From the editors,
We are pleased to recommend a map showing a schematic diagram of the cycle routes in our region. This is another publication to encourage everyone to practice active tourism, consistently developed by local authorities and social organisations in the Łodzkie Region. Indeed, work on the planning of further routes is still ongoing. Not only local authorities, but also "small homelands" enthusiasts throughout the region are trying to highlight their tourist attractions.

Warta, Pilica, Bzura and Rawka, four rivers that form the natural borders of the region, attract fans of water sports. Europe's longest horse trail allows you to explore the region on horseback or in a carriage. But the richest offer is aimed at cycling enthusiasts.

Cycling is the healthiest and most environmentally friendly way of sightseeing. It allows you to get everywhere, travelling not only on the main roads, but also on paths and tracks, away from exhaust fumes and the pressure of cars. In the Łodzkie Region there are more than one hundred cycling routes, including two main routes: East-West and North-South. All are safe and well marked. They lead to the most beautiful and interesting corners of the region. Everyone can choose the one that interests them most: The Amber Trail, the Palaces and Mansions Trail, St.Adalbert's Trail, the Devil Boruta Trail, the Miraculous Paintings Trail, the Wisent Trail, the Bolimowska Forest Trail and even the Tsar's Hunting Trail, as the Tsars of Russia liked to hunt in the forests near Spała. Monuments, beautiful landscapes, folklore, regional dishes and much more await to be discovered.

Only when travelling by bicycle, in peace and quiet, one can fully appreciate the qualities of the region, its monuments, landscape parks, nature reserves and other beautiful areas, which can be easily missed when travelling by car. No wonder that cycling enthusiasts are getting more and more numerous. It is no longer a fashion, but a conscious choice of discovering interesting areas in Poland. Many places simply cannot be reached by car. Protected areas, national parks or reserves do not allow motorized traffic. The car is dependent on the road network. It will not cross marshes, sandy dirt roads or baulks. Bike, on the other hand, can get you anywhere! It is the vehicle of the real tourist.

One can list strengths of the Łodzkie Region for a long time, but nothing beats personal experience. You just need to get on your bike and see for yourself how many attractions await enthusiasts of this type of recreation. And if we throw good accommodation and catering to the tourist mix, the offer is sure to satisfy everyone. The map, which we recommend to use, will certainly help you in your cycling escapades throughout the region. Łodzkie Region waits to be discovered. We assure you that it is truly worthwhile to hike our trails. All of them!

LEGEND TO THE ROUTE DIAGRAMS:

- **HISTORIC BUILDINGS:** church; wooden, brick; monastery complex; castle, castle ruins; palace, manor; municipal buildings;
- **CEMETERIES:** Christian; Jewish; Wartime; barrow; battle sites; other objects of interest;
- **OTHER:** museum, open-air museum, museum chamber, gallery; gord;
- **NATURAL SITES:** nature reserve; park, monumental trees; other objects of interest;
- swimming pool, bathing area;

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W-E MAIN CYCLING ROUTE (193 km)


