

**PROSNA** is a typical lowland kayaking route with sections of varying difficulty, a tributary of the Warta River and a tourist attraction for kayaking enthusiasts. It meanders through rows of willow trees, surrounded by meadows. The flow is rarely interrupted by fallen trees. In some places, you will have to manoeuvre a little to pass under tree branches hanging over the water.

The route begins after the bridge in **BOLESŁAWIEC** (the Gothic tower of the Kazimierz Castle is worth visiting). Drift down through fields and trees as the river meanders slightly along this fairly easy section. Along the way, you will pass the mouths of several small streams and it's a relaxing trip to **Wieruszów** (worth visiting: the 17th-century monastery, where Prior Kordecki, defender of Jasna Góra, died). Then you will arrive at a weir (portage), pass under the road bridge on the S8 and continue along the small hydroelectric power plant in **Kowalówka**. Ahead lies a more challenging section. The river narrows and, depending on the water level, has rapids, so it is more suitable for experienced kayakers. Amidst lush greenery, head towards the village of **Wyszanów**, where you can stop at the bridge to rest. The route from Wieruszów to the village of **Tonia** is picturesque, with animals grazing in the fields by the river. The river is narrow, with fewer fallen trees, and navigation is easier. This section is for intermediate kayakers. In the village of **Oświęcim**, there is another place to rest by the bridge, and before **Brzeziny**, there is a camping area and agrotourism. Finish the trip in **BRZESZYN**, before the dam by the bridge.