

**MAZOVIA**

For active people

# Mazovia **Hiking**

**Mazovia.**  
heart of Poland

**Text:**

Sylvia Kulczyk

**Photographs:**

Włodzimierz Echeński

**Cover design and graphics:**

PANCZAKIEWICZ ART.DESIGN / Paweł Panczakiewicz  
www.panczakiewicz.pl

**Editing:**

Pracownia Usług Edytorskich "Logos"

**Publisher:**

Mazowieckie Voivodeship  
03-719 Warsaw, ul. Jagiellońska 26  
tel.: (+22) 5979-100, fax: (+22) 5979-290  
e-mail: urzadz\_marszalkowski@mazovia.pl

**Print:**

**Publication fully funded by the Self-government  
of the Mazowieckie Voivodeship**

All rights reserved. No part of this publication  
can be reproduced without the Publisher's  
written consent.

ISBN 978-83-62082-55-1

Warsaw 2010

**Mazovia.**  
heart of Poland



<b>Hike with us!</b> .....	8
<b>Through forests and meadows</b> .....	8
<b>By trail and by path</b> .....	9
<b>Four seasons</b> .....	11

**Kozienice Forest**

Towards the Royal Springs .....	13
Practical information .....	17

**Warka surroundings**

Along the Pilica river .....	19
Practical information .....	23

**Mazovian Landscape Park**

Peat and dunes .....	25
Practical information .....	29

**The Kampinos Forest – the eastern part**

Visiting the elk's land .....	31
Practical information .....	35

**The Kampinos Forest – the western part**

The forest was here before us .....	37
Practical information .....	43

**Gostynin – Włocławek Lake District**

Legacy of a glacier .....	45
Practical information .....	49

**The Kamieńczyk Forest**

In the land of cranes .....	51
Practical information .....	55

**The White Forest**

In the fork of the Bug and Narew rivers .....	57
Practical information .....	61

**Mława Hills**

On the track of fortifications .....	63
Practical information .....	69

**The Green Forest**

On the trail of Kurpie wild beehives.....	71
Practical information .....	75

## MAZOVIA. HIKING

**Y**ou are welcome to walk the hiking trails of the Mazowieckie Voivodeship. We present ten routes, adjusted to different abilities of walkers – from a few kilometres' long walks to over twenty kilometres long excursions. In most cases they are circular loops designed to suit the needs of those who come by car to the point of departure. All the described places are also easily accessible for those who use public transport. The trail description is accompanied by information about catering and accommodation. If there are no tourist facilities directly by the trail, addresses in nearby towns or villages are given.

**M**ay these propositions be an inspiration for you to discover independently some of the other charms of Mazovia.

## HIKE WITH US!

When the spring sun rises above horizon longer and longer everyday, the town parks throng with strollers. A stroll along asphalt alleys may be pleasant, but even the most beautiful park is only a substitute for the real landscape. For those who cannot imagine a weekend without a hike, or at least a long walk, there is only one solution – set off on an excursion!

## THROUGH FORESTS AND MEADOWS

Mazovia provides hiking enthusiasts with many wonderful opportunities for contact with nature. Contrary to popular belief, the region's landscape is very diverse. If you expect only plains stretching to the horizon, you will be astonished to see magnificent moraine hills near Mława or Ciechanów. In many places sandy dunes add variety to the terrain. Those who climb the Mountain of St. Theresa (Góra Św. Teresy) in the Kampinos Forest (Puszcza Kampinoska) or Dąbrowiecka Hill (Dąbrowiecka Góra) near Otwock will, by the sweat of their brow, understand why these seemingly low rises are called "mountains". River valleys are characteristic elements of the Mazovian landscape. The middle of the region is marked by the queen of Poland's rivers – the Vistula, into

which its tributaries flow – the Bug and Narew from the east, the Wkra from the north and the Pilica from the south. The river valleys are covered with flowery meadows and natural riverside flora, which gives shelter to many bird species. Scenically interesting are the ravine parts of the valleys, with high and steep edges from which you can admire wonderful panoramas. The left bank of the Vistula river near Góra Kalwaria and the right bank near Zakroczym, the left bank of the Pilica river valley in the vicinity of Warka and the ravine of the lower Wkra river in the Pomiechówek Woods (Lasy Pomiechowskie) are regarded as the most beautiful observation points.

You do not have to go far outside the capital city to breathe the balsamic aroma of a forest. Just beyond the bounds of Warsaw lies the largest wood complex in Mazovia – the Kampinos Forest (Puszcza Kampinoska). The diversified stands of trees, accompanied by marshes, are of great environmental value. In the fork of the Bug and Narew rivers, stretch the pine woods of the White Forest (Puszcza Biała) and at the northern edges of the region there is the Green Forest (Puszcza Zielona), also called the Kurpie Forest (Puszcza Kurpiowska). Some of the pines growing in these Forests are over two hundred years old. On both sides of the Liwiec, the right tributary of the Bug river, lies the Kamieńczyk Forest (Puszcza Kamieniecka), in which

popular Mazovian summer resorts are located. At the southern edge of the region rustles the Koziernice Forest (Puszcza Koziernicka), which is Radom's inhabitants' favourite place for weekend outings. The capital city is surrounded by several smaller, but very diversified wood complexes. In the Chojnów Woods (Lasy Chojnowskie), near Piaseczno, there are some patches of ancient broad-leaved forest which are over 200 years old. The Pomiechówek Woods are formed by a mixed stand of trees and rich undergrowth, while the Otwock Woods (Lasy Otwockie) are poor coniferous forests growing on dune sands.

However, Mazovia is first of all an agricultural land and the typical landscapes of the region result from significant fragmentation of fields. The picturesque mosaic of different crops is interspersed with numerous copses and field shrubs. Branched willows, standing by field borders, became a symbol of Mazovia. The Grójec region looks quite different. There are not many places in Europe where you can see such immense areas of orchards. In spring blooming flowers cover everything like a white quilt, and in autumn branches of trees bend under the weight of delicious fruit.

The most beautiful and environmentally valuable spots of the region are protected by law. The Kampinos National Park is the second largest national park in Poland. The Mazow-

ieckie voivodeship boasts of seven landscape parks and dozens of reserves.

Mazovia is attractive not only because of its environmental values. The land has been settled and formed by man for thousands of years. Many traces of human activities have remained in the Mazovian landscape. Prehistoric towns, charming little wooden churches, manor houses and be-flowered roadside shrines – all this awaits you on our Mazovian hiking routes.

## BY TRAIL AND BY PATH

107 hiking trails, a total length of 2,790 km, run through the land of the Mazowieckie voivodeship. They have been marked out by the Polish Tourist Country Lovers' Society (Polskie Towarzystwo Turystyczno-Krajoznawcze). Most of the marked trails are near Warsaw, in the Płock region and in the White and Kamieńczyk Forests (Puszcza Biała i Puszcza Kamieniecka). It is easy to count how much time you could devote to covering each of the trails just once! Additionally, the range of possibilities is widened by forest educational trails. At least one of these has been marked out in each forest district. A stroll along such a trail is a good choice for less seasoned walkers, since the route is usually only several kilometres long. The trails have been designed in such



a way as to show the most attractive spots of a particular wood complex. The information boards provide much fascinating information about the forest life. Thanks to them you will recognise the birds flying over your head or learn how the insect traps work.

Although situated in the very centre of Poland, Mazovia still has some hidden treasures. On many routes you will not meet another walker all day long. Despite the fact that the topography of the terrain usually is not very complex, you will have many opportunities to feel like a real discoverer. That is why you have to pack a very precise map into your rucksack, in scale 1:50000 or higher. Pay attention to the trail marks, but do not be their slave; do not hesitate to walk your own paths. The above note of course does not apply to the ter-

rain of the Kampinos National Park, where following the marked routes is compulsory.

The most interesting Mazovian trails usually run through woodlands. You will not see many towns or villages on these. That is why you had better not expect a warm meal in a restaurant, but pack a Thermos flask and sandwiches or sausages - for a bonfire - into your rucksack. (Remember that it is forbidden to make an open fire in a forest and up to 100 metres from its wall). Also you have to take with you something for protection against the sun and the rain, because before you reach the end of the route the weather may change many times. A pocket guide to birds will be handy, too; certainly you should have an opportunity to observe many species that are new to you.

## FOUR SEASONS

In Mazovia the hiking season lasts almost all year round. As early as in March the longer and longer days invite you to set off on a trail. However, an early spring walk may be hindered by melting snow. Water floods the riverside meadows and the wetlands become impassable bogs. In April appear the first flowers. A white carpet of anemones turns into violet fields of violets and in wet places yellow king-cups come into bloom. The voices of hundreds of birds sound among the trees. According to folklore, if you have some money with you when you hear a cuckoo for the first time in a year, you can be sure that you will always have money till the end of this year. At the beginning of May the forests, unfortunately, abound

with mosquitoes. In the Kampinos Forest (Puszcza Kampinoska) they are presumably the most numerous and the most annoying. So, if you want to admire the fields of blooming lilies of the valley safely, do not forget to take insect repellent with you. In summer the Mazovian woods abound in wild strawberries and bilberries. Since it is difficult to deny yourself the pleasure of picking the fruit, you have to allow more time for hiking along a forest trail. In autumn the days become shorter, so excursions then cannot be long. But, colourful leaves form a multicoloured mosaic; mushroom pickers (and then cooks) have their hands full. Winter does not prevent hikers from cultivating their hobby. If it snows, you had better put on cross-country skis. In winter white scenery even well-known routes look quite different.

## KOZIENICE FOREST

### TOWARDS THE ROYAL SPRINGS

*The Kozienice Forest (Puszcza Kozienicka) is the largest wood complex in the southern part of the Mazowieckie voivodeship; it covers almost 30,000 ha. In the past it was the Polish kings' traditional place for hunting. The flat postglacial landscape is interspersed with picturesque pro-glacial valleys of the Radomka and Zagożdżonka rivers, and dune hills. The richness of the landscape is emphasised by the diversity of wood complexes. Pines often intermingle with sessile and common oaks. Beeches and firs, rare in other parts of Mazovia, grow here at their range limits. Marshy depressions are covered with alders. Just as in the centuries before, today the Forest gives shelter to many animal species. On little rivers beavers build their dams and sixteen species of bats fly among the trees. In the Forest there are two hundred bird species. The rarest of them is the black stork. The marshes at the southern edge of the Kozienice Forest (Puszcza Kozienicka) are inhabited by marsh turtles, which are also rare in Poland.*

*In 1983 the Kozienice Landscape Park was created to protect the environmental wealth of the Forest. It covers over 26,000 ha. There are several reserves in the Park. Since 1994 the Kozienice Forest (Puszcza Kozienicka) has been a Promotional Forest Complex. In Poland there are only several areas of such type, created in order to improve forest management based on ecological rules. The exceptionally good tourism infrastructure of the Forest is a visible effect of the foresters' and conservationists' activity.*

Across the well organised forest car park in Augustów, by the Kozienice – Pionki road, runs the black hiking trail. Close to the car park lies a small cemetery, dating back to the First World War. The events of the war that took place in the Kozienice Forest (Puszcza Kozienicka) were part of the so called "Dęblin operation". In the middle of the cemetery stands a sessile oak which is over two hundred years old, and which is now a nature monument.

**Length of the route:**  
12.4 km (possibility of shortening to 3 km)

**Marking:**  
Black trail and green marks of the educational trail.

**Difficulties:**  
An easy route, well prepared.

**Public transport:**  
Bus from Pionki or Kozienice.

**0.0 km**  
the forest car park in Augustów



Here you can begin your walking tour. From the car park follow the black trail marks towards the village buildings. At first the trail runs parallel to the road; after one hundred metres it turns off to the left.

**0.4 km**

Augustów

This little village is situated in a forest clearing, in the very centre of the Kozienice Forest (Puszcza Kozienicka), by the road from Pionki to Kozienice. It is named after the founder of the settlement, King Stanisław August. It was to his order that the settlers were brought here from the Sandomierz Forest (Puszcza Sandomierska). In Augustów it is worth visiting the Kozienice Forest Educational-Museum Chamber (Izba Dydaktyczno-Muzealna Puszczy Kozienickiej, open Mondays 9.00 am to 2.00 pm, and on other days - if previously arranged by phone, tel. (48) 612 34 41). It is located in a green-painted forester's lodge of 1905. Nearby stands a wooden cone seed husking mill. It was erected in 1933. Presently, there are only a few such buildings in Poland. Beside the forester's lodge a small botanic garden has been established, in which the species of trees and bushes typical for the Forest are planted successively. The Chamber presents three exhibitions. Here you will become acquainted with the flora and fauna of the Kozienice Forest (Puszcza Kozienicka). The stuffed mammals and birds look very life-like. The second room contains exhibits related to the history of settlement in the Forest. The exhibition provides much interesting information about forest professions which are past now, such as hunting or forest bee-keeping. The third chamber is devoted to the hosts of the Forest – the foresters. Among other things, old documents and fascinating tools are displayed.