Kalinowa – manor house

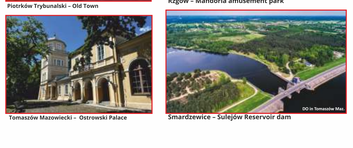

Szadek – Gothic Blessed Virgin Mary church


Warta – market square with town hall


Pabianice – revitalised part of the city

It is a cycling route connecting the Łodzkie Region with Greater Poland and Mazovia. It runs through particularly attractive areas and towns in the region. It runs through Sieradzki, Zduńskowolski, Łaski, Pabianicki, Łódzki Wschodni, Tomaszowski and Opoczyński districts. Along its route there are numerous villages of important historical interest, rich in architectural and natural monuments.
Travelling along the Main Route, one should visit **Warta**, founded in the Middle Ages, where a Bernardine monastery complex was built in the years 1485-92, with the The Church of the Assumption of the Blessed Virgin Mary from 1479-92, rebuilt in 1696-1708 in the Baroque style (inside there is the sarcophagus of a Bernardine monk, St. Vitalis of Provence), monastery built in Gothic style in 1479-82 and rebuilt in Baroque style in 1696 and 1721, and a Baroque chapel from 1726. In 1908, part of the monastery was converted into a psychiatric hospital. **Szadek's** most valuable monument is the Gothic church of the Assumption of the Blessed Virgin Mary and Jacob the Apostle, built between 1332 and 1335.
Another place worth seeing is **Wolbórz** with its former palace of the Kujawy bishops (1626, 1768-1773), the parish church from the 15th century and the Baroque geometric park from the 2nd half of the 18th century.
The tourist destinations waiting to be explored include **Rzgów** with its preserved medieval urban layout or **Tuszyn** called "the garden city" in the 1820s and developed according to the concept of Ebenezer Howard and boasting the Swiss-style villas and guesthouses of wealthy factory owners. Historic **Inowłódz** is home to its Romanesque St. Giles church located on a high escarpment of the Pilica valley, founded in 1086 by Władysław Herman, and the restored fragments of a medieval castle built in the first half of the 14th century, by King Casimir the Great. In addition, the route also includes former magnate, noble and landowner residences, in e.g. **Kalinowa, Rzeczyca, Czarnocin, Moszczenica**, as well as numerous historic churches (**Warta, Szadek, Smardzewice, Inowłódz**). You can visit historic manor parks (**Kalinowa, Moszczenica, Rzeczyca**) and nature reserves (**Wolbórka, Mołęda, Czarny Ług** or **Konewka**).
The main route connects towns and cities associated with historical figures, including Czarnocin, where Władysław Reymont lived, and **Wolbórz**, where Andrzej Frycz-Modrzewski was born and died. Jędrzej Kitowicz, a diarist from the Enlightenment Era, also worked on his books in **Wolbórz**. An important feature of the main route is also the **Spała Landscape Park**.
The main route connects the two largest reservoirs in the region - **Jeziorsko and Sulejowski**, which are popular destinations for leisure and water sports. Birdwatching is also possible in the Jeziorsko ornithological reserve.


Tomaszów Mazowiecki – Ostrowski Palace


Piotrków Trybunalski – Old Town

Rzgów – Mandoria amusement park

Smardzewice – Sulejów Reservoir dam

N-S CYCLING MAIN ROUTE (204 km)


Inowłódz – Romanesque St. Giles church


Łęczyca – royal castle


Łęczyca – Mandoria amusement park


Gidle – Basilica of the Assumption of the BVM

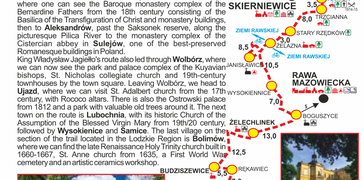
It runs through the Łęczycki, Zgierski, Pabianicki, Bełchatowski and Radomszczański districts, all the way to the Silesian Voivodeship. The cities and towns located on the routes include **Łęczyca**, which has preserved its medieval layout with its most valuable monument being Royal Castle, which now houses the Regional Museum, numerous historic churches (in **Siedlec, Parzęczew, Bełdów, Kazimierz, Lutomiersk, Zelów, Pawlica, Łękińsko, Radomsko, Strzałków** and **Gidle**) and wooden churches in **Dobroń, Topola Królewska, Kaszewice**, as well as manor houses, noble and landowner residences (among others: in **Siedlec, Bełdów, Strzyżewice, Kluki, Słupia** and **Strzałków**). On the trail you can also see historic country parks (**Porszewice, Strzyżewice**), nature reserves (**Jasień, Łuszczanowice**) and Poland's largest lignite mine, **Bełchatów** in Rogowiec. On the way, we invite you to pay a visit to the museums in **Łęczyca, Zelów, Radomsko** or **Gidle**. It is also possible to relax in the leisure centres at **Słok** or **Wawrzkowizna**.


