# Time for Podlaskie

## IN TOUCH WITH NATURE

AUGUSTÓW FOREST AND RAJGRÓD LAKE



### SUWAŁKI REGION

# AUGUSTÓW FOREST AND RAJGRÓD LAKE

### BIEBRZA AND NAREW VALLEY

# KNYSZYN FOREST

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# BIAŁOWIEŻA PRIMEVAL FOREST AND THE BUG VALLEY



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# Augustów Region

The Augustów region is where civilisation meets virgin nature. You just need to cross the threshold of urban space there to find yourself in the boundless, quiet, green Augustów Forest – one of the largest forest complexes in the European Lowlands, which attracts enthusiasts of active tourism, walking and cycling. The numerous local ribbon lakes: Necko, Białe, Studzieniczne and Sajno, with

unusually rich shorelines, located among the forests, tempt sailors and canoeists, and the rich and constantly developing tourist infrastructure of the Augustów district as well as the fact that almost 65% of its natural area is protected make this area an ideal spot for leisure, regardless of the season. You will remember the resinous pine and spruce aroma of the local forests long after your holiday! The forest landscape is intersected by picturesque rivers and watercourses, which also make must-see points on the canoeing map of Poland, such as Czarna Hańcza, Marycha, Netta and Rospuda. It is hard to find a person in Poland who has not heard of the latter. The Rospuda Valley, which was once a subject of disputes, is now still protected by Natura 2000 program and is a refuge for numerous species of birds, a corridor for the annual migration of mammals and a habitat for rare varieties of plants. The river flows through 8 post-glacial lakes and finally stops at Rospuda Augustowska, which is included in the silence zone – so grab your paddle and let its gentle and peaceful current carry you away, relaxing in the superb company of Podlasie nature.



An increasing number of visitors to the Augustów region leave their cars and switch to other, less invasive means of transport - for example, bicycles. There are many routes to choose from, each with its own specificity, allowing you to experience the diverse attractions of the region. You can therefore choose the yellow trail "Around Lake Sajno", where you will listen to the sounds of the Augustów Forest; the blue trail "Around Lake Białe and Studzieniczne", where you will find the Sanctuary of Our Lady of Studzieniczna, dating back to the 18th century, which has become famous for its miracles and healing effects due to the water extracted from a well on the island; the green trail "Around the Rospuda Valley", which passes by Klonowica - the shortest river in Poland, or the White Eagle Trail, where you can see objects connected to history, tradition and patriotism. If you're looking for more of a challenge, embark on a trip along Poland's longest cycling route - Green Velo. You can also try out one of the most beautiful horse riding trails in Poland - the "Augustów Forest Horse Trail", with an overall length of almost 250 km, where you will find sandy forest tracks allowing you to gallop, as well as numerous timber rafting yards and viewpoints. Augustów, the summer capital of Podlaskie province, lies in the vicinity of the lush green forest. The nearby clean lakes full of fish and forests brimming with mushrooms guarantee an ideal holiday for patient conquerors and seekers of the gifts of nature. The location of the town provides countless opportunities for water activities: the town beach with the Radio Trójka pier, water bike and kayak rentals, catamaran, gondola or large passenger ship cruises by the Augustów Shipping Company, or the water ski lift on Lake Necko, where water skiers fitted with professional equipment speed through the water at almost 60 km/h! Every July, the best of the best take part in the International Water Ski Jumping Competition there. In summertime, Augustów life revolves around the charming boulevards on the Netta River, Mostowa Street and the Sigismund Augustus Square.

Hotel Warszawa\*\*\*\* Sp. z o.o. ul. Zdrojowa 1 16-300 Augustów (+48) 87 643 85 00 www.hotelwarszawa.pl

Hotel Warszawa\*\*\*\* SPA & Resort in Augustów is a perfect place to relax in the surroundings of a pine forest on the banks of the picturesque Necko Lake. You will enjoy regional dishes in the glass-roofed restaurant, while admtring the surrounding greenery and the lake. Enjoy massages, beauty and Ayurvedic treatment at hotel's spa. The hotel is also an excellent spot for active leisure: canoeing, hiking and cycling trips to the Augustów Forest, cruises on the lakes and the Augustów Canal.



Hotel Wojciech\*\*\* ul. Wojciech 8 16-300 Augustów (+48) 87 644 72 37 www.hotelwojciech.pl



Hotel Wojciech\*\*\*, located in an enchanting and peaceful area near Augustów, will delight you with its cosy location and elegant style. The smell of the forest and the beautiful view of Lake Białe will help you relax, away from the everyday noise and rush of the city. Do not hesitate to come and your stay will be a unique and unforgettable experience.



