



Amazing Heart of Poland

**Tourist Attractions of Lake Zegrzyńskie, Płock Land
and the Vistula Borderland of Mazovia and Kujavia**



Dear Friends,

with this information, we intend to encourage you to discover and taste – sometimes in the true sense of the word – some of the tourist attractions which can be found in the regions of Mazovia and Kujavia, namely those in the area around Lake Zegrzyńskie, in Płońsk Land and in the Vistula Borderland of Mazovia and Kujavia. The attractions which we would like you to explore are not those popularly known, but the ones which in some cases came even to us – inhabitants of the regions – as very pleasant surprises. We are sure that they will surprise you, too!

A number of the presented tourist are interactive and, as a result, constitute a source of unforgettable experiences and heartfelt emotions, as well as interesting knowledge, which can be acquired without any effort. You will be astonished to realise how much there is to experience and see within a one hundred-kilometre radius around Warsaw. In fact, this is only a fore-taste of what the three areas can offer tourists, but we had to confine ourselves to it for technical reasons.

A great majority of the tourist products have been devised as part of the international cooperation project named TERRA – Tourism for Economic Revival of Rural Areas – undertaken within the European Union's Rural Development Programme 2007-2013 by the four Local Action Groups: Partnerstwo Zalewu Zegrzyńskiego, Aktywni Razem, Przyjazne Mazowsze (all from Poland) and Perapohjolan kehitys from Finnish Lapland.

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I. Yours to Discover

Poland is an emerging power in tourism business. This statement may be surprising for many foreigners, who never visited Poland, but it will be eagerly confirmed by those who did. Number of foreign tourists visiting Poland amounted in 2013 to 15,8 million - 6,8% more than in the preceding year. This figure has placed Poland among 10 most popular tourist destinations.

The region of Mazovia is one of those in Poland to be still discovered by larger group of visitors. The overwhelming majority of Poles are familiar with only a few Mazovian tourist attractions, such as the Old Town and Royal Way in Warsaw and the village of Żelazowa Wola, where the musical genius Frederic Chopin was born. They are less aware of the existence of the Kurpie region, where a major Easter palm festival is organised every year, Tumskie Hill in Płock, with its cathedral and castle, or the Palace of Nieborów. Mazovia is even less familiar to foreigners, who usually know hardly any tourist sights of this region, Warsaw and Żelazowa Wola being the only exceptions.

Air view of Lake Zegrzyńskie.



However, those visitors, who endeavour to make an insight into the region's tourist offer, will be impressed with the abundance and variety of the things they can see and do.

Little Holland with Little Finland at the doorstep of Warsaw

No other tourist facilities of central Poland can be considered equivalent to what Lake Zegrzyńskie and the area around it offer tourists. It is undoubtedly one of the major conference tourism areas in Poland, as well as the cradle of not only Warsaw sailing activities, and a mecca for other water sports enthusiasts. Still, the area around the lake has much more to offer.

The area is the largest hydro node in Poland; it is here that three out of the four biggest Polish rivers, namely the Vistula, Narew and Bug, and a number of flows and canals converge. The water coverage rate of the area equals the one of Finland!

The Poniatowskis and Potockis palace in Jablonna





Open-air museum in Kuligów

Although located just outside Warsaw, Lake Zegrzyńskie area preserves its outstanding natural beauty; as much as 49% of the area is under legal protection. The region boasts nine Natura 2000 areas, ten nature reserves and over 170 nature monuments. The forestation rate in some of the region's communes (e.g. Jabłonna and Nieporęt) exceeds 40%.

Land that is steeped in history

In the open-air ethnographic museum in Kuligów in the Commune of Dąbrówka, located just 30 kilometres away from the busy centre of Warsaw, you may be transported back to the nineteenth-century Mazovia and Podlasie countryside. Through the visit of the museum, tourists can learn about how Mazovian people's ancestors lived, as well as make clay pots, and sample traditional Polish cuisine.

The list of monuments which are found in the area around Lake Zegrzyńskie and show the rich history of Poland is rather long. It comprises i.a.: the medieval urban layout of the town of Serock, with its carefully rebuilt Market Square; the seventeenth-century church in Nieporet – king John II Casimir's votive offering made after his victory over Sweden; the Baroque wooden church in Barcice; the Poniatowskis and Potockis' palace located in an immense beautiful park



The Prusaks' palace in Sanniki, where Chopin composed his masterpieces

in Jabłonna; the Radziwiłłs palaces in Zegrze and Jadwisin; the nineteenth-century military architecture monuments in Beniaminów, Zegrze, Dębe and Janówek; the military cemetery in the town of Radzymin – place of eternal rest of the heroes of the 1920 Battle of Warsaw; as well as works of civil engineering such as the Żerań Canal and the dam on the Narew River with its hydro-electric power plant in the village of Dębe. A number of these spots and monuments may be reached by tourist boats fleet.

Mazovian and Kujavian „Amazonia”...

Only a few people may ever hope to travel to South America to admire the Amazon River. However, you may feel as if you were at the Amazon while visiting Mazovia, too. Canoeing down the Vistula River and its branches from the town of Wyszogród up to the village of Nowy Duninów,



going past numerous small islands inhabited by numerous birds and other animals, and admiring the beauty of Mazovian vegetation will result in unforgettable experiences, indeed, very similar to those travellers reaching Amazonia undergo. Furthermore, canoeing down the Skrwa Lewa River, which flows into the Vistula in the village of Soczewka, the commune of Nowy Duninów, may

Paddling down the Skrwa Lewa River

give you great thrills, too; struggling through the undergrowth and forcing your way through fallen trees, dragging your canoes along the ground where the river is very shallow, and encountering wild animals hardly differ from what you experience in Amazonia.

You will also be given such thrills if you decide to spend some time at Lake Rakutowskie and the Kłócieńskie Marshlands in the communes of Baruchowo and Kowal. A mecca for nature lovers who enjoy taking photos of the natural world, they are home to as many species of birds as the small islands on the Vistula are, as well as to beavers, which in the 1980s, were brought there from north-eastern Poland.

... or the cradle of kings and a place of tsars' imprisonment

Located near the cities of Płock and Włocławek, the Vistula Borderland of Mazovia and Kujavia has over the centuries been inhabited by people who actively shaped the history of Poland.

It was in the Kujavian town of Kowal where king Casimir the Great was



King Casimir the Great park in Kowal

born in 1310, whereas the Mazovian city of Plock was the seat of kings Ladislaus Herman and Boleslaus the Wry-Mouthed. They were buried in Plock cathedral, where their sarcophagus can be visited.

The castle in Gostynin was where tsar Vasili IV of Russia was imprisoned after having been captured by Polish hetman Żótkiewski in Moscow in 1611, which is not widely known neither in Russia nor in Poland. Apart from the tsar, his brothers were imprisoned in the castle, namely Dmitri and Ivan, as well as Catherine, Dmitri's wife. All of them, except for Ivan, died in the castle.

Land of Art



Kapela spod Kowala folk band

The Vistula Borderland of Mazovia and Kujavia is a land rich with the folk art of White Kujavia and the Sanniki and Gąbin Land. A number of folk artists and groups are active in the region, and numerous cultural events are held there every year. Visitors who are interested in folk art may also participate in art and handicraft workshops organised by various institutions promoting the culture of the region.

The region boasts Frederic Chopin's legacy; the composer wrote some of his works in the village of Sanniki, where now – in the newly restored palace – some of the most distinguished Polish artists regularly perform.



Lake Lucieńskie, the Vistula Borderland of Mazovia and Kujavia

Where is Little Masuria?

The answer to this question given by the inhabitants of the Vistula Borderland of Mazovia and Kujavia would usually be as follows: “Little Masuria covers the Gostynin Lake District, which stretches from the city of Włocławek to the town of Gąbin, and Lake Włocławskie, formed by the



Lake Zegrzyńskie

dam on the Vistula”. Indeed, yachtsmen, windsurfers, divers, cyclists, mushroom pickers and both active and passive leisure enthusiasts will certainly enjoy visiting this area.

Lake Lucieńskie, the Vistula Borderland of Mazovia and Kujavia

“Little Masuria covers Lake Zegrzyńskie with its

tourist and recreational facilities, which have no counterparts in central Poland”, inhabitants of the Lake Zegrzyńskie area will respond. May this dispute remain insoluble as both regions have arguments to support their own positions.



Africa, Scotland and the Biebrza River

How far is it from Warsaw to Africa? It is a very long way indeed, but if you would like to learn how to play the djembe drums, do some



African dances or prepare injera dishes, all you need to do is go to the village of Sobanice, the Commune of Naruszewo in Płock Land, located 60 kilometres north-west of Warsaw. Moreover, it is in this district that you may experience a taste of Scotland, also in the literal meaning of the word while tasting Highland Cattle beef.

Djembe drums workshop in African Village in Sobanice

Geographers will protest when they hear people say that the Biebrza River flows near the town of Raciąż, and they are right because they refer to so-called Little Biebrza, as the local people call the Pólka-Raciąż Nature and Landscape Complex with its Raciążnica River – due to its rich flora and fauna.