Bełchatów – Regional Museum


Radomsko – Regional Museum

THE GRUNWALD TRAIL (193 km)


Ujazd – Ostrowski Palace


Sulejowski Reservoir


Żarnów – St. Nicholas' Church


Podklasztorze – interior of the Church

In commemoration of 600th anniversary of the Battle of Grunwald a cycling route was marked, forming a part of the nationwide cultural route following the historical way taken the Jagiełło's from Kraków to Grunwald and eventually to Malbork. The movements of the army was described in detail by Jan Długosz in his Chronicles. Jagiello marched to Grunwald from Kraków through Kielce, then through Zarnów, Sulejów, Wolbórz, Lubochnia, Wysokienice and Sarnice to the Vistula crossing near Czerwińsk. The section of the trail related to the Łodzkie Region starts in **Żarnów** with its landmark feature being the Romanesque St. Nicholas church from the 12th century. It continues to **Paradyż**, where one can see the Baroque monastery complex of the Bernardine Fathers from the 18th century consisting of the Basilica of the Transfiguration of Christ and monastery buildings, then to **Aleksandrów**, past the Saksonki reserve, along the picturesque Pilica River to the monastery complex of the Cistercian abbey in **Sulejów**, one of the best-preserved Romanesque buildings in Poland.
King Władysław Jagiełło's route also led through **Wolbórz**, where we can now see the park and palace complex of the Kuyavian bishops, St. Nicholas collegiate church and 19th-century townhouses by the town square, having visited which we head to **Ujazd**, where we can visit St. Adalbert church from the 17th century, with Rococo altars. There is also the Ujazd palace from 1812 and a park with valuable old trees around it. The next town on the route is **Lubochnia** with its historic Church of the Assumption of the Blessed Virgin Mary from 19th/20 century, followed by **Wysokienice** and **Sarnice**. The last village on the section of the trail located in the Łodzkie Region is **Bolimów**, where we can find the late Renaissance Holy Trinity church built in 1660-1667, St. Anne church from 1835, 2 nd World War cemetery and an artistic ceramics workshop.


Łódź – Botanical Garden

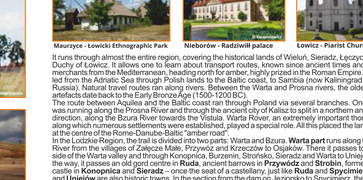

Łódź – Fala aquapark


Konstantynów Łódzki – Nad Stawem centre


Skierniewice – Primate's Palace

AMBER ROUTE (274 km)


