



POMORSKIE

POWER OF NATURE

POLAND

It would be a truism to say that Polish nature is rich and that the local landscapes – diverse. After all, we are talking about such richness and diversity that it surprises not only tourists coming here from all over the world, but also the locals, who often only after many years of exotic travel decide to explore more boldly the lesser known places of their own country.

From the sea to the mountains, from the Baltic Sea to the Tatra Mountains – the area of more than 300 thousand square kilometres of today's Poland often serves as a film set for famous productions, such as two parts of the fairy-tale "The Chronicles of Narnia," which took place in the Stolowe Mountains. There is nothing strange about it, because the colour palette, as well as the shapes of Polish nature, create unusual possibilities for the creators. Sand at the seaside which compels respect, and which has been constantly changing its shape for centuries, can

serve as a source of inspiration. The easiest way to obtain an overwhelmingly idyllic atmosphere is at the picturesque lakes in the north of the country, or on one of the fields stretching across the horizon, serving as an inspiration for the national Polish bards. The unbridled power of the elements can be felt by swimming down one of the numerous wild rivers or losing oneself in the singing of the birds in the thick pine forest. On the other hand, unusual rock formations, waiting for daredevils to conquer them, will help you overcome your own weaknesses. Vast swamps and peat bogs, reminiscent of legends and myths from the times when "the sun was God," give you goose bumps. And finally, the afore-mentioned Polish mountains, incline one to a philosophical reverie over the world and its beauty. Poland – this is the scenery for many intriguing stories.

Today, Polish nature in many places has retained its pristine character, but thanks to well-developed tourism, consistently improved transportation and traditional Polish hospitality, it is possible to discover it and draw on its charms in handfults. Poland enjoys global fame as an excellent place for equestrian tourism, hiking and hunting, but there are also many other natural resources worth taking advantage of. And feel surprised at the result!

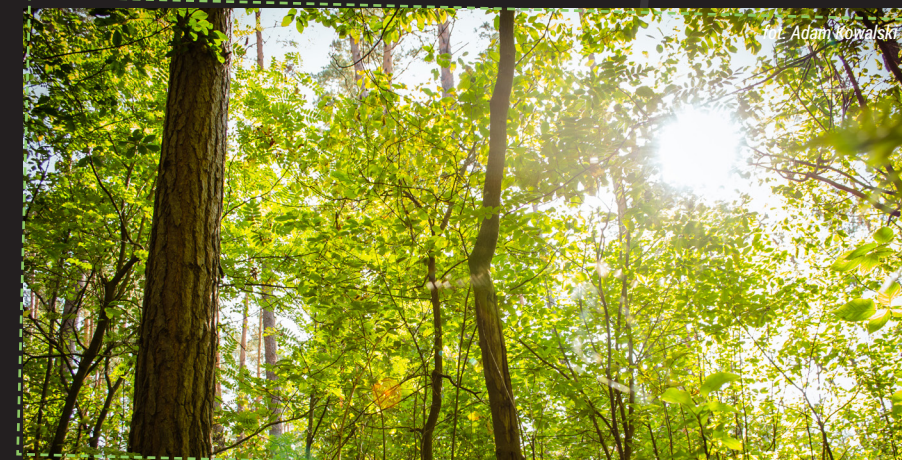
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POMORSKIE: NATURE WITH MANY FACES

Among the numerous treasures of the Pomorskie Voivodeship, nature is the most valuable one. The local nature surprises with its diversity and richness of places perfectly protected from the widely understood consequences of the development of human civilization. On a national scale, Pomorskie is distinguished by clean air and broad actions in aid of ecology, and what's important, a well-developed tourist infrastructure exposes visitors to the various charms of nature, all the while respecting its rights and needs.

There would not be so many well-preserved ecosystems in the Pomorskie Region if it weren't for the numerous environmental protection areas, which cover an area of nearly 600,000 hectares, which constitutes almost 1/3 of the whole voivodeship. Amateurs in communing with wildlife will find two national parks (Słowiński, Bory Tucholskie), as well as eleven landscape parks and 134 nature reserves, covering the whole region with their network. All this creates a huge potential for nature tourism, which in the era of digitalization and urbanization is experiencing its renaissance in spite of the times.

Pomorskie Region, as the name suggests, is an over 300 kilometres long coast of the Baltic Sea with numerous beaches, encouraging blissful relaxation in the summer, and during the rest of the year to stroll and inhale the healthy, beneficial sea air. Apart from the most popular resorts such as Sopot, Krynica