„Sielanka” ecotourist facility

The ecotourist facility located in the complex has a lot to offer to children, teenagers and adults i.e. a programme called Nature means Adventure among other things like horse-riding, pottery-making etc.

What is the link between a button and the Wkra River?

How, where and of what were buttons made 100 years ago? If you are curious to know what the answer to this question is, go to the village of Sochocin to visit its small but interesting Museum of Button-making. You may reach this place by canoe paddling down the Wkra River. Canoeing enthusiasts tired of crowded routes will certainly enjoy canoe tours down the Wkra organised by local canoeing firms based in the villages of Joniec, Sobieski and Kuchary Żydowskie.

In the Museum of Button-making in Sochocin

II. Selected Tourist Products of Lake Zegrzyńskie Area

Tastes of Serock

Lake Zegrzyńskie is known mainly to dwellers of Warsaw agglomeration, in particular to those who enjoy waterside leisure and water sports. Outside Warsaw the lake is familiar to participants of conferences, training activities and business reunions, which take place there in numerous hotels and congress facilities. However, the area around the lake has much more to offer. History and culture lovers will find there



numerous cultural heritage objects, proving the area's rich history and culture. Nature lovers will find themselves at home in 9 Natura 2000 areas, 10 nature reserves and at over 170 nature monuments, as well as forest and meadow complexes, ricers, canals and smaller reservoirs – all boasting a high level of biodiversity.

As the name itself indicates, this tourist product of the region consists in catering for visitors' tastes, including cultural (Serock Literature Route and artistic handicraft workshops), culinary (local cuisine delicacies) and aesthetic ones (Serock's and Zegrzynek's monuments; pleasure boat rides on Lake Zegrzyńskie and the Narew River).





Duration: 8 hours

Programme:

- Arrival in Serock and a walking sightseeing tour of the town; the Square Market, church and embankment along the Narew River;
- Pleasure boat ride from Serock to Zegrzynek on Lake Zegrzyńskie and the Narew River; during the ride, stories about the lake are told by the captain of the „Albatros” pleasure boat;
- Szaniawski Gorge (nature reserve); a walk and a lecture on literature followed by a literary contest;
- Pleasure boat ride back to Serock;
- Recreational activities on the municipal beach in Serock;
- Dinner at Małgorzata Szuba’s agritourist facility in Serock or Maria Chrzanowska’s agritourist facility in Jadwisin;
- Art and handicraft workshops;
- Playing tennis on court and horse riding; a horse riding competition;
- Judging the entries; presenting the works created during the workshop; bestowing the gifts;
- End of programme

Price: 100 PLN per person

How to get there: by car or coach to Serock

Extra tourist attractions (on request): longer pleasure boat rides on Lake Zegrzyńskie and the Narew River (up to the town of Pułtusk); parties on the pleasure boat; longer stays at Ms Szuba’s ecotourism farm, including tennis and horse riding lessons or/and longer stays at Ms Chrzanowska’s ecotourism farm, including crocheting, embroidering and decoupage lessons.

Contact:

- Gospodarstwo agroturystyczne Maria Chrzanowska, 9 Szkolna Street, Jadwisin, 05-140 Serock; tel. +48 22 782 6246; e-mail and website: mariachrzanowska@wp.pl www.agroturystyka-jadwisin.mazowsze.pl
- Gospodarstwo agroturystyczne Małgorzata & Andrzej Szuba, 44 Warszawska Street, 05-140 Serock; tel. +48 22 782 6206
- Żegluga Mazowiecka Sp. z o.o. , 47 Retmańska Street, 05-140 Serock, tel. +48 798 795 266, e-mail and website: dyrektor@zeglugamazowiecka.pl, www.zeglugamazowiecka.pl

Fabulous Jackowo

Jackowo Dolne is a small village located on the northern slope of the River Bug Valley in the Commune of Somianka, the County of Wyszków. The village belongs to Natura 2000 bird habitat area called „The Lower Bug River Valley”, which is inhabited by some 200 bird species, 150 of which nest there. Some of the species are very rare and typical of marshy terrains. These include snipes, green sandpipers, common redshanks, little crakes, water rails and western marsh harriers. In the forests, tourists may encounter black storks, Eurasian woodcocks, lesser spotted eagles, European honey buzzards, Eurasian hobbies, Eurasian sparrowhawks and common kestrels. As for mammals, there occur elks, deer, wild boars, roe deer, badgers and foxes. Other animals living in the area are beavers, otters and



Arm of the Bug River in Jackowo Dolne

these wildlife habitats. It offers accommodation, board (Polish cuisine; mainly regional dishes, including vegetarian ones), field trips, cooking workshops as well as bikes, canoes and a fishing boat to rent. Visitors are allowed to bring cats and dogs (by prior arrangement).

Duration: 2 days

Programme:

Friday

- Arrival at the Dom nad Wierzbami ecotourism farm in the village of Jackowo Dolne, the district of Somianka;
- Supper (inside the house or on the terrace);
- Wine-tasting session under the star-filled sky.

Saturday

- Angling and bird-watching on a boat or from a riverside meadow (or a balcony if visitors happen to be idle); visitors who are interested in bird-watching will have binoculars at their disposal;
- Breakfast;
- Cycle ride to the stud in the village of Popowo-Parcele (5 km); horse riding for visitors who are interested; those who are not may cycle (along a cycle track) to the village of Kania Polska, where the Bug and Narew Rivers merge;
- Dinner;
- Siesta, walk and/or watching the farm animals;
- „Concerto for 4 hands and 2 tongues” – making pierogi (kind of dumplings) and chit-chatting;
- Bonfire (bonfire menu: hand-made pierogi);
- Stories about big fish told to the sounds of a guitar (while the stories are told by a fisherman from the village of Barcice, the guitar is at the visitors' disposal).

Sunday

- Breakfast;

– rarely found in Poland – European pond turtles. Waters of the Bug River are home to rare species of fish: European bullheads, common barbels, common nases, vimba breams and eels.

Dom nad Wierzbami (House over the Willows) is a certified ecotourism facility located in the immediate vicinity of all these



Dom nad Wierzbami ecotourism facility



- Sightseeing in Barcice, including a tour of the Baroque wooden church dating back to 1758 (a zero-category national monument) – where visitors may attend Mass – and the old, enchanting village itself;
- „Searching around for woodpeckers” – a walk in Somiankowski Forest, which is home to black woodpeckers;
- Visit to the manor house in the village of Somianka – baking bread and a tour of the manor garden;
- Dinner (back in Dom nad Wierzbami);
- End of programme

Price: adults – 375 PLN; children – 250 PLN

How to get there: by car directly to Jackowo Dolne; by coach to Popowo Kościelne from the Warszawa Zachodnia (Warsaw West) railway and coach station.

Extra tourist attractions (on request): canoeing down the Bug River from Brańszczyk to Jackowo Dolne; a cycle ride in Puszcza Biała forest.

Contact:

Ms. Barbara Polak, Jackowo Dolne 11A, 07-203 Somianka,

tel. +48 29 596 02 81, +48 607 633 380

e-mail and website: b.polak@plenery-gardens.pl www.domnadwierzbami.pl

www.bugnarew.pl

A Journey into the Past: Workshops on Vanishing Professions

Kuligów is a picturesque village located in the Commune of Dąbrówka, the County of Wołomin. There is a place in the village which is a living link with the past, namely the open-air ethnographic museum – a fruit of passion of Mr Wojciech Urmanowski and his colleagues from the Dziedzictwo Nadbużańskie (Bug River Heritage) Foundation. The curators collect historical buildings and utilitarian articles from the regions of Eastern Mazovia and Western Podlasie.

The museum offers its visitors guided tours of the exhibit, demonstrations of vanishing professions (black-smithing, wicker weaving, pottery, leatherwork, and rope making), art workshops (wood painting, clay painting, glass painting and clay modelling), bird-watching in the old Bug river bed and a meeting with an ornithologist.

On Saturdays and Sundays, there are folk handicraft and regional food fairs in the museum. It also holds cultural events such as folk music concerts and outdoor painting workshops as well as symposia and training courses for universities, colleges, schools, non-governmental organisations, companies, special-interest groups and families.



Duration: about 6 hours

Programme:

- Welcome and snack service (tea, coffee and home-made cake);
- Sightseeing tour of the open-air ethnographic museum;
- Workshop (two sessions – one before and one after dinner – in groups of 15, which later on alternate; visitors may choose out of these fields of interest: cooking, clay painting, black-smithing);
- Dinner;
- Walk with an ornithologist along the Bug River;
- Workshop – the second session;
- Bonfire made to the sounds of an accordion and savouring the food prepared during the workshop.

It is possible to alter the programme and increase/decrease its duration to meet the participants' needs.
Price: 50 PLN per person if the group consists of at least 15 people.