**1.4 km**

The edge of the forest

The trail leaves the vast Augustów Clearing (Polana Augustowska) and enters the forest. A forest track runs through a nice, mixed stand of trees.

**2.9 km**Black Road  
(Czarna Droga)

You reach the Black Road, straight as an arrow. The dirt track goes along the embankment of a narrow-gauge railway, now out of order, which used to deliver wood from the Forest to the sawmill in Pionki.

If you want to shorten the excursion, you can get to this point by car (turn off the main road into the Black Road about 1.5 km beyond Augustów, towards Kozienice) and park in the large forest car park. Although the little brick house at the edge of the forest is called a Forester's Lodge, in fact it served as a level crossing attendant box. On weekends a bar opens in it. Across the large clearing you will find a roofed bonfire spot, several shelters and a lot of benches and tables. This nice spot is a favourite resting place for the inhabitants of the nearby towns. On Saturday and Sunday afternoons the smell of barbequed goodies fills the air.

Beside the Forester's Lodge starts a 3 km educational trail – "Royal Springs" (Królewskie Źródła). On the route there are eleven information boards thanks to which you can become acquainted with the rules of forest management and the richness of the plant and animal specimens occurring here. At first the trail runs along the embankment of the narrow-gauge railway.

Before a little bridge – to your right – stands an attractive observation deck. From there you can enjoy a wonderful view over the marshy valley of the little river, bursting with greenery. In spring evenings you can listen to the frogs' concert.

The black trail continues straight ahead (to the railway station in Żytkowice - 9.3 km), and the educational trail turns left and descends down a steep escarpment to the Zagożdżonka river valley. Now begins the most attractive part of the walk. Following a long, wooden footbridge you can see fish in the river. Around you stretch reeds and a green carpet of sedge; the edge of the valley is covered with dark alder wood.

From another bridge there is a wide panorama of the river valley. The path does not cross the Zagożdżonka river, but turns left and through the forest that runs to the slope of the valley.

From the steep slope of the Zagożdżonka river valley flow three springs of clean, cool water. Their name commemo-

**4.7 km**"Forester's Lodge"  
("Leśniczówka")  
resting place**5.1 km**The little bridge over  
the Zagożdżonka river**6 km**The second  
little bridge**6.5 km**

Royal Springs



rates King Władysław Jagiełło. As the legend says, the ruler often drank this tasty water whilst hunting. The largest of the springs is cased. A quite strong stream of water flows out from a wooden intake. By the Royal Springs you can have a nice rest even in heavy rain, because nearby stands a spacious, roofed shelter.

The educational trail continues through a mixed stand of trees along forest tracks. On one of the next stops look out for traces of pine tapping. The characteristic notches, from which the gold, thick liquid flowed into special cups, were very common in every forest until recently. Today they are nothing but a memento of the past, as tapping was finally ceased in the 1990's.

The Educational trail returns to the car park beside the brick house of the level crossing attendant. From here the black trail goes back to Augustów.

### 7.7 km

"Forester's Lodge"  
("Leśniczówka")  
resting place

### 12.4km

The car park  
in Augustów

Now you deserve a rest.



## Practical information

**Augustów**, seasonal bar in the forest,  
at the beginning of the educational trail  
"Royal Springs" 

**Kozienice**, Jowita restaurant,  
ul. Warszawska 20,  
tel. (48) 614 23 13

**Kozienice**, Pizza Planet pizzeria,  
ul. Warszawska 29/7,  
tel. (48) 382 01 31

**Kozienice**, boarding house, Recreation Centre of KCKRiS,  
ul. Bohaterów Studzianek 30,  
tel. (48) 614 60 91, (48) 614 67 26 

**Kozienice**, Set of Tourist Cottages,  
ul. Bohaterów Studzianek 30,  
tel. (48) 614 64 83

**Pionki k. Kozienic**, Motel ROYAL,  
ul. ks. Popiełuszki 6,  
tel. (48) 612 95 14

**Farm accommodation:** [www.kozienickipk.com](http://www.kozienickipk.com),  
guest rooms in the Kozienice Landscape Park.

## WARKA SURROUNDINGS

### ALONG THE PILICA RIVER

*One of the most scenically beautiful Mazovian trails runs along a steep escarpment of the Pilica river valley near Warka. Hiking along this route you may see the attractive monuments of Warka and in autumn – try the delicious apples from nearby orchards.*

**Length of the route:**  
15 km

**Marking:**  
At first the red trail marks, then the green trail, finally – no marks.

**Difficulties:**  
The route is not very difficult; the narrow path along the bank of the Pilica may be slippery after rain.

**Public transport:**  
train from Radom or Warsaw;

**back:**  
bus to Warsaw or Koziencice..

The red trail leads from the railway station towards the town centre.

Warka, picturesquely situated on the high bank of the Pilica river, obtained its town charter at the beginning of the 14<sup>th</sup> century. The town, favourably located on the trade route to the Małopolska region, flourished at the end of the Middle Ages. As early as then Warka was famous for the beer brewed here – the town's name is presumably derived from the Polish word "warzyć", which means "to brew". It is said that in the 16<sup>th</sup> century Pope Clement VIII, who before his election was a papal nuncio in Poland, took a special liking to the beer from the local brewery. On his death bed he must have wanted to drink it for the last time, because he whispered "Biera di Warka". The people gathered around the bed thought he meant some saint, so they started to pray: "Santa Biera di Warka ora pro nobis". Hearing that, the Pope started to laugh and the ulcer which had been the reason of his disease burst. Thus Warka beer saved the life of the church dignitary. The local brewery is well known until today, and not only in Mazovia. The town, inhabited by a little over seven thousand people, is also a centre of the orchard region.

#### 0.0 km

The railway station in Warka

#### 1.7 km

The market place in Warka

**2.0 km**

Parish church

By a little square market stands a classical town hall from the first half of the 19<sup>th</sup> century. This shapely building was designed by Hilary Szpilowski. On the facade of the town hall is a plaque commemorating the war. In front of the fire brigade station you will see a historic trolley. From the marketplace the red trail leads to the intersection with ul. Koziennicka.

The parish church of St. Nicolaus was erected at the beginning of the 17<sup>th</sup> century, but since it was rebuilt many times, the temple has been deprived of the features of the period. However, inside the church several attractive late Renaissance altars and several historic paintings and sculptures have remained. The red trail turns towards a bridge over the Pilica river. Go straight ahead along ul. Franciszkańska.

**2.3 km**

The church of the Franciscans

By the former route to Winiary an interesting baroque roadside shrine draws the attention of passers-by. On a four-sided, high pedestal stands a round column. The roadside shrines of this type are a typical feature of the Warka surroundings landscape.

To your right there is the grandest building in the town, the post-Franciscan monastery complex. You enter the two-towered, baroque temple through a decorative portal. In the interior, baroque altars and Rococo pulpit grab the attention of visitors. It is said that the Mazovian dukes: Trojden I, Zemowit II and Danuta Anna – the wife of Janusz I, have been buried in the church vaults.

From the church it is worth walking to the nearby cemetery. On the way you will pass by other historic roadside shrines. At the cemetery, look for the tomb of Piotr Wysocki. The leader of a group of cadets, who started the November Uprising (1830 - 1831) by attacking the Belweder Palace, managed to come back to his home in Warka after 29 years of very hard labour in Siberia.

**3.0 km**

Winiary

Follow the green trail running along ul. Franciszkańska. The trail marks will lead you to the Winiary quarter. The local mansion, called the White Palace, was built at the end of the 17<sup>th</sup> century to the design of Augustyn Locci. On 4<sup>th</sup> March

1747 Kazimierz Pułaski was born here – the later participant in the Bar Confederation and the hero of the American War of Independence. The mansion houses a museum displaying memorabilia of Pułaski and other Poles who threw their lot in with the United States of America. Also furniture and carpets of the period are exhibited. On the first floor of the building there are interesting temporary exhibitions. Occasionally, classical music concerts take place here (contact: ul. Pułaskiego 24, tel. (48) 667 22 67, open every day except Mondays and post-holiday days 10.00 am to 5.00 pm).

The little palace is surrounded by a well-trimmed landscape park. In the park you will find three impressive oaks. The largest of them has a girth of 440 cm and is over 250 years old. It was named "Pułaski". The splendid lime-trees are also noteworthy; one of them has been called "Kościuszko's Lime-tree" ("Lipa Kościuszki"). Pass by the impressive monument to Kazimierz Pułaski and descended towards the Pilica river valley. On your way you will pass by several little ponds fed by the springs flowing from an escarpment and a picturesque old bed of the river, very overgrown with weeds. The route continues through orchards along the foot of the escarpment.

You pass by interceptor sewers on your left. In May the meadows you walk through are yellow with dandelions. The trail reaches the escarpment and runs along a narrow path up a bushy slope. After rain it may be slippery.

Once again you descend to the willow-covered meadows by the Pilica river. The village is situated on a high escarpment, cut through by a huge erosion ravine. It was called Czarniecki Ravine (Wąwóz Czarnieckiego) to commemorate the battle against the Swedes which took place here. In Stara Warka there was an early medieval town which originated a couple of kilometres distant of Warka. Of the original settlement only an earth embankment, dozens of metres long, has remained. The rest was destroyed by flood waters of the river.

The path continues along the escarpment. It climbs up to the orchard-covered upland to descend to the mead-

**4.0 km**

Sewage treatment plant

**5.0 km**

Stara Warka



ows after a while. This stretch of the route is poorly marked because the Pilica river on your right is the best signpost. From the escarpment you can enjoy beautiful views over the Kozienice Forest (Puszcza Kozienicka), stretching in the distance. Closer, you can see the towers of the neo-Gothic church in Roznieszewo.

### 8.0 km

Pilica village

In the Middle Ages the Pilica river fed from here into the Vistula – hence the name of the village. The escarpment curves northwards, marking out the edge of the Vistula river valley. It is accompanied by the green trail. Behind the village the path descends from the upland and runs across the riverside meadows.

### 11.0 km

Ostrołęka

The name of the village refers to its location on “ostrów” – a dry island amongst marshy meadows. In the 15<sup>th</sup> century the owners of Ostrołęka, the Ciołek family, obtained for it the town charter. However, the town collapsed very quickly and Ostrołęka has remained a quiet riverside village. From here came the medieval strongman, Stanisław Ciołek. According to the chronicles by Jan Długosz, he managed to

raise a bell up the tower of the St. Mary's Basilica in Cracow (Kościół Mariacki), which forty men could not do. There are not many monuments in Ostrołęka, but you will see the 19<sup>th</sup> century fence of the cemetery with corner shrines of the Evangelists.

If you parked your car in Warka, you can finish your excursion here and return by bus.

Now the trail goes straight ahead to the north and soon you will reach the flood terrace of the Pilica river. You will see here several picturesque old beds of the river. The path runs across riparian forest of poplars and willows. This, typical for large river valleys, wood complex depends on the river floods, which every year fertilize the soil. Since more and more rivers are regulated, the natural riverside woods become a rarity. Behind the large old bed of the river the trail climbs a flood bank.

The green trail continues to Czersk (18.5 km) and Góra Kalwaria (27.5 km) but you had better put off a visit to these towns for another trip. From here you can see the Warsaw – Kozienice road, which is 1 km further. When you reach it, turn left.

From here you can catch a bus to Góra Kalwaria, Warsaw or Kozienice.

### 13.0 km

Przylot

### 15.0 km

Ostrówek

## Practical information

**Warka**, Winiary Inn,  
ul. Turystyczna 3,  
tel. (48) 667 26 76, (48) 667 50 43



**Warka**, hotel Pułaski,  
ul. Warszawska 45, tel. (48) 667 24 21



**Warka**, Winiary Inn,  
ul. Turystyczna 3,  
tel. (48) 667 26 76, (48) 667 50 43

**Warka**, Sielanka boarding house,  
ul. Łąkowa 1, tel. (48) 666 16 00

## MAZOVIAN LANDSCAPE PARK

### PEAT AND DUNES

*On the right bank of the river, the sandy terraces of the Vistula valley are covered with stunted pine woods. For many years the Otwock and Celestynów region has been Warsawians' favourite place for outings. Nobody knows whether it was determined by the beauty of forest sanctuaries, the healthy microclimate or just the convenient transport connection to the capital city.*

**Length of the route:**  
13 km (you can shorten it to 10.5 km).

**Marking:**  
At first the black trail marks, then the red trail.

**Difficulties:**  
An easy route.

**Public transport:**  
R railway connection on the way from Warsaw to Piława.

From the modernist-Art Nouveau railway station building, wander through the streets of Otwock, following the black trail marks. Very quickly you will realise that it is an exceptional place. There are not many towns in which tall pines rustle. The present shape of Otwock was formed in the second half of the 19<sup>th</sup> century. It was then that the anti-tuberculosis properties of the local microclimate, which is characterised by numerous sun days and resin air, were discovered. Around the railway track newly built along the Vistula sprang up a spa, which soon became famous for its interesting architecture. It was a mixture of the then trendy spa construction style of the Alps and Schwarzwald, and the architecture of Russian dacha. The oldest of the wooden, richly decorated buildings was built by the famous illustrator Michał Elwiro Andriolli. Many years afterwards, Konstanty Ildefons Gałczyński named this eclectic style "Świdermajer" – after the Świder river running through Otwock.

