

A scenic landscape of a vineyard at sunset. The sky is a mix of deep blue and orange, with soft clouds. In the foreground, there is a lush green field. In the middle ground, a row of grapevines stretches across the frame. A white text overlay is centered in the upper half of the image, enclosed in a white rounded rectangle with a thin white border. The text is white and reads: "Time for Podlaskie", "IN TOUCH WITH NATURE", and "KNYSZYN FOREST".

Time for Podlaskie

IN TOUCH WITH NATURE

KNYSZYN FOREST

SUWAŁKI REGION

AUGUSTÓW FOREST AND RAJGRÓD LAKE

BIEBRZA AND NAREW VALLEY

KNYSZYN FOREST

BIAŁOWIEŻA PRIMEVAL FOREST AND THE BUG VALLEY



Podlaskie Regional
Tourism Organisation

PODLASKIE.TRAVEL

FB: /podlaskie.travel

IG: /podlaskie.travel

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Regional Tourist
Information Centre
(+48) 503 356 482
rcit@podlaskie.it

Podlaskie Regional
Tourism Organisation
(+48) 85 653 77 97
biuro@podlaskie.it
podlaskie.it | podlaskie.travel

Knyszyn Forest



The Knyszyn Forest fascinates you with its wild nature, history and the fact that time passes much slower there than anywhere else. Its symbol is the towering pine trees, soaring like masts of a ship, called „holy” – you can spot shrines and crosses attached to many of them years ago by locals. This vast area is home to the Knyszyn Forest Landscape Park, which stretches through forests and a dense network of rivers and streams with hundreds of vibrant forest springs, all of which create a fabulous landscape. The Park provides nature preservation, didactic and scientific activities, but also tourism and relaxation. The latter is facilitated by educational and cycling paths, horse riding and canoeing trails, as well as numerous beaches and piers.

Tourist Information Centre in Supraśl -
Knyszyn Forest Landscape Park
ul. abp. gen. M. Chodakowskiego 6
16 030 Supraśl
(+48) 85 718 37 85
www.pkpk.wrotapodlasia.pl

„To do” list

1

Take a walk through one of the most beautiful places in the Knyszyn Forest – Krzemianka Reserve. Watch it from the perspective of the wooden footbridge stretching over springs bubbling from the ground. Here you can easily understand what it is like to „get lost” among the mysterious wetlands, massive fallen logs and towering, century-old trees. Luckily, the winding footbridge leads you safely through the otherwise inaccessible land. This is also a place where you can feel the spirit of history. Traces of prehistoric flint mines from over three thousand years ago are still visible on the forest slopes!



2

Explore the surroundings of the Wyżary Reservoir. This scenic place is perfect for relaxing in the bosom of nature, and forest paths among the primeval woodland turn into bridges and footbridges. As you wander around the area, you will come across one of the magic places hidden in the Knyszyn Forest: the Sianożątka floodplain with a footbridge leading to a pier located in its centre. If you're looking for a perfect spot for a romantic date, don't hesitate – whether in the mists of the morning or in the hot sunshine, it is a heavenly place no matter the season.

3

Visit the Arboretum in Kopna Góra. The place is located less than 30 kilometres from the centre of Białystok and is without doubt a perfect place for a family weekend in the countryside. The Arboretum is open from April to the end of September. There are hundreds of plant species that can be found in the Knyszyn Forest, many of which are hard to find in other Polish forests. In addition to wonderful forest nooks and crannies, children can enjoy a playground and a witch's wooden cottage which strikes their imagination. The museum in Kopna Góra displays souvenirs of the past preserved by the Knyszyn Forest. You will be informed about the fate of soldiers killed in 1831 in the battle of Sokołda, about the January Uprising insurgents and the discovery of an insurgent camp in Budzisko.



Stop in Supraśl – a charming town at the heart of the Forest. It is famous for its beneficial microclimate due to the proximity of the forest, which has earned the town its status of a health resort. The town itself will delight you with its ambience and wooden architecture. It also houses Poland's only Icon Museum, set up on the grounds of an Orthodox monastery with a tradition dating back more than five hundred years. Be sure to visit the world-renowned Wierszalin Theatre with its magical atmosphere, drop by the Museum of Printing Art and Papermaking or see the Buchholtz Palace built at the turn of the 19th and 20th century. As you stroll along Chodakowskiego Street, be sure to visit the office of the Knyszyn Forest Landscape Park and see the exhibitions on the history and nature of the local forests. In the summer, a strong dose of art, culture and cuisine will be provided by the already country-famous Podlasie Slow Fest organised by the Dalapenia Association. It is a time filled with music, film, theatre and literature as well as exhibitions, literature meetings and radio plays. The festival's motto is „slow”, so don't rush – you'll make it. The festival continues for more than a month!