How to get there: by car or by Warszawa Wileńska-Kuligów coach; address: 4 Kręta Street, 05-254 Kuligów, the district of Dąbrówka

Accommodation: Narew 3 Training and Recreation Centre in Ślężany, Commune of Dąbrówka, 1 Parkowa Street, tel. 29 757 9450; the Boruckis' ecotourism in Zaścienie, Commune of Dąbrówka, tel. 512 298 522

Board: the museum's menu

Extra tourist attractions (on request): pleasure boat rides on Lake Zegrzyńskie and the Bug and Narew Rivers: www.zeglugamazowiecka.pl, www.rejsydlaCiebie.pl

Contact details: tel. +48 29 758 0182, +48 604 455 524, www.skansen.powiatwolominski.pl

Exploring the Past and the Nature

Lake Zegrzyńskie and the area around it have a lot to offer tourists who want to follow their leisure pursuits and broaden their knowledge in interesting ways. The lake itself and the Narew and Bug Rivers allow you to reach a number of historic sights and places which are important in terms of our cultural and natural heritage by water. Thus, recreation is combined with education, which makes both more attractive. Consequently, a unique tourist offer is created; one of its parts is the Laguna company's tourist product called Rejsy dla Ciebie (Cruises for you). What is presented below is a 4-day excursion, but the company also offers shorter ones, depending on how much time and money their clients are ready to spend.



Duration: 4 days

Programme:

Day 1

- Greeting the guests in the Rewita holiday centre; checking in and preparing for the cruise;
- Cruising to the open-air ethnographic museum in Kuligów; during the cruise, films are shown and stories are told about Lake Zegrzyńskie, Puszcza Biała (White Wilderness) and the Bug and Narew Rivers;
- Visit to the open-air ethnographic museum in Kuligów - a lesson on the history of the Polish countryside;
- Dinner (in the form of a bonfire or barbecue): Kiełbacha Zbója, Buła Maryny and drinks;
- Cruising back to the Rewita holiday centre; on the way back, the tourists visit Szaniawski Gorge;
- Supper;
- Free time – the visitors have the following at their disposal: the area around the holiday centre, a 20-hektar wood, football pitch and volleyball and basketball courts.

Day 2

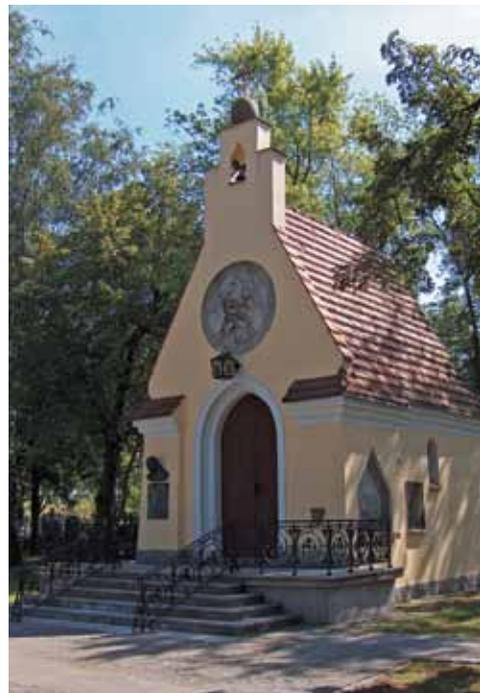
- Breakfast;
- Coach trip to the town of Pułtusk;
- Sightseeing tour of Pułtusk: the Baroque cathedral; Regional Museum (thirteenth- and fourteenth-century exhibits, the Pułtusk meteorite, history of the town of Pułtusk and its educational institutions); place where Napoleon and Wiktor Gomulicki once stayed; secular and sacred monuments; the longest old market square in Europe;
- Dom Polonii – the former palace of the bishops of Płock; a lecture on the basics of table manners; the chef's stories and demonstrations;
- Dinner;
- Tour of the palace;
- Return to the Rewita holiday centre;
- Demonstration of folk dances and costumes from the regions of Łowicz, Kurpie, Cracow and Lublin;
- Demonstration of Polish national dances: polonez (polonaise), krakowiak (cracovienne), mazur (mazurka), kujawiak and oberek;
- Supper;
- Disco.

Day 3

- Breakfast;
- Group activities called „Treasure Hunters”;
- Elevenses;
- Coach trip to the „Radocha” („Fun”) ropes course – a few words about climbing and outdoor activities supervised by the instructors;
- Dinner;
- Activities and games led by the master of ceremonies;
- Supper;
- Free time – the visitors have the following at their disposal: the area around the holiday centre, a 20-hektar wood, football pitch and volleyball and basketball courts.

Day 4

- Breakfast;
- Coach trip to Dębe and Modlin; tours of the dam and fortress (respectively); the latter is preceded by a multimedia lecture on the history and function of the fortress, and a display of archive photos;
- Dinner: pea soup (cooked in the military style);



- Return to the holiday centre;
- Introduction to sailing: basic information about sailing dos and don'ts, tying knots in ropes, types of sailing boats;
- Supper;
- Free time – the visitors have the following at their disposal: the area around the holiday centre, a 20-hektar wood, football pitch and volleyball and basketball courts.

Price: 639 PLN per person for groups of 18-20 and 36-40 people; for smaller or larger groups the prices are agreed on individually. The price covers the accommodation, board, entrance fees, guided tours and all the activities and games given in the programme.

How to get there: by private or public transport; by Warszawa Wileńska-Rynia coach

Accommodation: Rewita Wojskowy Dom Wypoczynkowy, Rynia, 59 Wczasowa Street, 05–127 Białobrzegi, www.rewita.pl/wdw-rynia

Board: as specified in the offer

Extra tourist attractions (on request):

- Lesson on rescue and lifesaving methods and techniques; duration: 2.5 hours; price: group of 18-20 people – 750 PLN; group of 36-40 people – 1250 PLN;
- Demonstration of soldiers' weapons and equipment; lessons on how to use pneumatic weapons; shooting targets competition; duration: 2.5 hours; price: group of 18-20 people – 750 PLN; group of 36-40 people – 1250 PLN;
- Demonstration of anti-terrorist methods and techniques as well as soldiers' weapons and equipment; duration: 2.5 hours; price: group of 18-20 people – 750 PLN; group of 36-40 people – 1250 PLN;
- Lesson on navigation and sense of direction (map reading, following the compass, etc.); duration: 4 hours; price: 500–800 PLN depending on the number of participants;
- Visit to a stud; a horse wagon ride; duration: 2.5 hours; price: 30 PLN per person.

It is possible to add some activities to the list and – for an extra charge – replace some of the programme activities with some of the extra attractions.

Contact details: Laguna Rejsy dla Ciebie, e-mail: biuro@rejsydlaciebie.pl, tel. +48 608 520 090

The „Fighting Poland” Tourist Trail in the County of Legionowo

Monument to interned officers of the Polish Legions located in Białobrzegi, the district of Nieporęt

One of information boards of the „Fighting Poland” tourist trail

The area around Lake Zegrzyńskie was where generations of Poles fought for the independence of Poland in one of Napoleon's campaigns, the November Uprising of 1830, January Uprising of 1863, World War I, the Polish-Soviet War of 1920, September Campaign of 1939 and in guerrilla fights during World War II. Located 26 km north of Warsaw, the town of Legionowo was the only place in Poland – apart from the capital city itself – where the Warsaw Uprising of 1944 took place.

On the initiative of Legionowo members of the World Association of Home Army Soldiers, the places connected with the Warsaw Uprising were catalogued; the catalogue then provided the basis for the patriotic tourist trail created by the county authorities of Legionowo. The trail consists of three sections coloured black, red and green respectively. Their total length is 140 km. The trail wends its way through the districts of Nieporęt, Jabłon-

na, Wieliszew and Serock, forming a network of places and historic buildings connected with Poland's struggle for freedom and independence.

Duration: It depends on the chosen route and means of transport.

Programme:

The programme may be altered depending on the visitors' needs and abilities. The basic assumption is that the „Fighting Poland” tourist trail is a walking trail taken without a guide; all the historic buildings and places have their own tourist information boards.

The trail may also be ridden on a bicycle. Its way and the local road layout allow you to follow the trail by car, too. Moreover, a number of the historic buildings and places are easily reached by public transport. As a result, the trail may be taken by people of all ages and abilities.

