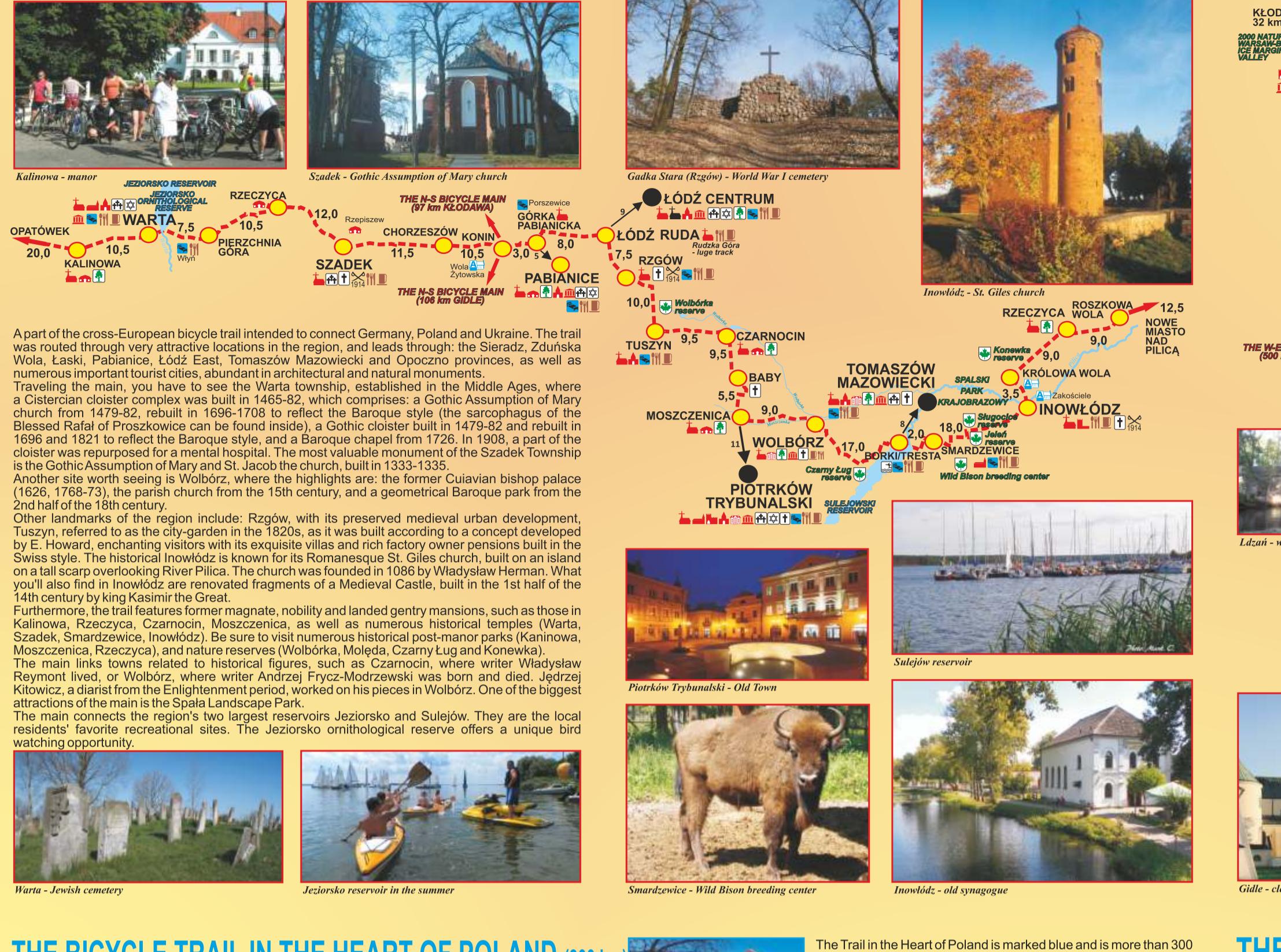


From the editorial staff,

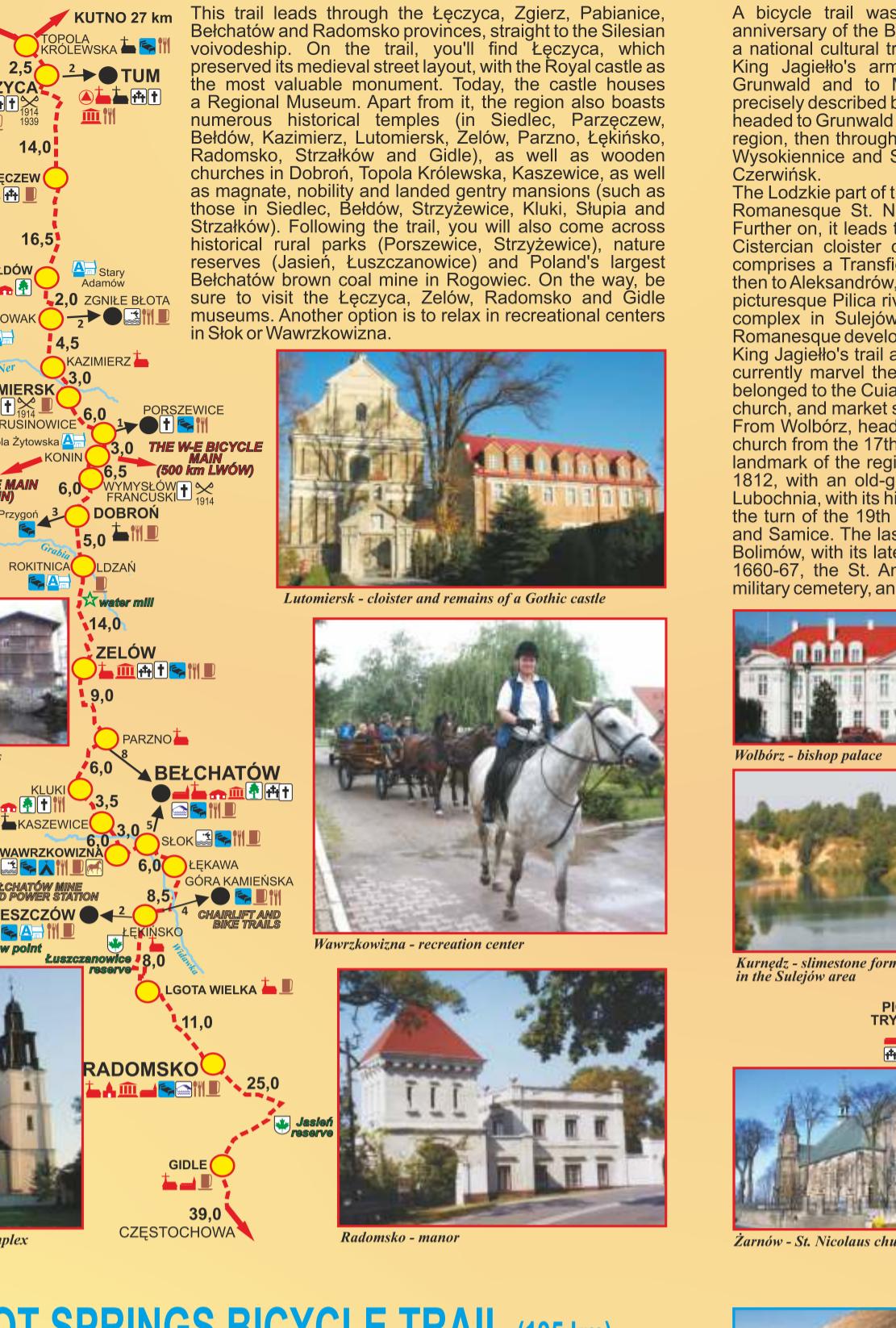
We have the pleasure of presenting to you a map of bicycle trails in our region. Tourist attractions are showcased not only by local governments, but also the enthusiasts of "small homelands" found throughout the region. Warta, Pilica, Bzura and Rawka, the four rivers that form the natural frame for the region, attract the enthusiasm of water activities. Europe's longest horse trail, the Toczek, is one of the region's most popular attractions. However, these are the forms of two-wheelers to 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 Łódźkie 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 of the region. The region is full of castles, manors, palaces and mansions, the St. Adalbert trail, the Boruta Devil's trail, the Miraculous Paintings trail, the Wild Bison trail, Bolimow Forest trail, and even the Tsar's Hunting trail, as the forests near Spala were the favorite hunting sites for many a Russian Tsar. Every trail features outstanding historical monuments, beautiful landscapes, interesting folklores, regional food and many more. We invite you to travel 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 the region's beauty, saving the environment, and saving your pocket. 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 biker! This is a vehicle for true tourists.