5

Explore in an active way! You have many options and an even more routes. Take the Green Velo eastern cycling route, unhurriedly head towards the green wilderness of the Knyszyn Forest along the route from Białystok to Supraśl or turn aside from the road and visit Komosa Lake. Visit the Napoleonic Route and Królowy Most – or, if you are experienced, choose the mountains in the Knyszyn Forest. Be sure to wear a helmet – the route is very challenging! The wilderness is not less impressive from the perspective of a canoe. Explore the local navigable rivers: Supraśl, Sokołda, Słoja and Płoska – each of them equally picturesque and friendly to any canoeist, regardless of their level of expertise. There are also many stud farms, riding centres and riding schools in the Forest, as well as attractive horse trails. Take advantage of their offer and travel the forest trails on horseback. There are also very many options for hikers. Knyszyn Primeval Forest is a network of paths and trails which will undoubtedly appeal to Nordic Walking enthusiasts.



6

Head north of Białystok and visit the open-air Museum of Podlasie Folk Culture. It is a place where you can go back in time and see the authentic architecture of Podlasie villages – starting from the smallest crosses and shrines to the largest facilities, such as residential and farm buildings, and even the 19th-century manor house from Bobra Wielka, moved to the area of the open-air museum. The museum has an interesting educational offer for science lovers of all ages! It will show you how grains were processed in the past, you will learn how traditional paper ornaments can be used to decorate your home and find out about past bee-keeping methods compared to today. Rent a room in the historic building moved there from Usza Wielka and take the unique opportunity to relax in the ambience of a real Podlasie village!



Folk Handicraft Centre
Niemczyn 42
16-020 Czarna Białostocka
(+48) 85 710 91 49
www.crlczarna.vipserv.org

7

Visit the Podlasie Folk Handicraft Trail, where you will explore the unique, nearly extinct handicrafts and folk art. Visit Czarna Wieś Kościelna and its surroundings, where you can find workshops of local artists: a blacksmith, a potter and a spoon-maker. Be sure to visit the traditional double-twine weaving workshop, for which Podlaskie is famous. Enjoy the unique spirit of the local area combined with the ever-present proximity of nature. Once you have finished the tour, head south. Destination: Białystok... but first, stay the night at Nadawki Farmstead - a place promoting regional traditions and cuisine, where you will discover old Polish customs.

Discover the capital city of Podlaskie province – Białystok. It was, among others, the local reality, influenced by many cultures and traditions, that has led Ludwik Zamenhof, a physician of Jewish origin, to create a universal language that would prevent misunderstandings between people: Esperanto. In his honour the Route of Esperanto and Many Cultures has been marked to introduce the multi-faceted character of Białystok. Stroll around the unique, triangular Kościuszko Square, where you can find many cafés and restaurants. The Esperanto Cafe serves buza – a non-alcoholic drink based on millet groats, a speciality included on the List of Traditional Products. Enter the courtyard of the baroque Branicki Palace or admire the panorama from the observation terrace of the Podlasie Opera and Philharmonic – European Centre for the Arts in Białystok. Take advantage of the city's rich museum offer and visit the branches of the Podlasie Museum in Białystok: the Białystok City Hall, the History Museum and the Alfons Karny Sculpture Museum.

Podlasie Museum in Białystok
Rynek Kościuszki 10
15-426 Białystok
(+48) 85 740 77 31
www.muzeum.bialystok.pl

Podlasie Opera and Philharmonic -
European Centre of Arts in Białystok
ul. Odeska 1
15-406 Białystok
(+48) 85 306 75 71
www.oifp.eu

Regional Tourist Information
Centre in Białystok
ul. Malmeda 6
15-440 Białystok
(+48) 503 356 482
www.podlaskie.it

Multimedia Tourist Information Centre
ul. Kilińskiego 1 (Grand Gate of the
Branicki Palace)
15-089 Białystok
(+48) 570 788 900
V-IX, Mon-Sun, 10:00 a.m.-6:00 p.m.



Hotel Esperanto is located in the very centre of the city, right at the entrance to the Palace Park, which is a perfect place for walks, guarded by a stone dog named Kawelin – a faithful replica of a pre-war sculpture. You can stop and drink the traditional buza, a lightly carbonated drink made of millet groats, the recipe for which was brought to Białystok many years ago by Macedonians, in Esperanto Cafe located in the City Hall building.