The trail has been described in a brochure and marked on a map, both free of charge and distributed by the county authorities of Legionowo. The following historic buildings and places, among other things, can be seen along the trail:

- boundary between Legionowo and the village of Chotomów where uprising fights took place from 1 August until 3 August 1944;
- remains of the German WWII defensive fortifications in the village of Jabłonna;
- Nieporęt Forest where Home Army soldiers were executed by firing squad;
- „Koc” („Blanket”) weapon airdrop area on the meadows in Izabelin, the Commune of Nieporęt;
- Bailey bridges built by the allied forces on the Czarna River in the district of Nieporęt (used by General Maczek's armoured division, among others);
- defensive fortifications in the village of Janówek, the Commune of Wieliszew – the outer line of fortifications of the Modlin Fortress;
- cemetery in which Polish Army soldiers who fought in the 1939 September Campaign were buried (the village of Wieliszew);
- monument to interned officers of the Polish Legions located in the village of Białostrzegi, the Commune of Nieporęt;
- cemetery in which Soviet and Italian prisoners of war were buried (Białostrzegi, Nieporęt Commune);
- former Jewish cemetery in the town of Serock;
- embankment of Napoleon's fortress in Serock;
- tsar's fort dating back to the beginning of the 20th century (the village of Dębe, Commune of Serock)

Price: depending on selected route

How to get there: by private or public transport; by bus from Warsaw; by train (Koleje Mazowieckie): stops in Legionowo, Chotomów, Janówek, Legionowo-Piaski, Michałów-Reginów, Wieliszew, Nieporęt and Dąbkowizna; by SKM trains (Szybka Kolej Miejska): stops in Legionowo, Legionowo-Piaski, Michałów-Reginów and Wieliszew. Please visit the following websites to get more information: www.ztm.waw.pl, www.mazowieckie.com.pl

Accommodation: please visit the following websites to learn about the numerous hotels and guesthouses found in the area: www.jezioro.zegrzynskie.pl

Board: please visit the websites given above

Extra tourist attractions: the area around Lake Zegrzyńskie is full of attractions; you may learn more about them at jezioro@zegrzynskie.pl

Contact details: tel. +48 22 7640 100, jezioro@zegrzynskie.pl

Cemetery in which Polish soldiers who died in the Battle of Warsaw (1920) were buried, Radzymin (photo by I. Kamiński)

Fort in Janówek,
the district of
Wieliszew,
fragment of
the outer line
of fortifications
of the Modlin
Fortress (photo by
the Partnerstwo
Zalewu
Zegrzyńskiego
Local Action
Group)



Cemetery in
which Polish Army
soldiers who died in 1939 were buried, Wieliszew (photo by the County
of Legionowo)



The Vistula near Troszyn

„The Mazovian Plait of the Vistula” – Canoeing Along the Vistula River Through Natura 2000 Areas

The picturesque canoeing route from Łady, the Commune of Iłów, to Duninów leads through the north-western part of the Middle Vistula Valley Natura 2000 protected area, which constitutes a bird sanctuary. The route ends in Lake Włocławskie, formed by the water dam on the Vistula River in Włocławek. Near Płock, the Vistula preserves its natural, braided character as a river consisting of many channels separated by sand islands (called „clusters” here). Some of them are overgrown by willows and poplars as well as fruit trees – the traces of old Olęder (settlers on Vistula originating from Netherlands and Germany) farms. The river is surrounded by wicker thickets, grassland and pastureland covering cover its banks and flood plain. The Vistula’s islands are breeding grounds for over 50 species

of water and muddy birds, at least 22 of which have been listed in the annexure to the European Union Council Directive on the conservation of wild birds (known as Bird Directive) as those which require special protection. They are also areas where other species rest and eat during their spring and autumn passages. The following rare species can be encountered there: oyster catchers, blue throats, common kingfishers,



The Vistula near Iłów

northern lapwings, black-tailed godwits, common shelducks, black storks, great egrets and white-tailed eagles. The Płock–Nowy Duninów section of the route is a constantly widening water region – the kingdom of swans, cormorants and many species of ducks and egrets. Beavers and otters can be easily found along the whole route, too.

Duration: 2 days

Programme:

Day 0

- Arrival in Nowy Duninów, parking the cars in the Anna ecotourism;
- Supper (barbecue, bonfire).

Day 1

- Breakfast;
- Ride to Łady, the Commune of Itów; briefing;
- Canoeing to Jordanów, the district of Gąbin; stopovers and meals eaten outdoors as well as bird-watching and taking photos of birds and other animals;
- Supper and bonfire in the Zajazd nad Wisłą pension in Jordanów.

Day 2

- Breakfast;
- Canoeing from Jordanów to Płock;
- Dinner and a short sightseeing tour of the Old City in Płock;
- Canoeing from Płock to Nowy Duninów;
- Sightseeing tour of Nowy Duninów (the Ike-Dunikowski family's palace and park complex, church, cemetery);
- Bonfire and hot meal in the Anna ecotourism in Nowy Duninów;
- Closing the event (accommodation in Nowy Duninów is possible).

Price:

Canoeing – 300 PLN per person (the price covers renting the canoes, transport from Nowy Duninów to Łady, guide and lifeguard), accommodation in the Zajazd nad Wisłą – 60 PLN, meals - 80 PLN (excluding dinner in Płock), accommodation in the Anna ecotourism – 25 PLN.

How to get there: by car or public transport to Nowy Duninów.

Accommodation:

- The Zajazd nad Wisłą pension, Jordanów, halinka@hotelik.com.pl, tel. +48 24 277 55 97;
- The Anna ecotourism, Nowy Duninów, tel. +48 501 068 472.

Dining facilities: as specified in the offer.

Extra tourist attractions (on request):

- Sightseeing tour of the organic farm owned by Ewa Stratenwerth and Peter Stratenwerth (it is possible to buy organic cheese and bread there), Grzybów, the district of Słubice;
- Sightseeing tour of the palace in Pruszków – the Frederic Chopin European Art Centre in Sanniki;
- Concert of a folk group / folk art workshops in the Community Centre in Sanniki.

Contact details: Włocławskie Centrum Edukacji Ekologicznej, tel. +48 54 232 7682, +48 603 622 266, wcee@neostrada.pl www.wcee.org.pl

On the „Mennonites” Track

The Mennonites are a Christian group based around the church communities of Anabaptist denominations named after Menno Simons, the founder of the Anabaptist church. Escaping from persecution, generations of Mennonites have been settling down in Poland since the 16th century: in the



Neo-Gothic castle in Nowy Duninów

region of Żuławy and later on in the areas around the lower and middle Vistula, where they were granted land and personal and religious freedom as well as exemption from military service and serfdom in return for developing floodland. In the 18th century, they were followed by other settlers from the Netherlands and Lower Germany – in Poland they were called Olęders, just like Mennonites were – and then by other settlers from Germany and Prussia, who soon started to outnumber the other ones.

Typical of the Olęder countryside, drainage ditches and ponds as well as floodbanks and artificial hillocks were where flood enclosures and fences would be built. In the beginning, the floodbanks were low and frequently damaged by water so the Olęder started planting willow and poplar trees in order to slow down the flooding water and protect the farms against heavy damage. Wicker fences built around their cottages served the same purpose. Today, the natural features of the landscape remind us of the Olęder legacy, while Olęder houses and farm buildings are fewer and fewer and in poor condition. There have appeared a number of tourist information boards, cultural events and publications concerning the Mennonites in the region. Also, the Mazovian Museum in Płock has recently undertaken to

create a small open-air ethnographic museum in the village of Wiączemin.

The Śladami menonitów (On the Mennonites' Tracks) tourist product includes a cycle tour along the following trail: Jordanów – Dobrzyków – Nowe Grabie – Gąbin – Czermno – Wymyśle – Sady – Studzieniec – Słubice – Grzybów – Iłów – Rzepki nature reserve – Łady – Piotrkówek – Zyck – Świñniary – Wiączemin – Troszyn – Dobrzyków – Jordanów. This trail may also be taken by car, which is recommended only to tourists who do not have bicycles.

Duration: 2 days



Programme:

Day 0

- Arrival and checking in the Zajazd nad Wisłą pension in Jordanów;
- Supper.

Day 1

- Breakfast;
- Cycling along the following trail: Jordanów – Dobrzyków (St. Mary's wooden parish church built in 1635; graveyard in which Polish soldiers fighting during WWII were buried) – Nowe Grabie (the Evangelical cemetery dating back to the second half of the 19th century) – Gąbin (the Evangelical cemetery built in 1825; historic old market square and town hall; tenement house where General Sławoj Składkowski was born – Gąbin Land Museum);
- dinner at the Piano restaurant;
- Cycling along the following trail: Gąbin – Czermno (a village founded in the 18th century by Mennonites) – Nowe Wymyśle (the Mennonite church built in 1864; Olęder cottages) – Sady (the site of the fire which destroyed the oldest Mennonite church (1806) in Mazovia) – Studzieniec (the neo-classical palace designed by Hilary Szpilowski) – Słubice (the neo-classical palace built before 1789 designed by Hilary Szpilowski, surrounded by a 19th-century landscape park) – Grzybów (the Arka holiday centre owned by the Ziarno Ecology and Culture Association; Ewa Stratenwerth and Peter Stratenwerth's organic farm);

· Supper

Day 2

· Breakfast;

· (optional) Visit to Ewa Stratenwerth and Peter Stratenwerth's organic farm (visitors may buy organic cheese and bread);

· Cycling along the following trail: Grzybów – Hów (the Evangelical cemetery dating back to the end of the 18th century; old market square; late-Baroque parish church built in 1781; Jewish cemetery; parish cemetery where 1031 Polish soldiers fighting in the Battle of the Bzura were buried) – Rzepki nature reserve – Arciechów – Łady (the Evangelical cemetery dating back to the middle of the 19th century) – Piotrkówek (the Evangelical cemetery dating back to the second half of the 19th century);

· Lunch (dry provisions);

· Cycling along the following trail: Zyck Nowy (the Evangelical cemetery dating back to the second half of the 19th century) – Świniary (the Evangelical cemetery dating back to the second half of the 19th century) - Wiączemin (the Evangelical cemetery dating back to the second half of the 19th century and church built in 1937) – Troszyn Polski (St. Leonard's wooden parish church built in 1636) – Troszyn Nowy (the Evangelical church built in 1939, Evangelical cemetery dating back to the second half of the 19th century; Olęder cottages) – Jordanów;

· Supper and closing the events;

· (optional) Accommodation in the Zajazd nad Wisłą pension.