Save the date for the biggest event in the area - "What's Got to Swim Doesn't Drown", i.e. the Polish Championships in Floating on Anything, hosted by Polish Radio Białystok in Augustów. This is by far the most spectacular event of summer in Augustów as well as an opportunity to meet the constructors of clever floats, who often have an unconventional sense of humour. Motorcycle enthusiasts will be happy to see the Augustów MotoNights, during which Augustów sounds with the roar of motorcycle engines for several June evenings. Accompanying concerts will provide an unrivalled amount of entertainment. Active travellers will certainly appreciate the Course along the Augustów Canal, which is a horse and bicycle race combined with canoeing and running, during which you can listen to melodies played by local bands, have a great family picnic and taste delicacies from regional pantries.

Grab a paddle and embark on a unique adventure with SZOT Tourist Company. Choose individual rafting and let yourself be carried away by the Rospuda – a river with a swift current and changeable nature – or plan an organised trip with friends to explore the Czarna Hańcza meandering lazily among meadows and forests. Then, when you have finished rafting, relax at Villa Skomanda – the perfect place for anyone who loves relaxing close to nature.

SZOT Tourist Company ul. Konwaliowa 2 Augustów 16-300 (+48) 87 644 67 58 www.szot.pl www.villaskomanda.pl

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When you have reached the shore with your canoe, put your bike down and tested the waterski lift, it is time to relax your muscles. You can do some standard exercises or you can take advantage of what Augustów offers you. The town has the status of a health resort and the Augustów Spa Sanatorium will take care of your well-being. You can enjoy a well-balanced meal at Cafe & Bar Nad Jeziorem. Many Polish and foreign patients come here. Now it's time for you!

Augustów Health Resort: Augustów Medical SPA ul. Zdrojowa 3/5/7 16-300 Augustów (+48) 87 643 28 71 www.sanatorium.augustow.pl

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SANATORIUM uzdrowiskowe AUGUSTÓW

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### AUGUSTÓW CANAL

The Augustów Canal is undoubtedly the most important monument of the Augustów region. The 101.2-kilometre-long structure which waterway was supposed to connect the basin crosses the town of Augustów and leads all the way to Belarus is the pinnacle of Polish hydraulic engineering of the first half of the 19th century. It boasts 18 sluices, 14 of which are on the Polish side and the remaining 4 on the Belarusian side. Nine of them have retained their original appearance to the present day. As in the 19th century, sluice workers open the

gate hatches by lifting the valves with hand jacks. The partly natural and partly man-made of the Vistula River with the Neman River so that goods could be floated to the Baltic bypassing Prussian customs duties. The daring plan, the construction of which employed innovative solutions, ultimately failed to fulfil its economic purpose as the customs duties were abolished. Yet, today the building perfectly serves the purpose of tourism and recreation.



It is the only attraction of its kind in the country due to cross-border cooperation, the Kurzyniec sluice functions as a tourist border crossing. Once you have completed the border formalities, you can go to Belarus by a canoe or a barge, or use the August Velo bicycle path and cycle across the border. It is the Augustów Canal that hosts the "Pope Trail", which was established to commemorate the visit of Holy Father John Paul II to the Augustów region. It is the route he took on board of Serwy ship. During the cruise, passengers visit the Holy Mary Sanctuary in Studzieniczna, where the Pope prayed in the island's chapel. The trail is supervised by the Augustów Tourist Organisation, which works for the benefit and promotion of the Augustów district. Its Internet database is brimming with suggestions how you can spend your free time in the Augustów region!



# Rajgród

In the 13th century a fortified town of the Yotvingians, called Raj (Eng. "Paradise") stood on a hill on a vast headland. Today (out of season) you can find a true paradise for all who seek a break from the daily rush and noise, in the village located on the waters of the lake. Morning mists on the Jegrznia River, the proximity of the Biebrza National Park, the Red Swamp and Grzędy Nature Reserves inhabited by moose and hundreds of unique mammal and bird species, a place full of culture and life... It is Rajgród – a place, where you know, what true relaxation is.

Raigrodzkie Lake, situated on the border between Podlaskie and Mazurskie provinces, is the most impressive of all. It is a unique ribbon lake with 5 elongated branches, which enables sailing long, straight distances with favourable winds, so it is always a good place to sail. There is a harbour on the lake, which serves as the seat of Arcus Yacht Club, where you can rent water sports equipment. Do not hesitate, as many regattas (including integrative ones) and recreational events are held there during the high season, such as the Regatta for the Blue Ribbon of Rajgrodzkie Lake and the Cup of the Mayor of Rajgród. There are several marshy islands on the lake, the largest of which include Sowiak and Sacin, and the entire complex of Rajgród lakes is filled with peace and quiet. The many local beaches guarantee excellent relaxation. This place attracts anglers interested in the variety of fish species found there, and the diverse relief of the area, variability and contrasting forms of the surroundings, as well as numerous viewpoints with broad panoramas and interesting historical monuments encourage visitors to go hiking or cycling. Stay the night at one of the many resorts so that you can enjoy the beauty of Podlaskie province – for example, the idyllic view of Rajgrodzkie Lake from the Castle Hill, which stands out in this lowland landscape, towering as high as 228 metres above sea level!