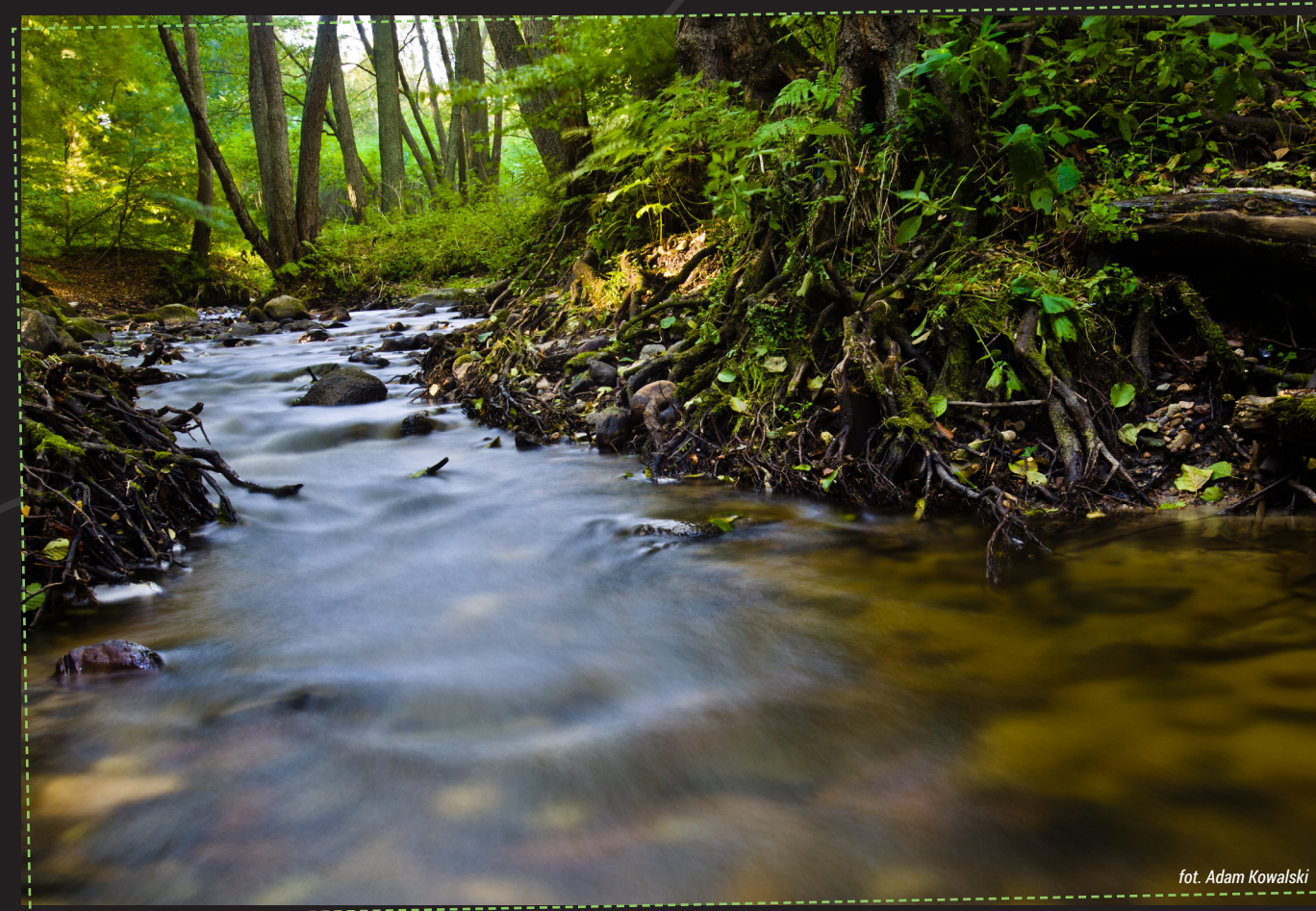
fot. Adam Kowalski

Morska, Ustka, Władysławowo or Jastarnia stretching along the Baltic Sea, lesser known seaside corners, interestingly integrated into the coastline, also have a lot to offer.

Around 36 percent of the voivodeship's area is made up of forests, often adjacent to enchanting waters. They are home to many species of wild animals, including rare ones, which can be observed and photographed. For adrenaline seekers an interesting idea is hunting, which is deeply rooted in Pomorskie's tradition. After all, the forests and meadows here are full of animals, which in appropriate periods can be caught. Fishermen can also successfully develop their passion – fishing grounds across the voivodeship can

be densely populated with valued fish species such as Perches, Tenches, Roaches, Pikes, Zanders and Breems.

The nature of the Pomorskie Region is also an ideal setting for various sports and recreational activities. Countless hiking, cycling, equestrian and water trails await the willing, offering simply phenomenal conditions for taking care of one's shape. Here, everyone will feel a breeze of invigorating energy, which makes you come alive and.... is addictive. No wonder that everyone who at least once felt harmony with Pomorskie's nature, wants to come back here.



fot. Adam Kowalski

BIRDWATCHING

You can draw from nature's benefits in many ways. While unobtrusively watching its beauty, we do not interfere with the life of nature and do not disturb its peace, but we commune with it through the act of observation, which is fascinating in itself. The most popular form of observation of wild nature is birdwatching, and the Pomorskie Region is an exceptionally attractive area for bird-watchers, thanks to such places as the Zalew Wiślany [Vistula Lagoon], the Ostoja Ujścia Wisły [Vistula Estuary sanctuary], Zatoka Pucka [Puck Bay] and Słowiński Park Narodowy [Słowiński National Park].

you can find rare halophytes, has been marked out. It creates perfect breeding conditions for valuable species of wild birds like the dunlin or the citrine wagtail. Among the inhabitants of the bay you can also find sea eagles, lapwings, common redshanks, common snipes, pheasants or mute swans.

An important point on any ornithological map of Poland is also the Słowiński Park Narodowy [Słowiński National Park] which, not by accident, has in its logo a European herring gull flying proudly over the coast. These birds constitute the richest part of the Park's fauna, out of a total number of more than 270 species,

about half of whom nest here, for example the coot, teal, mallard, common pochard or the greylag goose, the only species of wild goose which nests in this country.

Specially created viewpoints can provide perfect conditions for observation of sea birds. In Jastrzębia Góra, from a viewpoint 3-5 metres above the seashore, you can comfortably watch bird migration and even – with the help of binoculars – identify the most interesting species from a distance. In Kąty Rybackie you will find a very good viewpoint from which to watch wild birds – primarily cormorants but also other species, mainly of seabirds. A special place on the Mierzeja Wiślana [Vistula Spit] is the popular Góra Pirata [Pirate's Mountain], on which there is a recently built observation tower that is beautifully situated halfway between Krynica Morska and Piaski – from here you can see from here both the Zalew Wiślany [Vistula Lagoon] and the Baltic Sea, and - with good weather conditions - even Frombork and the towers of the basilica in Braniewo. The birds of the Słowiński Park Narodowy [Słowiński National Park] can be observed perfectly from Rowokół hill, also called the Święta Góra Słowińców [Slovincians' Sacred Mountain], due to its former connection with pagan beliefs. The tower on this hill, 115-metres above sea-level, ensures views of the moving dunes stretching into the distance, the Baltic Sea, lakes Łebsko and Gardno, fields and meadows located further inland, and the village of Smołdzino situated at the foot of the hill.

It is not a secret that birdwatching is an option for patient people who love nature, understand its demands and are humble towards it. It is worth changing your pace of life for a slower one, at least for one day.

The coast of the Zatoka Pucka [Puck Bay] is an especially valuable place for bird-watchers in the Pomorskie Region. The Zalew Wiślany [Vistula Lagoon] is a true El Dorado for observers of winged creatures, and here you can find one of the biggest nesting sites of the great cormorant in Europe, as well as around 150 other nesting species (such as the grey heron, red-crested pochard, greylag goose and sea eagle). Closer to Gdańsk, the Ostoja Ujścia Wisły [Vistula Estuary sanctuary] is rich in sites where you can find rare water and marsh bird species. Here, in the Mewia Łacha [Seagull Backwaters] reserve and Ptasi Raj [Birds' Paradise] you can come across - during different seasons - various species of terns, seagulls, swans or oystercatchers.

An area which combines special tourism assets with treasures is the Zatoka Pucka [Puck Bay] where the Beka reserve, which protects unique terrain on which



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BIRDWATCHING HUNTING WITH A CAMERA

In the coniferous forests of Kwidzyn, you can spot not only Deer, Boar, or Moose, but also predators – wolves are increasingly seen, and recently even golden jackals. The fields around the forests are full of hares and pheasants, and more and more you can spot a partridge running from under your feet. In the nearby swamps common cranes have their nests raptors in their turn nest in the treetops.

The variety of habitats – from coniferous pine forests to fertile, thick deciduous forests, in-forest meadows or numerous lakes and streams – is a great background for preserving and observing animals, and this in itself is equally perfect photograph material. Guides in this world are foresters who know the local areas perfectly, and are nature enthusiasts.

The offer includes:

- three-day hunting with a camera (6-8 h) with a guide,
- 2 early morning departures (before the sunrise) and 1 afternoon departure,
- a hot meal in the bosom of nature,
- stay and HB in Pensjonat Iskra,
- horse riding and a lesson about horse maintenance in a stable under the watchful eye of an instructor,
- access to the property's facilities (fishing, trampolines, playground, hammock, game saloon, fireplace room),
- 24 h coffee-tea service,
- accommodation and board (4 meals) in Pensjonat Iskra,
- airport pick-up (+ 650 PLN),
- service in English.