Price:

Zajazd nad Wisłą: accommodation for 1 person – 80 PLN, 2 people – 130 PLN; board: breakfast – 10 PLN, dinner – 20 PLN, supper – 20 PLN; renting a bike – 40 PLN/day or 5 PLN/hour (deposit 100 PLN)

Arka: accommodation 30 PLN per person; board: supper – 20 PLN, breakfast – 10 PLN

How to get there: by private transport to Jordanów, Commune of Gąbin, or by public transport to Płock/Gąbin; visitors are then collected by a driver (Zajazd nad Wisłą)

Tourist accommodation:

· Zajazd nad Wisłą, Jordanów, Commune of Gąbin

· Arka, Grzybów, Commune of Słubice

· Boss, Grabie Nowe, Commune of Gąbin

· Agroturystyka Eugeniusz Rudzki (ecotourism), Studzieniec 49, Commune of Słubice

Dining facilities:

· Arka, Grzybów, Commune of Słubice

· Zajazd nad Wisłą, Jordanów, Commune of Gąbin

· Piano Restaurant, Gąbin

· Boss, Grabie Nowe, Commune of Gąbin

Extra tourist attractions (on request):

· Visit to Ewa Stratenwerth and Peter Stratenwerth's organic farm (visitors may buy organic cheese and bread);

· Sightseeing tour of the palace and park in Słubice

Contact: Zajazd nad Wisłą, Jordanów, halinka@hotelik.com.pl, tel. +48 24 277 55 97

Ośrodek Arka, Grzybów: ziarnongo@o2.pl, tel. + 48 510 919 843

Pensjonat Boss, Grabie Nowe, rezerwacje@pensjonatboss.eu, tel. +48 668 101 668

Agroturystyka Eugeniusz Rudzki, Studzieniec 49, , tel. +48 24 277 83 00

Former Evangelical church in Wiączemin, Commune of Słubice

A Cycle Tour of the Gostynin Lake District

The Gostynin Lake District (Pojezierze Gostynińskie) consists of over 60 lakes stretching along the left bank of the Vistula in the areas around Gąbin, Gostynin and Włocławek. The lake district is sometimes called Mazovian Masuria. Its postglacial landscapes, beautiful lakes and forests stretching for several dozen kilometres as well as the nearby valley of the Vistula and Lake Włocławskie make it extremely attractive to tourists who love contact with nature. In order to protect this natural heritage, the Gostynin and Włocławek Landscape Park was established (with its 13 nature reserves) in 1979. Moreover, several Natura 2000 nature protection areas have recently come into existence.

Also, the Gostynin Lake District is where folk culture and numerous monuments can be admired. Bicycles are the best means of transport here;



the area boasts a dense network of cycle paths and trails.

Duration: 12 days. The distances to be covered each day are planned for families with children so experienced cyclists will probably need less time to cover them. However, it is suggested that visitors should take full advantage of their stay in the region and explore its attractions to the greatest extent.

Programme

Day 1

Arrival, checking in, preparing the bikes for the tour, dinner (home-made food) at the Holendry ecotourism.

Day 2

Holendry, the Commune of Szczawin Kościelny – Słup (writer Maria Kownacka's birthplace, the author of *Plastus' Adventures*) – Suserz (the church complex dating back to the beginning of the 19th century designed by Hilary Szpilowski; a wooden manor house with a park) – Lake Szczawińskie (a bird sanctuary) – Szczawin Kościelny (the church and monastery dating back to the 17th century) – Korzeń Królewski (St. Valentine's church) – Maciejówka ecotourism in Korzeń Rządowy

Day 3

Korzeń Rządowy – Staw (the manor house dating back to the end of the 19th century) – Koszelew (the manor house with its farm buildings and a landscape park) – Gąbin (the neo-classical town hall, old market square, cemetery in which Polish soldiers fighting in the 1863 January Uprising and WW II were buried, Evangelical and Jewish cemeteries, Gąbin Land Museum) – Lake Zdvorskie – Nowe Grabie (the Evangelical cemetery dating back to the second half of the 19th century) – Dobrzyków (St. Mary's parish church dating back to 1635 and its graveyard) – Zajazd nad Wisłą pension in Jordanów

Day 4

Jordanów – Lake Ciechomickie – Lake Górskie – Dąbrowa Łącka nature reserve – Lake Łąckie Małe – Lake Łąckie Duże – Łąck (the stallion stud, 19th-century palace, historic seed mill) – Zielona Szkoła, Sendeń Mały

Day 5

Sendeń Mały – Lake Sendeńskie – Jastrząbek nature reserve – Lake Soczewka – Soczewka (the Epstein family's manor house dating back to the 19th century, remains of a paper mill, neo-Gothic church, cemetery) – Kresy nature reserve – Nowy Duninów (the Ike-Duninowski family's palace and park complex, neo-Gothic church, cemetery with a historic chapel, 300-year-old small-leaved lime tree which is 430 cm in perimeter) – Anna ecotourism in Nowy Duninów

Day 6

Nowy Duninów – Karolewo (history of a 4500-year-old settlement, Evangelical cemetery dating back to the 19th century) – Skoki (the historic stud, gravel pit lakes – Natura 2000 bird protection area) – Lake Gościąż (the geomorphologic nature reserve with its 12000-year-old deposits) – Jazy nature reserve – Granna Góra - Lake Krzewent - W Zielonym Gaju ecotourism facility in Krzewent

Day 7

Krzewent – Niecka Kłócieńska bird-watching trail – Olszyny Rakutowskie nature reserve – Lake Rakutowskie (Natura 2000 bird protection area) – Lake Lubiechowskie – Dębniaki – Kowal (the birthplace of king Casimir the Great, St. Ursula's late-Renaissance church, park and monument to king Casimir the Great) – Agrofarma ecotourism facility in Gołaszewo

Day 8

Gołaszewo – Grabkowo (St. Mary Magdalene's church dating back to the 15th century) – Kępka Szlachecka (the 19th-century manor and park complex) – Unisławice (the 19th-century manor and park complex) – Więśławice (the 19th-century palace, manor and park complex) – Baruchowo (the manor and stable dating back to the end of the 19th century surrounded by a landscape park) – Kłótno (St. Trinity's neo-Gothic church dating back to the 19th century) – Zielona Szkoła ecotourism centre in Goreń Duży

Day 9

Goreń Duży – Lake Goreńskie – Lake Skrzyneckie – Czarne (the wooden manor with a barn, granary and landscape park) – Lubaty – Lubaty nature reserve – Siedlisko Pod Lipa ecotourism facility in Budy Lucieńskie

Day 10

Budy Lucieńskie – Lake Lucieńskie – Komory nature reserve – Lucień (the 19th-century palace in a

landscape park, the Jan oak tree which is 5 metres in perimeter, St. Casimir's church) – Lake Białe – Gostynin district community centre in Białe – Jezioro Drzesno nature reserve – Gorzewo – Bierzewice (the historic wooden mill, Victoria horse riding centre) – Gostynin (the neo-classical town hall designed by H. Szpilowski, cloth house, reconstructed castle, where tsar Vasili IV of Russia was imprisoned and died) – Kwatery Pod Malwami B&B in Budy Kozickie

Day 11

Budy Kozickie – Solec (the 18th-century manor and park, neo-Gothic church, cemetery in which Polish soldiers fighting during WWII were buried) – Białotarsk (the neo-Gothic church built in 1905) – Sokółów (the 18th-century wooden church with Baroque altars, 18th-century manor surrounded by a landscape park) – Myszogród ecotourism farm in Osiny

Day 12

Osiny – Dolina Skrwy nature reserve – Drzewce nature reserve – Skrzany (the manor and park dating back to the first half of the 19th century) – Trębki (the neo-classical church designed by H. Szpilowski, neo-classical and neo-Gothic manors, historic outbuilding and distillery, landscape park, monument to Andrzej Małkowski, the co-founder of Polish guiding (scouting)), Kamieniec (the manor with an outbuilding and granary, landscape park) – Holendry ecotourism in Holendry

Price: given on the respective farms' websites, the prices cover accommodation, board and (possible) bike renting as well as some extra attractions.