Listing the assets of the Łódźkie 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 explore the region's beauty. 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 Łódźkie 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!

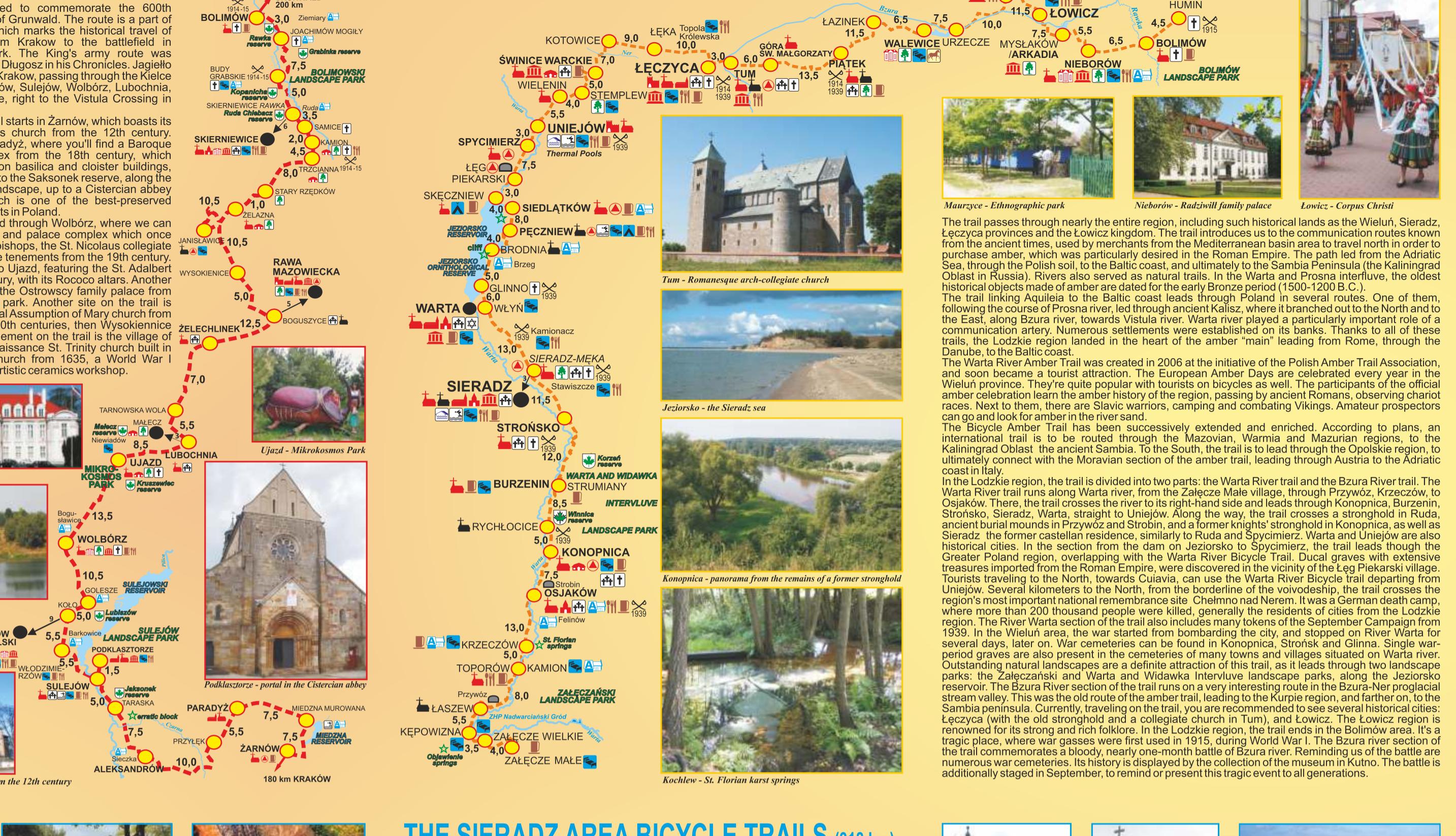
THE E-W BICYCLE MAIN (192 km)