Hotel Esperanto***
ul. Legionowa 10
15-099 Białystok
(+48) 85 740 99 00
www.hotelesperanto.net





Hotel Royal is located by the main square in Białystok and its broad offer will satisfy even the most demanding guests. Some of its windows overlook the Palace Park, while others offer a view of the Market Square and City Hall. We are at the very heart of Białystok city life. The hotel is a great starting point for exploring the city as well as the nearby and more distant parts of the region. Enjoy a moment of relaxation in the Finnish sauna, jacuzzi or swimming pool, use the gym and the pool club.

Royal Hotel & SPA*****
Rynek Kościuszki 11
15-001 Białystok
(+48) 85 831 18 01
www.royal-hotel.pl



Korycin Municipality

photograph: Korycin Municipality Office

Korycin municipality lies between the Knyszyn Primeval Forest and the Biebrza National Park. It boasts stunning nature, cultural values and the traditional Polish openness and hospitality. Very attractive tourist trails encourage you to go hiking or cycling. Take a walk along the Kumiółka-Biebrza trail and see the early medieval castle in Aulakowszczyzna, or cycle the Janów-Korycin or Korycin-Suchowola routes. The historical heritage you will explore as you wander around these areas makes them extremely valuable on the map of Poland.

If you dream about time travel, it's about time you made it come true. The Korycin-Milewsczyzna Culture Park will take you back to the Middle Ages. The site is a reconstruction of a fortified settlement from the end of the 10th century. You will see relics of the past discovered in archaeological excavations, objects that were once used by the residents in their daily lives, and folk handicrafts. The park is a true monument to the 1000-year history of the area and its people, a perfect example of continuity and change over the centuries. It invites you to discover some of the crafts and products of the countryside. Be sure to see the windmill from 1949, located in the fairground of the park, as well as the thatched barn with an educational shelter and the two-warp textile workshop, where the master craftswoman Bernarda Rość and her daughter Agnieszka Iwanicka present masterpieces of weaving perfectly composed on nearly 100-year-old looms, in refined colours, showing motifs inspired by Podlaskie nature and rural life. The park also offers a wide range of workshops, so allow some time to learn wizardry by weaving or finding out how to build a fortified town!





The only 17th century Parsonage Park in Podlaskie province is located near Milewyszczyna. The park is crossed by linden alleys and a wooden footbridge leading to the Holy Spring, which hides a chapel dating back to the 17th century and a parsonage from the 1920s. The area also boasts a charming reservoir in

Korycin, where water sports enthusiasts can rent a canoe or pedal boat, play mini golf or beach volleyball, or simply lie back on a blanket and get some sun. Next to the boulevards by the reservoir you will find a perfect spot to park your camper van. When you look around, your attention will be drawn to the historic

windmill on the nearby hill. It was moved to that place in 2006 from the village of Jatwież Duża. While it might appear to be just another facility of its kind in the area, you couldn't be more wrong! The Korycin Windmill is a remarkable idea for an overnight stay in exceptional circumstances. The three-storey building

which smells of wood can accommodate up to four people. At the special request of guests, regional delicacies from the house pantry will be waiting for them in the morning in a basket delivered to the room.



Speaking of delicacies, note that Korycin municipality is famous for production of delicious Korycin cheese and cultivation of juicy Polish strawberries. Both of these specialities have their festivals there: the Cheese Festival held as part of the Korycin Days in August and the National Strawberry Days in June. Do not hesi-

tate - celebrate both, and in your free time visit the market in Korycin and discover the secret of the strawberry kingdom. You will then find a statue of the Strawberry Princess, whose legend you will learn about by walking around it.

Korycin Windmill
ul. Słowiańska 14
16-400 Korycin
(+48) 517 142 438
www.milewsczyzna.pl

Korycin Milewsczyzna
Culture Park
Milewsczyzna
16-400 Korycin
(+48) 517 142 438



photograph - Hotel3 Trio***

Hotel Trio is situated in Białystok, though a little further from the centre and its busy life. It is the perfect place for anyone who prefers to stay in a slightly quieter part of the city rather than the centre. The commute from there to the city centre is only a matter of minutes. Zwierzyniecki Forest Reserve is located nearby – a fantastic spot for a peaceful stroll.