The atmospheric wooden villas are intermingled with newer, not so romantic buildings, but the forest rustles like it did before.

On the southern outskirts of Otwock in the 1920's a settlement of clerical houses was established. By ul. Sułkowskiego,

#### 0.0 km

Railway station  
in Otwock

#### 2.5 km

Soplicowo



in a forest hides a villa, which played a significant role in politics. In 1948 the authorities imprisoned Władysław Gomułka here, who was accused of "right-wing deviations", and 37 years later Lech Wałęsa, the leader of Solidarity, was interned here. In "Soplicówka" villa at ul. Narutowicza 2 there is the Otwock region Museum (contact: Muzeum Zemi Otwockiej, tel (22) 788 15 45, open Tuesday to Friday 9.00 am to 2.00 pm, Saturday and Sunday 11.00 am to 2.00 pm.) The exhibition provides many interesting pieces of information about the natural environment and history of the region. You can see old photographs and a collection of Judaics. The ethnographic collection, especially the fabrics, is also worth seeing.

When you pass the intersection with ul. Narutowicza, the trail turns southwards and, running along forest paths, makes a loop, approaching the borders of Karczewo. You are now in the Mazovian Landscape Park. It was created in 1987 on an area of over 14,000 ha. The Park consists of two parts, separated by the urban buildings of Otwock. The landscape of the Park is a combination of pine-covered dune ranges and interdunal marshy depressions, usually filled with peat. The forest backwoods are inhabited by black storks, marsh turtles, elk, badgers and many other species. The Mazovian Landscape Park plays the important role of the "lungs" of the capital city. Clean air flows from here over the Vistula river valley to the streets of Warsaw.

### 3.7 km

Jewish  
cemetery

Among the dune sands, by the former road from Pogorzel to Karczew, there is an old Jewish cemetery. Before the war Jews constituted three fourths of Otwock's population; the town was also the favourite summer resort of the followers of Judaism. In 1940 the Nazis established in the town a ghetto (the second largest after the Warsaw ghetto), which was liquidated two years later. Stone matzevas leaning towards the ground certainly would provide you with much interesting information about the Otwock's past. Try to discover the history yourself – many of the tombstone inscriptions are carved in Polish.

### 5.5 km

"On Peat" Reserve  
(Rezerwat "Na Torfach")

A strip of marshy peat bog stretches along the Vistula valley – from the Osieck region to Otwock. Most of the marshes have been turned into fertile meadows, but in the

reserve you can still admire a scenic peat bog landscape. From a large observation deck it is easier to watch the surrounding nature.

In spite of appearances, the charming little lake, which is the heart of the protected area, has not been created by nature. The depression, resulting from peat extraction, is fed by the tiny springs flowing into its northern edge. The surface of the lake is surrounded by a wide ring of marshy forest. Numerous peninsulas and tiny islands are covered with clumps of alders and birches. On the higher, dryer terrain, you will see poplars, pines and oaks. The little lake and the nearby flora make a perfect sanctuary for animals. Several dozen bird species nest here. It is easiest to see majestic white swans there. Often, a rhythmic tapping resounds over the lake surface. In this way the woodpeckers, living in the hollows of the shoreline trees, make themselves heard. The rare specimens of the reserve's fauna are not conspicuous. Somewhere in the peat bog hide marsh turtles and smooth snakes. Also bigger animals, like elks and roe deer, live in the vicinity of the lake. If you want to observe them you should come here at dawn. However, every season and time of the day induces contemplation.

From the deck the black trail runs together with the educational trail. The information on the boards standing by the path will enable you to become familiar with and better understand the forest which surrounds you. After approximately 0.5 km the educational trail turns off the forest track and approaches a little lake. If you find the information interesting you can wander from one board to another. The black and educational trails meet again by the "Peat" base (baza "Torfy").

The old forester's lodge houses an ecological education centre of the Mazovian Landscape Park. Classes for schools and other organised groups are given here (contact: Karczew, ul. Torfy 2, tel. (22) 788 80 87, open on weekdays 8.00 am to 9.00 am or 3.00 pm to 4.00 pm.) Nearby there is a forest car park. The greatest attraction of the base is, founded in 1998, a shelter for animals which, for various reasons, need help to return to nature: wounded roe deer, birds which have fallen out of their nests, and other "difficult cases".

### 6.3 km

"Peat" Base  
(Baza "Torfy")

From the forester's lodge follow the black trail marks towards the south east.

**6.6 km**

Intersection  
of trails

If you want to shorten your excursion, you can go back to Otwock from here, following the blue trail marks to the north. However we encourage you to continue the walk along the black trail. Go along a forest track through a poor, pine wood. After 1.2 km the trail turns to the north east, and after another 800 m meets a wider forest track and resumes its previous direction.

**9.3 km**

A hub of trails

The black trail joins up with the red trail. Following the red marks turn left and after 100 m – right. Now you begin to climb a sandy hill.

**9.8 km**

Dąbrowiecka Hill  
(Dąbrowiecka Góra)

On a high dune there are two of the best preserved bunkers of the German defences of 1944. The building of fortifications of the so called Przedmoście Warszawskie began as early as 1941. However, the work was abandoned after the successes of the German army on the eastern front. The gathered materials were sent to build the Atlantic Rampart (Wał Atlantycki). When in 1944 the Germans retreated before the Red Army, the fortifications were being hurriedly finished, but there was too little time. Between the 27<sup>th</sup> and 30<sup>th</sup> July 1944 the Russians broke through the German line close to Dąbrowiecka Hill, at the weakly defended section near Dąbrówka.

The trail continues along a forest path and after several hundred metres reaches the top of the hill. Now you stand 116 m above sea level. On the northern slope of the dune the forest was destroyed by fire. From the burned area stretches a wide view over the green Mazovian Landscape Park.

**9.8 km**

Red Road  
(Czerwona Droga)

Now the trail goes along a beaten forest track. As for the suburbs of Warsaw, it has an astonishing, red colour. It is said that debris from the ruins of the capital city was used to pave this road..

**10.8 km**

Okoly

This small hamlet is formed by just several buildings hidden in a forest. Here the red trail intersects with the green

trail, leading from Otwock to Celestynów. A bit further on you will see a huge oak by the road – a nature monument with a girth of over 4 m.

Behind the road runs a railway track. In a fork of the roads a forest car park has been built. Nearby there is a memorial stone, commemorating the activity of the resistance movement soldiers. During the Second World War they were destroying shipments that travelled on the railway line.

The trail turns left and, along the road, leads to the nearby railway station.

By train you can get to your car parked in Otwock or straight to the capital city.

**12.2 km**

The Otwock  
– Celestynów road

**12.9 km**

Pogorzel Warszawska  
railway station

**Practical information**

**Otwock**, Stylowa restaurant,  
ul. Warszawska 19, tel. (22) 779 32 71

**Otwock**, Zalesin restaurant,  
ul. Ambasadorska 14, tel. (22) 788 92 47

**Otwock**, Mała Gastronomia bar,  
ul. Orła 29, tel. (22) 710 07 63

**Otwock**, "Syrena" Tourist Services Office  
(Biuro Usług Turystycznych "Syrena"),  
ul. Poniatowskiego 1, tel. (22) 779 31 05;  
it assists in finding accommodation in holiday  
centres and private rooms.

**Otwock**, Start hotel, ul. Sportowa 10,  
tel. (22) 779 24 26, call from 9.00 am to 3.00 pm.

**Otwock**, guest rooms, ul. Kasztanowa 6,  
tel. (22) 779 49 18



## THE KAMPINOS FOREST – THE EASTERN PART

### VISITING THE ELK'S LAND

*The direct neighbourhood of a large protected area of high value and a big city is a rarity in the world. The Kampinos Forest (Puszcza Kampinoska), lying just beside the capital city, is not only one of the biggest wood complexes in Mazovia, but also the only national park in this region. Established in 1959, the park has almost 38,500 ha under protection. The Forest landscape is formed by an inland dune complex - unique in Europe, natural communities of over seventy entirely protected plant species and a rich fauna. The most environmentally valuable areas have been included into twenty two areas of strict protection (former strict reserves). The Kampinos Forest (Puszcza Kampinoska) does not mean only woods; its landscape is interspersed with meadows and agricultural areas with traditional farms. The described terrain is closely connected with the history of Poland. It was through that forest that King Władysław Jagiełło went with his army towards Grunwald; it was here that the January Uprising battles took place. In the Kampinos ground the bodies of many Warsawians, murdered by the Nazis, have been buried.*

*The proposed route, which goes around one of the most valuable parts of the park, enables you to become acquainted with the mosaic of forest landscape of the Kampinos. The cemetery–mausoleum, a sad memento of the last war, induces contemplation.*

From the bus stop and car park by the paediatric hospital go along a sandy track deep into a forest, following the red and green trail marks.

In case of heavy rain you can take advantage of a rain-shelter. The green trail turns off to the left. Keep to the red trail marks. A forest track runs through a young pine wood. Pay attention to the roadside birches; beside the common white birch, you can see isolated rare dark (black) birches. They are distinguished by their almost black colour of bark,

**Length of the route:**  
17 km.

**Marking:**  
red, yellow, blue  
and green trails,  
consecutively.

**Difficulties:**  
In early spring some  
stretches of the route  
may be flooded with  
water; from May to  
September –  
mosquitoes.

**Transport:**  
“Ł” bus from  
“Plac Wilsona”  
(Wilson square)  
in Warsaw.

**0.0 km**  
Dziekanów Leśny

**0.7 km**  
Szczukówek  
nature reserve



resulting from the lack of the white dye - betuline, typical for other birches. However, the bark of the specimens growing here is grey, or even greenish, because of the lichen and algae which cover them. Further on the trail enters the marshes. The route runs along a narrow causeway. During the spring thaw it is sometimes wet here, but in the high summer the water almost completely dries up. In spring the marshes are covered with blooming yellow clumps of irises and kingcups.

**2.2 km**

"Młynisko" Forester's  
Lodge  
(Gajówka Młynisko)

Behind the settlement of the Kampinos National Park begins a particularly beautiful part of the route. Now you walk along the border of two worlds, between dry dunes and marshes. By the trail lies a beautiful mixed forest. Several-trunked birches attract tourist's attention. In spring, from the marshes, you can hear the hubbub of hundreds of birds. In early morning the fanfares of cranes can be heard.

**5.0 km**

Grave Bridge  
(Mogilny Mostek)

The trail turns left, onto the Sejmikowa Road. (The yellow trail turns here northwards, to Palmiry). Follow the red trail marks. After a while you will go across a little bridge over the Wilcza Struga stream. Water appears here only in spring and after heavy rainfall. The place name refers to a gloomy legend of a crime committed here ages ago.

Now the route goes along the Sejmikowa Road to the south. Imperceptibly you enter "Sieraków", a large (covering over 1,200 ha) area of strict protection. It was established in 1937 by the efforts of Professor Roman Kobendza, an advocate for protection of the Kampinos Forest (Puszcza Kampinoska). Then it covered over 614 ha. A mix of Forest landscape is protected: classic parabolic dunes, peat bogs and the valley of Młynisko. On the local marshes grows an inconspicuous leather leaf (*chamaedaphne calyculata*), a post-glacial relic which is very rare in Poland. This area, protected continuously for almost seventy years, is a large sanctuary. Probably nowhere else live so many wild animal species near a city of two-million inhabitants. Most of them avoid contact with humans, but if you set off on the trail in the early morning or the evening, and best on a weekday, you can enjoy more than one interesting meeting.

The Sejmikowa Road goes along the cuttings through the sandy arms of the White Mountain (Biała Góra). The name of the hill refers to the colour of the dune sands. They are covered with a splendid, dry, coniferous forest. It is estimated that the tall, so called "mast", pines are 180 years old.

After 1.5 km the trail leaves the Sejmikowa Road, cuts across the dunes and leads onto the former railway track by Long Marsh (Długie Bagno). In the 1920's peat was exploited on a large scale, but after the creation of the national park, nature healed its own wounds unexpectedly quickly.

A forest of white crosses shows through the trees. The cemetery in Palmiry is one of the symbols of the martyrdom of the Poles during the Second World War. The Cemetery – Mausoleum of Martyrdom of the Polish Nation was set up to the design of Ewa Śliwińska and Romuald Gutt in 1948. On the vast clearing over two thousand people, murdered by Germans from December 1939 to July 1943 in the Kampinos Forest (Puszcza Kampinoska) and other sub-Warsaw woods, have been buried. Their bodies had been exhumed from mass graves in the Kampinos Forest (Puszcza Kampinoska) and in the Warsaw surroundings, including Chojnów Woods (Lasy Chojnowskie). The cemetery in Palmiry is a very important place for Warsawians since, above all, the inhabitants of the capital city are buried here. In the cemetery there are graves of such well-known people as the Vice President of Warsaw Jan Potoski, a leading activist of the Polish Socialist Party Maciej Rataj and the Olympic champion Janusz Kusociński. Some of the graves are only symbolic, because not all the locations of atrocities have been found.