Lowicz – Corpus Christi

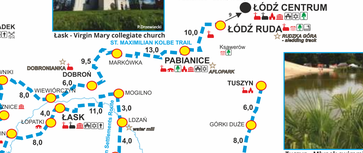

Maurzyce – Lowicki Ethnographic Park


Nieborów - Radziwiłł palace


Lowicz - Piarist Church

It runs through almost the entire region, covering the historical lands of Wieluń, Sieradz, Łęczyca and the Duchy of Lowicz. It allows one to learn about transport routes, known since ancient times and used by merchants from the Mediterranean, heading north for amber, highly prized in the Roman Empire. The road led from the Adriatic Sea through Polish lands to the Baltic coast, to Sambia (now Kaliningrad Oblast in Russia). Natural travel routes ran along rivers. Between the Warta and Pilica rivers, the oldest amber artefacts date back to the Early Bronze Age (1500-1200 BC).
The route between Aquileia and the Baltic coast ran through Poland via several branches. One of them was running along the Prosna River and through the ancient city of Kalisz to split in a northern and eastern direction, along the Bzura River towards the Vistula. Warta River, an extremely important thoroughfare along which numerous settlements were established, played a special role. All this placed the land of Łódź at the centre of the Rome-Danube-Baltic "amber road".
In the Łodzkie Region, the trail is divided into two parts: Warta and Bzura. **Warta part** runs along the Warta River from the villages of Załęcze Małe, Przywóz and Krzeczów to Osjaków. There it passes to the right side of the Warta valley and through Konopnica, Burzenin, Storsko, Sieradz and Warta to Lindów. Along the way, it passes an old gord centre in **Ruda**, ancient barrows in **Przywóz** and **Strobin**, former knightly castle in **Konopnica** and **Sieradz** – once the seat of a castellany, just like **Ruda** and **Sycyniec**. **Warta** and **Uniejów** are also historic towns. In the section from the dam on Jeziorsko to Sycyniec, the trail runs through the Greater Poland Voivodeship together with the blue Warta Cycling Trail. Near the village of **Łęg Piekarski**, princely graves with numerous treasures, mostly imports from the Roman Empire, were discovered. For eager tourists heading north, to the Kujawy region, marked Warta Cycling Trail leads from Uniejów. A dozen or so kilometres north of the provincial border, one can visit the region's most important site of national remembrance, Chełmno nad Nerem. There was a German execution camp here (Kulmhof), where more than 200,000 people were murdered, most of them Łódź residents. The Warta section of the route also includes many monuments related to the line of defence of the 1939 September Campaign. The war began in the Wieluń area with the bombardment of the town and then stopped on the Warta line for a few days. War cemeteries can be found in **Konopnica**, **Storsk** and **Glinno**, while numerous individual graves and mass graves are also existing in many cemeteries located in the towns along the Warta River.
A particular attraction of the trail is also its natural splendour. It runs through two landscape parks: **Załęcze Landscape Park** and **Warta and Widawka Landscape Park** and along the **Jeziorsko Reservoir**. The riverfront section is an extremely interesting route along the Bzura-Ner Lowland. Along the rivers, the amber route once led to Kurpie Region and then on to Sambia. Currently, the historic towns of **Łęczyca** (with its former castle and collegiate church at **Tum**) and **Łowicz** can be visited along the route. The Łowicz region is famous for its traditions and folk art, which have been cultivated for centuries. The trail in the Łódź region ends at its border near **Bolimów**, a tragic marked with tragic history, because it remembers the First World War and the first mass use of poison gas weapons in 1915. The Bzura section of the trail is a remembrance of the bloody, almost month-long Battle of the Bzura. Numerous war cemeteries commemorate the battle, while its history is depicted in the collections of the **Kutno** Museum and events are recalled by the battle re-enactments taking place in September.


Tum - Romanesque archcollegiate


Jeziorsko reservoir - Sieradz sea


Konopnica – panorama from the relic of the former stronghold


Laszew - wooden church of Wieluń type


Sieradz - the Ursuline Sisters' Convent


Spycimierz - flower carpets for Corpus Christi

IN THE CENTRE OF POLAND BICYCLE ROUTE (307 km)