Hotel 3 Trio***
ul. Hurtowa 3
15-399 Białystok
(+48) 85 745 40 50
www.hotel3trio.pl



Sokolka Municipality



Sokolka municipality is a charming area in the northern part of Podlasie Lowland. It is adjacent to Belarus on the east and surrounded by the Knyszyn Primeval Forest on the west. The Sokolka region is an extremely interesting natural area and its beautiful landscape invites you to practise active forms of tourism. Explore the area along the red cycling route and admire the valley of the Sokołda river, the area of which is protected by Natura 2000 programme - or choose the blue route and enjoy the atmosphere of rural Podlaskie with its numerous roadside crosses and chapels. If you like to combine relaxation with acquiring new knowledge, discover the borderland between the Kingdom of Poland and the Grand Duchy of Lithuania - follow the „Old Borderland” trail, which connects Sokolka with Knyszyn - or simply go for a relaxing walk in the surrounding forests full of mushrooms, berries and other gifts of nature.

Visit Sokolka and start with a stroll through Kościuszko Square. There is a Town Hall with a falcon statue next to it, to commemorate the town's 400th anniversary. If you look back, you will see the white tower of the 19th century St. Alexander Nevsky Church, which houses a relic of its patron. Walk down the Grodzieńska street to see the historic Church of St. Anthony of Padua, which became famous in 2008 due to the Eucharistic miracle, also known as the „Miracle of Sokolka”. Visit the Sokolka Region Museum housed in an 18th century building and see exhibitions presenting the town's history, souvenirs donated by the inhabitants of those lands, as well as the history of the Tatar community which had lived in the Sokolka region for centuries. You can find your oasis by the Sokolka Reservoir, where you can rent water sports equipment and play beach volleyball. Enjoy a rest, then, the next day, follow the path the glacier once took there. Explore the vast area of the Sokolka Hills Protected Landscape Area, the relief of which is somewhat similar to that of the Suwałki Region. The highest ones reach up to 240 metres above sea level. Combined with forest complexes and charming Podlaskie cottages, they create a fabulous, idyllic landscape.

Tourist Information Centre of
the Sokolka Region Museum
ul. Piłsudskiego 1
16-100 Sokolka
(+48) 85 555 81 00
it.sokolka.pl



Visit to the Bohoniki mosque: (+48) 667 037 691

Due to its vivid history and the influence of many cultures and religions (including Islam), Sokółka has been included in the Great Tatar Trail. It is only fifteen minutes driving away from an exceptional place on the map of Podlaskie province – Bohoniki. It is a Tatar village, where you will find a small wooden mosque and a mizar – a Muslim cemetery, as well as unique Tatar dishes served by the Pilgrim House. If you are not afraid of long distances, you can get there by bicycle, following the Tyzenhauz Trail from Sokółka

to Grodno. It has been marked and named in honour of Antoni Tyzenhauz – a friend of King Stanisław August Poniatowski and the administrator of his estate. He is the person, to which the two towns connected by the route owe their greatest prosperity. The trail starts in Sokółka, at the Tyzenhauz Tenement House, and continues north-east, through villages such as Malawicze Górne and Tołoczki Wielkie. Its Polish section ends at the border crossing point in Kuźnica. This is not the end, though, as you will travel the

rest of the route through Belarus. Remember to book a special pass to get there without a visa and experience the culture of one of Poland's closest neighbours. If you head south to learn about the history of the Podlasie Tatars, you will find yourself in Kruszyniany.

The Podlasie Tatars



Visit to the Kruszyniany mosque: (+48) 502 543 871

photograph: Paweł Tadejko

They refer to themselves as Poles of Tatar origin. They have lived in this region for several hundred years – more specifically, since the 17th century, when the Tatars received the land from King Jan III Sobieski. That land included the village of Kruszyniany, which lies on the eastern edge of Podlaskie province. Several Tatar families still live there today, cultivating the traditions of their ancestors. You cannot miss this great/small village while travelling through the region.

The oldest Tatar mosque in Poland is located in Kruszyniany. Wooden and bright green – it may look like a Christian or Orthodox church. Right behind the mosque, hidden by centuries-old trees, there is a mizar – a Muslim cemetery. This is where the past and the present merge – the oldest tombstones are several hundred years old. In Kruszyniany you will taste the famous pierekaczewnik meat pie, discover what manti dumplings taste like and feel the sweetness of the Tatar flaky pastry. You will return there more

than once! For instance, in August, when the village echoes with music, dance and singing. This is the traditional Tatar „plough festival” – Sabantuj, in which you can take part in a parade, culinary and handicraft workshops, admire performances of many bands and learn about the unique Tatar cuisine.