Price:

- 1 500 PLN per person (for a group of max. 3)
- 1 400 PLN per person (for a group of 4-5)

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HUNTING

There are not many areas in Europe so welcoming to hunting as Pomorskie forests. Local forest districts and breeding centres in various corners of the region offer professional help in preparing hunting outings with respect for laws and safety rules.

A highlight of the Nadleśnictwo Kwidzyn [Kwidzyn Forest District] is the "Otters" Ośrodek Hodowli Zwierząt Wydry [Animal Breeding Centre]. With a total area of almost 14 thousand hectares, as well as a wide range of animal species living in freedom, it constitutes one of the most valuable points on the hunting map of Poland. In the forests of here you can come across deer, roe deer and boar, and for some time now you can also spot moose and wolves. When it comes to small game, hares, pheasants, partridges, foxes, badgers and martens are numerous here.

In Nadleśnictwo Lubichowo [Lubichowo Forest District] there is the Ośrodek Hodowli Zwierząt Czarne [Animal Breeding Centre], where terrain with a total area of more than 10.5 thousand hectares is crossed by the

rivers Brda, Czernica and Biała. Deer, fallow deer, roe deer and boar are examples of numerous big game animals present here, and they are supplemented by small game species like fox, badger, marten, European polecat, hare, rabbit, woodcock, wood pigeon, partridge, coot and various wild ducks.

In the north of Kashubia you can find a friendly area for hunting in the Nadleśnictwo Wejherowo [Wejherowo Forest District]. Proof of the hunting attractiveness of the local Puszcza Darżłubska [Darżłubska Wilderness] and its surrounding area is its big game – deer, fallow deer, roe deer and boar, while species of small game on this terrain include foxes, hares, martens, badgers, raccoon dogs, European polecats, muskrats, American minks, partridges and hazel grouses.

Systematic growth of the population of deer has also been observed for a few years also in the Kociewie area, and boar are also plentiful here. For this reason, the Nadleśnictwo Starogard [Starogard Forest District] attracts more and more hunters from all over Poland

and abroad to this corner of Pomorskie. Other species living in the forests of Kociewie include moose and various small game species, including foxes, hares, pheasants, partridges, badgers and martens.

Amateurs who are looking for an unusually located place for hunting should be interested in the terrain of the Nadleśnictwo Elbląg [Elbląg Forest District], situated on a narrow strip of land - called the Mierzeja Wiślana [Vistula Spit] - which is overgrown with pine forests. The landform and vegetation specific to this area, with characteristic reed passages, make it a great refuge for both big game (fallow deer, boar, roe deer) as well as small game (foxes, raccoon dogs, badgers and wild birds).

If you are looking for a special adventure in the surroundings of wild nature, Pomorskie has a lot to offer you. Find out for yourself and may saint Hubert, the patron of hunters, foresters and shooters, be in your favour!

HUNTING AKTIV TOURS REISEN COLLECTIVE HUNTING

From the first Saturday of October to January, Aktiv Tours Reisen company invites you to a collective hunting expedition for big and small game, for groups of minimum 15 participants.

Hunting species shot during the hunts depend on the terrain where the hunt takes place, however the most frequent among the game are boars, deer, roe deer and predators. There is also a possibility to organize a collective hunt for wild birds, for example wild ducks, pheasants or wild geese. The offer is aimed at guests from abroad, as well as those from Poland. Each group can count on a guarantee of high quality of the trip's organization.

The organization of a collective hunt (beating hunting) include:

- preparation of a hunting ground,
- ensuring the necessary number of beaters and hunting dogs,
- transport during the hunt on the hunting ground,
- display of trophies of the hunt,
- presence of a hunting bugler,
- a formal announcement of a king of the hunt,
- an initial preparation of trophies,
- mandatory insurance,
- cull/lump sum.

Price:

520 EUR – price for each day of collective hunting's preparation with a cull, for one hunter.

Price does not include:

- accommodation and board,
- external pick-up (from/to hunting ground),
- travel agency's commission (paid once by a hunter),
- mandatory insurance – **15 EUR/person**.

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FISHING



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Since long ago fishing is for humans one of the favourite ways of spending free time. Fishermen value primarily contact with nature, as well as soothing silence and peace. An especially valued area by them in the Pomorskie Region is Pojezierze Kaszubskie [Kashubian Lake District] with its fisheries.

It is no coincidence that the main product of Kashubian regional cuisine is freshwater fish, prepared in various ways. Local reservoirs are extremely diverse when it comes to their size and character – we have glacial lakes, ponds and watercourses here. It translates to the variety of fish which occur here, among others, roach, perch, tench, pike zander, bream and eels – 30 species in total, including many rare and protected ones. Among the most valuable is the local variation of bulltrout, called wdzydzki bulltrout, occurring in Wdzydze lake and rivers Wda and Trzebiosza.

Wdzydze, together with the lakes Radolne, Jelenie and Gołun create a so called Krzyż Jezior Wdzydzkich [Wdzydze Lakes Cross], also called the "Kashubian Sea". The total area of the complex amounts to almost 1.5 thousand hectares. In Kościerski county we will find more fisheries that guarantee the presence of many fish species and perfect conditions for fishing. To the most attractive fisheries of the Pomorskie Region we can include: Niedamowo, Karasiowo, Świniobudy, Grzybowski Młyn, Stawiska, Piaseczno and Niesiołowice. What is important, each of the

mentioned places besides densely fished waters for fishing, also offers great accommodation and leisure conditions. A fishing trip can be a valuable element of the comprehensive exploration of Kashubia. Catching a grand specimen can be a nice (and tasty) cherry on top of the rich in attractions vacation stay.

It is also worth taking into account an offer of Zalew Mikorowski special fishery located between Łębork and Słupsk. It is a place which attracts all fishermen from many regions of Poland like a magnet – you can catch pike, tench, perch, rudd or roach here, and the enthusiasts of other activities can enrich their trip with

such attractions like horse rides, canoeing or other water sports.

Let's make use of the richness of Pomorskie's lakes, rivers and other reservoirs. And also an important note here: let's not forget to take a camera with us to commemorate our fishing trophies! Because we can surely count on impressive trophies.



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FISHING

WEEKEND WITH A FISHING ROD AND EMBROIDERY IN KARASIOWO FISHERY

In a place where peat was harvested years ago for the necessity of heating the houses, today there is the ecological agritourism farm Karasiowo. Silence, peace, nature and an adventure with a fishing rod – Karasiowo fishery combines all of these. You can catch little fish here in the training pond for children, or cracking Prussian carp and metre-long pike, while boating on a big pond. You can also try your hand at one of the seven specially prepared fishing spots on the island's tips, while observing a wild shoreline, which is often visited by local animals. You can also come here for fishing competitions or come back here every year like the pair of cranes which lay their eggs on a floating island! Also, nothing is in the way of taking part in Kashubian embroidery workshops, which – like fishing – demands steadiness and patience. In the agritourism lodging located in the XIX century house, we can not only spend a night but also prepare a meal for family or friends. Better together!