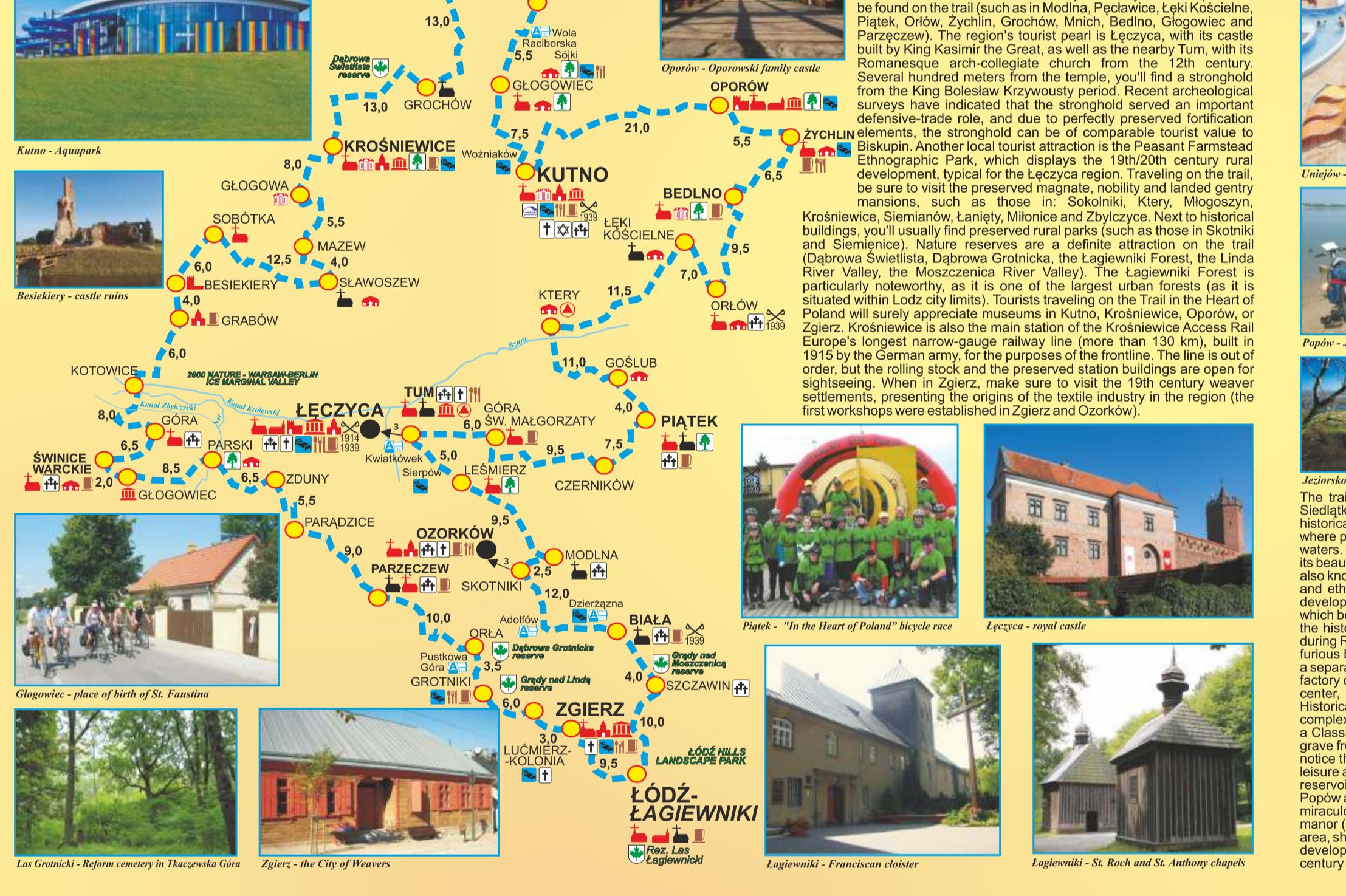
THE N-S BICYCLE MAIN (200 km)



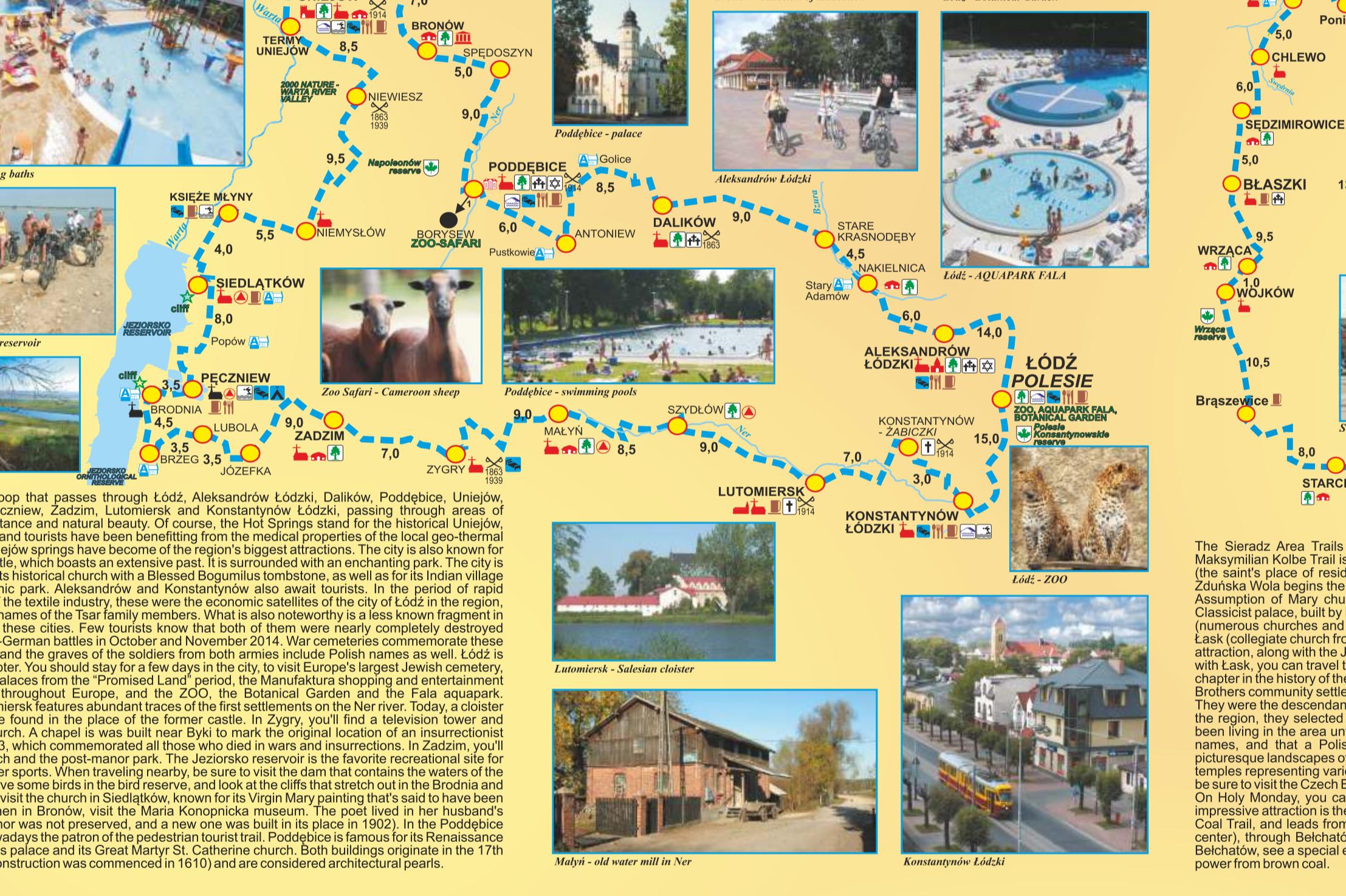
THE GRUNWALD TRAIL (180 km)