The exhibition in the pavilion beside the cemetery is devoted to the history of the battles in September 1939, the underground activity and partisan fighting in the Kampinos Forest (Puszcza Kampinoska) region (contact: tel. (022) 794 42 56; the museum is open every day – except Mondays and post-holiday days 9.00 am to 2.30 pm). The most impressive are the documents and objects found during the exhumations.

**8.5 km**

Palmiry cemetery

**10.1 km**

Pociecha

From the cemetery head to the south east, following the blue trail marks. The trail runs along the paved Palmiry Road (Droga Palmirska) and then near it. Pass by a dune embankment, called Ćwikowa Mountain. It is covered with an ancient pine wood.

The shelters on the forest car park invite you to rest. In the 19<sup>th</sup> century there was an inn here. Notice the cross standing at the edge of the forest. It commemorates the "Jerzyki" troop of the Polish Home Army, which fought in the vicinity in 1944.

Keep following the green trail marks. The route runs near the favourite sanctuary of elks. These mighty animals are a symbol of the Kampinos National Park and it is really hard to believe that for 150 years there was no single specimen of this species here. The last Forest elk was shot at the beginning of the 19<sup>th</sup> century. In 1951 five animals were brought to the Forest from across the eastern border. At first they inhabited a purposefully enclosed area. The animal pen was to the right of the track, along which you walk now. When the herd began to expand, the fence was pulled down and elks settled in many spots of the Forest. For years the Kampinos herd has consisted of about one hundred beasts. The success of the experiment with elks encouraged the Park employees to try further to reconstruct the original fauna of the Forest. In 1980 beavers were successfully reintroduced, and in 1992 lynxes were brought into the ecosystem.

**13.4 km**Sieraków settlement  
(Posada Sieraków)

Another opportunity to rest. Near the settlement of the Kampinos National Park a nice resting place with rain-shelters has been established. On a clearing grow several splendid sessile oaks. The largest of them, called the Old Oak, is about 200 years old and has a girth of 340 cm.

Once again you enter the area of strict protection – "Sieraków". At first you go through a dry coniferous forest, and then you walk across marshes covered with alders. Nearby beavers build their dams. To the left of the trail stretches "Cichowąż", regarded as the most beautiful and the wildest marsh in the Forest. The inaccessibility of the marshes stimulated the imagination of our ancestors. They used to say that in the backwoods of the reserve rose a castle of the king of snakes.

An intersection of tracks and trails. The stone commemorates professor Witold Plapis - an architect, organiser and director of the Warsaw Urban and Architecture Institute (Instytut Urbanistyki i Architektury), a distinguished member of the Scientific Council of the Kampinos National Park. All around grows a forest of oaks and hornbeams. This forest formation – once typical – is now relatively rare, because it was replaced with pine plantations. You may rest under a rain-shelter. From here the yellow trail marks turn towards Warsaw (7.5 km to Wólka Węglowa). Keep to the green trail. A causeway goes across wetland to the north. In 1944 this single passageway across the marshes was mined by the Germans; hence the name of the reserve. In spring the forest resounds with the hubbub of birds. Among other species, crane and black stork nest here. It is a bit hard to get used to the presence of the smallest representatives of fauna – from spring to autumn as many as 31 species of mosquitoes buzz in the air.

Here the Forest loop closes. Now you only have to walk less than a kilometre along the already known route.

We hope that soon you will again set off on a trip to the Forest.

**14.9 km**"Towards the Mines"  
nature reserve  
(Uroczysko Na Miny)**16.1 km**Szczukówek nature  
reserve**16.8 km**

Dziekanów Leśny

**Practical information**

**Łomianki**, Croatia restaurant,  
ul. Kolejowa 15, tel. (22) 751 32 91

**Truskaw**, Dziupla restaurant,  
ul. Falińskiego 6 a, tel. (22) 722 65 43

**Łomianki**, Ronin hotel,  
ul. Szpitalna 36, tel. (22) 751 18 69

**Łomianki**, Malwa hotel,  
ul. Wiśłana 35 b, tel. (22) 751 17 72



## THE KAMPINOS FOREST – THE WESTERN PART

### THE FOREST WAS HERE BEFORE US ...

*From among the numerous interesting hikes to the Kampinos Forest (Puszcza Kampinoska) we propose a circular route starting at Kampinos village. On the way there are many environmental attractions: splendid woods, vast marshes and high dunes. A visit to the Educational-Museum Centre (Ośrodek Dydaktyczno-Muzealny) in Granica can help you to become acquainted with the surrounding world. The trail runs through many places of great historical value. You will stand on the embankments of an early medieval town in Zamczysko, see a wooden church of rare beauty in Kampinos, and the fallen Pine of the Partisans will remind you of the battles which took place in 1863.*

**Length of the route:**  
22 km (possibility of shortening to 17 km).

**Marking:**  
blue, red, green and yellow trails, consecutively.

**Difficulties:**  
The excursion is relatively long, so you had better set off on the trail in the spring or summer. You have to take something for protection against mosquitoes!

**Public transport:**  
Buses and minibuses from the bus stop at the junction of Górczewska and Lazurowa streets in Wola, a Warsaw suburb; buses from Sochaczew, Błonie, Grodzisko Mazowieckie.

This large village at the edge of the Łowicz-Błonie Plain (Równina Łowicko-Błońska) in the Middle Ages had town rights for a short time. The history of the settlement is connected with the nearby woods. The Forest constituted a considerable property, so it was many times used as a royal pledge. A long stream of royal creditors terribly devastated the Kampinos goods, as everybody wanted to acquire as many as possible of the trees and animals. The last of the lessees, Ludwik Gutkowski – the Czerwińsk district governor, was a co-founder of the wooden church, which is now the most valuable monument in Kampinos village. From the bus stop the blue trail will lead you to the building.

The Kampinos pines were used as building material of the temple. The wood of these pines is distinguished by dense rings. The baroque church of the Assumption was erected from 1773 to 1782. The interior is divided into three naves by wooden pillars. In the main altar there is a painting "Christ on the Cross" from the end of the 18<sup>th</sup> century. Its

**0.0 km**  
Kampinos

authorship is assigned to Franciszek Smuglewicz. Near the church stand an 18<sup>th</sup> century wooden bell tower and a brick building vicarage from the mid- 19<sup>th</sup> century.

Behind the church the trail turns right and leads through the village towards the Forest. You walk on a field track along the edge of the Łowicz-Błonie Plain (Równina Łowicko-Błońska), and then on an asphalt road northwards. You are now in the Kampinos National Park. The route runs across a broad, boggy basin, called Olszowieckie Marsh (Olszowieckie Błoto). In spring the marshy meadows and sedge fields are covered with blooming carpets of kingcups. Botanists have found here several species of orchids. The northern edge of the wetland is marked by the dark wall of the forest.

### 3.4 km

Granica

The road leads to a car park and a vast resting place. During the season a bar is open here. If you come by car, you can shorten the route a bit and park just here. From the car park follow the blue trail marks, along the asphalt road to the east.

The origins of Granica village is astonishingly closely connected with world history. When in the second half of the 18<sup>th</sup> century industry began to develop rapidly, the demand for wood increased, too. To meet this demand, the Mazovian forests began to be settled by so called "budnicy". In return for exemption from villein service they cleared the forest, made charcoal, produced potash and ash. They inhabited makeshift cottages, knocked anyhow up – "budy". In 1795 such a settlement gave origin to the village of Granica. During the interwar years a forest district office was established here. The complex of wooden buildings in the then trendy national style is now under the charge of the conservator.

One of these buildings houses the Kampinos Forest Museum (Muzeum Puszczy Kampinoskiej), which belongs to the Educational-Museum Centre (Ośrodek Dydaktyczno-Muzealny) (contact: Granica k. Kampinosu tel./fax (022) 725 01 23, open every day except Mondays 9.00 am to 4.00 pm). Before you enter the museum, pay attention to the surroundings. The sky is obscured by huge oaks. The three trunked Forester's Oak (Dąb Leśniczego) has a girth of 5.5

m. Under a little roof lies an unusual exhibit - the jaw of a whale found in Pomerania. In front of the museum there is a stone with a tablet devoted to Professors Jadwiga and Roman Kobendza, initiators of the Kampinos National Park. Inside the museum, in two exhibitions rooms, the natural environment of the Forest is interestingly presented. You will learn many details about the lie of the land, rare plants and see animals which are not easily observed in their natural environment. A separate room is devoted to historical events which took place in the Kampinos Forest (Puszcza Kampinoska).

An open-air permanent exhibition opposite the museum building shows all the Polish national parks. Nearby you can see a tiny open-air ethnographic museum. The historic village buildings have been transferred here from the forest settlements which gradually become depopulated. Near the ethnographic park runs Third Millennium Avenue (Aleja Trzeciego Tysiąclecia). The oaks growing along it are still very small. In front of each tree there is a plate with its name and the name of the important person who planted it. Among others, the President, the primate and several champions of the world have "their" oaks here.

From the Educational-Museum Centre the trail goes further straight ahead, along the edge of the oldest area of strict protection in the Forest, "Granica", set up in 1936. Here, on over 230 ha, the ancient coniferous forests intermingle with alder woods full of lush undergrowth. Because of the long period of protection, they constitute one of the most splendid stands of trees in the entire national park.

A junction of trails. Keep to the blue trail marks. At first the trail goes along the eastern border of the area of strict protection; then it turns off to the north east. Afterwards it runs along the edge of a peat bog. Walking through young copses and the remnants of the arable fields of Narty village you will reach the asphalt road from Kampinos to Górki. To the east of the road you will see the marshy area of strict protection - "Pożary". Natural communities of hydrophilic flora have been well preserved and many animal species are sheltered here.

### 4.9 km

The eastern edge of the area of strict protection – "Granica"

**7.1 km**

The area of strict protection – “Nart”

At the junction of tracks, hidden in the shade of higher trees, stand two hornbeams, the oldest in the Kampinos Forest (Puszcza Kampinowska). They are over three hundred years old. Deep in the forest you can see huge, two hundred years old pines. The area of strict protection – “Nart” allows you to observe the forest as it would have been without human intervention. Many people do not realise that the stands of pines, presently common in the Kampinos National Park, have been planted since the 18<sup>th</sup> century. Originally the dune areas were dominated by broadleaved forests, consisting mainly of hornbeams, oaks and lime-trees. The area of strict protection “Nart” was established in 1940 thanks to the efforts of a Polish forest district manager, engineer Stanisław Rychter. Sixty years were enough to recover nature to its original state. The lower layer of trees is formed mainly by broadleaved species. In spring, lilies of valleys bloom beautifully here.

At first the trail goes along the wall of trees then it turns deep into the forest.

**10.3 km**

Zamczysko

From the tourist signpost a narrow path leads to an early medieval town called “Old Castle” (“Stare Zamczysko”). You can climb the town embankments using ledges and steps. The old town has been located according to the rules of the art of war. There are marshes on both sides of it. The natural defensive features have been fortified by two embankments, separated by two moats. Archaeologists have established that the stronghold was probably set up at the beginning of the 13<sup>th</sup> century. It was the outpost of a larger defensive layout, including towns in Trojanów, Osiek, Błonie and Kopytów. According to folk tradition, in Zamczysko Queen Bona hid her treasures. Now the town area is covered with rich broadleaved forest. The age of several huge sessile oaks is estimated to be over 250 years.

