

Two wheels, all of Poland

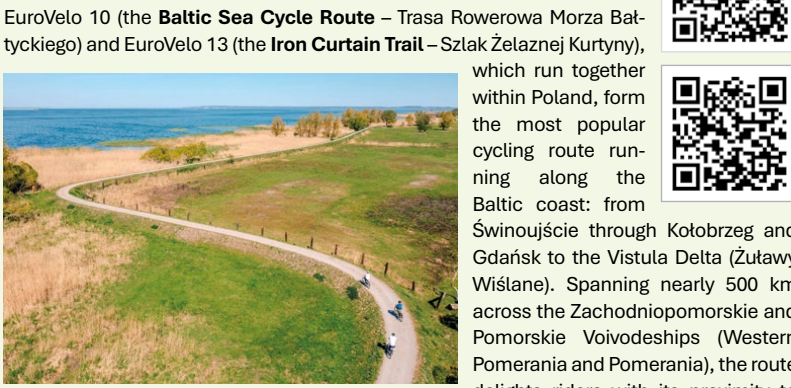
cycling map



POLAND. More than you expected

INTERNATIONAL AND NATIONAL ROUTES

EuroVelo 10 and 13 (Velo Baltica in the Zachodniopomorskie Voivodeship) (standard A)



the sea and its diverse landscapes. In addition, EuroVelo 13 refers to the history of the Iron Curtain and serves as a symbol of European transformation, especially as it passes not far from the European Solidarity Centre in Gdańsk.

This section of the so-called Velo Baltica, running along the coast in the Zachodniopomorskie Voivodeship, ensures comfortable riding on dedicated cycle paths (71% of the route), making it safe even for less experienced cyclists. Cyclist-friendly tourist infrastructure – accommodation, dining, service points and shops – adds to the comfort of the ride. It is also worth taking a break on one of the nearly empty beaches accessible exclusively to cyclists.

In the Pomorskie Voivodeship, the route passes through, among other places, the picturesque natural areas of Słowiński National Park. It also leads through charming seaside resorts and the Tri-City area (Gdańsk, Gdynia and Sopot), offering opportunities to visit the attractions of these cities. An important feature of the route is its cultural side, highlighting fishing traditions, historic regional architecture and the distinctive silhouettes of lighthouses.

The route is well signposted (with a few exceptions where caution is advised) and accessible to everyone, from families to advanced cyclists. Asphalt surfaces dominate, though there are also sections that emphasise the natural character of particular areas.

QR code for the mobile app: [Western Pomerania](#)

EuroVelo 11 (VeloMetropolis in Matopolska) (standard A)



EuroVelo 11 (the East Europe Route) is an international cycling route currently available in Poland in two regional sections: in the Świętokrzyskie Voivodeship and in Matopolska (Lesser Poland), where it is known as VeloNatura. The Świętokrzyskie section (37.3 km) runs from Kazimierz Wielka to Wiślica – a town known for its unique medieval Collegiate Church of the Nativity of the Blessed Virgin Mary, a rich archaeological museum and the famous Grant Słab. This section uses a separated cycle path laid out along the course of a former narrow-gauge railway, making it suitable for all types of cyclists. The Lesser Poland section of EuroVelo 11 runs through the scenic valleys of the Poprad and Dunajec rivers, surrounded by the Beskid Sądecki and the Popłaz mountains. The route passes, among other places, through the spa town of Muszyna with its mineral springs, Pwimczina-Zdrój with beautiful pedestrian bridges over the Poprad River, Rybn with its castle and the historic tower of Stary Sącz and Nowy Sącz, featuring charming market squares and historic monuments. The trail offers diverse landscapes, numerous viewing points and close contact with a rich cultural heritage. Infrastructure standards are very high – the route is partly laid out on separate cycle roads and shared pedestrian-cycle paths with smooth asphalt surfaces, clear signage and rest areas. In some sections, it also overlaps with VeloDunajec, EuroVelo 4 and the Vistula Cycle Route (Wiślana Trasa Rowerowa).