The offer includes:

- a 2 night stay in a XIX c. house, one room on the ground floor and one on the 1st floor in the XIX c. building, a total of 9 accommodation places (single beds and double beds, a sofa for two), two bathrooms, a porch with a place to keep fishing rods and fishing attire, as well as garden with an altar and a place to relax,
- fishing on "no kill" rules (fish species: Prussian carp, tench, pike, roach, perch),
- specially stocked training pond for children,
- watching birds and animals from a tree stand, boating with a guide and observing rare protected plants located on floating islands (depends on the weather conditions),
- self-catering – at guests disposal dining room with a kitchenette (fridge, oven, microwave, set of dishes); after a talk with the hosts, an option of barbecue or bonfire.

Additional options:

- Kashubian embroidery – craft workshops with an embroideress; **200 PLN for 4 hours of workshop.**

Price:

220 PLN/person*

*price for a weekend from Friday afternoon to Sunday morning (the price does not include embroidery workshop)

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NATURE TRAILS

For the guests of Pomorskie who want to commune with local nature and see its various facets, there await nature trails. Their picturesque paths of various character and level of difficulty have been marked out by experts and connoisseurs of nature, who are familiar with local geography and the ecosystems in existence here. Pomorskie trails focus on the wonders of nature located in the area of two national parks (Słowiński Park Narodowy and Park Narodowy Bory Tucholskie), 9 landscape parks (Kaszubski [Kashubian], Nadmorski [Coastal], "Dolina Słupi" ["Słupia Valley"], "Mierzeja Wiśłana" ["Vistula Spit"], "Pojezierze Iławskie" ["Iława Lake District"], Trójmiejski [Tri-City], Tucholski, Wdzydzki and Zaborski), as well as 134 nature reserves.

While following the trails of, for example Słowiński Park Narodowy [Słowiński National Park], we will get to know, on the one hand, the natural geographical phenomenon of moving dunes, and on the other – the spectacular vegetation of pine coniferous forests and peat bogs, as well as bird habitats concentrated in the area of the lakes Gardno and Dolgie Duże.



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The Landscape parks also have much to offer. In Nadmorski Park Krajobrazowy, we will see for ourselves a special kind of a sea coast: grand cliffs overgrown with coniferous pine forests. In Kaszubski Park Krajobrazowy, numerous trails cross the areas

for hikes with kids. "Szlak Alicji w zaczarowanym lesie" ["Alice in an enchanted forest trail"] in Leśny Ogród Botaniczny Marszewo [Marszewo Forest Botanical Garden] in the area of Nadleśnictwo Gdańsk [Gdańsk Forest District] is aimed at the youngest visitors. While climbing to the top of the hill, you can be immersed in the world of macroscale to face a gigantic lichen or a tick, but also go through the labyrinth of the senses with plants of various smells, shapes and textures, and feel like a giant in the microscale world.

Some of the trails have a very concrete character – for example the nature trail called "Szlakiem troci i łososa" ["following bulltrout and salmon"] in Park Krajobrazowy "Dolina Słupi" puts emphasis on migratory fish occurring in local reservoirs – their biology and fishing importance. In turn, "Kokoszka" trail in Zaborski Park Krajobrazowy has been marked out to present some of the bird species in connection with habitats in which they live. Thanks to the lookout created, you can safely observe, among others, a western marsh harrier, sea eagle, grey heron, crane, goldeneye, great reed warbler and many other birds.

It is of course only a small snippet of the huge array of interesting corners which create the colourful world of Pomorskie's nature. The coasts of the Baltic Sea are connected with slightly different attractions than Kashubian lakes or Żuławy plains, but it is worth getting to know all of the hues of the local nature. So let's go!

Nature trails of Park Narodowy Bory Tucholskie [Bory Tucholskie National Park] will allow us to get to know naturally occurring phenomena at the meeting point of clear lakes and forests. We will see sites of special species of vegetation (like a twin flower – an example of a glacial relic), we will learn about, among others, the role of insects – bees, ants and sawyers – in the life of forest congeries.

of an extremely diverse landform, with Raduńskie ribbon lakes, Wzgórza Szymbarskie [Szymbark Hills] or the complex of Lasy Mirachowskie [Mirachowskie Forests]. Local numerous nature reserves protect valuable plant species.

It is worth emphasizing that one of the main aims of the trails is education, and a part of them are perfect

NATURE TRAILS MARSZEWO FOREST BOTANIC GARDEN IN GDYNIA

On the outskirts of Gdynia, in the direct vicinity of the so called Little Kashubian Tri-City, we will find Marszewo, a centre of Nadleśnictwo Gdańsk [Gdańsk Forest District] that combines two functions – of a botanic garden and an educational centre. The garden specializes in collections of forest plants, especially native ones and those connected to the Pomorskie Region. Among a dozen or so collections, we can also find an orchard of old types of fruit trees, a flower-covered meadow and collections of medicinal and edible plants.

As a part of the whole-year educational centre of Nadleśnictwo Gdańsk, free lessons in sustainable development education are given from here, aimed at groups of various ages – starting with children of kindergarten age, through the students, to seniors. The main goal of the classes is to show the diversity of forest environments, talk about the rules of a rational forest economy, and primarily to encourage direct contact with nature. The lessons are led by experienced forest educators.

For individual tourists of various ages that visit an open-access forest part of the garden, two educational trails were created – "Szlak korzeni" ["Roots' trail"] and "Szlak Alicji w zaczarowanym lesie" ["Alice in an enchanted forest trail"]. The first one is a trail adapted for people with a physical disability, and also for parents with little children in prams. An almost two-kilometre paved trail snakes its way to one of the moraine hills, and along the way information boards present and cover the issues of the world of plants' roots and mushrooms, but also of the history of forest exploitation. An additional attraction are wooden, partly underground houses – of a logger, herbalist, as well as of roots and mushrooms. The second trail, "Alice Trail", is devoted to the youngest visitors. While climbing it to reach the top of the hill, you can cross to the world of macroscale to face a gigantic lichen or a tick, but also walk through the labyrinth of senses, with plants of diverse smells, shapes and textures, as well as feeling like a giant in the world of microscale.

The offer includes:

- free sustainable development education lessons, aimed at groups of various ages – starting with kindergarten kids, through the students, to seniors,
- access to two educational trails – Roots' trail and Alice in an enchanted forest trail,
- lessons led by experienced forest educators, primarily outdoor, and in the case of bad weather conditions – in an educational building,
- a possibility of a bonfire,
- a possibility to use two playgrounds and open-air places to rest.

Contact us:

Lessons for organised groups are led from Monday to Friday, between 8a.m. and 3p.m.

The lessons need to be booked beforehand through a LOB "Marszewo" website (www.marszewo.edu.pl) or the facebook profile of the garden (www.facebook.com/Marszewo/). Groups of at least 12 people can choose from a few lessons scenarios adjusted to the participants' age.