After visiting the ancient town return to the junction of the trails and go northwards, following the red trail marks. Several hundred metres from the ancient town you will pass by New Castle (Nowe Zamczysko). From the First World War until the set up of the national park, a sawmill worked here – it significantly contributed to the destruc-



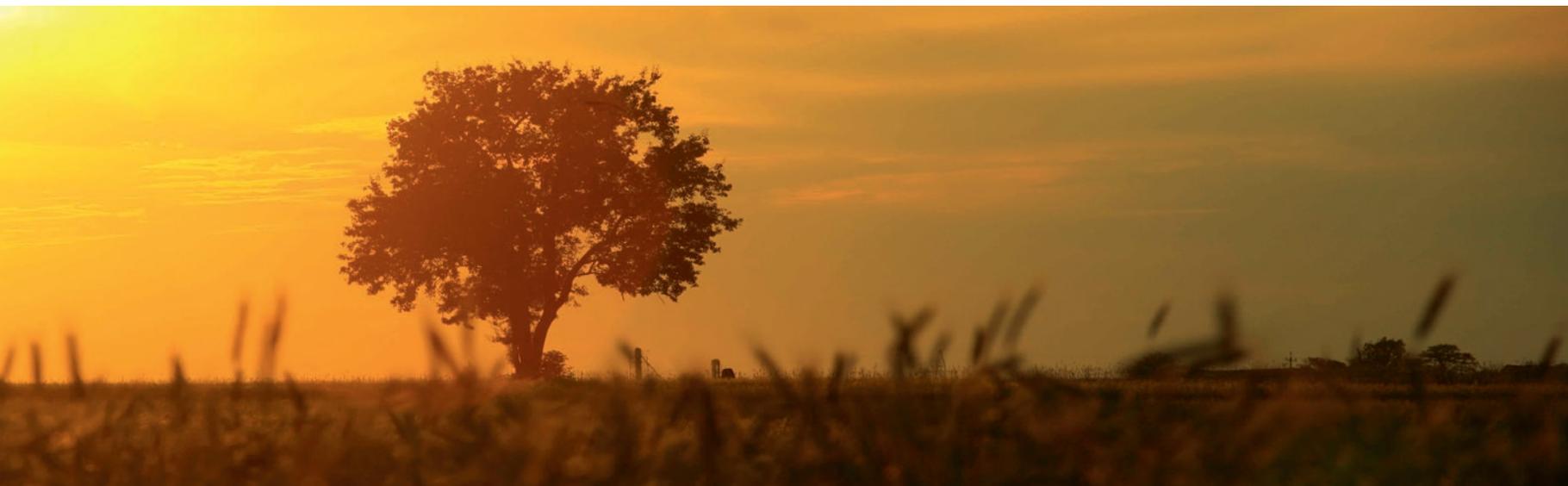
tion of the forest trees. Nowadays, in place of the sawmill there is a fire watchtower and a training centre of the Warsaw Main School of Fire Service (Szkoła Głównej Służby Pożarniczej). At first the route goes through a pine wood, then descends to a marshy depression covered with alders. In spring water may squelch under your shoes.

The trail reaches the southern edge of the village. In the place called Three Crosses you will see a roadside shrine, a memorial stone and a huge, fallen trunk of a pine. The Pine of the Partisans of 1863 fell in 1984. Then it was 170 years old and has a girth of 350 cm. Even withered and lying it makes a big impression by a thicket of branches. The legend says that its boughs bent downwards because of the weight of the partisans hanged by the tsarist Cossacks. This murder was committed on the survivors of a troop of Major Walery Remiszewski.

From Górkę you begin to return to Granica, following the green trail mark. At first the trail runs along the asphalt Górczyńska Road and then enters the forest. Walk through the pine forest to come back to the borders of the area of “Nart”; then cross the wooded land of the village of the

**12.5 km**

Górkę



same name to return to the edge of the area of "Granica". On the last stretch of the route the green trail is joined by the blue trail.

### 19.1 km

The eastern edge of the area of strict protection – "Granica"

The well-known hub of trails in place of the former for-ester's lodge: If you want to return to the car park in Grani-ca, keep following the green trail marks. In order to reach Kampinos, head southwards following the yellow trail. The path runs along the former arable lands, which were wooded after the Park authorities bought them. Behind the bridge over the Olszowiecki Channel the land may be a bit marshy.

### 21.4 km

Przystanek autobusowy w Kampinosie

Maybe enough walking for today...

## Practical information

**Granica**, seasonal tourists bar on the car park; the owner organises also britzka/horse cart rides and in winter - sleigh rides. Contact: Robert Gawart, tel. (022) 725 00 48, mobile: 609 034 057.



**Kampinos**, tourism farm, Krystyna Perkowska, ul. Dolna 8 a, tel. (22) 725 02 64  
**Kampinos**, tourism farm, Halina & Jerzy Brzezińscy, ul. Chopina 16, tel. (22) 725 03 73.



## GOSTYNIN – WŁOCŁAWEK LAKE DISTRICT

### LEGACY OF A GLACIER

*The Gostynin Lake District is the only fragment of the postglacial landscape in the Mazowieckie voivodeship. High hills, embankments, depressions with no outflow and, above all, several dozen lakes of different sizes add variety to the land. Most of it is covered with woods, mainly pine forests. No wonder that the district of such great landscape values for years has been a popular resting and relaxation place. Numerous holiday cottages and holiday centres are populated mainly by the inhabitants of the nearby town of Plock, but there are also plenty of guests from more distant parts of the voivodeship.*

Gostynin may not be large, but it is ancient. The original town, established as early as in the 6<sup>th</sup> century, was located on a high moraine hill, to the north west of the present buildings. This place is now called Łysa Mountain. Since the 13<sup>th</sup> century Gostynin was the main city of the castellany, then – of the Gostynin district. At the end of the 14<sup>th</sup> century, on a hill, among Skrwa marshes, a castle was built. After the Swedish invasion of 1655 the star of Gostynin was on the wane and the building started to fall into ruin. In the first half of the 19<sup>th</sup> century its last part was converted into an Evangelical church, presently a Catholic temple of St. Martin. Recently, plans to reconstruct the castle have been considered.

On the marketplace stands a classical town hall from the first half of the 19<sup>th</sup> century, designed by Hilary Szpiclowski, and a 19<sup>th</sup> century inn. Also market halls with typical arcades attract tourists' attention. Strolling about the town you will notice the multi-storey, wooden houses. They were erected after 1824 for the clothiers brought here from Germany.

From the marketplace the blue trail heads northwards, along the road to Lucień.

On the left you pass by the building of the forest district office. The trail turns to the north west and continues through a pine wood. Now you are in the Gostynin-

**Length of the route:**  
21 km.

**Marking:**  
Blue, green and red trail marks.

**Difficulties:**  
An easy route.

**Transport:**  
Railway station in Gostynin on the way from Plock to Kutno; buses to Plock, Kutno, Warsaw.

#### 0.0 km

The marketplace in Gostynin

#### 2.0 km

The edge of the forest



Włocławek Landscape Park. The Park, with an area of over 42,000 ha, was established in 1979 to protect the post-glacial landscape together with numerous lakes and valuable ecosystems of wetlands and peat bogs. The Gostynin-Włocławek Woods, covering 60% of the Park area, constitute an important environmental component in the Vistula river valley.

**3.8 km**The Osetnica  
river valley

The trail descends to the quite deep valley of the Osetnica river, which is the right tributary to the Skrwa Lewa river. On the riverside grows a humid, dark alder wood. Go across a little bridge over the river. On the opposite bank the wood ends and the trail goes onto an open area.

**4.2 km**

Helenów

Now you walk among the plots of a summer resort. After a while the trail reaches an asphalt road and heads along it and along the edge of a rich, mixed forest to the north west.

**6.7 km**

Lucień

The popular summer resort is surrounded by forests and lakes. On the west there is the Lucień Lake (Jezioro Lucieńskie), the largest - as to the capacity - water reservoir in the Gostynin Landscape Park. This postglacial channel lake is over 3 km long and 20 m deep. Most of its shore is covered with forest, in which hide several holiday centres. 1.5 km to the east lies the Białe Lake, the deepest reservoir in the Park. The deepest point is 30 m below water level. Between the lakes, along the houses of the village, flows the Skrwa Lewa river. In the centre of Lucień there is a neoclassical palace from the second half of the 19<sup>th</sup> century, which presently houses a primary school. The palace is surrounded by a landscape park with monumental specimens of oak, beech and lime-tree.

In Lucień two trails intersect: the blue, leading to Płock (25 km), and the green - from Włocławek to Gąbin. Turn to the south east, following the green trail marks. Now you walk among pines, birches and oaks. Early in the morning or after the tourist season, a roe deer or a fox may cut across your path. After 2.5 km the trail leaves the forest and passes some holiday cottages. After a while the trail marks turn northwards, following a beaten track. At the next intersection take the right track, to the east. Before continuing the



hike, it would be nice to drink something cold in the shop at the intersection.

You will walk along a picturesque track, with the Sumino Lake on your left. The reservoir is 1,670 m long and almost 300 m wide. It lies in the same postglacial channel as the Lucień and Białe Lakes. However, the Sumino is not only smaller, but also much shallower. At its deepest it is only 7.4 m. As a result, the lake warms up relatively quickly, and its waters tempt with the prospect of a nice swim.

Now you stroll along the lakeshore, all the time with the hills covered with pine forest on your right.

On the eastern shore of the lake there is a scout hostel. Nearby the green trail intersects with the red one, from Płock. Follow the red trail marks, heading to the south west. The trail runs along a sandy track among pines.

In the very heart of the forest you will pass by a forester's lodge. The trail continues along a wide track heading to the south west. After another 2 km you will go around the

**11 km**

Sumino Lake

**12.5 km**Scout hostel  
(stanica ZHP)**14 km**"Kruk" Forester's Lodge  
(Gajówka "Kruk")

**17.5 km**Lucień –  
Legarda road

buildings of the hospital situated in the forest. The beaten track becomes an asphalt road.

The trail crosses the road and plunges into a forest, but not for long. After about one kilometre you will reach the widely scattered buildings of Bierzewice village. Walk across the meadows in the Osetnica river valley, to the south west, towards the railway track and a road which are now not far away. Go across a little bridge over the river and then along the Płock – Gostynin railway line to enter the suburbs of the town.

**20 km**The railway station in  
Gostynin

The hike ends – if you want, you can catch a train.

**21.5 km**The marketplace  
in Gostynin

Again you see the known silhouette of the town hall and the clock on its tower. How much time has passed since you set off on the trail?

**Practical information**

**Gostynin**, Avanti pizzeria,  
ul. Floriańska 14,  
tel. (24) 235 59 34, 509 594 223



**Gostynin**, “U Reni” bar,  
ul. Zamkowa 19 a,  
tel. (24) 235 50 03

**Other facilities:** [www.gostynin.pl](http://www.gostynin.pl)

**Gostynin**, guest rooms  
in the Sport and Recreation Centre (OSiR),  
ul. Sportowa 1, tel. (24) 235 33 97



**Miałkówek**, “Lucień” Leisure and Conference Centre,  
Miałkówek 3 k. Lucienia, tel. (24) 235 16 80

**Lucień**, Leisure Centre of the President’s Office,  
Lucień 82, tel. (24) 235 16 55

**Tourism farms**

## THE KAMIENCZYK FOREST

### IN THE LAND OF CRANES

The Kamieńczyk Forest (Puszcza Kamieniecka) stretches along both sides of the Liwiec river, and along the right bank of the Bug river. Centuries ago this area belonged to the Mazovian dukes, who had a hunting manor house in nearby Kamieńczyk. Hence the name of the Forest. Sometimes it is called Łochów Forest (Łasy Łochowskie), after the nearby town. The surface of the land is formed here mainly by marshes and dunes. Lush alders grow in wet depressions while the higher, low-mineralised terrains are covered with pine woods. Here and there you can see patches of spruce, whose range limit runs to the north of Mazovia. The word "forest" ("puszcza") may seem a bit of an exaggerated term for these surroundings. The woods were significantly thinned out in the 19th century, so you will not see large stretches of ancient forest. There is no doubt, however, that the forests to the north of Łochów give shelter to many animal species. You can meet here not only roe deer, boar or hares, but also badgers and elk. The marshes and marshy meadows are the breeding places of black storks and cranes. In spring and autumn many birds of passage stop here for a while.

The Kamieńczyk Forest (Puszcza Kamieniecka) belongs to the Bug River Valley Landscape Park (Nadbużański Park Krajobrazowy). The biggest protective area of this type in Poland covers 140,000 ha, stretching from the forest complexes of Pułtusk in the west, to Sterdyń in the east.

A circular trail, running near "Czaplowizna" reserve, is regarded as one of the most beautiful in this district. The trip enables you to become acquainted with the landscape diversity of the Kamieńczyk Forest (Puszcza Kamieniecka); the trail goes both across dry and marshy land.

Go along the road towards the north east. After about 700 m, at the edge of a forest, turn left, to a pine wood. After less than a kilometre you will climb to the top of a dune.

**Length of the route:**  
16 km.

**Marking:**  
Yellow trail marks.

**Difficulties:**  
An easy route, but in spring and after rainfall some parts of the trail may be wet. In many places you have to look carefully for not very distinct trail marks. You had better take something to protect against mosquitoes!

**Public transport:**  
Railway on the way from Warsaw to Małkinia.

**0.0 km**  
Topór railway station



**1.6 km**

Kozie Mountains

During glaciation huge amounts of glacial water flowed westwards along the pro-glacial valley of the Bug river. The sand carried by the water was left on the higher parts of the valley. Later on the wind formed ranges of dunes from loose material. One of the ranges is the Kozie Mountains, along which you now walk.

Keeping to the forest borders descend towards the little valley of the Ugoszcz river. The left tributary of the Bug has its source near Węgrów and is 25 km long. On the meadows behind the little river you can see the houses of Zielieniec village in the distance. From the river the trail climbs up to the highest points of the range. The height of the sandy hill dominating the Ugoszcz valley is 114 m above sea level. Continue along the ridge of the dunes. On hot, summer days the air seems to be heavy with the aroma of pines. The resinous heat can make you lazy, but soon the landscape will change. The route runs along the border between the forest and meadows. In spring noisy lapwings swirl over the meadows. After about a kilometre the trail again enters the forest.