EuroVelo 4 (VeloMetropolis in Matopolska) (standard A)

VeloMetropolis is the Matopolska section of EuroVelo 4 (the Central Europe Route). Approximately 220 km long, it passes through Jawiszewice, Kraków, Niepołomice, Tarnów and Bochnia. The route mainly runs through the flat terrain of the Vistula Valley, offering comfortable cycling on asphalt and well-maintained cycle paths. Along the way, there are numerous attractions, such as the historic centre of Kraków with Wawel Castle, the historic salt mines in Wieliczka and Bochnia, picturesque parks and natural reserves, as well as cultural highlights in the region's cities and towns. VeloMetropolis is a convenient and safe route for cyclists of all skill levels, ideal for active leisure combined with discovering the region.

Vistula Cycle Route (Wiślana Trasa Rowerowa)

The Vistula Cycle Route (Wiślana Trasa Rowerowa) is one of the most scenic cycling routes in Poland – a future 1,200 km connection from the mountains to the Baltic Sea along the so called Queen of Polish Rivers. Today, you can already ride the most beautiful and best-developed sections in the Śląskie (Silesia), Małopolskie (Lesser Poland), Kujawsko-Pomorskie (Kuyavia-Pomerania) and Pomorskie (Pomerania) Voivodeships using existing cycling infrastructure. The route starts in Wisła, and despite passing through mountain towns in the Beskids, it is flat and easy. Divided into shorter sections, it is an excellent option for beginners and children. The section of the Vistula Bicycle Route (Wiślana Trasa Rowerowa) in the Śląskie Voivodeship delights riders with its proximity to the mountains and diverse landscapes, guaranteeing unforgettable experiences.

SUPRA-REGIONAL AND REGIONAL ROUTES

DOLNY ŚLĄSK (LOWER SILESIA)

Dedicated cycling tourism website – [www.dolnyślaskrowerem.pl/en](#)

Lower Silesian Cycling Land (Dolnośląska Kraina Rowerowa) (standard A/B)



Barycz Valley

enjoy peaceful contact with nature as it features predominantly easy asphalt and gravel roads with minimal elevations. A major advantage is the well-developed infrastructure: information boards, maps, numerous Cyclist-Friendly Places including restaurants, repair services and bike rentals, as well as comfortable rest areas and well-equipped Cyclist Service Points. Lower Silesian Cycling Land (Dolnośląska Kraina Rowerowa) is considered one of the best-developed cycling trail systems in Poland, ideal for recreational and family trips at any time of year.

dolnoslaskakrainarowerowa.pl/en

KUJAWSKO-POMORSKIE (KUYAVIA-POMERANIA)

Vistula Cycle Route (Wiślana Trasa Rowerowa) (EV9) – description by European and national routes



VCR in Grudziądz

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The Kuyavian-Pomerania section of the Vistula River (WTR) also offers boat crossings. Information about the crossings is available on the website [www.szlak-wisly.pl](#) (only PL version).



Małopolska – standard A code QR

Kujawsko-Pomorskie – standard A code QR

Kujawsko-Pomorskie – standard B code QR

Kujawsko-Pomorskie – standard C code QR

Kujawsko-Pomorskie – standard D code QR

Kujawsko-Pomorskie – standard E code QR

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LUBUSKIE

Green Velo – description by European and national routes



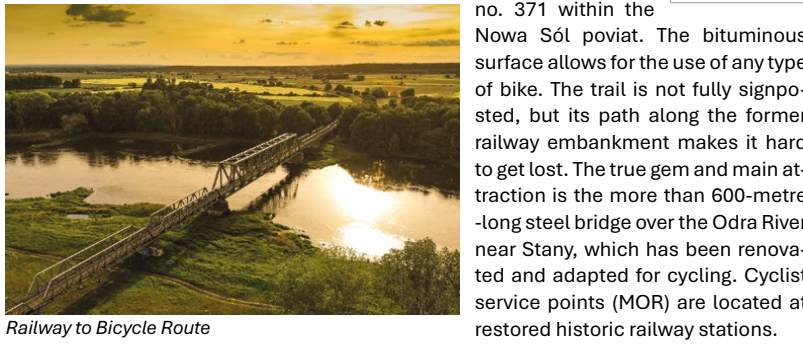
Central Rotzocze Cycling Trail in Zwierzyniec and Kawęczyn. Western Rotzocze is also characterised by undulating agricultural landscapes forming the so-called "chessboard of fields" with distinct field boundaries to prevent erosion. The route mostly follows asphalt roads, though there are occasional short unpaved sections.