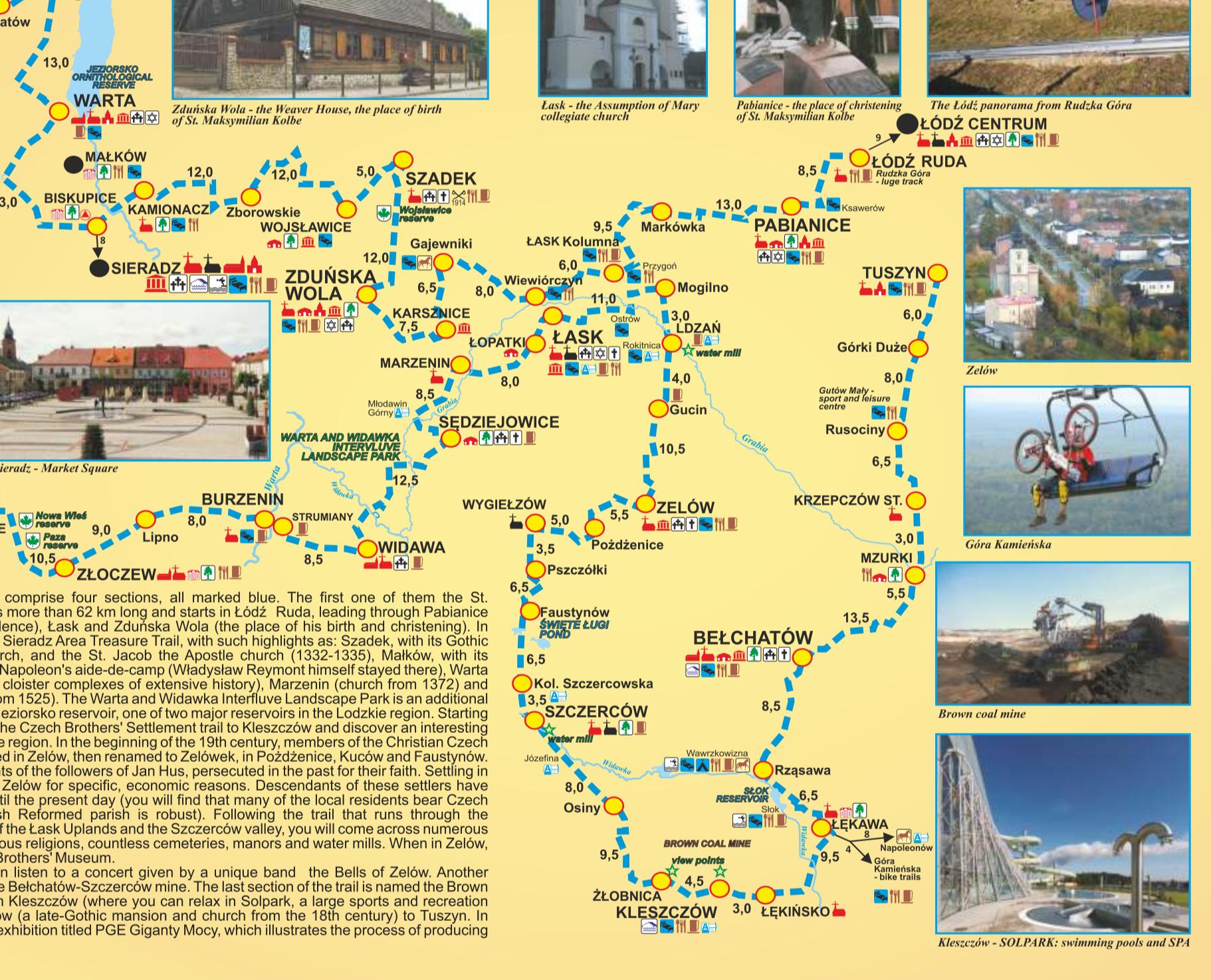
THE BICYCLE TRAIL IN THE HEART OF POLAND (300 km)



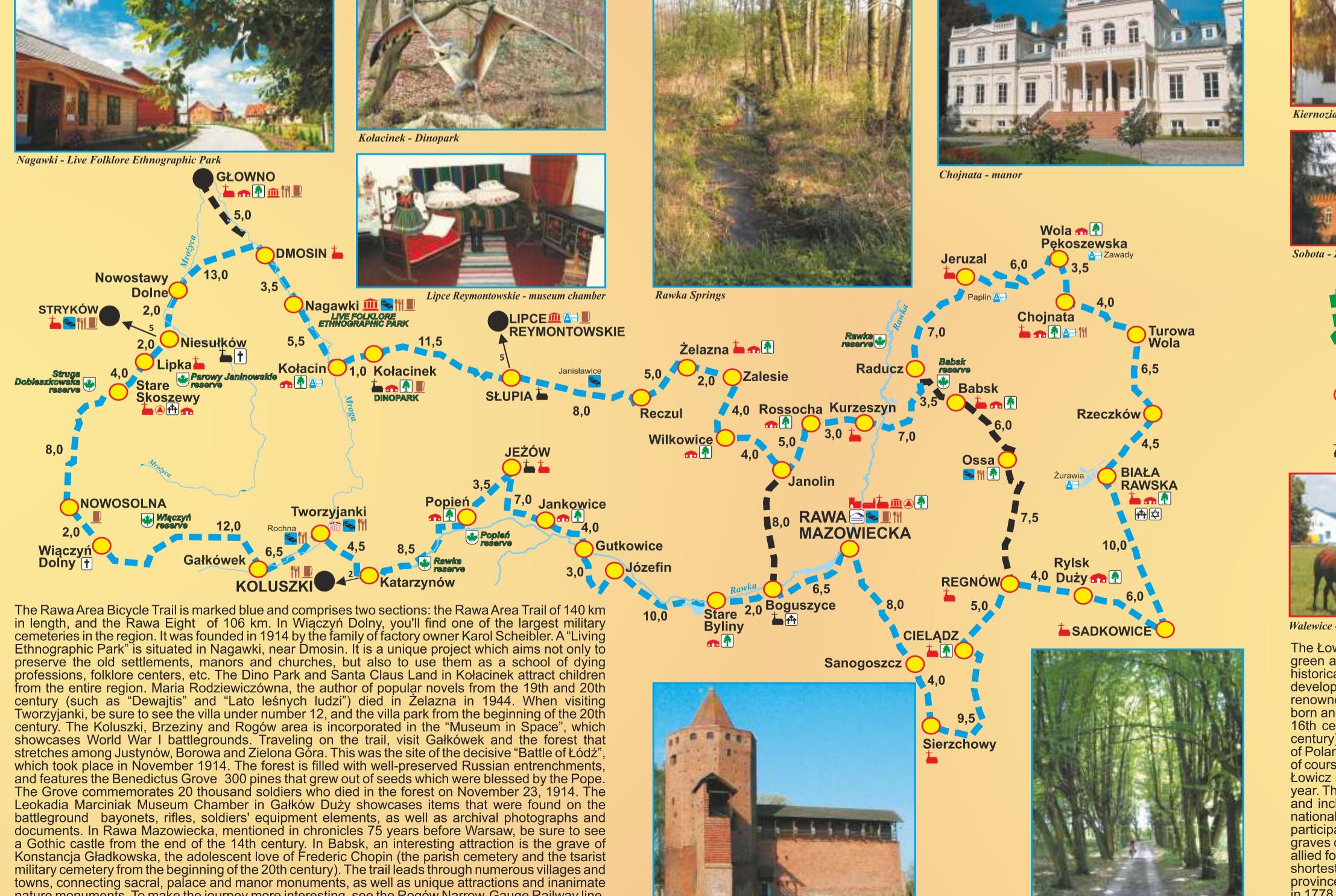
