PODKARPACKIE

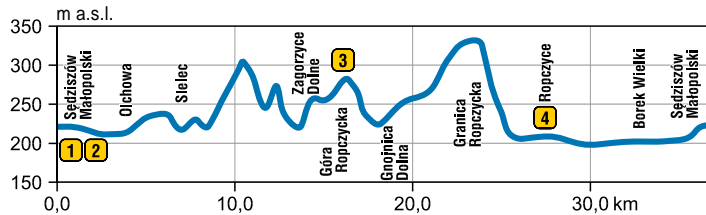
## ROUTE 48

### Sędziszów Małopolski – Ropczyce



**ROUTE 48**  
scale 1:55 000

➔ Sędziszów Małopolski → Olchowa (4 km) → Sielec (7,5 km) → Zagorzyce Dolne (12,9 km) → Góra Ropczycka (14,9 km) → Domaradz Duży (16,4 km) → Gnojnica Dolna (18 km) → Granica Ropczycka (23,5 km) → Ropczyce (25,8 km) → Borek Wielki (31,7 km) → Sędziszów Małopolski (36,6 km) ➔

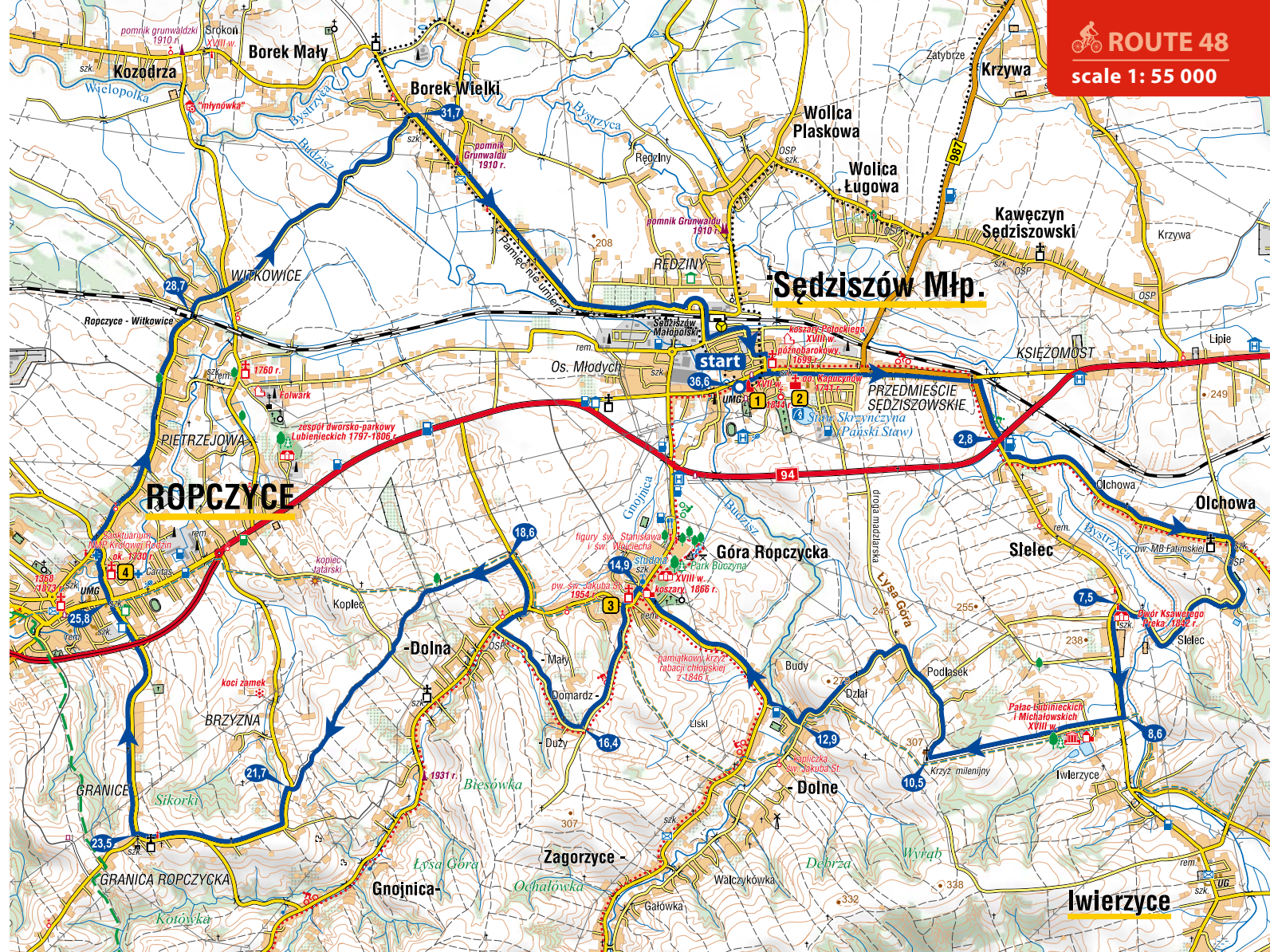


**36,6 km**  
**4 hours**  
**medium difficult route**  
**13% traffic-free**

#### TECHNICAL DETAILS:

An easy to medium route. The climbs are not too demanding. Cycling trails are practically invisible and not marked out clearly. The Via Regia St. James' Way is well signposted and will provide significant help with route-finding. Leave your car at the car park by the Town Hall in Sędziszów Małopolski 1. Head east along Jana Pawła II street. Ride past a Late Baroque church dating back to 1699 and 200 m down the road you'll reach the Order of Friars Minor Capuchin monastery 2. Continue along Piłsudskiego, Grunwaldzka and Witosza streets. Cross national road number 94 and after 200 m turn left towards Olchowa. Follow the red cycling trail. Its markings are practically non-existent. Turn left just past a new brick church and head towards the village of Sielec. Turn left once you go past a picturesque manor house hiding in the park. 900 meters down the road take a right towards a manor-house and park complex in Iwierzycy visible from a distance. Follow signs for the Via Regia St. James' Way 3. The asphalt will end after a few hundred meters.

Here you start climbing towards a hill with the millennium cross. Turn north and after 1.2 km turn left into a steep uphill narrow asphalt road. Upon reaching the village turn right towards Góra Ropczycka. On your way you'll go past a cross commemorating the Peasant Uprising of 1846. Head left towards the St. James the Great church on the Via Regia trail. Now you begin a climb to Domaradz