QR code for the mobile app: [Centralny Szlak Rowerowy Rotzocze](#)

roweloverotzocze.pl/en/main/

LUBUSKIE

portal-odrawe.lubuskie.pl/en/home-page



Railway to Bicycle Route (Kolej na rower!) (standard A) – This cycling route consists of two sections, Stupów – Nowa Sól and Nowa Sól – Ślawnice, totalling about 48 km. It is the longest of the longest in the Lubuskie Voivodeship, where it is well signposted and suitable for families and less advanced cyclists.

www.kolejnarower.pl (only PL version)

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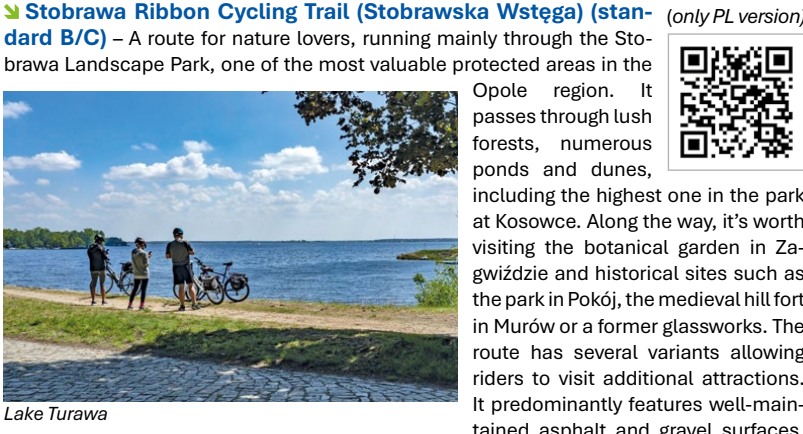
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OPOLSKIE

Around Lake Turawskie Cycling Route (Wokół Jeziora Turawskiego) (standard B/C) – A popular, easy loop of about 25 km, perfect for a recreational ride in the so-called Opolskie Mazury, leading through the scenic Stobrawa-Turawa Forests around the lake, providing shade and tranquillity on hot days. The reward for minimal effort is swimming in the lake and relaxing on the beach. The route consists of well-maintained forest roads, gravel, and asphalt surfaces, accessible for recreational and city bikes. It is well signposted and suitable for families and less advanced cyclists.



Opole region. It passes through lush forests, numerous ponds and dunes, including the highest one in the park at Kosów. Along the way, it's worth visiting the botanical garden in Zagwizd and historical sites such as the park in Pokój, the medieval hill fort in Murów or a former glassworks. The route has several variants allowing riders to visit additional attractions. It predominantly features well-maintained asphalt and gravel surfaces, making it accessible for recreational, trekking and city bikes. The trail is family-friendly and suitable for less experienced cyclists.

Moszna – Prudnik Cycling Route (Trasa Rowerowa Moszna – Prudnik) (standard A) – An ideal route for a family trip in the southern part of the region. It features exclusively asphalt surfaces, perfect for any type of bike. The route starts in Prudnik and leads through interesting places, including the famous Moszna Palace with 99 towers, one of the most recognisable castles in Poland. It also offers beautiful views of the Opawskie Mountains, picturesque linden tree avenues and rest spots like Zielona Dolina. The route is well signposted, following quiet roads with low traffic, ensuring comfort and safety.