Stop in Kuriany for a while on your way to Białowieża. You will find KAJAR Bar between the two primeval forests. Savour the always fresh dishes of the best homemade and regional cuisine.

KAJAR Conference and Banquet Hall
Kuriany 6, near Białystok
15-588 Białystok
(+48) 602 111 850
www.kajar.eu

KAJAR

photograph: KAJAR





One of the guides from the Regional Branch of the Polish Tourist and Sightseeing Society in Białystok will take you on an unforgettable journey around the Knyszyn Primeval Forest!

Polish Tourist and Sightseeing Society Regional Branch in Białystok
ul. Sienkiewicza 53 lok. 3/3
15-002 Białystok
(+48) 85 74 45 650
www.bialystok.pttk.pl



Regionalny Oddział PTTK

BIAŁYSTOK

Michałow Municipality



Michałow municipality is located in a cross-border area, where traditions and cultures have been blending for centuries. Gorbacz reserve, which protects one of the last lakes of the Central Polish glaciation in this part of Poland, is located on its territory. Proximity of the Knyszyn Forest means that even the most

demanding visitors will find something to their liking – nature lovers will admire the unique flora, cyclists and hikers will enjoy the exceptional tourist trails, while supporters of water sports will appreciate the time spent by the Supraśl river – a paradise for canoeing enthusiasts. The picturesque meanders, meadow and forest

areas along its course invite you to enjoy contact with nature. Get ready for several challenges: low bridges, water damming and fallen trees. Do not be afraid, though – rafting down the Supraśl is not difficult.

If you prefer lazy relaxation on a deck chair, wish to climb a watchtower to capture the perfect

view, or seek a secluded spot on the surface of the lake, a wild beach or a wooden pier to put your fishing equipment on, head to Bondary, at the Siemianówka Reservoir. More active visitors can rent water sports equipment and travellers in camper vans will be delighted with the parking space available by the reservoir. The reservoir's size is over 30 square kilometres, so there's enough room for everyone. In the summer, try your luck at the Bison Cup Regatta. In the winter, watch iceboat enthusiasts cruise the reservoir surface.

When you are visiting the region, we recommend following the Route of Orthodox Churches, which wonderfully reflects the borderland spirit of the municipality. The route includes Topolany with the oldest Orthodox Church of the Transfiguration dating back to the end of the 17th century, as well as Michałow, Nowa Wola, Juskowy Gród and Jałówka, where you can see the monumental ruins of St Anthony's Church. They mark the border – both literal and metaphorical. Right behind them lies the Polish-Belarusian border. Looking at the ruins, you can feel how the boundary between what is real and what is magical is blurring. The neo-Gothic church, destroyed in World War II, has never been rebuilt – only the soaring pillars and arched windows have remained. The picturesque remains are a true haven for photographers, who capture the magical vibe of the place. In September, when autumn slowly starts to make its presence known and the forests tempt with their abundance of gifts, have fun during the Mushroom Festival in Sokole. Who knows – maybe you will become the Mushroom Master!

Municipal Sports and Recreation
Centre in Michałow
ul. Sienkiewicza 21A
16-050 Michałow
(+48) 85 718 94 24
www.mosir.michalowo.eu

Visit Michałowo and come to „Niezabudka” Film, Sound and Photography Studio – gallery, which has a collection of over 50,000 archive photographs, postcards, documents, maps, newspapers, leaflets and pre-war stamps. Walk the town’s streets or the park alleys – or, if the weather won’t let you relax in the open air, the MOSiR Swimming Pool in Michałowo will surely offer you water entertainment.

„Niezabudka” Studio of Film,
Sound and Photography
ul. Fabryczna 33
16-050 Michałowo
(+48) 85 663 16 33
www.pracownia.michalowo.eu



photograph: Michałowo Municipality Office

Starost Office in Białystok
ul. Borsucza 2
15-569 Białystok
(+48) 85 740 39 51
www.powiatbialostocki.pl

Korycin Municipality Office
ul. Knyszyńska 2A
16-140 Korycin
(+48) 85 722 91 81
nowa.korycin.pl

Michałowo Municipality Office
ul. Białostocka 11
16-050 Michałowo
(+48) 85 713 17 74
www.michalowo.eu

Sokółka Municipality Office
Plac Kościuszki 1
16-100 Sokółka
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www.sokolka.pl

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