THE HOT SPRINGS BICYCLE TRAIL (195 km)



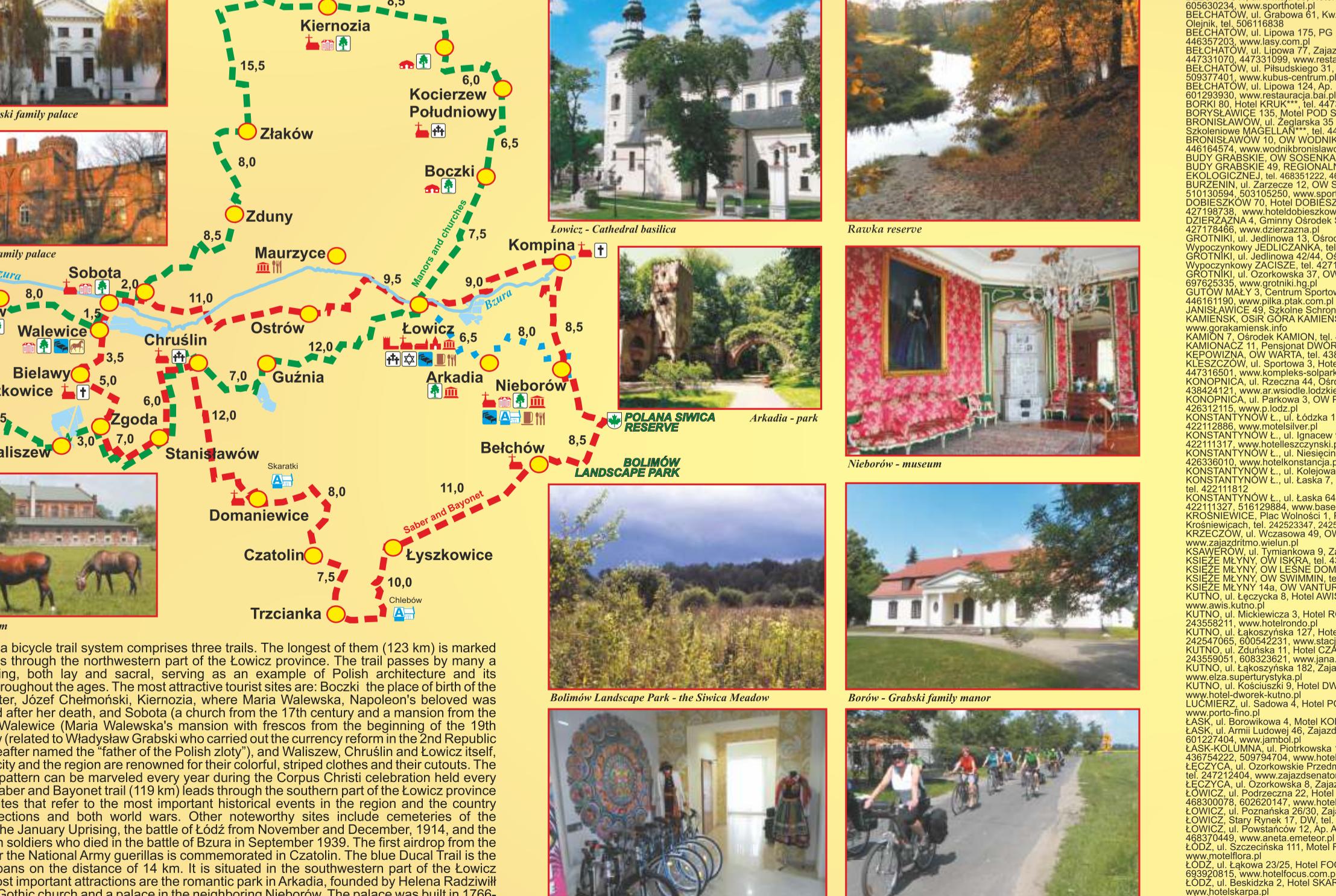
THE SIERADZ AREA BICYCLE TRAILS (318 km)



THE RAWA AREA BICYCLE TRAIL (250 km)



ŁÓWICZ AREA BICYCLE TRAILS



bicycle
trails
of the łódźkie region

thematic map 1:270 000

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łódźkie