Around Lake Nyskie Cycling Route (Wokół Jeziora Nyskiego) (standard B) – The route around Lake Nyskie is an easy and popular trip, known to every resident of Nysa. It follows excellently prepared cycle paths and short asphalt sections on roads with moderate car traffic. The greatest attraction is close contact with nature and the opportunity to swim in the lake. The destination is Otmuchów, where you can see the impressive castle, one of the largest in the Opolskie Voivodeship, and a charming market square with townhouses and town hall and the monumental Church of St. Nicholas and St. Francis Xavier.

PODKARPACKIE

Dedicated page for cycling tourism: [rowerowaprzyszoda.podkarpackie.eu/en](#)

Green Velo – description by European and national routes

Fortress Cycling Route around the Przemyski Fortress (Forteczna Trasa Rowerowa wokół Twierdzy Przemyskiej) (standard B/C) – This is a picturesque route showcasing one of Europe's largest military heritages. It consists of two parts, southern and northern, with a total length of about 86 km. It connects both parts of the Fortress



Przemyski Fortress

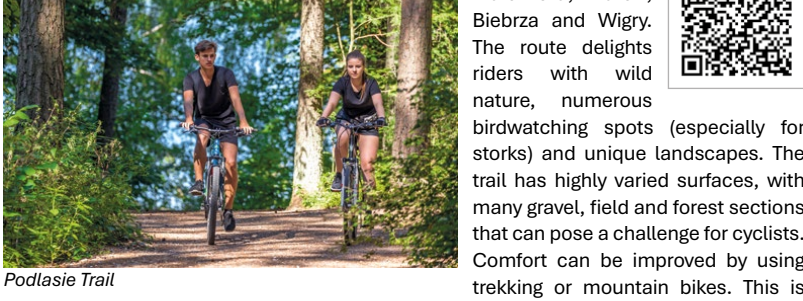
visitors in every season. The route is moderately difficult, with several steep climbs, requiring basic fitness and a good trekking or mountain bike. The surface is a mix of asphalt and gravel, with some sections, especially near the forts, where access can be less comfortable for city bikes. The trail is well signposted with boards and landmarks, and the infrastructure also includes rest areas.

PODLASKIE

Dedicated page for cycling tourism: [podlaskie.travel/trasy-rowerowe](#)

Green Velo – description by European and national routes

Podlaskie Stork Trail (Podlaski Szlak Bociani) (standard C) – A cycling route in the Podlaskie Voivodeship, approximately 400 km long, running through four national parks: Białowieża, Narwiański, Wigierski and Wigierski. The route delights riders with wild nature, numerous birdwatching spots (especially for storks) and unique landscapes. The trail has highly varied surfaces, with many gravel, field and forest sections that can pose a challenge for cyclists. Comfort can be improved by using trekking or mountain bikes. The surface is a mix of asphalt and gravel, with some sections, especially near the forts, where access can be less comfortable for city bikes. The trail is well signposted with boards and landmarks, and the infrastructure also includes rest areas.



Podlaskie Trail

a proposal for experienced cyclists who value close contact with nature and peaceful riding away from crowds.

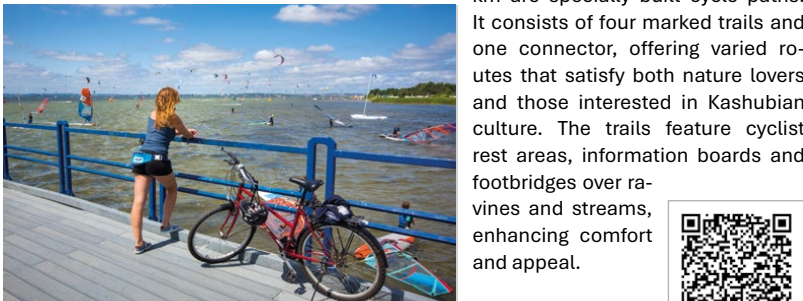
Suwalski Region Cycling Ring (Rowerowy Pierścień Suwalszczyzny) (standard C) – A 316-kilometre route that allows you to explore the most beautiful and unique places in the northern part of the Podlaskie Voivodeship. The route passes through border areas with Lithuania and Belarus, the Sudowna Forest, the Sudowna Forest, the vadochty in Stanki, the Rospuda Valley, the ruins of the Pac Palace in Powpud and the Augustów Canal. It also includes the Augustów Primeval Forest, as well as Sejny and Puńsk. The trail has its challenges; in places, the surface is very difficult, especially in field and forest sections, requiring a trekking or MTB bike. Tourist infrastructure, including accommodation, dining, is scattered, necessitating good trip planning. The route is recommended for experienced cyclists seeking contact with wild nature and regional culture, who appreciate challenges and peaceful riding off the beaten path.