For individual visitors, the garden's area is available on working days between 10a.m. and 2p.m., and seasonally (from April till the end of September) – during so called Garden Sundays, between 10a.m. and 4p.m., and during winter as a part of a Birdhouse Action on every other Sunday (from December till the end of February) between 8a.m. and 1p.m. Educational trails are located out of the fenced terrain and are open-access at all times.



fot. Adam Kowalski

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TOURIST TRAILS



fol. Adam Kowalski

Comfortable shoes, a detailed map, also a working GPS can be useful. Moreover, packed lunch, a bottle of water and a raincoat just in case – you do not need much to start an exciting adventure during hikes on tourist trails, and there are many of them in Pomorskie. The most interesting trails in the region can be found in the area or in the buffer zones of Pomorskie nature protection areas – two national parks (Słowiński, Bory Tucholskie), as well as 9 landscape parks.

Hikes can be started from the easier trails, to with time enter more difficult levels and conquer longer and more demanding trails. All are marked out in such a way as to cover both the natural treasures or interesting landscapes, as well as human creations, including regional symbols and secrets. While following Pomorskie trails, we will come across the more than 500-year old grand Bartuś oak in Park Narodowy Bory Tucholskie [Bory Tucholskie National Park], that with its name alludes to the Polish record-holder, the around 700-year-old "Bartek" from the Świętokrzyskie Voivodeship. Unforgettable moments will be ensured by the red trail in Słowiński Park Narodowy [Słowiński National Park] that leads in its first part across the Baltic Sahara, that is dunes Łącka and Czołpińska. The highest hills on these trails are natural overlooks of the whole Park. It is also worth stopping on a yellow trail of Park Krajobrazowy Dolina Słupi [Słupia Valley Landscape Park] and taking a moment to see a huge glacial erratic, not by a coincidence called a dragon egg. It was moved to the Pomorskie Region ages ago by an ice sheet, and to this day baffles with its size.



fol. Adam Kowalski

A black trail in Nadmorski Park Krajobrazowy [Coastal Landscape Park] will surprise us with a different nature monument in the form of glacial puddingstone caves with weirdly shaped stone columns. We will find them in the Kashubian village of Mechowo, whose interesting history goes back to the 13th century. Whereas in Puszcza Darżłubska located in the north of Kashubia, for seekers of inanimate natural treasures await other glacial erratics with telling names – Diabelski Kamień [Devil's Stone] and Boża Stopka [Godly Foot]. A part of a blue trail of Brda, on the terrain of Tucholski Park Krajobrazowy [Tucholski Landscape Park], worthy of a recommendation is Piekło [Hell] nature reserve. Located here the boulder deposit area is classified as a nature monument, and the sinister name of this place

was assigned by keelmen who, while flowing down the Brda, encountered various obstacles here. We can name interesting places with no end, but one thing is sure – each one of them is worth seeing.

During the hike signs will be our lead. They are located on trees, stones, posts or walls. They have a characteristic form of three horizontal lines adjoining each other, of which two peripheral ones are white, whereas the colour of the middle one depends on the character of the trail – its length, rank and function.

Let's always stick to our trail to be sure nothing interesting escapes our attention. Let's go!

TOURIST TRAILS SIGHTSEEING HIKES IN KASHUBIA

The attachment of Kashubia to tradition, following folk customs, its own language and amazing natural conditions make Kashubia without a doubt one of the most beautiful and the most interesting regions of Poland. Let's discover the traditional cultural landscape of Kashubia, open-air museums, workshops of traditional handicraft, a deeply hidden traditional architecture, moving sands on coastal beaches and "the most important" of the seven capitals of the region. From Gdańsk, "the newest capital of the region," through Kartuzy, Kościerzyna, to Wdzydze Kiszewskie – on foot, by bike, train or a bus.

The offer includes:

- accommodation: a 4 night-stay in a double room in a high standard place in the area of Kaszubski Park Krajobrazowy,
- board: 4 breakfasts in the form of a smorgasboard, 4 dinners,
- guidance of an English-speaking courier/tour guide,
- sightseeing of Gdańsk in english, with a local tour guide, up to 4h,
- entrance tickets: Westerplatte – Guardhouse, open-air museum in Wdzydze Kiszewskie, the labyrinthine world of Adrian Fisher,
- a transport by 49' bus according to the programme.

Price:

from 289 EURO/person/programme

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fol. Adam Kowalski

SLOWLIFE

In Pomorskie there are a lot of places where you can successfully immerse yourself in nature and countryside idleness. A form of leisure, that is best portrayed in the word "slowlife", is getting more popular year on year. Harmony with nature and shared life with local inhabitants is something that helps us to forget about the city rush. What favours it is an invigorating green, which can easily be found in the various corners of the Pomorskie Region – at our disposal are, for example, picturesquely located national parks and landscape parks that hide natural treasures awaiting for explorers.

active participation in the life of a rural farm. In the area of the Pomorskie Region there are many agritourist points of various character, and it is worth mentioning that the hosts often propose learning new, amazing skills. Lessons in baking ecological country bread, horseshoeing workshops or traditional Kashubian embroidery courses are only a few examples. We will experience something that we have not dreamed of, and all of that to a rhythm measured by a cockerel's crowing. We also have access to something that we can only dream about in a city rush – the freshest, healthiest and the most delicious food products

obtained straight from nature. We can make our own breakfast using fresh vegetables, eggs, milk straight from a cow or hand-picked herbs. Simply, using all the gifts the land we live on gives us.

Also, behind a fence an adventure always awaits. An expedition to the forest is always good for us, whether to look for mushrooms or blueberries, or to blissfully relax and swim in a clear lake. Many of us reminisce over such holidays from our childhood with a longing – then we did not call it slowlife, but we still waited for it for a whole year.



fot. Adam Kowalski

On the shores of the Baltic Sea there are still places where you can lazily walk for hours and come across nobody except for gulls flying everywhere. We can occasionally see fishermen with fresh fish coming back to the traditional smoking chamber – and you need to know that a visit to such a place is a feast for the senses! In Bory Tucholskie we can hike at our own pace across forests and we do not need a map for that – no matter in what direction we go, every couple of hundred metres we will come across an interesting view. The same goes for "Szwajcaria Kaszubska" ["Kashubian Switzerland"] – local green hills and clean lakes simply encourage relaxation, and the local inhabitants will teach us how to live without problems characteristic of big city reality.