How to get there: by private or public transport (by train to Gostynin or Żychlin; pick-up arrangement possible)

Tourist accommodation:

1. Agroturystyka Holendry, Holendry 21, Commune of Szczawin Kościelny;
2. Agroturystyka Maciejówka, Korzeń Rządowy, Commune of Łąck;
3. Zajazd nad Wisłą, Jordanów 17C, Commune of Gąbin;
4. Zielona Szkoła, Sendeń Mały 2/2, Commune of Łąck;
5. Agroturystyka Anna Mieczysław Szymczak, Nowy Duninów;
6. Agroturystyka W Zielonym Gaju, Krzewent 48 m, Commune of Kowal;
7. Agrofarma, Gołaszewo 60A, Commune of Kowal
8. Zielona Szkoła, Goreń Duży, Commune of Baruchowo;
9. Siedlisko Pod Lipą, Budy Lucieńskie 15, Commune of Gostynin;
10. Kwatery Pod Malwami, Budy Kozickie, Commune of Gostynin;
11. Agroturystyka Myszogród, Osiny, Commune of Gostynin;
12. Agroturystyka Holendry, Holendry 21, Commune of Szczawin Kościelny

Dining facilities: the Holendry and Maciejówka ecotourism; the Piano restaurant – 3a, Topolowa Street, Gąbin; Pensjonat Boss – Nowe Grabie 47; the Zajazd nad Wisłą pension, bars and restaurants in Grabiń, Łąck, Soczewka, Nowy Duninów; the Zielona Szkoła ecotourism in Sendeń; the Zielona Szkoła ecotourism in Goreń; the Agrofarma and Słoneczna Farma Zdrowia i Urody ecotourism in Budy Lucieńskie; Bistro Bagatelle in Bierzewice; the U Reni bar in Gostynin, the Myszogród ecotourism.

Extra tourist attractions (on request): a visit to the stallion stud in Łąck; horse riding and open carriage rides in the Maciejówka ecotourism facility and the stallion stud in Łąck; spa treatment in the Słoneczna Farma Zdrowia i Urody ecotourism facility in Budy Lucieńskie; angling in Holendry, Maciejówka and Krzewent; ceramics, bread-making and folk art workshops in Sendeń and Goreń; bird-watching at Lake Rakutowskie

Contact: holendry21@holendry21.eu grazyna@maciejowka.com.pl halinka@hotelik.com.pl (Zajazd nad Wisłą), zielonaszkola@op.pl (Sendeń), m_szymczak01@hotmail.com (agroturystyka Anna), kontaktmarek60@wp.pl (W Zielonym Gaju), info@agrofarma.pl, biuro@zielonaszkolagoren.pl, agroturystyka@podlipa.com.pl, tel. +48 509 106 266 (Kwatery Pod Malwami), dmyszowski@interia.pl (Myszogród)

Land of Art

Enthusiasts of folk and fine arts can find a wide range of artistic events and also create art itself in the Vistula Borderlands of Mazovia and Kujavia. It is here that the arts of Kujawy Białe (White Kujavia) and the Mazovian Land of Sanniki and Gąbin meet, both being incredibly attractive to art lovers. A number of artists and folk groups are active here, and various events are organised every year. Visitors can participate in arts and crafts workshops which are organised by institutions promoting the regional culture. The legacy of Frederic Chopin, who wrote some of his works in Sanniki, is also connected with this region.

Duration: a weekend. It is possible to alter the programme and increase/decrease its duration to meet the participants' needs.

Programme

Option 1: Zielona Szkoła in Goreń Duży, Commune of Baruchowo

Friday

· Arrival and checking in;



· Supper;
· Concert of the Kapela spod Kowala folk band and a kujawiak national Polish dance lesson.

Saturday

· Breakfast;
· Excursion called From noble palaces and manors to the open-air ethnographic museum in Kłóbka (by motor-train);
· Dinner;
· Ceramics workshops;
· Supper (bonfire).

Sunday

· Breakfast;
· Sculpture workshops;

· Dinner;
· Closing the event and departure.

Option 2: Zielona Szkoła in Sendeń Mały, Commune of Łąck

Friday

· Arrival and checking in;
· Supper;
· Concert of Grzybowianki and a mazurka national Polish dance lesson.

Saturday

· Breakfast;
· Visual arts outdoor workshop;
· Handicraft workshops: products made of paper wicker, flowers made of blotting paper / sculpture;
· Dinner;

- Handicraft workshops: Christmas glass ball and Easter eggs;
- Theatre workshops;
- Supper (bonfire).

Sunday

- Breakfast;
- Sightseeing tour of Łąck: a visit to the stallion stud;
- Dinner;
- Art and ecology workshops: the pinhole camera;
- Closing the event and departure.

Option 3: Maciejówka ecotourism, Korzeń Rządowy, Commune of Łąck

Friday

- Arrival and checking in;
- Supper.

Saturday

- Breakfast;
- Folk art workshops: cut-out paper, flowers made of blotting paper, demonstration of folk costumes and old household appliances;
- Dinner;
- Demonstration of folk costumes by the visitors followed by a meeting with an accordionist;
- Supper (bonfire)

Sunday

- Breakfast;
- Open carriage ride to Saint Valentine's church in Korzeń Królewski and the chamber of local traditions in Podlasie, Commune of Łąck;
- Dinner;
- Closing the event and departure.

Option 4: Participation in a cultural event:

Dni Ziemi (Earth Days), Słubice, the last Sunday of April.

An event promoting sustainable development rules as well as folk culture of this area. It is accompanied by a folk art fair and local cuisine sampling. More information at: ziarnongo@o2.pl, tel. +48 510 919 843

Święto Jana (John's Day), Wiączemin, Commune of Słubice, 24 June.

An event organised in places connected with Olęder traditions, promoting the multicultural and ecumenical dialogue. It includes an ecumenical Mass and artistic performances given by the inhabitants of the region. More information at: ziarnongo@o2.pl, tel. +48 510 919 843

Niedziela Sannicka (Sanniki Sunday), Sanniki, the first Sunday of July.

An event whose origins date back to the 1970s, presenting folk culture of the Sanniki region, among other things. It includes concerts of folk groups, both home and foreign ones, and folk art, books, sculpture and painting fairs. More information at: goksanniki@interia.pl, tel. +48 505 231 862

Concert of opera and operetta music in Lucień, Commune of Gostynin, July.

An event forming part of the Opera and Operetta Music Festival of Mazovia held at the end of Plener U Wójta all-Poland outdoor painting workshops. The best Polish opera soloists come to Lucień to sing in the concert. More information at: Gostynin Commune Community Centre, gckbiale@onet.eu, www.gckbiale.eu, tel. +48 24 235 1604



„Plener U Wójta” All-Poland Outdoor Painting Workshops, Lucień, Commune of Gostynin, July.

This event has been organised since 1998 in the neo-classical palace in Lucień. Polish and foreign artists as well as local artists from the Gostynin Visual Arts Association participate in these workshops. More information: as given above.

Święto Michała (Michael's Day), Grzybów, Commune of Słubice, the last Sunday of September

The event is organised in the organic farm owned by Ewa Stratenwerth and Peter Stratenwerth and includes, among other things, organic food fairs, artistic performances, traditional professions workshops (bread baking; producing objects made of wicker; ceramics; paper-cuts, etc.), and a tour of the farm. More information at: ziarnongo@o2.pl, tel. +48 510 919 843

„Od Kujawiaka do Oberka” Mazovian and Kujavian Folk Art and Culture Festival, Łąck, October.

The festival promotes the cultural heritage of the region and integrates folk artists, craftsmen, musicians, members of country housewives' clubs and local communities. The festival includes overviews of folk groups and various competitions, e.g. The best food, The best stand, Learn the Dialect literary competition. More information at: stowgmin@wp.pl, tel. +48 24 2614054

„Kujawy” All-Poland Poetry Competition for Children and Teenagers, Kowal, October. The competition has been organised since 2002 and it was initiated by poet Marzenna Lewandowska. Each year the competition enjoys more and more popularity and many poems written in Poland and abroad are recited here. More information at: kowal@kowal.eu, tel. +48 54 2841 255

Events organised once or twice a month in the Frederic Chopin European Art Centre in Sanniki.