**3.6 km**

Heather Road

You reach a shorter, but less attractive road, leading from the Topór railway station. In September the sides of the forest track are covered with clusters of picturesque purple heather. The trail goes along the road and then turns into the path parallel to it.

**4.5 km**

Kuźniarki

A narrow wedge of meadows in the Ugoszcz valley expands between dunes covered with rustling pines. The place is named the Wedge nature reserve (uroczysko Klin) after its shape. The depression on the right side of the road is covered with marshy fields of sedge. Its surface is interspersed with clusters of white-barked birch.

On the dune slope overlooking the meadow, forest tracks intersect with the red hiking trail. Heading eastwards you will reach the railway station in Sadowne Węgrowskie (6 km). If you feel like a longer walk, turn westwards, following the red marks. The trail runs along a track at the foot of the dunes. In early spring you can hear the characteristic clang of cranes. It comes from the bog of Ług, hidden in the forest on the left side of the track. These majestic, but

timid, birds have their breeding places there. The bog is also inhabited by elk.

A junction of tracks. The red trail turns off to the left, heading towards Czaplowizna (1.3 km). Keep going straight ahead, all the time along the border of dunes and marshes. On the left you pass by a vast field of sedge. Now you walk along the northern edge of "Czaplowizna" reserve. In the reserve, with an area of 77.5 ha, the stand of trees that is similar to the former, natural forest, is protected. Diverse forest types - from dry coniferous woods, through fertile broadleaved forests, to marshy boggy forests and alder woods - form a beautiful mosaic. Such diversified land provides animals with excellent living conditions. The reserve is inhabited by elk, boar and roe deer, among other species. However, the most fascinating is the world of birds. Apart from ravens, black grouse and buzzards, rare wetland birds live here. Black storks and cranes are among the most valuable occupants of the reserve.

After 1.5 km turn left. The path will lead you through the forest to the village.

On the outskirts of the village you will again see the red trail marks, as well as the yellow and green ones going from the Topór station. Picturesquely situated among dunes, the small village of Czaplowizna was established in the mid 18th century. Several traditional wooden homesteads have survived.

The several metres long stream has its source in the meadows near Wielgie village. It flows into the Ugoszcz river. The trail goes across a little bridge over the Dziećciołek stream, where the yellow trail turns off to the south. Follow the yellow marks, walking westwards along the edge of a forest. After several hundred metres the track enters among the trees. At the junction the trail marks turn left, running along the foot of a dune, along the edge of wetland. On the way a splendid oak attracts hikers' attention. The path approaches the forest fields of sedge, called Chomąckie Biele. In spring the route may be wet. Once again you have a chance to meet an elk. However, these animals are timid

**5.4 km**

Choiny

**8.0 km**

Czaplowizna

**8.5 km**

Dziećciołek

and during the day usually stay in their sanctuaries. It is at dawn or at dusk that you have the biggest chance to see the largest animal in the Forest. The possibility of meeting an elk may be the decisive argument for setting off on the trail on a short, grey, November day.

Behind the marsh the trail climbs up the dune, behind which there is an intersection of trails.

**9.7 km**

Chomąta

From here, the red trail heads westwards, towards Kamieńczyk (20.6 km). At the junction the trail turns off to the right. Keep going straight ahead, to the south west, then southwards. The route continues through a broadleaved wood and then along the foot of parabolic dunes bordering on the alder-covered marsh. Soon you will see numerous spruces with dark-green needles but, actually, these trees do not grow in Mazovia. The Kamieńczyk Forest (Puszcza Kamieniecka) is one of the southward "islands" occupied by this species.

**11.2 km**

Railway Road

The Railway Road – as you can easily guess – leads towards the railway track that is the line from Warsaw to Białystok. Where you leave the forest a cutting runs through a dune with an interesting name; Dug Mountain (Kopana Góra). Nearby grows a monumental, two hundred year old oak, with a girth of three metres.

For about 1 km you walk along a track as straight as an arrow, at first through an alder wood, then through a pine plantation. Further on the trail turns off eastwards, into a narrow forest track, towards the Dzięciołek stream. After reaching the water you will find a nice place for a short picnic. Your route is joined by the yellow trail which runs along the stream from Czaplówizna.

Keep to the hiking trail. After about 500 m the trail crosses to the opposite bank of this little river. During wetter periods of the year the inconspicuous stream floods, so it is necessary to balance on fallen tree trunks in order to cross it dry-shod. The trail weaves through a pine wood and after a while once again reaches the bank of the Dzięciołek. From the path stretches a nice view over the cut banks of the little, meandering river. In the place where a much smaller stream flows into the Dzięciołek, the trail turns eastwards.

Now you walk along forest tracks through stately forests of pines and spruce. Patches of bright greenery indicate the presence of small, sedge-covered marshy areas.

The trail meets a wider track. Years ago a forester's lodge stood in this place. Here, the yellow trail joins up with the green trail which comes from Czaplówizna. The railway station is not far from here.

We hope that you have not missed your train.

**15.6 km**

Laski reserve

**16.0 km**

Topór railway station

**Practical information**

**Sadowne**, Zaścianek inn, ul. Kościuszki 10 a, tel. (25) 675 33 14

**Łazy k. Łochowa**, tourism farm, Włodzimierz Kałasznikow, Łazy 141 a, wkałasznikow@op.pl, tel. (25) 675 05 92, 606 470 386

**Czaplówizna**, "Dzięciołek" Tourist Cottage (a wooden cottage in the heart of the forest; no facilities), gm. Sadowne; information: PTTK – Żolibórz, tel. (22) 253 30 02

**Łochów**, tourism farm, Andrzej Gałązka, Nadkole 9, tel. 605 655 670

**Sadowne**, tourism farm, Halina Gabelska, ul. Słoneczna 5, tel. (25) 675 32 42

**Sadowne**, Zaścianek inn, ul. Kościuszki 10 a, tel. (25) 675 33 14

**Łazy k. Łochowa**, tourism farm, Włodzimierz Kałasznikow, Łazy 141 a, wkałasznikow@op.pl, tel. (25) 675 05 92, 606 470 386



## THE WHITE FOREST

### IN THE FORK OF THE BUG AND NAREW RIVERS

*In the fork of the Bug and Narew rivers, stretches the White Forest (Puszcza Biała). In the past it was also called the Bishop's Forest (Puszcza Biskupia), as the woods belonged to the Płock bishops since the 11th century. Although the stand of trees was prudently managed, the area of the Forest has significantly diminished for centuries. The woods have survived until today in places where farm management was almost entirely unprofitable. Sandy dunes are dominated by pine forests with diversified undergrowth. It is estimated that there are over 30 protected plant species in the White Forest (Puszcza Biała) and that 150 bird species, including crane and black stork, nest in the Forest area. It is very probable that on the trail you will meet boar, deer or even a herd of roe deer.*

*However, the culture of the region is more interesting than the natural environment. Now you are at the southern edge of the Kurpie region, whose identity is expressed in its architecture as well as in the folk art and dialect. On the route you will see characteristically decorated houses, and if you come to the church in Porządzie during a Sunday mass, you will certainly notice women clad in traditional costumes.*

The station in the very heart of a large wood complex was built mainly for the needs of the windmill working here. On a hot day the smell of resinous wood tickles your nose. Following the green trail marks go along the railway track until you reach a road – turn left into it, towards Porządzie. About 1 km further on a cross stands by the road. The trail turns at it into the track leading northwards. The track runs through pine woods. Among the branches of the trees fly noisy jays.

In the distance you can see the buildings of Sieczychy village. The local carpenters had a well-deserved and high

**Length of the route:**  
18 km..

**Marking:**  
Green, blue and red trail marks.

**Difficulties:**  
An easy route, but not everywhere well marked.

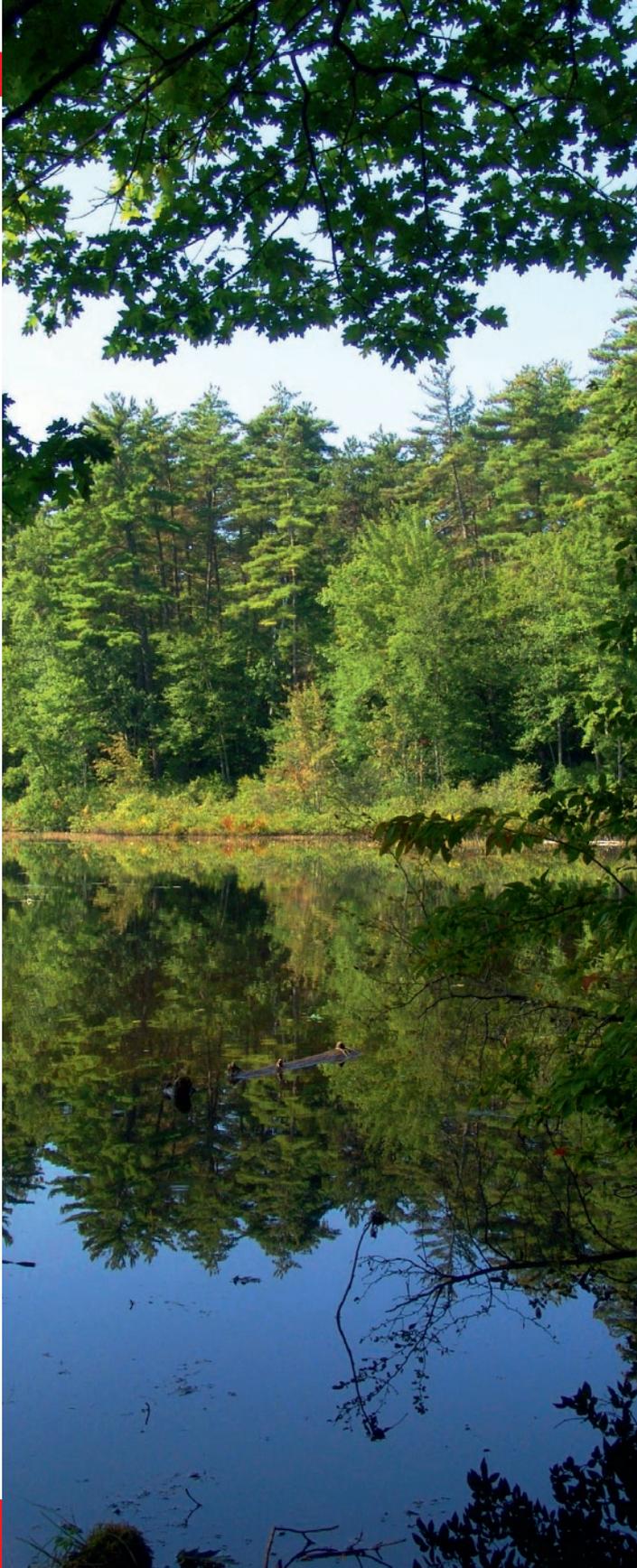
**Public transport:**  
Railway on the line from Warsaw to Ostrołęka.

**0.0 km**

Dalekie

**2.0 km**

the edge of the forest



reputation within the entire region. The name of the village went down in the history of Poland, when in 20th August 1943 the soldiers of the Polish Home Army (Armia Krajowa) attacked the local station of the German military police. Its liquidation was a part of the "Taśma" action, during which on one night several such stations were liquidated in Mazovia. During the action in Sieczychy Tadeusz Zawadzki "Zośka", the twenty two year old organiser and commander of the sabotage troops of the Polish Home Army, was killed.

Several hundred metres from the edge of the forest you will see the marks of the blue trail. The green trail marks lead towards Sieczychy and further on – to Lubiel (16.5 km). Choose the blue trail, which returns among trees and through gentle, dune hills heads to the south east. After about 2 km you will reach a vast clearing. Here, the trail turns into a sandy forest track, leading to the north west.

### 5.0 km

Oak of the Partisans  
of 1863

At the junction of tracks grows a huge oak with a girth of three metres. Its branches picturesquely hang over the track. A small shrine has been set on the trunk. It is said that the tsarist soldiers hanged the participants of the January Uprising on this oak. On the opposite side of the track stands a large wooden cross from 1862.

The trail runs along a narrow forest path on the left of the oak, towards the nearby edge of the Narew river valley.

### 5.5 km

Pulwy marsh

You must have not expected such a mountain here! An escarpment of sandy terrace, on which grows the Forest rises 25 m above the flat, peat-bogged valley of the Narew river. At your feet lies a drained Pulwy marsh. Its name derives from the word "polewy" which means the lands flooded with water. Once there were impassable swamps here. Only the local people knew the safe paths across Pulwy. The remoteness and mystery of the place inspired many legends. One of them is about an inhabitant of the Kurpie region, Bartłomiej, and his very malicious wife, Jagna. Furious in the extreme with the sharp tongue of his wife, Bartłomiej tried to drown her in Pulwy. Some time afterwards, walking across the marsh, he met a devil. The fiend was haggard

and sad. He complained to Bartłomiej that since the malicious woman had landed in the marsh he had not a quiet minute. The drainage of Pulwy deprived it of mystery and made it accessible. Today the vast meadows cover an area of 60 km<sup>2</sup>.

