

**GRABIA** – a right tributary of the Widawka River, one of the cleanest rivers in the country. It flows along a natural riverbed, initially through a poorly defined valley, which widens into wooded dunes. It meanders strongly, passing oxbow lakes and ponds, riparian woodland, sandy embankments covered with pine forest, and flat banks with wetlands. The sandy beaches are tempting for a spot of swimming and sunbathing. The water is home to many rare and endangered animal species, with about 30 kinds of fish living in the river. It is a picturesque, generally easy but varied, while it can be challenging and difficult in some places. There are meadow sections with a weak current that grows stronger, forest parts and areas with a fast current where navigation is difficult due to fallen trees, sills, weirs, hydroelectric power stations and old mills.

Set off from **KUŹNICA** at the weir or bridge. The river has a weak current that starts to pick up, and is sometimes obstructed by fallen trees. You will need to **carry the kayaks** around the weirs in **Jamborek** and Ldzań, where you can set off again on the millrun and head to the river and the camping area near the mill. Further on, the Grabia flows through forests, embankments and meadows. Pass under the S8 road bridge. In **Barycz**, head across a reservoir that ends with a weir more **portage**. In the **Łask-Kolumna** area, beyond the bridge, there is a place to rest, then a navigable sill and **portage** across the weir. Wind up the day in **ŁASK** on the beach that also features a camping area. In the town, it's worth visiting the churches – one late Gothic and one wooden building from the 17th century, as well as the museum. As you head off from ŁASK, the river narrows, deepens and accelerates, meandering through reeds and thickets, with fallen trees here and there. In the village of **Okup Mały**, you will have to carry the kayaks around the remains of a steel bridge, and in **Zielęńcice**, there will be more **portage** around the sill of a former mill. In **Bilew**, pass the sill, the bridge on the S8 road and end the day in **MARZENIN**. From MARZENIN, kayak towards **Wola Marzeńska**, and portage through the sawmill. Beyond the village of **Kustrzyce**, turn left at the fork to the weir, and in **Lichawa**, enter a winding left branch with a fast current, full of fallen trees that may require you to **pull the kayaks**. After the bridge, set up camp on the beach. In the village of **Grabia**, before the weir, the old Grabia riverbed branches off. You can kayak along it, but the current is fast, and there are many fallen trees. This way avoids a mill and **portage** in the village of **Brzeski**. Take a break here before portage around the mill in **Nowe Kozuby**. Further on, the river meanders through the forest. Before **GRABNO**, it forks, so turn left towards where the Grabia joins the Widawka. End the trip here at the kayak station (camping area) or continue down the Widawka.