Arcus Yacht Club ul. Szkolna 7a 19-206 Rajgród (+48) 505 993 100 www.ycarcus.pl



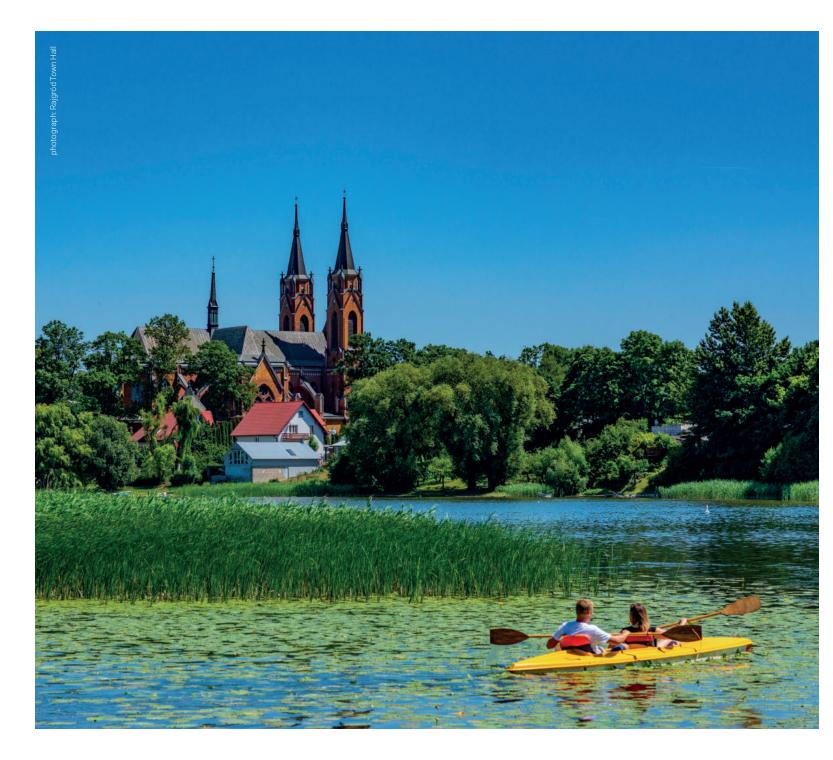
### RAJGRÓD CYCLING ROUTES

The Rajgród Bicycle Association Raj Team Rajgród is active in Rajgród and organises exciting bicycle races in the municipality. Rent a bike and set off on a tour around the fabulous Rajgród!

#### VICINITY OF THE BIEBRZA NATIONAL PARK

The municipality's assets include its location in the Biebrza National Park's buffer zone. The view from the observation tower on the Wolf Mountain is one of the highest elevations in the Park!





#### CHURCH OF THE BIRTH OF THE HOLY MARY IN RAJGRÓD

The historic Neo-Gothic style church in Rajgród is a place where you can stop for a moment of reflection. There is the miraculous painting of the Virgin Mary of Rajgród.

### MILL ON THE JEGRZNIA

In 1911 a mill was constructed on the river Jegrznia in Wojdy. Today it is a striking monument – once the site of more than 100 hectares of fish ponds.

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A trip to the Land of Forests and Lakes with Ela-Travel Travel Agency is a perfect idea for a weekend getaway to the Augustów region. The route includes the Augustów Harbour, the Netta River, Białe Lake and Studzieniczna.

"Ela-Travel" Travel Agency ul. Rynek Zygmunta Augusta 15 lok. 2 16-300 Augustów (+48) 87 643 55 00 www.ela-travel.pl







The Augustów region is full of adventures, and the most interesting of them you will find in Janewiczówka – the Village of the Gifts of the Forest. It is a perfect place to unwind surrounded by nature, where peace and quiet, singing birds and croaking frogs guarantee 100% relaxation with your closest family. Listen to the mysterious stories of the Berry King or visit the giant ants' anthill! Stay overnight here and feel like you're in a fairy tale.

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Janewiczówka – Village of the Gifts of the Forest Kopiec 7 16-310 Sztabin (+48) 509 780 431 www.janewiczowka.pl



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District Starost Office in Augustów ul. 3 Maja 29 16-300 Augustów (+48) 87 643 96 50 www.augustowski.home.pl Augustów Tourist Organisation Rynek Zygmunta Augusta 44 lok. 1 16-300 Augustów (+48) 728 755 936 www.augustow.org.pl