POMORSKIE (POMERANIA)

Dedicated page for cycling tourism: [rowerwyzp.pl/en](#)

EuroVelo 10 and 13 and the Vistula Cycle Route (Wiślana Trasa Rowerowa) (EV9) – description by European and national routes

The Kashubian Route (Kaszubskie Marszrut) (standard B) – The Kashubian Route (Kaszubskie Marszrut) is a cycling network totalling about 165 km, of which 61 km are specially built cycle paths. It consists of four marked trails and one connector, offering varied routes that satisfy both nature lovers and those interested in Kashubian culture. The trails feature cyclist rest areas, information boards and footbridges over streams and rapids, enhancing comfort and appeal.



EuroVelo 10, 13, Chalupy

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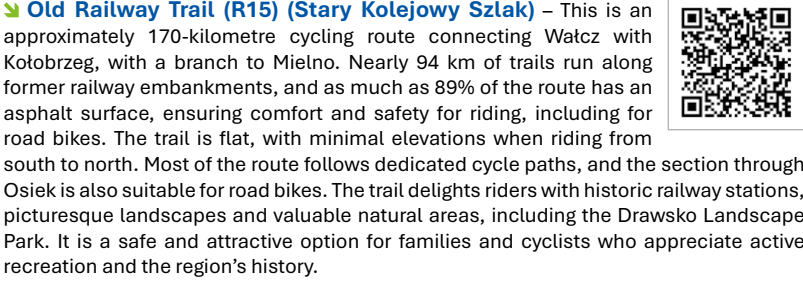
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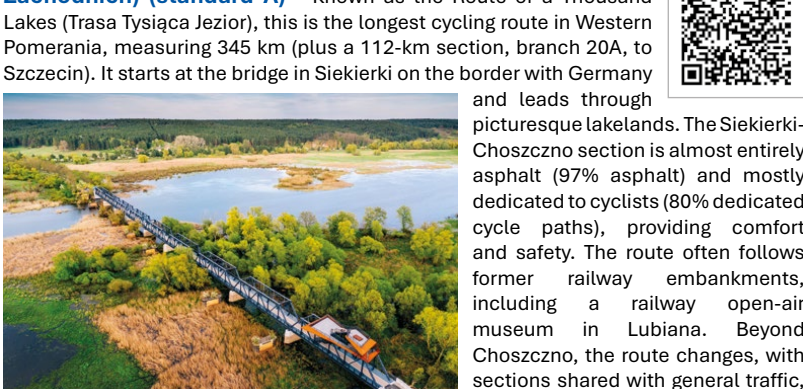
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Old Malya Trail (R15) (Stary Kolejowy Szlak) – This is an approximately 170-kilometre cycling route connecting Wałcz with Kobylin, with a branch to Mieleno. Nearly 94 km of trails run along former railway embankments, and as much as 88% of the route has an asphalt surface, ensuring comfort and safety for riding, including for road bikes. The trail is flat, with minimal elevations when riding from south to north. Most of the route follows dedicated cycle paths, and the section through Ostów is also suitable for road bikes. The trail descends through the picturesque landscapes and valuable natural areas, including the Drawsko Landscape Park. It is a safe and attractive option for families and cyclists who appreciate active recreation and the region's history.