Duży, full of splendid views. That is followed by a descent to Gnojnica Dolna. Turn right and then take a left. Follow the St. James Trail. At the crossroads, past a stone cross in a grove of trees, turn left and follow a road amongst fields along a treeless ridge. You are now heading towards Granica Ropczycka. Once past the church you'll arrive in Ropczyce. Veer right into Wyszyńskiego street past the Blessed Virgin Mary Queen of Families Sanctuary 4. You are heading towards Witkowice and Borek Wielki. Turn right, go past a Grunwald monument and return to Sędziszów taking Borkowska, Armii Krajowej and Kolejowa streets. Turn right by the church and head towards the town hall.



#### ATTRactions ALONG THE ROUTE:

- 1 Town square in Sędziszów Małopolski – with a two-storey 17th century town hall erected on a rectangular footprint. It owes its current Gothic Revival appearance to a 19th century reconstruction.
- 2 Order of Friars Minor Capuchin monastery in Sędziszów Małopolski – this large monastery complex is one of the town's most important historic monuments. It was built in Late Baroque style using funds from the Michał Potocki foundation in the mid-18th century. The monastery St. Anthony of Padua church is home to benevolent paintings, including that of St. Anthony of Padua.

- 3 St. James the Apostle church in Góra Ropczycka – a contemporary building with Baroque elements. It was erected between 1949 and 1951 on the site of a former, wooden 17th century temple which survived until 1931. A baptismal font with a Potocki family coat of arms dating back to the turn of the 17th century is one of the most valuable items in the church. The church stands by the Via Regia pilgrimage route (St. James' Way).
- 4 Blessed Virgin Mary Queen of Families sanctuary in Ropczyce – pilgrimages are made to the benevolent Mother of God Queen of Families figure probably dating back to the 1st half of the 15th century. It is held in a Late Baroque, single nave church dating back to 1721–1738.