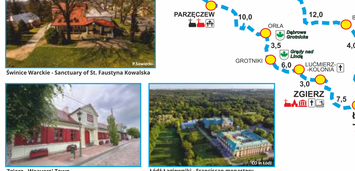

Kutno - courtyard of the Saxon Palace Museum

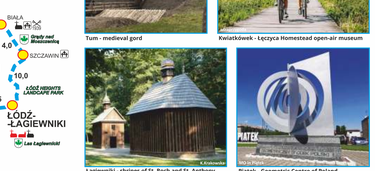

Oporów - Oporowski Castle


Besiekiery - castle ruins


Łęczyca - Tum - medieval gord


Kwiatkówek - Łęczyca Homestead open-air museum


Świnice Warckie - Sanctuary of St. Faustyna Kowalska


Zgierz - Weavers' Town


Łódź-Łagiewniki - Franciscan monastery

Łagiewniki - shrines of St. Roch and St. Anthony

Piątek - Geometric Centre of Poland

The In the Centre of Poland trail is marked in blue and over 300 km long. It runs through the districts of Kutno, Łęczyca, Zgierz and the city of Łódź. It is named after the geometric centre of Poland, which is located near Piątek town. The 'centre of Poland', located thanks to the specialists' research, is marked by a symbolic monument in **Piątek**. Speaking of the places worth visiting along the route we need to mention **Oporów** with its Gothic castle on an island, one of the most valuable monuments in the county. Today, the castle houses highly interesting Museum of Stylish Interiors. Another place worth visiting is The Pauline Fathers monastery complex. There are numerous historic churches on the trail (including those in **Modlna, Pęclawice, Łęki Kościelne, Piątek, Orłów, Zychlin, Grochów, Mnich, Bedlno, Głogowiec** and **Parzęczew**). A highlight of the route is also **Łęczyca** with its castle built by Casimir the Great and the nearby **Tum**. There is a Romanesque archdiocese from the 12th century. A few hundred metres from the temple there is a castle from the times of Bolesław Krzywousty. Since 2022, visitors can admire the reconstructed ramparts, gate, tower and well, connected to the nearby open-air museum in **Kwiatkówek** – the Łęczyca Peasant Homestead – which features traditional rural buildings from the Łęczyca region dating back to the 19th and early 20th centuries. Preserved former magnate, noble and landed gentry residences are also worth a visit along the trail. They can be found in e.g. **Sokolniki, Ktery, Młogoszyn, Krośniewice, Siemianów, Łanięta, Milonice** and **Zbylczyce**. The architectural monuments are complemented by well-preserved country parks (such as those in **Skotniki** and **Siemienice**). Another attraction of the trail is the substantial number of nature reserves (**Dąbrowa Świetlista, Dąbrowa Grotnicka, Łagiewnicki Forest, Grądy nad Lindą, Grądy nad Moszczenicą**). Particularly noteworthy is the **Łagiewnicki Forest**, one of the largest urban forests (located within the city limits of Łódź). Tourists exploring the In the Center of Poland Trail can also visit museums in **Kutno**, **Krośniewice**, **Oporów** or **Zgierz**. **Krośniewice** is also the main station of the Krośniewicka Kolej Dojazdowa (Krośniewice Commuter Railway), Europe's longest narrow-gauge line (over 130 km), built in 1915 by the German army to transport troops and supply to the frontlines. In **Zgierz**, unique wooden weavers' houses from the 19th century have been preserved, documenting the beginnings of the textile industry in the region (the first manufactories were established in Zgierz and Ozorków). The historic weavers' houses were placed under protection as the Weavers' Town Cultural Park. Today, they house, among others, a museum, a tourist information centre, and a restaurant.

HOT SPRINGS BICYCLE ROUTE (197 km)

Uniejów - thermal pools and castle

Jeziorsko reservoir

Pęczniew - marina

Tum - medieval gord

Kwiatkówek - Łęczyca Homestead open-air museum

Piątek - Geometric Centre of Poland

The trail forms a loop, running through Łódź, Aleksandrów Łódzki, Dalików, Poddębice, Uniejów, Siedlątków, Pęczniew, Zadzim, Lutomiersk and Konstantynów Łódzki. It leads through places of historical interest and natural preserves. The "Hot Springs" is, of course, a reference to the historic town of **Uniejów**, increasingly popular among patients and tourists interested in the healing properties of local geothermal water. Uniejów's thermal baths have become one of the province's biggest attractions. The town is also known for its beautiful castle with a rich past, surrounded by a park, historic church with the tomb of Bł. Bogumiła. **Aleksandrów** and **Konstantynów** also welcome tourists. At the time of the rapid development of the textile and fabric industry in the region, these were economic satellites of Łódź, named after members of the Tsar's family. It is worth to discover the history of these towns that is still somewhat obscure. Few tourists know that both towns were almost completely destroyed during the battles between the Russian and German forces in October and November 1914. War cemeteries are a reminder of the fierce combat, and some of the graves of soldiers from both armies bear Polish names. **Łódź** is a separate story altogether, and it is worthwhile to stay there for at least a few days to visit Europe's largest Jewish cemetery, factory palaces depicted in the "Promised Land" novel by Władysław Reymont, the Manufaktura shopping and entertainment centre that gained fame across Europe, as well as the Łódź ZOO Orientarium, the Botanical Garden and the Fala Aquapark. Historic **Lutomiersk** contains numerous traces of settlement on the Ner River. Today, on the site of the former castle there is a monastery complex. In **Zygry**, one can see the TV tower and the church built in Classical style. Next to it, in the village of **Byki**, there is a chapel located on the site where insurgents of 1863 were buried and dedicated to those who died in wars and uprisings. In **Zadzim** there is an interesting church and a manor park. The **Jeziorsko Reservoir** is a popular place for leisure and water sports. Visitors can see the dam closing the reservoir up close, observe birds in the ornithological reserve, take a look at the cliffs stretching around **Brodnia** and **Popów** or visit the church in **Siedlątków**, known for its miraculous portrait of the Virgin Mary. Podębice itself is famous for its Renaissance buildings – the palace and the St. Catherine the Martyr church. Both monuments date from the 17th century (construction began in 1610) and can be considered architectural wonders. It is also worth visiting Terny Poddębice, where the water, rich in silicon compounds, helps improve skin hydration and cleansing.