The trail runs along a track at the foot of the escarpment. You walk through a forest, now and then approaching its edge. After about 2 km the trail once again turns upwards, leading through a very deep ravine. The trail crosses the road from Dalekie, passes by a forester's lodge and along the edge of a wood leads to Porządzie.

The village is situated on a vast clearing, surrounded on three sides by forests. From the fourth, southern side a steep escarpment descends towards the meadows on Pulwy.

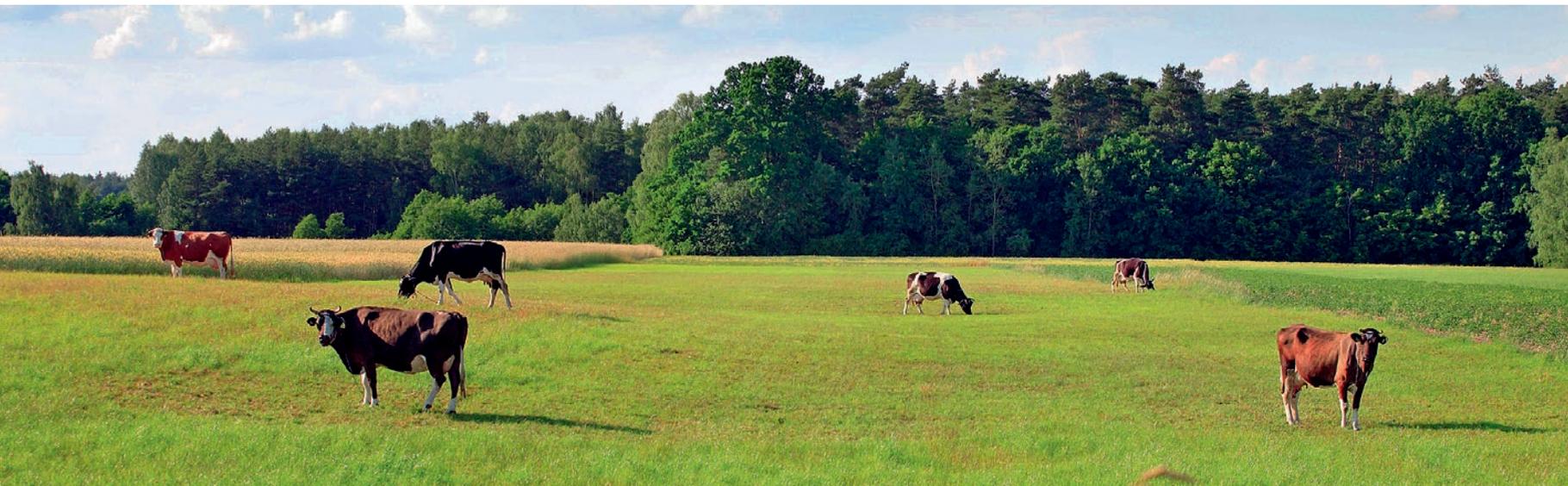
In Porządzie you will see an attractive wooden church. In 1928 it was transferred from Dzierżenin upon the Narew river. The building was rebuilt in the national style to the design of Stefan Szyller. The temple resembles a little the churches of the Podhale region. On a trim terrain adjacent to the temple a monument has been built of erratic boulders. It commemorates the fallen during the Second World War.

From the church the blue trail continues westwards, heading to the remote Popowo upon the Bug river. Turn southwards and go across the village (there are no trail marks to follow). Near the school a tiny open-air ethnographic museum of agricultural equipment has been established. Do you know what it was used for?

In the mid- 19th century Porządzie was frequently visited by Oskar Kolberg, known as the author of the multi-volume ethnographic study on the Polish regions. In the part devoted to Mazovia he quotes many curiosities and observations from the Porządzie district. Many traditional wooden homesteads have remained until today in the village. Visitors' attention will be drawn to the richly carved and painted porches, as well as "crowns" ("koruny") above the windows and shutters. Most of the old houses have been preserved in the southern part of Porządzie, called "the Old Village" ("Stara Wieś").

### 9.5 km

Porządzie

**11.5 km**

The intersection  
of tracks

At the intersection of tracks you will see the red trail marks, running along the southern edge of the clearing on which Porządzie is situated. Head eastwards, following them. At first the trail goes along the edge of a forest and then it plunges into the trees. Forest tracks and paths will lead you back to the railway station in Dalekie. On the return route you will walk all the time among pine woods. If you set off on a trip in July, you should set aside some time for bilberry picking. After summer rain you can also expect to be able to pick a lot of mushrooms.

**17.8 km**

The railway  
station in Dalekie

The end of the tour. It is time for the regeneration of muscles.

**Practical information**

**Wyszaków**, Ananda restauranta, ul. Kościuszki 54,  
tel. (29) 757 12 75

**Wyszaków**, Pingwin bar, ul. I Armii WP 87,  
tel. (29) 742 66 61

**Wyszaków**, WOSiR, ul. Tadeusza Kościuszki 54,  
tel. (29) 742 4269

**Wyszaków**, ZDZ Training and Accommodation Centre ,  
ul. 3 Maja 24, tel. (29) 742 44 19



## MŁAWA HILLS

### ON THE TRACK OF FORTIFICATIONS

*If you think that Mazovia is an extremely flat region, you have to set off on a trip to the surroundings of Mława. This town, with a centuries-old history, is dominated by a lofty embankment of end moraines. The hill tops are covered with trees, below stretches a picturesque mosaic of fields.*

*The proposed route is unique. Of course, on the way there are many environmental attractions and ancient monuments, but this trip will be of the biggest pleasure for enthusiasts of modern history. Going around Mława you will have an opportunity to find and see several dozen combat bunkers, which during the defensive war of 1939 were on the front line.*

The town is already 575 years old. Since its very beginning Mława was a significant border and customs centre. The town, fallen into decline after the Swedish invasion of 1655, boomed again during the period of the Congress Kingdom - due to its borderland location. Although the contemporary Mława, inhabited by over 30,000 people, is an important industrial centre in Mazovia, you will find a small-town quietness and charming spots, straight out of the 19th century.

Before continuing the hike it is recommended to look around the town. Interesting Art Nouveau burgher houses have survived around a vast marketplace. In the middle of the square stand a town hall a parish church. The latter, devoted to the Holy Trinity, is older, as it dates back to the 15th century. The characteristic two-towered facade was added in the second half of the 19th century, when the temple was thoroughly reconstructed in neo-baroque style. The baroque town hall of 1789 was erected on the foundations of the older building which was destroyed by fire. The polygonal clock tower was added in the second half of the 19th century. You will find Nice Art Nouveau burgher houses at the junction of ul. Żwirki and ul. Wigury. Nearby, at ul. Żwirki, there is a graceful 19th century market hall with a wooden

**Length of the route:**  
24 km.

**Marking:**  
Red trail marks.

**Difficulties:**  
The route is very poorly marked; do not forget to take a map with you.

**Public transport:**  
Trains and buses to Mława.

#### 0.0 km

Mława



ceiling, which still serves its original use. On scorching days it is very refreshing to rest in the shady town park (between ul. Reymota and ul. Wyspiańskiego). Water splashes nicely in an interestingly designed fountain.

It is worth visiting the Mława museums. The Ziemia Zawkrzeńska Museum (Muzeum Ziemi Zawkrzeńskiej, ul. 3 Maja 5, tel. (23) 654 43 05; open Tuesdays and Thursdays 10.00 am to 4.00 pm, Wednesdays, Fridays and Saturdays 9.00 am to 2.00 pm, Sundays 10.15 am to 12.30 pm) continues the tradition of one of the oldest museums in the region, established in 1926. The museum presents the history of the region – from prehistory to the present time. Exceptionally attractive are the oldest historic exhibits: a fully equipped duke's tomb of the 1st century, a granite statuette of a pagan god and a medieval boat hollowed out of a tree trunk. A separate exhibition is devoted to the art and natural environment of the region. In the art section numerous paintings by Wojciech Piechowski (1849 – 1911) are displayed – they include, above all, Mazovian landscapes and genre scenes and portraits. Among the environmental collections the visitors' attention is drawn by fragments of a skeleton of a 100,000 year old forest elephant – the front leg of the giant is three metres long!

The second museum in Mława is a private Museum of the Juskiewicz Family (Muzeum Juskiewiczów, ul. Żwirki 32a, tel. (23) 654 33 47). The rich collections are related to the history of the struggles for national independence in 1863 – 1945. The Museum can be visited on weekdays, if previously arranged by phone.

From the Mława Główna railway station head to the north west. After 150 m you will reach an intersection; keep going straight ahead, along the road leading to Działdowo. The road runs across the villa suburbs of Mława. After about 1 km turn left, into a side track to the Ruda lake. On the right side, near the track, you can see the chimney of a brick factory in the distance, in which building materials are made of the clay from moraine hills. Gradually, the track rises, climbing up one of those hills. After about 2 km of a nice hike through a forest, you go almost right onto a beach.

The Ruda Lake is a favourite resting place for the inhabitants of Mława. It was created in 1976 by damming the upper reaches of the Mławka river. The Mławka itself is a small river, so the lake is not very large - it covers a bit over 24 ha and its average depth is 2.2 m. A narrow ribbon of water winds picturesquely between forest-covered hills. The lake is used by the anglers from Mława as a special fishery, not subject to farm fish harvesting. In the restocked reservoir there are many fish species, including eel, pikeperch and perch. The lakeside reeds are inhabited by many bird species. Among the aquatic flora white swans swim majestically.

A guarded bathing beach has been made on the lake. Also, there is water sports equipment rental and a playground for children.

Just beside the beach you will see a grey, concrete construction. This is a small bunker designed to be able to fire from two sides. The place which today resounds with the hubbub of the beach was, in summer of 1939, being intensively prepared for defence. The fortified position was selected taking into consideration the favourable natural conditions. Its backbone was a wooded embankment of end moraine, at the foot of which the Mławka river flew through a marshy valley. As early as then the damming of it was considered, but there was no time to accomplish the idea. The fortification work was started on 14th July. 49 reinforced concrete bunkers, as well as anti-tank and anti-mine obstacles, a large number of wooden-earth bunkers and several rows of trenches were built. During the warfare (and also later on) several objects were seriously damaged and one of them was completely destroyed. Nevertheless, most of them have survived. The Mława position is the largest and the best preserved – in Poland - complex of light fortifications from the interwar period. Continuing along the route you can see several dozen combat bunkers.

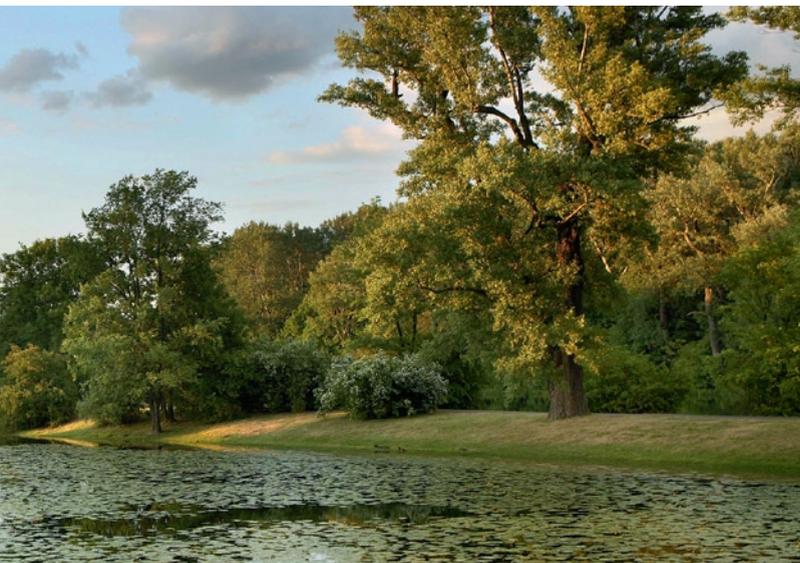
Near this place two bunkers (designed to fire from two sides) have been situated. They are hidden in the thick brushwood, on an escarpment, on the right side of the track. The buildings of this type are the most numerous of the entire line of Mława's fortifications. Thirty four of them

#### 4.3 km

The Ruda Lake

#### 5.5 km

The eastern shore of the Ruda lake



were built. Several hundred metres further on there is another type of fortification – a bunker designed to fire from one side. Thirteen such buildings stand along the defensive position. Near the road there is another bunker – with two points for rifles.

### 6.2 km

Road to Działdowo

The trail turns left, into the road to Działdowo. 300 m further on it turns off to the north east, crossing a railway track. Now you walk across meadows and through pine copses, along the marshy valley of the Mławka river. Combat bunkers are scattered around. They form two lines of defence, but due to the forests and brushwood it is hard to discern this layout in the terrain.