An extremely popular form of leisure in the slowlife type is agritourism, that is leisure connected with an



fot. Adam Kowalski

SLOWLIFE SMOKING FISH IN GUZKÓWKA – A SLOW WEEKEND

In the forest we can find mushrooms and blueberries – we all know that. But not everyone knows that in the forest you will also discover a very hospitable house with four cosy rooms and inimitable cuisine. Around it there is a garden, where there are herbs and the smell of the pine forest and after rain – the nearby lakes Sudomie and Żolnowo. Smoked fish also smells good, and what a smell is that! Workshops on the art of smoking coarse fish with a warm smoke that end with a certificate, and primarily a tasting, is a reason enough to stay for a weekend (or longer) in Guzkówka. All year round there is something to do here: in the spring, in the early morning, the flowers of elder or acacia are picked and later, properly prepared they constitute a delicious breakfast. In the summer, it is hard to say no to canoes and nordic walking sticks; in the autumn, there is nothing better than a walk in a scarlet-golden forest, and in the winter it is worth bringing cross-country skis with you, and checking for yourself if it is

really such an easy task to walk on freshly fallen snow. The host, Mister Adam, is probably doing magic in the kitchen, because it is hard to believe that such dishes can be prepared without magic. So you don't have to worry about attractions or a dinner in Guzkówka.

The offer includes:

- a 2 -night stay in a double room with a bathroom,
- full board (2x breakfast, 2x late dinner, including one with fish smoked at the workshops,
- workshops on the art of smoking coarse fish with a warm smoke ending with a certificate awarded by the host,
- fish prepared during the workshops,
- a corner for children, the possibility of an additional bed in the double room,
- a place where you can go fishing (a bridge, a boat),
- an option to go fishing (an additional fee).

Price:

550 PLN/person*

*A weekend stay – from Friday afternoon to Sunday after breakfast, doesn't apply to Christmas time, there is a possibility to arrange longer stays

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fot. Adam Kowalski

HORSE TRAILS

There are not many experiences as exciting and which give a feeling of freedom as much as a horse riding expedition across areas of wild nature. The world seen from the perspective of horseback is completely different, and the cooperation with a living creature under the saddle magnifies the feeling of a unity with nature. The Pomorskie Region, with its numerous bridle paths, greatly led studs with many traditions, as well as a well-developed horse agritourism offer is a perfect place for equestrian holidays for horse riding enthusiasts.

An unforgettable adventure can be for example an expedition on a bridle path on one of the trails marked out in two Pomorskie national parks that ensure direct contact with unspoiled nature. Known thanks to its moving dunes and unique sites of coastal nature, the Słowiński Park Narodowy [Słowiński National Park] is sometimes available for equestrian passages in May and September. You will need to apply for permission from the Park's management then, which in its answer will determine the exact route and date when the horse ride will be permitted. Also in the Park Narodowy Bory Tucholskie [Bory Tucholskie National Park] there is a trail dedicated to equestrian tourism – it amounts to around 5 kilometres and follows a sandy route from Bachorze village by Charzykowskie Lake to Owink village. Along the way we will see the few hundred-year old "Bartuś" oak, as well as picturesque midforest lakes.



fot. Adam Kowalski

We can also travel in the saddle in the area of Pomorskie's landscape parks. In Park Krajobrazowy Pojezierza Iławskiego [Iława Lake District Landscape Park] you can use walking trails marked out for a ride here, in turn, in Park Mierzeja Wiślana [Vistula Spit Landscape Park] there is a trail dedicated to equestrian tourism in Jantar village. Nadleśnictwo Gdańsk [Gdańsk Forest District] has a rich offer of six trails with a total length of 56 kilometres, that shares a major part of its area with Trójmiejski Park Krajobrazowy [Tri-city Landscape Park].

A place for the seekers of interesting horse riding experiences, it is especially worth visiting Nadleśnictwo Choczewo [Choczewo Forest District] located in the north of Pomorskie. Eight inter-connected bridle paths with a total length of almost 130 kilometres ensure the possibility to cross the length and breadth of practically the whole area of the forest district, from the shores of the Baltic Sea, to as far as the charming Dolina Redy [Reda Valley]. What's important is that both advanced riders, as well as beginners, will find trails suitable for them here. They are designed in such a way as to enable a few-hour-long horse ride but also even a few-day-long pony-treks. We will find here numerous signs, information boards and eight forest stables. A part of the local trails run in the area of Nadmorski Park Krajobrazowy [Coastal Landscape Park] and are linked with walking or bike trails. The longest is the "Wrzosowa" ["Heather"] trail, it has a length of 21.6 kilometres and runs across beaches, dunes overgrown with mugho pine and coastal coniferous forests with the acres of heather. The trails "Borówkowa" ["Berry"] (it runs in coniferous pine forest without undergrowth, long straight sections with perfect visibility), "Dębowa" ["Oak"] (runs across oak woods on a rolling, hilly terrain) and "Dwa jeziora" ["Two lakes"] (runs around lakes Dąbrze and Czarne, by both of them we can find the "forest stables") all have a similar length. Among shorter trails await, among others, an 8-kilometre trail leading across beech forests along the Reda valley.

An adventure on four hooves awaits us, it is then worth seeing for yourself how beautiful the nature of the Pomorskie Region is, seen from an unusual perspective.



fot. Adam Kowalski

HORSE TRAILS A WEEKEND IN THE SADDLE

TABUN is a magical place in which time has stopped and where, despite the closeness of a big city, Gdańsk, you can delight in the beauty of nature, while at the same time not abandoning the Tri-city tourist-cultural attractions. Tabun is picturesquely located in a forest on the terrain of Otomiński Obszar Krajobrazu Chronionego [Otomiński Protected Landscape Area]. In the area of the centre that covers 4 hectares of fenced terrain, there is a stylish restaurant, a cottage where a feast can be held, atmospheric agritourism, a playground for children, as well as a stud. For horse enthusiasts there await 10 steeds, beautiful terrains, as well as a riding hall and an outdoor dressage arena, where anyone who is interested can learn horse riding. For those who don't want to mount a horse, Tabun prepared buckboard rides, and sleigh rides in winter.

The offer includes:

- a night stay in a twin room,
- HB,
- bikes,
- sticks for Nordic walking,
- a boat on Otomińskie Lake,
- a horse ride additionally paid depending on an option:
 - a) for beginners (2 lessons, 0.5 h each)
 - 108 PLN/person,
 - b) for advanced riders (2 lessons, 1 h each)
 - 126 PLN/person,
 - c) outdoor riding in an advanced group (1 h)
 - 63 PLN (at least 3 people),
 - d) a buckboard ride (maximally 10 people)
 - 250 PLN/1 h,
 - e) a sleigh ride
 - 30 PLN/person, but not less than 250 PLN/1 h,
- horse riding with an English-speaking guide:
 - a) individual for beginners and advanced riders
 - 150 PLN/1 h,
 - b) outdoor in a group (at least 3 people)
 - 100 PLN/1 h

Price:

- 580 PLN, a 2-day package for 2 people,
- every additional 24 h – 290 PLN.

Contact us:

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fot. Adam Kowalski

BIKE TRAILS



fol. Adam Kowalski

The enthusiasts of cycling who are more numerous every year, cannot imagine a vacation without this form of activity. The Pomorskie Region favours cyclists, because it makes its most valuable natural treasures accessible through a dense network of bike trails. It also covers areas of protected nature in the shape of 2 national parks and 9 landscape ones – we can get to know their picturesque corners from the perspective of a saddle.