Western Lake Districts Route

gravel sections. The current detour between Wiewielko and Drawsko will be replaced by a completed route by 2026. The last marked section to Szczecinek features varied surfaces and the greatest elevations. Branch 20A runs through forests and urban areas, offering easy access to accommodation and transport. The route is ideal for nature lovers, history enthusiasts and those seeking varied cycling adventures.

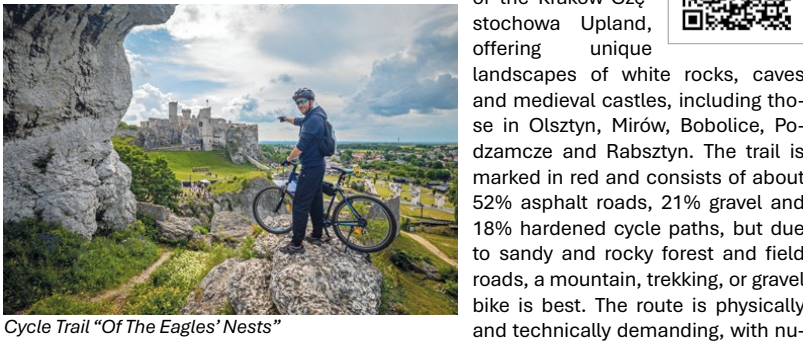
Szczecin Lagoon Cycle Route (Trasa Wokół Zalewu Szczecińskiego) (standard A) – This unique cycling route runs from Świnoujście to Kostrzyn nad Odrą, following the Szczecin Lagoon and through the Mysliborski Lakeland. It is a popular trail for active recreation enthusiasts, offering scenic views of the lagoon waters, sails and birdlife, as well as historic castles, vineyards and water mills in the southern part. The northern section follows safe, dedicated cycle paths along Lake Dąbie and the Szczecin Lagoon, making it particularly recommended for less experienced cyclists. The central part often uses former railway embankments, ensuring gentle gradients and opportunities to discover unique attractions. The route is comfortable, with 65% asphalt surface and 55% dedicated cycle paths, though there are also gravel and cobblestone sections. Traffic is moderate, making Blue Velo a safe route for families and those who value calm, comfortable riding in contact with nature and the region's history.

ŚLĄSKIE (SILESIA)

Dedicated page for cycling tourism: [slaskie.travel/route/list-na-rower.pl](#)

Vistula Cycle Route (Wiślana Trasa Rowerowa) – description by European and national routes

Cycle Trail "Of The Eagles' Nests" (Rowerowy Szlak Orlich Gniazd) (standard B) – A true gem of Polish cycling routes, connecting Częstochowa with Kraków over nearly 190 km. It runs through the heart of the Kraków-Częstochowa Upland, offering unique landscapes of white rocks, caves and medieval castles, including those in Olkusz, Międzybóże, Bobolice, Podzamcze and Rabstyn. The trail is marked in red and consists of about 52% asphalt surface and 21% gravel surface, with 18% hardened cycle paths, but due to sandy and rocky forest and field roads, a mountain, trekking, or gravel bike is best. The route is physically and technically demanding, with numerous climbs and descents, but it offers sections of lower difficulty suitable for families and less advanced cyclists. It has well-developed infrastructure with rest areas, viewing points and good rail access.



Cycle Trail "Of The Eagles' Nests"

Iron Bicycle Trail (Żelazny Szlak Rowerowy) (standard A) – A modern, approximately 54-km route on the Polish-Czech border, connecting the municipalities of Gdów, Jastrzębie-Zdrój, Żabrzeż and the Czech towns of Karviná and Petrovice. It follows former railway embankments, giving it a gentle profile and making it accessible for families with children. The route is mostly asphalt, with rest areas, information boards and viewing points. The trail delights riders with both nature and the region's industrial heritage, offering historic stations and Czech cafes. You can choose to do the main loop (54 km) or an alternative one (36 km), allowing for various international trip options.

Velo Sola (standard A/B) – A 40-km cycling route along the Sola River valley between the Śląski, Żywiecki and Mały Beskid. It starts in Rajcza and ends at the picturesque Lake Żywiec in Żywiec. Most

