From the editorial staff,

we have the pleasure of presenting to you a map of bicycle trails in our region. Tourist attractions are showcased not only by local governments, but also the enthusiasts of "small homelands" found throughout the region. Warta, Pilica, Bzura and Rawka, the four rivers that form the natural frame for

the region, attract the enthusiasts of water activities. Europe's longest horse trail allows equestrians to travel the region on the saddle or in a chaise. However, these are the fans of two wheels who can enjoy the most attractions. The bicycle is the healthiest and the most environmentally-friendly sightseeing method. You can ride the bicycle on main roads, as well as on paths and lanes, away from fumes or cars. The Lodzkie region has more than a hundred bicycle trails, including two mains: the East-West trail and the North-South trail. All of

them are safe and well-marked. They lead to the most beautiful and interesting sites in the region. The selection is extensive: from the Amber trail, the trail of Palaces and Manors, the St. Adalbert trail, the Boruta Devil's trail, the Miraculous Paintings trail, the Wild Bison trail, Bolimowo Forest trail, and even the Tsar's Hunting trail, as the forests near Spała were the favorite hunting sites for many a Russian Tsar. Every trail features outstanding historical monuments, beautiful landscapes, interesting folklore, regional food and many more attractions.

Traveling by bike, in peace and quiet, is the only way one can really appreciate the qualities of the region, its monuments, its nature reserves and, most importantly, its beautiful sites you are bound to pass by when traveling by car. No wonder the number of cyclists is growing. It has now gone beyond a mere fashion or trend, but has become a conscious choice. A conscious choice of seeing Poland from the saddle. Plus, many sites are simply inaccessible for cars. Motorized traffic is banned in protected areas, in national parks or nature reserves. A car also depends on roads, and so it won't cross a swamp, a sandy road or a boundary strip. These won't however stop a bike! This is a vehicle for true tourists.

Listing the assets of the Lodzkie region is quite an arduous task, but it's nothing compared to the real-life experience. You simply have to get on your bike and see for yourself, how many attractions await the enthusiasts of this sport. Adding an extensive accommodation and gastronomy base, everyone is bound to be satisfied. The map we would like to recommend to you will surely aid you in your bicycle travels. The Lodzkie region is waiting to be discovered. We assure you it's worth it. It's worth to discover all of its trails. All of them!

THE NATURAL WORLD:	TOURIST BASE:	HISTORICAL BUILDING:	CEMETERIES:
 nature reserve; park, historical trees; other interesting sites; 	 accommodation; camping sites; agro-tourism; swimming pool; 	 wooden, masonry church; cloister complex; castle, castle ruins; palace, manor; 	 Christian; Jewish; military; tumulus;
Museum, gallery, ethnographic park, museum chamber	 bar, restaurant; horse riding center; 	 - municipal buildings; - stronghold; 	- battlefields, 1939 1914-15



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THE E-W BICYCLE MAIN (192 km)

OPATÓWEK

10,5



LÓDŹ RUDA

TUSZYN 9,5

MOSZCZENICA

7,5 RZGÓW

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PABIANICE

CHORZESZÓW KONIN 11,5 10,5 3,0 5 8,0 SZADEK Wola<mark>A</mark>⊟ Żytowska THE N-S BICYCLE MAIN 📥 🛧 🐴 📺 🕂 🔯 A part of the cross-European bicycle trail intended to connect Germany, Poland and Ukraine. The trail

vas routed through very attractive locations in the region, and leads through: the Sieradz, Zduńska Wola, Łaski, Pabianice, Łódź East, Tomaszów Mazowiecki and Opoczno provinces, as well as numerous important tourist cities, abundant in architectural and natural monuments. raveling the main, you have to see the Warta township, established in the Middle Ages, where a Cistercian cloister complex was built in 1465-82, which comprises: a Gothic Assumption of Mary hurch from 1479-82, rebuilt in 1696-1708 to reflect the Baroque style (the sarcophagus of the Blessed Rafał of Proszkowice can be found inside), a Gothic cloister built in 1479-82 and rebuilt in 1696 and 1821 to reflect the Baroque style, and a Baroque chapel from 1726. In 1908, a part of the cloister was repurposed for a mental hospital. The most valuable monument of the Szadek Township is the Gothic Assumption of Mary and St. Jacob the church, built in 1333-1335. Another site worth seeing is Wolbórz, where the highlights are: the former Cuiavian bishop palace

1626, 1768-73), the parish church from the 15th century, and a geometrical Baroque park from the nd half of the 18th century. ther landmarks of the region include: Rzgów, with its preserved medieval urban development, Fuszyn, referred to as the city-garden in the 1820s, as it was built according to a concept developed by E. Howard, enchanting visitors with its exquisite villas and rich factory owner pensions built in the Swiss style. The historical Inowłódz is known for its Romanesque St. Giles church, built on an island on a tall scarp overlooking River Pilica. The church was founded in 1086 by Władysław Herman. What you'll also find in Inowłódz are renovated fragments of a Medieval Castle, built in the 1st half of the century by king Kasimir the Great. Furthermore, the trail features former magnate, nobility and landed gentry mansions, such as those in Kalinowa, Rzeczyca, Czarnocin, Moszczenica, as well as numerous historical temples (Warta,

Szadek, Smardzewice, Inowłódz). Be sure to visit numerous historical post-manor parks (Kaninowa, Moszczenica, Rzeczyca), and nature reserves (Wolbórka, Molęda, Czarny Ług and Konewka). The main links towns related to historical figures, such as Czarnocin, where writer Władysław Reymont lived, or Wolbórz, where writer Andrzej Frycz-Modrzewski was born and died. Jędrzej Kitowicz, a diarist from the Enlightenment period, worked on his pieces in Wolbórz. One of the biggest attractions of the main is the Spała Landscape Park. The main connects the region's two largest reservoirs Jeziorsko and Suleiów. They are the local residents' favorite recreational sites. The Jeziorsko ornithological reserve offers a unique bird























or half a vear.



viecka - Mazovian Duke castle

shortest and spans on the distance of 14 km. It is situated in the southwestern part of the Łowicz

province. Its most important attractions are the romantic park in Arkadia, founded by Helena Radziwił

in 1778, a neo-Gothic church and a palace in the neighboring Nieborów. The palace was built in 1766-1768 by Michał Radziwiłł and nowadays serves as a museum with extensive old print and painting

Zelazna 📥 🕋





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