Uniejów – Castle of the Archbishops of Gniezno

Spycimierz - flower carpets

Poddębice - Grudziński Palace

Poddębice - thermal water pump room

Poddębice - thermal pools

Zadzim - Dereniowy Skarb park

Małyń - defunct water mill on the Ner River

Trzy Morgi - Małyń most

BICYCLE ROUTES OF THE SIERADZ LAND (419 km)

Sieradz - Plac Teatralny

Zduńska Wola - The Weaver's House - birthplace of St. St. Maksymilian Kolbe

Pabianice - Levityn Lagoon

Lask - Virgin Mary collegiate church

Łódź - huge track on Rudzka Góra and the city panorama

Tuszyn - Młynek swimming area

Brzeski - Krzywda water mill

The Sieradz Land Trails consist of five sections marked in blue. The first of these, the **St. Maximilian Kolbe Trail** is over 64 km long. It starts in **Łódź-Ruda** and continues through **Pabianice** (the saint's former place of residence), **Lask** and **Zduńska Wola** (his place of birth and baptism). **Zduńska Wola** is also the starting point of the **Sieradz Land Treasures Trail**. The particularly noteworthy objects along the route include **Szadek** with its Gothic church of the Assumption of the Blessed Virgin Mary and Jacob the Apostle, **Małków** with the Classical palace built for Napoleon's aide-de-camp (Władysław Reymont's famous Polish novelist, also stayed there), **Warta** (numerous churches and monastery complexes dating back several centuries), **Marzenin** (church from 1372) and **Lask** (collegiate church from 1525). Additionally, there is the **Warta Widawka Landscape Park** and the **Jeziorsko Reservoir**, one of two large artificial reservoirs in the Łodzkie Region. **Route of the Bohemian Brethren's Settlements** leads from **Lask** to **Kleszczów**. The trail allows you to discover an interesting chapter in the history of the Łódź region. At the beginning of the 19th century, members of the Christian community of the Bohemian Brethren settled in **Zelów** and later in **Żelówek**, **Pożdżenice**, **Kuców** and **Faustynów**. They were descendants of followers of Jan Hus persecuted in the past for their religion. The area of Zelów and its surroundings has been chosen for settlement due to economic reasons. Descendants of the medieval settlers still live here today (many Czech names, a thriving Evangelical-Reformed parish). On the trail running through picturesque corners of the Łaska Upland and the Szczercowska Basin, you can visit numerous churches of various denominations, cemeteries, manors and water mills. In **Zelów**, it is worth visiting the Museum of the Bohemian Brothers, and if happen to visit the town on Easter Monday, you have an opportunity to attend a concert by an unusual orchestra – Zelów Bells-Ringers. The sheer size of the **Bełchatów-Szczercow** strip mine is impressive. The last section of the trail is called the **Lignite Route**. It runs from **Kleszczów** (where you can take a break in Solpark, a large sports and leisure facility) via Bełchatów (a manor house and a Late Gothic church from the 18th century) to **Tuszyn**. In **Bełchatów** you can see a special PGE Titans of Power exhibition illustrating the process of generating electricity from lignite.