Various events connected with music and literature, often combined with painting and sculpture exhibitions, most often dedicated to Frederic Chopin's music. More information at: sekretariat@ecasanniki.pl, www.ecasanniki.pl tel. +48 24 268 1108

Price:

- Accommodation and board in Zielona Szkoła – 65-75 PLN/person/day; workshop with ornithologist – 140 PLN (option); bike rent – 10 PLN/day
- Zajazd nad Wisłą: accommodation - 1 person – 80 PLN, 2 persons – 130 PLN, board: breakfast – 10 PLN, lunch – 20 PLN, dinner -20 PLN, bike rent – 40 PLN /day or 5 PLN /hr (deposit 100 PLN)
- Ośrodek Arka: accommodation 30 PLN, board: breakfast – 10 PLN, lunch – 30 PLN, dinner -20 PLN
- Accommodation and board (4 meals) in Agroturystyka Holendry: 80-120 PLN /person/day

How to get there: by private transport

Accommodation:

- Zielona Szkoła, Goreń Duży, Commune of Baruchowo
- Zielona Szkoła, Senderń Mały, Commune of Łąck
- Maciejówka ecotourism farm, Korzeń Rządowy, Commune of Łąck

Dining facilities: as specified in the offer

Extra tourist attractions (on request): bath in Lake Goreńskie, sight-seeing of Nowy Duninów, Płock, visit of organic farm in Grzybów, castle in Oporów

Contact details:

- Zielona Szkoła, Goreń Duży, Commune of Baruchowo, biuro@zielonaszkolagoren.pl, tel. +48 606 884 994
- Zielona Szkoła, Sendeń Mały, Commune of Łąck, zielonaszkl@op.pl, tel. +48 500 230 795
- Maciejówka ecotourism, Commune of Korzeń Rządowy, Łąck, grazyna@maciejowka.com.pl, tel. +48 604 187 837

A Week in Birds' Paradise

The Vistula Borderlands of Mazovia and Kujavia is a paradise for bird-watching enthusiasts. It includes a few Natura 2000 bird protection areas: Błota Rakutowskie (code no. PLB 040001), Żwirownia Skoki (PLB 040005), Dolina Środkowej Wisły (PLB 140004), Dolina Przysowy i Słudwi (PLB 100003). Within the areas, the following avifauna reserves can be found: Jezioro Rakutowskie, Kępa Rakowska, Kępa Antonińska, Wyspy Zakrzewskie, Wyspy Białobrzeskie, Kępa Wykowska, Ławice Troszyńskie.

Rare bird species can be observed not only in the abovementioned protection areas, but also in the whole area of the Vistula Borderlands of Mazovia and Kujavia; in the Vistula valley, near the lakes and forest complexes of the Gostynin Lake District as well as in the agricultural areas characterised by high level of biodiversity. The number of bird species in this area is estimated at about 165, around 30 of which are migratory birds and 135 are breeding birds.

Called A week in birds' paradise, the tourist product includes bird-watching in the four Natura 2000 areas and conveniently located tourist accommodation. It is suggested that bicycles should be used to reach the lookouts.

Duration: 7 days

Programme:

Day 1

- Arrival in Goreń Duży, the district of Baruchowo and check-in at Zielona Szkoła;
- Sightseeing tour of the Protected Birds Rehabilitation Centre in Dębniaki;
- Dinner;
- Ride along the Niecka Kłócieńska ornithological route: Stage 1 – village of Świątkowice, Stage 2 – Olszyny Rakutowskie nature reserve, Stage 3 – Lake Rakutowskie, Stage 4 – Lake Lubiechowskie;
- Supper.

Day 2

- Early morning bird-watching at Lake Rakutowskie;
- Return to Goreń; breakfast, rest, dinner;
- Afternoon bird-watching at Lake Rakutowskie;
- Supper.

Day 3



- Early morning bird-watching in the Żwirownia Skoki bird protection area;
- Return to Goreń; breakfast, rest, dinner;
- Afternoon bird-watching in the Żwirownia Skoki bird protection area;
- Arrival in Jordanów, the district of Gąbin, and checking in at Zajazd nad Wisłą;
- Supper.

Day 4

- Early morning bird-watching (a cycle ride along the Vistula river) in the Dolina Środkowej Wisły bird protection area – avifauna reserves: Ławice Troszyńskie, Kępa Wykowska, Wyspy Białobrzeskie, Wy-



spy Zakrzewskie;

- Rest and dinner in the Arka holiday centre in Grzybowo;
- Afternoon bird-watching (a cycle ride along the Vistula river) in the Valley of Middle Vistula bird protection area – reserves: Kępa Antoniańska, Kępa Rakowska;
- Supper and an overnight stay in Arka in Grzybów.

Day 5

- Early morning bird-watching (a cycle ride along the Vistula river) in the Valley of Middle Vistula
- Rest and dinner in Arka in Grzybów;
- Afternoon bird-watching (a cycle ride along the Vistula river) in the Valley of Middle Vistula bird protection area – reserves: Wyspy Zakrzewskie, Wyspy Biało-brzeskie, Kępa Wykowska, Ławice Troszyńskie;
- Supper in Zajazd nad Wisłą in Jordanów;
- Arrival in Holendry Dobrowskie, the district of Szczawin Kościelny;
- Overnight stay at the Holendry ecotourism.

Day 6

- Early morning bird-watching (a cycle ride) in the Dolina Przysowy i Słudwi bird protection area – Lake Szczawińskie;
- Rest and dinner in the Holendry ecotourism;
- Afternoon bird-watching (a cycle ride) in the Dolina Przysowy i Słudwi bird protection area – Lake Szczawińskie;
- Return, supper and an overnight stay the Holendry ecotourism farm.

Day 7

- Early morning bird-watching (a walking tour) in the Dolina Przysowy i Słudwi bird protection area – the Przysowa valley;
- Rest and dinner in the Holendry ecotourism;
- Afternoon bird-watching in the Dolina Przysowy i Słudwi bird protection area – the Przysowa valley;
- Afternoon snack and closing the event.

Price:

- Accommodation and board in Zielona Szkoła – 65-75 PLN per person a day; lessons conducted by an ornithologist – 140 PLN (optional); renting a bike – 10 PLN per day;
- Zajazd nad Wisłą: accommodation for 1 person – 80 PLN, for 2 people – 130 PLN; board: breakfast – 10 PLN, dinner – 20 PLN, supper – 20 PLN; renting a bike – 40 PLN per day or 5 PLN per hour (deposit – 100 PLN);
- Arka: accommodation: 30 PLN; board: breakfast – 10 PLN, dinner – 30 PLN, supper – 20 PLN;
- Holendry ecotourism: accommodation and board (4 meals) – 80-120 PLN /person/day

How to get there: since the actual location is changed quite often, travelling by car is recommended.

Tourist accommodation:

- Zielona Szkoła, Goreń Duży, Commune of Baruchowo
- Zajazd nad Wisłą, Jordanów, Commune of Gąbin
- Ośrodek Arka Stowarzyszenia Ekologiczno-Kulturalnego Ziarno, Grzybów, Commune of Słubice
- Agroturystyka Holendry, Holendry Dobrowskie, Commune of Szczawin Kościelny

Dining facilities: as specified in the offer

Contact details:

- Zielona Szkoła, Goreń Duży, biuro@zielonaszkolagoren.pl, tel. +48 606 884 994
- Zajazd nad Wisłą, Jordanów, halinka@hotelik.com.pl, tel. +48 24 277 55 97
- Ośrodek Arka, Grzybów, ziarnongo@o2.pl, tel. +48 24 277 89 63
- Agroturystyka Holendry, Holendry Dobrowskie, holendry21@holendry21.pl, tel. +48 797 748 811

IV. Selected tourist products of the Płoński Land

„With a Paddle and a Brush”

The Wkra River (its part running above Działdowo is called the Nida River, and the one between Działdowo and Lubowidz – the Działdówka River) is 249 kilometres in length; it debouches into the Narew River near the town of Nowy Dwór Mazowiecki. The Wkra flows through the historical region of Mazovia, and its upper reaches used to be the boundary of this region. The Wkra is incredibly picturesque and provides tourists with an easy canoeing route located only several dozen kilometres from Warsaw.

In Płoński Land, the Wkra enables visitors to enjoy water recreational activities and provides them with a lot of natural and cultural attractions which can be found directly next to the river or within a short distance from it.

The tourist product called *Wiosłem i pędzlem* (With a Paddle and a Brush) gives you the opportunity to relax actively, being close to Mazovian nature, to explore the cultural heritage of Płoński Land (including the art of cooking) and to enjoy yourself while producing paintings. This is probably the only offer of this kind.

Duration: 2 days

Programme:

Day 1

- Arrival in Joniec;
- Checking in at the El-Daw and Mrzonka holiday centres in Joniec;
- Supper (bonfire, barbecue);
- Russian sauna, an evening party held to the sounds of music.

Day 2

- Breakfast;
- Preparations for canoeing down the Wkra River from Bolęcín to Joniec;
- Launching the canoes in Bolęcín;
- Stopover and dinner (cooked in the traditional Polish style) at the canoe marina in Sobieski;
- Painting workshops: the landscape of the area around the Wkra river / church in Królewó;
- Canoeing to Joniec;
- Supper;
- Russian banya, an evening party held to the sounds of music.

Day 3

- Painting of the sunrise / church in Joniec;
- Breakfast;
- Cycle ride to Miszewo Wielkie and Królewó – sightseeing: the Piast oak of 450 cm in perimeter and a shrine dating back to 1903 (according to legend, it is the place where Polish king Jan III Sobieski once camped); a visit to the open-air ethnographic museum in Królewó;
- Return to Joniec; dinner;
- Painting workshops conducted by artists from the „Art-Płona” association;

· Return to Joniec; closing the event.