The best way to cross Bory Tucholskie, with almost all of its attractions, on two wheels, is by sticking to the trails of Kaszubska Marszruta. It is a network of 4 bike trails (a black one, red one, green one and a yellow one), marked out in the area of Chojnice, Brusy or Czersk. Over a total of almost 200 kilometres, besides nature treasures of Park Narodowy Bory Tucholskie [Bory Tucholskie National Park] (like the 600-year-old Bartuś oak), we will come across numerous villages with objects characteristic of this region, like Muzeum Kaszubskie Chata [Kashubian Cottage Museum] in Brusy.

Bike trails in the area of Kościerzyna and Wdzydzki Park Krajobrazowy [Wdzydze Landscape Park] will also help us to get to know the charms of Kashubian nature and the local cultural heritage. On the shores of vast lakes and across endless coniferous, forests there runs one of the most popular trails, an almost 50-kilometre "Dookoła Jezior Wdzydzkich" ["Around Wdzydzkie Lakes"] trail – it is not very demanding in terms of surface and landform, and at the same time it

shows the various natural benefits of these areas. It is perfect for a weekend trip, then. Another, much shorter "Petla Czarlina" ["Czarlin Loop"] trail (14 kilometres) will lead us, among others, to a fishing settlement and beaver habitats.

In Kaszubski Park Krajobrazowy [Kashubian Landscape Park] there also awaits us a dozen or so trails linked with each other, of various length and difficulty level. The bike trail leading from Kartuzy to Rekowo is only 7 kilometres long, and is called "Chmieleńska", which besides beautiful landscapes covers, among others, the popular Muzeum Ceramiki Kaszubskiej Neclów [Neclów Kashubian Ceramics Museum] in Chmielno. Longer – 26 kilometres – is "Kartuska" nature route. Along the way, we can see a true peculiarity – an uncompleted castle in Łapalice, and at the end of the route – Sanktuarium Maryjne [Marian Shrine] in Sianowo.

Quite demanding is one of the most popular trails of the north coastland of the Baltic Sea, called "Okolice Jeziora Sarbsko" ["Surroundings of Sarbsko Lake"], located close to Słowiński Park Narodowy [Słowiński National Park]. Those who feel up to it and will go on an adventure on a 34-kilometre trail, will surely not regret it – we will reach, among others, Stilo lighthouse, Wejherów castle in Nowećin, a historic palace in Sasin or entertainment and educational parks in Łeba and Sarbsk.

It is also worth getting on a bike while visiting Tri-City. In the local landscape park there await eight trails, and surely it is worth turning your attention to two cross-sectional trails "Przez Trójmiejsk PK" ["Across Tri-City NP"] – A and B. Both have a little less than 40 kilometres, but they are different when it comes to the difficulty level and areas which they show. The first one, more demanding, starts in Wejherowo and runs across forests and charming villages and settlements spread in the area of Nowy Dwór Wejherowski, reaching Gdynia - Chylonia. The second one, the easier one, leads across the southern part of the Park, from Gdynia - Chylonia to Jasień lake on the western edge of Gdańsk.

Unusually located is the 28-kilometre trail "Wokół Wyspy Sobieszewskiej" ["Around Sobieszewo Island"], on the eastern edge of Tri-City. Among the diverse attractions of these areas, the biggest ones are the nature reserves "Ptasi Raj" and "Mewia Łacha" that constitute refuges for many rare wild bird species. We will also see Our Lady of La Salette shrine in Sobieszewo, a historic lock in Przegalina or a larch manor in Orle.

These are only some examples chosen from a numerous set of Pomorskie bike trails. What can we do now, only pack a map, mount a bike and make the most out of local nature treasures. Sprinting or recreationally – everyone at their own pace!

BIKE TRAILS FOREST STORIES IN BORY TUCHOLSKIE

Notera Hotel SPA situated in the heart of Bory Tucholskie is a perfect combination of design and nature. It enraptures with a charming view of Charzykowskie Lake, modern architecture and innovative solutions. It is a perfect place for leisure away from the city rush. Here you can feel the energy and beauty of the nature surrounding us and listen intently to the sounds of the forest. Notera Hotel SPA invites us to spend carefree moments in Bory Tucholskie filled with stories about the mysterious life of trees and animals. A stay by Charzykowskie Lake, in Notera Hotel SPA, is a perfect way to relax!



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The offer includes:

- a 2-night stay in a comfortable room,
- great breakfasts and late dinners in the form of cafeteria,
- a trip with a guide across magical Bory Tucholskie,
- packed lunch for the trip,
- rental of bikes or Nordic walking poles,
- relax in the first in Poland Strefa Poza Stressem [A zone away from stress] combined with bioinhalation in a pine sauna with a honey face mask,
- relax rooted in nature – sensory massages – to choose from,
- an unlimited access to the wellness zone – swimming pool, sauna, steam room, infrared sauna, jacuzzi,
- car park free of charge.

Price:

1520 PLN for a stay for 2 people in a twin room with a view of Charzykowskie Lake*

*price of the package is valid till the end of March 2019, after that the price can be different.

Contact us:

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CANOE TRAILS

Canoeing is in Poland surely one of the most popular forms of active tourism. Pomorskie, with a dense and diverse river network, can serve as one of the friendliest regions for canoeists in this part of Europe. Many of the local canoe trails run in areas of protected nature, which allows us to watch the beauty of nature from the perspective of the water.

In Park Narodowy Bory Tucholskie [Bory Tucholskie National Park] we can have a two-day canoeing trip Szlakiem Brdy [following Brda], one of the most beautiful, and at the same time one of the best rivers for trips in Poland. A 30-kilometre trail that starts in Ciecholewy village is not that demanding, and it ensures unforgettable moments. On the route that crosses lakes Karsinińskie, Witocznno, Łąckie and Dybrzk, we will reach the northern parts of the Park, characteristic of congeries of amazing nature. A slightly shorter option of a water expedition is Szlak Jeziora Charzykowskiego [Charzykowskie Lake Trail] with a length of 11 kilometres, that in one day gives an opportunity to discover along the way such attractions like the Kashubian village of Swornegacie, with an interesting church of Saint Barbara and Kaszubski Dom Rękodzieła Ludowego [Kashubian House of



fot. Adam Kowalski

among others, a hydro power station in Smlodzino, Gardno lake, Rowokół mountain or a glacial era Diabelski Kamień [Devil's Stone] in Gardna Wielka.

A lot longer is Szlak Słupia [Słupia Trail], that amounts to 71 kilometres – it is worth spreading this distance over 4 days. It is an option for slightly more advanced canoeists, as the trail entails portages and carriages,

stones that commemorate this fact. We will also come across nature reserve of Golebia Góra that protects rare plant species or the ancient hydro power stations Gałąźnia Mała, Krzyna, Struga and Strzegomino.