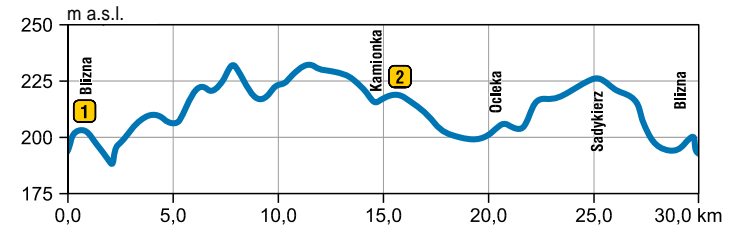
**ATTRACTIONS ALONG THE ROUTE:**

- 1 Historical Park in Blizna** – established on the site of a former shooting range. It features an exhibition pavilion, a 1:1 V-2 rocket model and a model of a V-1 bomb launch ramp. During World War II a secret training and experimental proving ground for retaliatory weapons, part of the Truppenübungsplatz Heidelager in Pustków near Dębica, was in active use in Blizna. A mock-up of a village was built in an area from which people were exiled, previously used as training barracks, in order to disguise the experimental proving ground. German V-1 flying bombs and V-2 rockets, Hitler's secret weapons, were assembled and tested here.
- 2 Blessed father Roman Sitko chapel in Kamionka** – it commemorates the place where the blessed father was born and grew up. Benches, a monument and a cross are adjacent to it. Fr. Roman Sitko was born on 30 March 1880 and died a martyr's death in Oświęcim on 13 October 1942. He was beatified by Pope John Paul II as one of 108 Polish martyrs who gave their lives for their faiths in concentration camps.

**ZACHODNIE PODKARPACKIE**  
**ROUTE 49 Around Blizna via a World War II German shooting range**



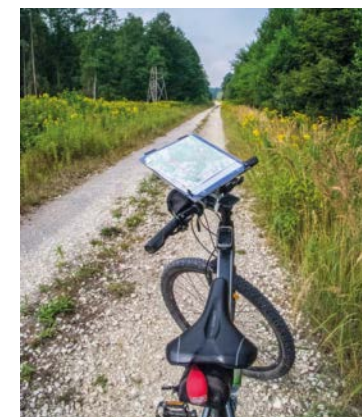
➡ **Blizna** → Kamionka (14,8 km) → Ocieka (21,5 km) → Sadykierz (25,4 km) → **Blizna** (30 km) ↻



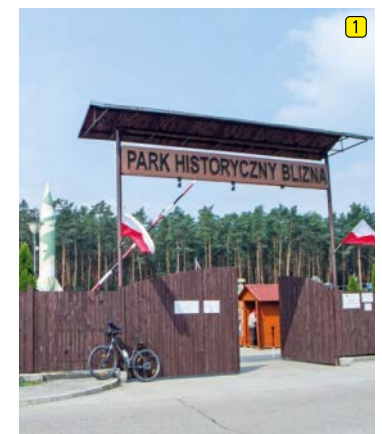
**TECHNICAL DETAILS:**

Technically this route is straightforward. It leads through forests between Mielec and Sędziszów Małopolski. It mostly uses hardened roads, marked trails as well as local and quiet asphalt roads. Leave your car at the car park by the Historical Park in Blizna **1**. You can start your trip by visiting the museum. The park was established on the exact site of a German V-1 and V-2 rockets shooting range. The Historic and Military Picnic is held here every year. A monument commemorating the heroes of World War II stands by the museum. Once you're on your way, head west along the asphalt road towards Tuszyma. After approximately 600 meters turn right into a forest gravel road. Continue for 3.5 km until you reach a junction with fire access road number 12. Go straight on. Then take road number 10. Follow the road as it swerves right. In a moment you'll arrive at your rest place, above the fire reservoir. There is a shelter and some benches here. When ready, carry on un-

til you reach the junction with road number 24, linking Niwiska and Blizna. At km 8.9 of the route turn left into fire access road number 16. Stay on it until you reach the village of Kamionka. Turn right and follow signposts which will take you to the birthplace of blessed father Roman Sitko **2**. In some places you might see signs which read „Aleja Błogosławionego ks. R. Sitki” [Blessed father R. Sitko Lane]. Continue along the forest road until you reach a crossroads with a cross. Take a left into a sandy forest road. After a few hundred meters you'll arrive at a local asphalt road. Turn right towards Ocieka. Follow the yellow tourist trail and turn right before an old brick building and a bunker. Follow that trail until the end of the route. You'll pass Waffen SS „Heidelager” World War II shooting range observation bunkers as well as a pretty glacial lake in the Sadykierz hamlet. In Blizna itself you'll see signs next to the road with information about interesting sites associated with the V-1 and V-2 shooting range.