CYCLING TRAIL OF THE RAWA LAND (250 km)

Głowno - Mrożyczka Reservoir

Kolacinek - Dinopark

Rogów - Arboretum

Stara Rawa - Rawka River valley

Lipce Reymontowskie - museum chamber

Rogów - Historic Narrow Gauge Railway

Wola Chojnata - Chojnata Palace

Rawa Mazowiecka - Castle of the Masovian Dukes

Rawa Mazowiecka - municipal butcheries

The Rawa Land Trail is marked in blue and consists of two sections: The 145,5 km long **Rawa Land Trail** and the 104,5 km long **Rawska Ósemka** (**Rawa Figure-Eight**). In **Więczyn Dolny** there is one of the largest war cemeteries in the Łódź Region, established in 1914 by the family of an industrialist Karol Scheibler. The Dinopark and Father Christmas Land in **Kolacinek** attract children trips from all over the region. Maria Rodzinewiczówna, author of popular novels (e.g. "Dewajtis", "Lato leśnych ludzi") died in **Żelazna** in 1944. In **Tworzyjanki** it is worthwhile to see the villa at no. 12 and the villa park from the beginning of the 20th century. The areas around **Koluszki, Brzeziny** and **Rogów** include battlefields from World War I. While on the trail, look out for **Galkówek** and the forest stretching between **Justynów, Borowa** and **Zielona Góra**. It was the site of a decisive clash during the "Battle of Łódź" in November 1914. The forest contains preserved Russian trenches, as well as the Grove of Benedict XVIII – 300 pine trees that grew from seeds blessed by the Holy Father. The Grove is dedicated to the memory of the 20,000 soldiers who fell in the forest on 23 November 1914. In the Leokadia Marciniak Museum Chamber in **Galków Duży** you can see items found on the battlefield – bayonets, rifles, elements of soldiers' equipment, as well as archive photographs and documents. In **Rawa Mazowiecka**, which is mentioned in chronicles 75 years earlier than Warsaw, there is a Gothic castle from the end of the 14th century and in **Babsk** you can visit the grave of Konstancja Gładkowska, Chopin's youthful love (parish cemetery and tsarist military cemetery from the early 20th century). The trail leads through numerous villages and towns, linking church, palace and manor house architecture, as well as unique attractions and natural monuments. Another interesting historical artifact is Rogowska Narrow Gauge Railway line, built in 1915 by the Germans to supply the frontline which had been held on the Rawka River line for six months.

PILICA RIVER CYCLING ROUTE (196 km)