Various charms of Kashubia will be shown to us also on a 44-kilometre trip on Szlak "Kółko Raduńskie" ["Kółko Raduńskie" Trail] that connects ten lakes linked with Radunia in the area of Kaszubski Park Krajobrazowy [Kashubian Landscape Park]. We can also flow down the further course of the river, Szlak Raduni [Radunia Trail], in the direction of Gdańsk – the difficulty level of both of these trails is moderate. A lot more demanding options are Szlak Łeby [Łeba Trail] (120 kilometres) and Szlak Bukowiny [Bukowina Trail] (127 kilometres). The uncertainty of the streams and passages of various character in both cases will ensure an amazing, week-long adventure – only for real stayers!

Rivers that are extremely attractive when it comes to canoe trips are also Szlaki Wdy i Trzebiochy [Trails of Wda and Trzebiocha], that give us the opportunity to get to know corners of Wdzydzki Park Krajobrazowy [Wdzydze Landscape Park] hidden from civilization. Here, we will come across calmer streams and good conditions for family trips of various distances.

A dense network of lakes and rivers is a great asset of Park Krajobrazowy Pojezierza Iławskiego [Iława Lake District Landscape Park], that allows us to choose from many trails of various character, length and difficulty level. A meeting point for them is Jeziorak, that is the longest Polish lake, which attracts hundreds of water sports enthusiasts every year.

These are not the only interesting options that, in the context of canoe tourism, Pomorskie's rivers, lakes and canals have to offer. Several dozen of the extremely picturesque canoe trails of the region have a total length of around 1600 kilometres! There is a lot to choose from then.

and the trip can be made more difficult by a fast-flowing stream, meanders and obstacles on the river bed. All that is compensated for by the wonderful unspoiled nature of Park Krajobrazowy Dolina Słupia [Słupia Valley Landscape Park] which we will come across. On this trail, the archbishop Karol Wojtyła who later became the pope John Paul II once had a canoe trip, that is why in the area of the river there are located

Folk Handicraft] or Harcerskie Centrum Edukacji Ekologicznej [Scouting Centre of Ecological Education] in Funka.

We can also discover natural treasures with a paddle in hand in Słowiński Park Narodowy [Słowiński National Park], where the 13-kilometre Szlak Łupawy [Łupawa Trail] awaits us, perfect for a one-day canoe trip. On a route with a moderate level of difficulty there are,

CANOE TRAILS

A CANOE TRIP ACROSS SZWAJCARIA KASZUBSKA [KASHUBIAN SWITZERLAND]



fot. Adam Kowalski

"Szczypta Świata" travel agency invites you to discover the beautiful landscapes of Szwajcaria Kaszubska, seen from the river's perspective. A calm and silent countryside is surely a great asset of this trip. The offer is aimed at people of all ages, the trip does not demand any special skills or a lot of strength, so kids are also welcomed. The participants of rafting, while following the trail of great explorers, will follow the river through picturesque meadows, where you can watch cows grazing; in turn, while canoeing nearby groves you can come across wild animals or their tracks. There is a possibility that the canoes will have to be manoeuvred between fallen trees (because of beavers or wind), but it is only an interesting, additional attraction of this expedition.

A possibility of two versions of the trip:

- longer route: around 13.5 kilometres (4-5 hours),
- shorter route: 10 kilometres (3-4 hours).

The offer includes:

- transport with a private driver (a pick-up from a hotel),
- canoe and life jackets,
- stock for a bonfire with sausages.

Price:

- 1 passenger – **186 euro**
- 2 passengers – **186 euro**
- 3 passengers – **189 euro**
- 4 passengers – **208 euro**
- 5 passengers – **235 euro**
- 6 passengers – **246 euro**
- 7 passengers – **259 euro**
- 8 passengers – **288 euro**
- 9 passengers – **513 euro**
- 10 passengers – **520 euro**
- 11 passengers – **528 euro**
- 12 passengers – **528 euro**
- 13 passengers – **559 euro**
- 14 passengers – **560 euro**
- 15 passengers – **570 euro**
- 16-50 passengers – **35 euro for a person**

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fot. Adam Kowalski

ORIENTEERING



fol. Adam Kowalski

Pomorskie beaches, dunes, forests, meadows and swamps concentrated in national parks and landscape parks are not only refuges of wild nature and pretty backgrounds for pictures, but also the perfect scenery for many forms of activity. Also those extreme ones like orienteering, steeplechases, or trail runs. Handling the elements, conquering long distances over difficult terrain or dealing with your own weaknesses is what always gives a double dose of satisfaction. Also, on the steep cliffs of Zatoka Pucka [Puck Bay], moving dunes of Słowiński Park Narodowy [Słowiński National Park], slimy swamps near Kashubian lakes or in endless pine forests of Bory Tucholskie, adventures come up on their own.

The numerous enthusiasts promoting all those forms of activity, who every year in various corners of the Pomorskie Region organise competitions known throughout the whole country, surely know this. These kinds of events are a perfect way to feel the adrenaline and for a while be a special agent or a scout. It is fun both for adults, as well as children. Among the most popular, we should mention events like **Ekstremalny Rajd na Orientację „Harpagan”** [Extreme Orienteering “Harpagan”] (with a less-advanced version - „Harpus”),

Runmageddon, **Harce Prezesa**, **Biegun**, orienteering within a project **Zielony Punkt Kontrolny** [Green Checkpoint], **Gdańskie Biegi Leśne** [Gdańsk Forest Runs], **Navigatormia Adventure Race**, **Alternatywa na Orientację** [An Alternative to Orientation], **Kaszubski Bieg na Orientację „Z Kompasem”** [“With a compass” – Kashubian Orienteering], **Kaszubska Włóczęga** [“Kashubian Ranger”], **Trójmiejski Ultra Truck (TUT)** [Tri-City Ultra Truck], **Vestigia**, **CieMnO**, as well as **Biegun**, **Mud Max**, and **Runmageddon**.

As you can see, the offer is very extensive, so it is worth reading about the character and conditions of participation in each of the orienteering events, check the exact deadlines and places, and then plan days in your calendar reserved for the event. No need to wait, as thrills are guaranteed!



fol. Adam Kowalski

ORIENTEERING EXTREME ORIENTEERING “HARPAGAN”

Ekstremalny Rajd na Orientację „Harpagan” [Extreme Orienteering “Harpagan”] is the biggest orienteering event in Poland that can boast an almost 30-year tradition. Twice a year, in spring and autumn, it attracts daredevils from all over Poland and beyond to the various corners of the Pomorskie Region. The participants cross their long trails on foot or by bike, using maps given at the start and by looking for so called checkpoints – like a crossing, erratic glacials, lakes or natural monuments. A light version of Harpagan, also open for children and teenagers is the “Harpus” event that takes place in the area of the Tri-City districts, parks and forests.

www.harpagan.pl

Biegun, an extremely popular cycle of orienteering, is organised by the picturesquely located Adventure Park Gdynia Kolibki. The organisers will prepare a trail for volunteers with densely spread obstacles. The competition has a different theme each time. The formula of the competition assumes that we decide on our own/by ourselves how many laps we will be able to do.

www.biegun.info

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adventure

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