Fire access route number 10, Węgliska



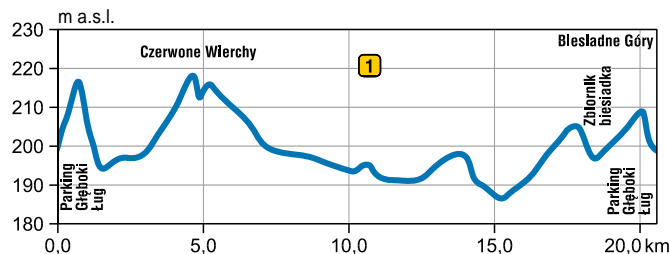
# ZACHODNIE PODKARPACKIE

## ROUTE 50

### Biesiadka Sand Dunes



🚗 **Parking Głębokki Ług** → Czerwone Wierchy (6 km) → Zbiornik Biesiadka (18,7 km) → Biesiadne Góry (19 km) → **parking (20,5 km)** 🚲



20,5 km

3 hours

●●● difficult route

🚫 100% traffic-free

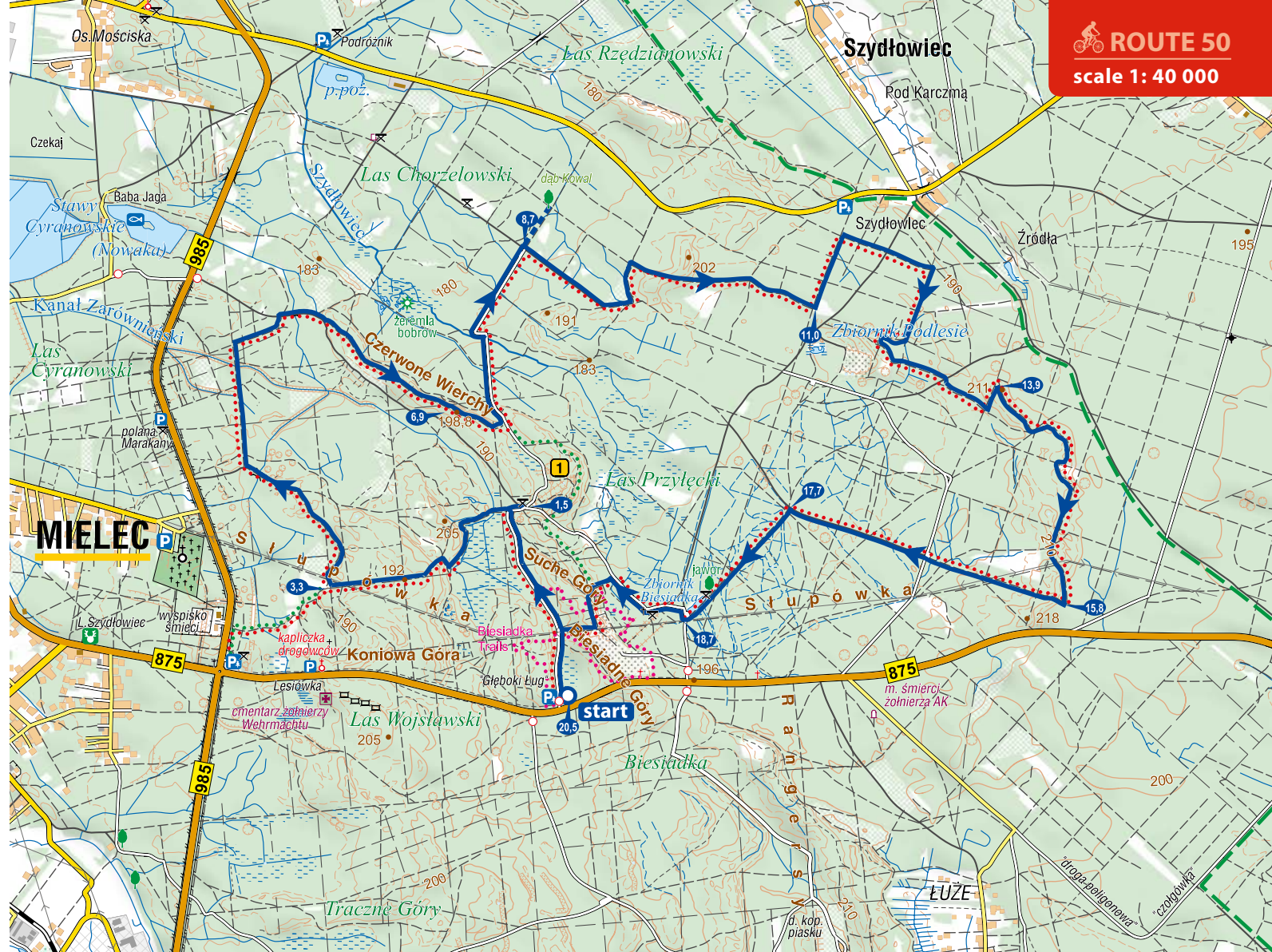
#### TECHNICAL DETAILS:

The route is technically difficult. It runs along Mielec Forest District forests. Leave your car at the „Głębokki Ług” car park by provincial road number 875. Here you’ll find tables with benches and boards depicting various routes. We suggest taking on the loop marked in red. It passes through a former military shooting range **1**. It is home to steep sand dunes – an interesting feature of the landscape. This route is not far off from being an MTB trail. There will be

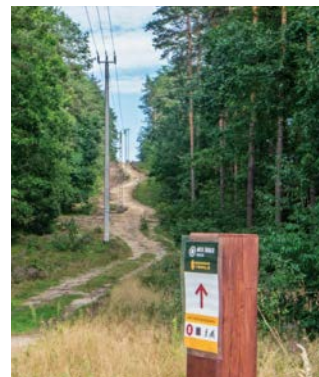
no shortage of ups and downs. There are plenty of rest places with benches and rubbish bins. At all times you will be kept away from vehicular traffic. Some of the attractions along the route include: Biesiadka fire reservoir, „Kowal” – oak tree, a natural monument, sand quarry and the route itself or the fact that it passes through a former military proving ground. In 2019 a single track was built here. The 3.5 km long Biesiadka Trails is technically difficult and climbs for 70 m. It also starts at the „Głębokki Ług” car park.



Fire access route through Suche Góry



**ROUTE 50**  
scale 1: 40 000



Sand quarry, Biesiadne Góry



On the route near Szydłowiec

#### ATTRACTIONS ALONG THE ROUTE:

**1 Former military proving ground** – extensive woodland areas between Mielec and Nowa Dęba. These were developed by the Germans during World War II. People had to be forcibly evicted from villages. Roads, bunkers, fortifications and other military structures were erected. Labour camps, such as the Lager Mielec operated here. After the war the proving ground was used by the Polish People’s Army. In 1976 it was finally shut down. Open areas were forested. Remains of the war can still be seen in the forests around Mielec: hardened roads, graves, a cemetery.

scale 1: 40 000 do 1:60 000

- cycling route, route direction
- route variant
- distance from start of route
- route start and end
- tourist attraction number
- built-up area, industrial area, closed area
- forest, area with scattered trees, orchard
- cemetery: catholic, orthodox, jewish
- main roads
- asphalt road, bus station
- damage asphalt road, bridge
- gravel road, no entry, promenade
- other road, path, narrow ride
- railway, railway station
- inactive railway
- public building, sanatorium
- cross, grave, plaque
- roadside historical figures
- deserted cemetery, sites of destroyed orthodox
- national memorial sites, WW I military cemetery
- wayside shrines, historic wayside shrines
- big chapel, historic big chapel
- church, orthodox church, synagogue
- church in old orthodox church: brick, wooden
- historic church: brick, wooden
- historic orthodox church: brick, wooden
- contemporary wooden church Catholic and Orthodox, monastery, historic monastery
- rock, rock wall, cave
- historic park, nature curiosities
- monument of nature, bonfire place
- nature reserve, strict protection area
- border of the national park, landscape park border
- enclave of the national park