Price: 350 PLN per person

How to get there: by car to Joniec or by rail-bus from Nasielsk to the Wkra station, where you are collected by the organizers)

Accommodation: in the El-Daw and Mrzonka centres in Joniec (all-season buildings, holiday cottages or tents)

Dining facilities: as specified in the offer

Extra tourist attractions (on request): a sightseeing tour of the Button-Making Museum in Sochocin; historical wooden churches in Sarbiewo and Królewo; canoeing from Sochocin to Bołęcín; horse riding and open carriage rides in the Arabians stud; a tour of the Lasockowo-Dębiny forester's lodge and a dinner including game dishes.

Contact details:

· FUH EL-DAW, Joniec 88 B, 09-131 Joniec, tel. +48 602 318 227,

e-mail and website: W.Niepytalski@gmail.com www.eldawkajaki.pl

· Usługi rekreacyjno-turystyczne Jacek Majewski, 09-131 Joniec 77, tel. +48 696 436 799,

e-mail and website: jacek775@wp.pl , www.kajaki-mrzonka.pl

Sienkiewicz and Nature Make a Great Adventure

Płońsk Land is where tourists can admire magnificent nature and meet creative people; a number of the inhabitants of the region made conscious decisions to live and pursue their passions there.

The tourist product called Sienkiewicz i przyroda to super przygoda (Sienkiewicz and nature make a great adventure) gives visitors the chance to experience an adventure in the region's splendid countryside. It invokes the Nobel prize winner - writer Henryk Sienkiewicz's literary works; the famous man of letters took his first steps in writing in the Weyher family's estate in the village of Poświętne, located near Płońsk.

Within just a weekend spent in this region you may feel and experience what the characters in Sienkiewicz's In Desert and Wilderness and The Knights of the Cross felt and experienced ages ago.

This tourist product is ideal for pupils and students as well as families and groups of friends, regardless of their age.

Duration: two and a half days

Programme

Day 1

· Arrival in the village of Sobanice;

· Wild Africa rediscovered: the hosts of the museum village of Kunajamo greet the visitors, who are later shown an African homestead and invited to visit the African Museum;

· Bonfire (an African dish, roasted sausages, hot tea);

· Contest in the history and geography of Africa;

· Music workshop run by an African person; playing the djembe drums;

- Asiko Song

Day 2

- Morning walk and breakfast (fufu and other African dishes);
- Throwing a spear, shooting with a bow and arrow, shooting with an air rifle (competition);
- Mombasa Express ride;
- Treasure hunt (sense of direction exercises);
- Awarding prizes and diplomas of merit to the most active participants;
- Trip to the village of Poświętne; a tour of the Weyher family's manor;
- Dinner in Poświętne;
- Trip to Sochocin; a tour of the Button Making Museum;
- Trip to the Sielanka ecotourism facility in the village of Pólka-Raciąż;
- Checking-in in the ecotourism facility;
- Bonfire (tale-telling, songs, a quiz about Sienkiewicz's life and work).

Day 3

- Breakfast;
- A horse-drawn carriage ride to the village of Krzyżak;
- Historical questing;
- Outdoor meal;
- Canoe ride along the Raciążnica river;
- Closing the event.

Price: program in Sobanice - 125 PLN/person for groups of 20 or more, children aged 4 to 7 - 50% discount, below 3 - free, lunch in Poświętne – 20 PLN, program in in Sielanka – 110 PLN/person

How to get there: by private transport

Accommodation: CRiR Sobanice (holiday cottages with or without bathrooms) and Sielanka ecotourism (multi-person rooms, sauna).

Board: as specified in the offer

Extra tourist attractions (on request): see websites of CRiR Sobanice and Sielanka ecotourism for their comprehensive offers

Contact:

- Centrum Rozrywki i Rekreacji AGROTOUR, Sobanice 45 a, 09-162 Nacpolsk, tel. +48 505 809 685, +48 509 861 434, +48 502 626638, e-mail: sobanice1@wp.pl , www.sobanice.com
- Gospodarstwo Agroturystyczne „Sielanka” , Pólka-Raciąż 80, 09-140 Raciąż, tel. +48 501 204 915, +48 509 691 181, sielanka@sielanka.com.pl www.sielanka.com.pl



From the „Baška Murmańska” to the „Velvet” Ranch and Back

The Wkra River, which runs through Płońsk Land, makes it possible for tourists to enjoy water recreational activities and follow other leisure pursuits.



It also allows them to explore the natural and cultural heritage of the land and the areas around it.

The tourist product called *Od Baški Murmańskiej na aksamitne ranczo i z powrotem* (Cycling from the „Baška Murmańska” to the „velvet ranch and back) combines cycling and canoeing, which gives tourists the opportunity to admire historic places and monuments and the beauty of

the Wkra valley, and to sample the local cuisine.

The route begins in Modlin fortress – which can easily be reached from Warsaw by train – where the participants start cycling along the Wkra valley to the enchanting „Aksamitka” ranch in the village of Gawłowo. Next day, they canoe down the Wkra and Narew Rivers back to Modlin.

Duration: 2 days

Programme:

Day 1

- Arrival in the town of Nowy Dwór Mazowiecki;
- Sightseeing tour of the Modlin fortress and the Baška Murmańska trail;
- Renting the bicycles;
- Cycling to the village of Pomiechówek;
- Stopover in Pomiechówek; fort no. 3; dinner at a field kitchen;
- Cycling along the Pomiechówek – Gawłowo (the „Aksamitka” ranch) trail;
- Supper; a bonfire at the „Aksamitka” ranch.

Day 2

- Breakfast served in the military style: scrambled eggs, white borscht, coffee;
- Cycling to Borkowo, where the Polish army commanded by General Władysław Sikorski fought against the Soviet invaders in 1920 (the so-called Miracle at the Wkra)
- launching the canoes in Borkowo;
- Stopover and dinner (field kitchen) in Kosewko;
- Canoeing back to Modlin;
- Closing of the event.

Price: 190 PLN per person

How to get there: by private or public transport; by coach or train to the Modlin railway station

Accommodation: the „Aksamitka” ranch

Board: as specified in the offer

Extra tourist attractions (on request): a tour of the Button-Making Museum in Sochocin; historic wooden church in Sarbiewo, where Father Maciej Kazimierz Sarbiewski – a poet and philosopher often referred to as „the Christian Horace of Mazovia” – was born; historic wooden church in Królewo; canoeing from Sochocin to Joniec; horse riding and open carriage rides in the „Arabians” stud.

Contact details:

- Usługi rekreacyjno-turystyczne Jacek Majewski, 09-131 Joniec 77, tel. +48 696 436 799, e-mail: jacek775@wp.pl , www.kajaki-mrzonka.pl
- Rancho Aksamitka, Gawłowo 2, 05-192 Ciekosyn, tel. +48 601 504 020, e-mail and website: rancho@aksamit.net.pl , www.rancho.aksamit.net.pl

1920 Battle of Wkra memorial



1920 Battle of Wkra memorial



V. About the TERRA Project

The TERRA – Tourism for Economic Revival of Rural Areas international cooperation project was carried out under Axis 4 (Leader) of the 2007-



2013 Rural Areas Development Programme. It was launched on 1 September 2012 and completed on 31 October 2014. The project's main aim was to explore and unlock the tourist potential of the areas which the participating four Local Action Groups' strategies were designed to develop. The four Local Action Groups were

Partnerstwo Zalewu Zegrzyńskiego (active in Lake Zegrzyńskie area), Aktywni Razem (active in the Vistula Borderlands of Mazovia and Kujavia), Przyjazne Mazowsze (active in Płońsk Land) and Perapohjolan kehitys (active in Lapland, Finland). The project was to support local tourist firms, both the existing ones and those ones which were to be started. The project promoted both Polish and Finnish best practices, among other things. It also helped to ensure the cooperation between the tourist firms so that their integrated tourist offers could be improved and promoted in the respecti-



ve regions. Tourist sector's sustainability was one of the objectives of the project; it was addressed by promotion of the tourist industry among young people, who may enter it in near future. The project also acted as a spur to the development of the regions and the activation of the local communities.

The TERRA project involved, among other things, the following activities: meetings held by the local tourist firms; a breeding ground for tourist products; Polish and Finnish tourist firms' mutual study visits. as well as Polish local authorities' study tour in Finland, focused on supporting the development of tourism; analysis of the development potential of the local tourist products; elaboration of integrated tourist offers; the partners' mutual promotion of their areas' tourist products; two conferences on tourism development in rural areas (in Poland and Finland); young people's visits to the local tourist firms.

Translation by Michał Pankowski

Photographs by: Commune of Iłów, Commune of Nieporęt, Commune of Kowal, Commune of Somianka, County of Legionowo, CRiR Sobanice, Dziedzictwo Nadbużańskie Foundation, N. Gajewski, Kaja-Sobieski, LAG Aktywni Razem, LAG Partnerstwo Zalewu Zegrzyńskiego, I. Kamiński, J. Kieszowska, R. Kobyłecki, J. Majewski, B. Polak, Sielanka Ecotourism, A. Świerzyński, Town of Kowal, L. Urbankiewicz