Bąkowa Góra - ruins of a fortified manor house and the Malachowski manor house

Przedbórz - St. Alexios church

Sulejów-Podklasztorze - Cistercian Abbey

Tuszyn - St. Vitalis church

Piotrków Trybunalski - Rudowski Palace

Majkowice - castle ruins

Walewice - Walewski Palace

Waliszew - Church of the Nativity of the BVM

The route of the trail is approximately 200 km long and connects the capital of the Łodzkie Region with Piotrków Trybunalski and the areas of Łuciąż and central Pilica valleys. It begins in **Łódź**, at the green cycling trail, between Jan's Ponds and the park on Młynek. The first part takes us through the area around the Czarnocin Reservoir. **Moszczenica**, up to the Bugaj Reservoir located on the eastern outskirts of **Piotrków Trybunalski**. From here, we can head to **Kolonia Witów** and the dam on the Luciąża River at **Kludzice**. The trail continues along the river, not far from the Cieszanowice Reservoir, until it reaches the village of **Przerąba**, near which the Luciąża River originates. Continuing south, we reach the **Chełmo Mountain Reserve** protecting a forest, chalk sandstone outcrops and a gord, and then we go to **Wielgomłyny** and **Maluszyn**, where we can see the Pilica River for the first time. In Maluszyn we turn north and follow the left bank of the Pilica River, passing through **Przedbórz, Bąkowa Góra, Majkowice**, all the way to **Sulejów**. Using the network of cycling trails we have the possibility of making a loop, continuing from Sulejów along the red Grunwald Trail and then diverting to the W-E Łódź Cycling Main Route in Wolbórz towards Moszczenica.
The Pilica Cycling Route is characterised by its extraordinary natural and sightseeing qualities. Directly along the trail there are numerous historical sites, places of worship of the Virgin Mary, nature reserves, conical mounds (on the Luciąża River near **Lochyńsko** and **Mierzyn** and on the Pilica River near **Majkowice**) and the remains of quarries (in the village of **Kurnędz**). The section of the trail from Sulejów to Łęg Ręczyński runs along the border of the **Sulejów Landscape Park**.
Among the monuments of sacred architecture, the Baroque former monastery complex of the Norbertine Fathers with the St. Margaret and St. Augustine church in **Kolonia Witów**. Following the re-coronation of the miraculous painting of Our Lady of the Annunciation, the church is known as a sanctuary. In turn, not far from **Trzepnica**, on a hill overlooking the road from Gorzkowice to Ręczno, stands the Gothic Revival Sanctuary of Our Lady of Consolation, known as **Pocieszna Górka**. In **Wielgomłyny** we can visit the Sanctuary of Our Lady of Sorrows (Sorrowful Lady of Wielgomłyny) and the monastery complex of the Pauline Fathers. The complex is an example of Gothic and Baroque sacred architecture.
Sulejów is a home to one of the best-preserved Romanesque buildings in Poland, the monastery complex of the Cistercian Abbey. It is also the only Cistercian fortified abbey in Poland with such well-preserved and extensively developed monastic fortifications.
Defensive architecture enthusiasts will have the opportunity to admire castle ruins in **Przedbórz, Bąkowa Góra** and **Majkowice**, as well as the remains of the foundations of a knightly keep in **Przerąb**.
A characteristic feature of the Polish landscape are manor houses, which can be seen along the Pilica Cycling Trail, in e.g. **Czarnocin, Milejów, Trzepnica, Granice, Maluszyn** and **Bąkowa Góra**. Another inseparable element of the Polish countryside are roadside crosses and chapels. Speaking of which, it is worth mentioning a place that seems quite mysterious and mystical thanks to its location. When observed from a further perspective, the chapel appears to emerge from the waters of the Cieszanowice reservoir. It is the only remnant of the now non-existent village of Borowiec. The inhabitants of Borowiec, along with people from villages of Kuźnica Żerechowska, Łęgoń, Wygoda and Trzciniec were resettled during the construction of the reservoir.

CYCLING ROUTES OF THE ŁOWICZ LAND

Kiernozia - the Łączyński Palace

Sobota - Zawisza Palace

Walewice - Walewski Palace

Waliszew - Church of the Nativity of the BVM

Maurzyce - open-air museum

Maurzyce - bridge over the Sludwia river

Nieborów - Radziwiłł palace

Arkadia - Temple of Diana

Lowicz - Classical town hall

Lowicz - Cathedral Basilica

Bolimowski Landscape Park – Świca Glade Nature Reserve

The cycling trail system of the Łowicz Land, designated by the Lowicz County, consists of three routes. The longest, "**Manors and Churches**", stretches 123 km and is marked in green. It runs through the northwestern part of the Lowicz County and passes many historic secular and religious buildings, showcasing the development of Polish architecture over the centuries. The most attractive sites along this route include: **Boczki Chełmońskie**, the birthplace of the renowned painter Józef Chełmoński; **Kiernozia**, where Maria Walewska, Napoleon Bonaparte's beloved, was born and buried; **Sobota** (17th-century church and 18th-century manor complex), **Walewice** (Maria Walewska's palace with early 19th-century frescoes); **Borów**, associated with Władysław Grabski, who carried out Poland's currency reform during the Second Polish Republic, earning him the nickname "Father of the Polish Zloty"; and the villages of **Waliszew, Chruślin** and of course **Lowicz** itself. The town and region are famous for their colorful striped folk costumes and traditional paper cutouts. The Lowicz striped costumes can be admired every year during Corpus Christi processions and celebrations.The red trail, "**Sabres and Bayonets**", 119 km long, runs through the southern part of Lowicz County and leads to sites connected with the region's and country's most significant historical events – national uprisings and both World Wars. Notable locations include cemeteries of those who fell during the January Uprising, the Łódź battle of November–December 1914, and the graves of Polish soldiers killed in the Battle of the Bzura in September 1939. In **Czatolin**, the site of the first Allied parachute drop for the Home Army partisans during the German occupation of Poland is commemorated.The Blue "**Ducat**" Trail is the shortest at 14 km, located in the southwestern part of Lowicz County. Its main attractions include the romantic park in **Arkadia**, established by Helena Radziwiłł in 1778, and the neo-Gothic church and palace in nearby **Niebor