### 8.2 km

The Mławka river valley

A nice place to have a rest. The trail leaves the river and through woods heads to the south east. Probably it is the most beautiful, but also the most – navigationally – difficult part of the route. Now and then the trail runs along a forest track, to disappear unexpectedly in the wood after a while, leading towards the next bunker. The marking is very poor, but keeping to the general direction of the march you will

probably not get lost. Bilberries, and in autumn also mushrooms, are an additional attraction of the forest hike. Among the pine branches cry colourful jays. After about 2.5 km you will reach a wider, beaten forest track, leading eastwards. After a short walk the buildings of Krajewo village emerge from the forest.

The forest-surrounded village consists merely of several houses. One of the homesteads is still picturesquely thatched. Looking at the old cottage you can try to imagine the Mława surroundings in the hot summer of 1939. The local people helped eagerly to transport the building material for the fortifications, putting their wagons at the disposal of the builders.

The trail continues to the north east. You climb another hill and soon once again enter a forest. On this part of the route there are not many combat bunkers, since they are mostly situated a bit further on, eastwards, near the main road. The rail cuts across the hill and descends towards a village.

A side road, planted with trees, heads to a large village. In 1939 several kilometres to the north of this place ran the border of Poland. The present day Uniszki is split into two by a busy road, leading from Warsaw to Gdańsk. Among the contemporary buildings of the village, two gems - 19th century little manor houses - have survived.

Less than a kilometre from Uniszki – towards Mława, by road, on the hill which you have just passed by – there is a huge monument, commemorating the soldiers that fell during the defensive war of 1939. In the nearby combat bunker a large map, presenting the then war events in the north of Mazovia, and boards with the names of the fallen have been placed.

In the face of the upcoming war, the Mława position was garrisoned by the troops of the 20th Infantry Division of the “Modlin” Army. As early as on 1st September, the German army attacked Mława from East Prussia. The first offensive was launched at high noon and, like all the others of that day, was repulsed. The next day (in the afternoon) the Germans managed to break through the Polish defence to the

### 11.5 km

Krajewo

### 13.5 km

Uniszki Zawadzkie

east of Mława, near Rzęgnowo, and reached the rear of the Mława position. The following day the German army, supported by tanks and the air force, continued the frontal attack, but they captured only several forward points of resistance. However, the situation on the east was developing unfavourably: the "Wodrig" corps, pushing back the defending 79th Infantry Regiment, reached the rear of the Mława position as well as creating a several metre long gap in the defence line in the Grudusk area. The chaotic counterattack failed. Facing the threat of complete encirclement and destruction, the commander of the "Modlin" Army gave the order to leave the position and withdraw towards Warsaw. As a result of the attacks of the German air force, the retreating army suffered heavy losses in men and equipment.

In Uniszki the trail goes across to the opposite side of the busy road, passes among some buildings and along a field track that runs towards the south east. In the open area you can easily distinguish two lines of defence, surrounding the hill to the south of the track. After about 1.3 km the trail leaves the forest, gradually closing to the defensive positions. After about 700 m, on the right side of the track, you will come across a combat bunker with two firing positions.

### 16.5 km

Windyki Road

The trail turns left into an asphalt road and leads to the clearly visible line of defence. From the road you can enjoy a wide view over the surroundings. The woods near Napierki, seen in the distance, belonged in 1939 to East Prussia. To the left of the road, in a field of standing corn, picturesquely stands a combat bunker. The trail turns right, climbing a tiny hill. There, at the distance of 200 m from each other, two small bunkers were erected, one being the mirror image of the other. Both were designed to fire in one direction.

The second bunker is near a field track. The trail turns into it, to the right, and continues southwards. After a while you will be again in a forest. In the place where the slope of a hill begins, it is worth turning off to the left for a while. A dark forest covers a hill called Łysa Mountain. 400 m from the trail, on the north eastern slope of the mountain, try to find an interesting object. The untypical bunker, apart from positions for two rifles, was to be equipped with an

observation dome. There was no time to install it, but in the ceiling of the bunker there is a round hole, which was to be covered. The forest on Łysa Mountain also hides some well preserved trenches which form a network with communication trenches connecting them.

A forest track leads to a junction. In the shade of trees there is a grave of fifty four soldiers who fell in 1939.

The trail turns right. At first it runs along the edge of the forest, then across fields and meadows. You can enjoy beautiful views over the agricultural landscape.

Actually, it is the suburbs of Mława. The village is cut through by the narrow-gauge railway track. The narrow-gauge railway, opened in 1915, carried passengers to Przasnysz and Maków Mazowiecki, as well as provided transport services to the local sugar factories. Today the respectable relic carries tourists.

In Nowa Wieś the trail turns right and goes along an asphalt road towards the more and more visible buildings of Mława.

You deserve a decent dinner, or at least an ice-cream! The railway station is less than 2 km further to the north west.

### 17.9 km

The soldiers' grave

### 21.8 km

Nowa Wieś

### 24.0 km

The marketplace in Mława

## Practical information

**Mława**, the restaurant in Mława hotel,  
ul. Kopernika 38, tel. (23) 654 39 42

**Mława**, Gościniec Kasztelański,  
ul. Płocka 93, tel. (23) 654 41 16

**Uniszki Zawadzkie**, Wiarus inn, trasa E7  
route (by the monument), tel. (23) 654 35 39

**Mława**, Mława hotel,  
ul. Kopernika 38, tel. (23) 654 39 42

**Mława**, Gościniec Kasztelański,  
ul. Płocka 93, tel. (23) 654 41 16



## THE GREEN FOREST

### ON THE TRAIL OF KURPIE WILD BEEHIVES

*At the northern edges of the voivodeship lies Kurpie – a region distinguished by its nature as well as its cultural values. Sandy, outwash plains were formed by water from the withdrawing continental glacier. It is cut by wide, peat-bogged valleys, through which the tributaries of the Narev river flow to the south. On barren dunes the last patches of the Green Forest (Puszcza Zielona) have survived. Centuries ago the Forest covered the entire north of Mazovia, linking the Pisz Forest (Puszcza Piska) on the north with the White Forest (Puszcza Biała) on the south. In medieval times it was called Zagajnica and belonged to the Mazovian dukes; after King Sigismund the Old (Zygmunt Stary) incorporated Mazovia into the Crown, the Green Forest (Puszcza Zielona) became the property of Polish kings. European bison, aurochs, elks and bears were hunted here.*

*In the 17th century the settlers living upon the Vistula river began to colonize this still virgin land. The forest was their feeder. Their neighbours called them "Kurpie" – after lime-tree bast, the processing of which was their occupation. They hunted in the backwoods of the forest, caught fish in the rivers and took honey from wild beehives. Although the immense forests were gradually cut down, the inhabitants of this region have retained their colourful culture. It is expressed through colourful national dress, characteristic architecture and interesting folk art.*

*The proposed route runs through one of the last patches of the virgin forest. In the ancient coniferous wood grow huge pines used as hives for wild forest bees, a unique memento of the forest management by the Kurpie inhabitants.*

The village was named after the ironworks, which worked here in the 17th century. Iron was smelted from bog iron ore, deposited in nearby marshy meadows. In the village there are several nice examples of traditional architecture. The houses in the Kurpie are distinguished by elaborate decorations of windows and boarded gables. The wind boards which cross over the roof

**Length of the route:**  
9 km

**Marking:**  
Green trail marks.

**Difficulties:**  
An easy route.

**Public transport:**  
Buses from Myszyniec and Chorzel.

**0.0 km**  
Czarnia



ridge are adorned with cut-outs and ornaments. This, typical of the region, element is called "śparogi". The brick neo-Gothic church of the Immaculate Conception of the Blessed Virgin Mary was erected from 1903 to 1907 to the design of Franciszek Przeclawski. Inside the church you seek out the amber ware. In the Green Forest (Puszcza Zielona) there are many deposits of hardened resin. They have been exploited for centuries. An amber necklace is an important element of a women's attire.

In front of the church stands a monument representing a figure in a Franciscan habit, accompanied by a Japanese boy and a girl clad in the Kurpie costume. It commemorates Father Zeno – Zenon Żebrowski, a monk.

This missionary – a close associate of Father Maximilian Kolbe – was born in the nearby Surowe village and worked in Japan. The church vicarage houses a museum which emphasises Brother Zenon's bonds with the country in which he was born and the country in which he spent over half a century. Here you can see the Kurpie national costumes, handicraft products, as well as photographs and books documenting the missionary activity of Father Zeno.

The green trail goes from the church to the south, along the road towards Bandysie village. Just behind the last buildings you will enter a forest.

### 2.8 km

A roadside shrine

At the intersection with Chorzele – Myszyniec road stands an interesting roadside shrine of St. Hubert, the patron of hunters. A bear climbs up a wooden trunk, topped with the characteristic "śparogi". These animals could be met in the Green Forest (Puszcza Zielona) as late as in the 18th century.

On the opposite side of the road an information board of the "Czarnia" reserve has been placed. Thanks to it you can track the further route and become acquainted with the history and aim of the establishment of the reserve.

The trail continues southwards along the road. After several hundred metres the trail marks turn right, into a narrow forest path.

The reserve has an area of 142 ha and was established in 1964 to protect one of the last patches of Green Forest (Puszcza Zielona). The local plant assemblages are of natural origin; centuries ago this type of flora was typical of the entire



**3.5 km**

Pines used as hives for wild forest bees

Kurpie Forest (Puszcza Kurpiowska). The pines and spruces growing in the reserve are, on average, 160 to 180 years old and the oldest trees have lived for over two centuries.

The largest attractions of the reserve are the pines used as hives for wild forest bees. Years ago, from the hollows of these almost thirty metre high trees honey was collected. Forest bee-keepers belonged to one of the most respected groups in the Kurpie society. They had their own organisation, and their rights and obligations were regulated by numerous privileges granted by Polish kings. Each forest bee-keeper had a certain number of trees used as hives for wild forest bees. They were marked and described in books, so there was no doubt to whom they belonged. In spring forest bee-keepers cleaned wild beehives and cut out redundant honeycomb, while in summer and autumn they collected honey and hollowed out new wild beehives. The most suitable for it were old, over one hundred year old, pines and oaks. Wild bee-hives were hollowed out from the south-eastern side, at the height of three to eighteen metres. Collecting honey several metres above the ground certainly was not an easy task. Forest bee-keepers got to wild bee-hives using "leziwo", that is ladders, or "ostrew" – a trunk of a young spruce with stumps of branches, serving as rungs. They used smoke from a piece of smouldering rotten wood, called "kurzysko", to calm irritated bees. The collected honeycombs were put into a special wooden bucket – "kadłubek". Honey from the Green Forest (Puszcza Zielona) was served at royal tables and it was famous as far away as in Gdańsk. The golden times of forest bee-keeping in Kurpie ended with the fall of the Republic of Poland. The Prussian authorities abolished the bee-keeping law and contributed to the gradual devastation of forests. In 1847 there were only 33 wild beehives with bees left in the Forest.

The first pine used as a hive for wild forest bees which you will see is still a healthy tree. Its trunk, straight like an arrow, is 25 m high. Nearby you will see a dead log, lying under a roof. You have a unique opportunity to look at a huge tree with a wild beehive hollowed out in it, without craning your neck.

A bit further on stand another two dead pines used as hives for wild forest bees. One of them is 15 and the other 26 m high. Each of them has a girth exceeding 280 cm.

The path continues through a rich forest of pines and spruces. Shaggy branches of spruces touch the ground, forming green tents. Among the trees grow prickly junipers and delicate shrubs of alder buckthorn. The undergrowth is formed of a carpet of mosses, ferns and cowberries. In autumn heather comes beautifully into bloom. This forest is quite different from the tidy sub-Warsaw stands of trees. At first glance you can see that here the nature follows its own rules. In the reserve many protected plants have been observed, including eighteen flower species and seven species of club mosses and ferns.

The forest settlements, established in the Green Forest (Puszcza Zielona) before the Second World War, have an interesting architecture, referring to the traditional art of the region. Your attention might be attracted to the elaborate decorations of windows – "crowns" (koruny) and sills – as well as wooden cornices and finials of gables. Beside the forester's lodge there is a bonfire place. Nearby grows a huge oak, called by the local people "Kmicic" (the hero of "The Deluge"). The girth of its trunk measures over six metres. Presumably this is the tree which Henryk Sienkiewicz described in his novel "The Deluge".

Your visit to the backwoods of the Forest comes to an end - the green trail will lead you back to Czarnia.

Once again you stand in front of the church in Czarnia.

**7.0 km**

The forester's lodge

**9.0 km**

Czarnia

**Practical information**

**Myszyniec**, bar, pizzeria,  
ul. Sienkiewicza 24, tel. (29) 772 16 58



**Czarnia**, tourism farm, Dorota Samsel,  
Czarnia 72, tel. (29) 772 70 87, 694 168 849



**Myszyniec**, guest rooms of Myszyniec Forest District  
Office, ul. Zawodzie 3, tel. (29) 772 14 13

**Wydmusy**, tourism farm, Elżbieta i Mirosław Żebrowscy,  
Wydmusy 59, tel. (29) 772 19 12