- international boundary, border post
- countour line, scarpe, pass, peak
- lake, pond, waterfall, swamp, springs, river, small river, stream, dam, footbridge
- stadium, sports field
- palace, manor, other monument
- ruin: manor, other monument
- town hall, museum of technology, old rampart
- heritage park, monument of folk architecture
- museum, regional museum, monument
- tourist information, police, post office
- med. emerg. service, mountain rescue service
- chemist, grocery, mineral water
- restaurant, bar, cafe
- hotel, other night's lodgings, agrotouristic farm
- holiday resort, UNESCO object
- shelter, season shelter
- camping, camp site, camping base
- rest place, touristic hut, interesting place for tourists
- watering-place, swimming pool
- petrol station, LPG station, car park
- horse-riding, forester's house, forester's house MPN
- fishery, water sports, marina
- rope park, amphitheatre, view point
- quarry, closed quarry
- oil rig, wind turbine, ruin
- tower: TV, scenic spot, other
- T-bar lift, chairlift, ski slope
- ski jump, tennis court
- PTTK tourist trails, ticketing point of national park
- didactic paths
- other tourist trails
- other bicycle trails
- Krempna** seat of commune



Spa Park in Horyniec-Zdrój

**Gminne Centrum Informacji Turystycznej w Baligródzie**  
Plac Wolności 11,  
38-606 Baligród  
tel. 13 468 40 04  
e-mail: turystyka@baligrod.pl  
www.baligrod.pl

**Centrum Informacji Turystycznej przy Muzeum Regionalnym w Brzozowie**  
Rynek 10, 36-200 Brzozów  
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www.it.dukla.pl

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www.pogorzedynowskie.pl

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gokhoryniec@wp.pl  
www.horyniec.naszgok.pl

**Centrum Promocji i Informacji Turystycznej w Komańczy\***  
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e-mail: gokinf@komancza.pl  
www.komancza.pl

**Punkt Informacji Kulturalno-Turystycznej Muzeum Rzemiosła w Krośnie\*\*\***  
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www.muzeumrzemiosla.pl

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e-mail: citik@kultura.lezajsk.pl  
www.citik.mcklezajsk.pl

**Informacja Turystyczna w Muzeum Ziemi Leżajskiej w Leżajsku\***  
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37-300 Leżajsk, tel. 17 240 22 35  
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www.muzeum-lezajsk.pl

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**Centrum Informacji Uzdrawiskowo Turystycznej w Polańczyku\***  
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e-mail: cit@solina.eu  
www.goksolina.pl



Old Town Square in Przemyśl

#### ■ Centrum Informacji Turystycznej w Przemyślu\*\*\*

ul. Grodzka 1, 37-700 Przemyśl  
tel. 16 675 21 63  
e-mail: cit@um.przemysl.pl  
www.visit.przemysl.pl

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www.ptsm-matecznik.pl

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www.info.rymanow.pl

#### ■ Centrum Informacji Turystycznej w Rzeszowie

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e-mail: cit@prot.rzeszow.pl  
www.podkarpackie.travel

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www.podkarpackie.travel

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www.ptsm-alko.pl

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www.muzeum.stalowawola.pl

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e-mail: pit@tarnobrzeg.org  
www.tarnobrzeg.pttk.pl

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tel. 13 431 88 38, 507 570 208, 508 776 193  
e-mail: winiwant@interia.pl  
www.przedbieszczady.pl



On the route in Wiśniowa





*At a pass over Oslawica (route 6)*

# Route parameter symbols



route length



time of travel  
(without sightseeing)



**95%**  
**traffic-free**

% separation  
from traffic



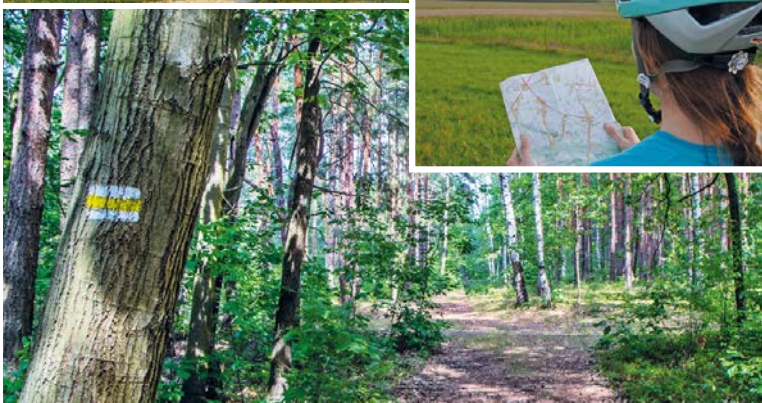
easy route



medium difficult route



difficult route





 [podkarpackie.eu](http://podkarpackie.eu)

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