

5. ROŻNÓW FOOTHILLS



VELO MAŁOPOLSKA

The section of VeloDunajec shown on the map overlaps with the international route EuroVelo11 (VeloNatura in Małopolska). Temporarily, a substantial part of the route runs along public roads. Southwards, you will get to Nowy Sącz; northwards, you will get to Tarnów.

Sights worth seeing:

- » Zamek Tropsztyn (Tropsztyn Castle) - erected in the 13th century to protect the so-called Sącz Gate (Brama Sądecka) through which both the water and land route to Hungary passed. Legend has it that some Inca treasure is hidden here.
- » Krzysztof Penderecki European Centre for Music, which was created upon the initiative of world-famous composer and conductor, Krzysztof Penderecki, hosts about a hundred art and educational events every year (penderecki-center.pl).
- » Lotnisko w Łososinie Dolnej (Łososina Dolna Airport) - sightseeing flights over the surrounding area (www.aeroklubpodhalanski.pl)
- » Numerous vineyards located along slopes of Foothills, Małopolski Szlak Winny (Lesser Poland-Wine Route) www.malopolskiszlakwinny.pl

Bicycle trails:

- » Karpacki Szlak Rowerowy (Carpathian Bicycle Trail) - leads through the most beautiful corners of the Low Beskid and the Beskid Sądecki Mountains(www.sot.org.pl).
- » Tarnów Mościce-Ciężkowice - a green trail for advanced cyclists.

Interesting fact:

The Dunajec Valley is the only region in Poland where the Climbing French bean is still being

grown on a large scale. Characteristic of this region, the 'Piękny Jaś' bean is entered in the List of Traditional Products.

Tips:

You can cover the distance between Tropie and Wytrzyszczka on a free-of-charge ferry which operates all year round (6am-9pm), zdp.powiatbrzeski.pl, phone: +48 146631221. Along the shores of Lake Rożnów and Lake Czchów, VeloDunajec is not ready yet. Therefore, for the time being it is recommended to make a detour which mostly goes on public roads accessible to all vehicles, where considerable elevations of the terrain must be expected (Dąbrowa, Rożnów, Habalina). Alternatively, you can travel here by rail (Nowy Sącz - Tarnów/Bogumiłowice, rozklad- pkp.pl).

Tourist information:

Nowy Sącz Tourist Information Centre, 2 Szwedzka Street, 33-300 Nowy Sącz, phone: +48 184442422 it.nowy-sacz@msit.malopolska.pl, www.ziemiasadecka.info

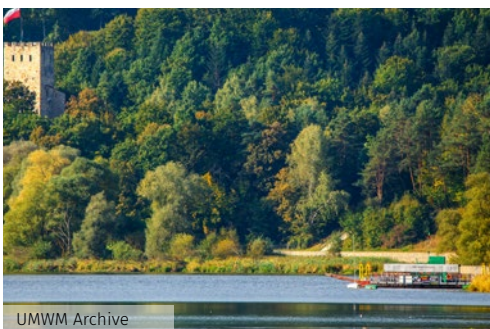
Maps:

- » maps in electronic versions and for printing;
- » gpx tracking including suggested detours around sections currently under construction/renovation.

Download from the website:

narowery.visitmalopolska.pl/mapy

If you have any comments regarding damaged bicycle infrastructure on VeloMałopolska routes, please report them to the following email address: narowery@umwm.malopolska.pl

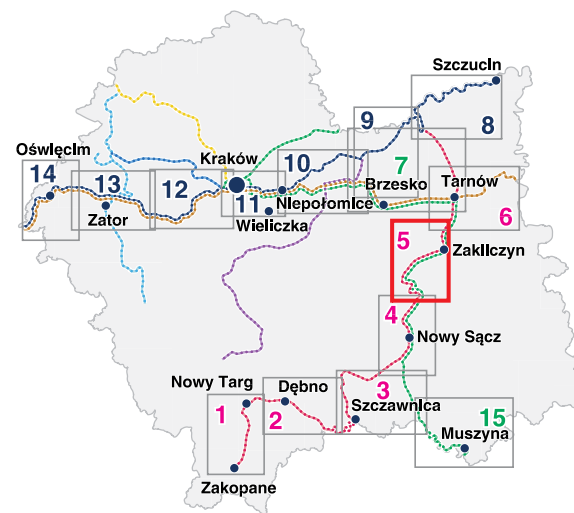


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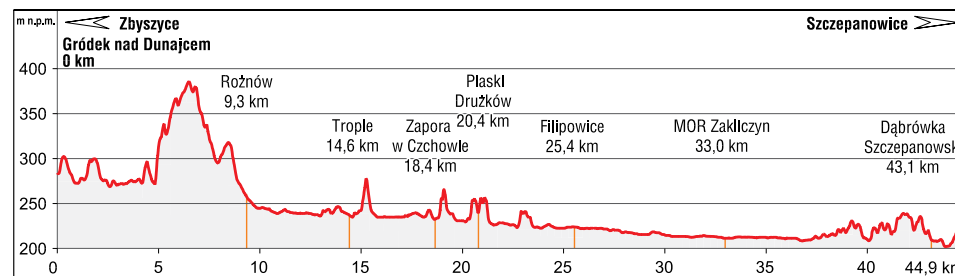


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- EXISTING and planned VeloMałopolska routes**
- Vistula Bicycle Route
 - VeloDunajec
 - VeloMetropolis
 - VeloNatura
 - VeloRaba
 - VeloPrądnik
 - VeloRudawa
 - VeloSkawa



VeloMałopolska is a network of bicycle routes of European standards, which run through whole the Małopolska region. One of them is the **VeloDunajec** route, which runs through picturesque terrains of the Dunajec river valley, offering views of the Tatras, the Gorce Mountains, the Beskids, the Pienins and the Foothills, as well as along the sides of two lakes, Czorsztyn Lake and Rożnów Lake. Alongside all the VeloMałopolska routes there are **Cyclist Service Points** (Cyclist Service Points) with such amenities as for instance maps of the surroundings, sheds where

it is possible to take shelter in case of rain, service tools, grilling equipment, or toilets. **Bicycle Friendly Places** (MPR) complement the offer of the region within the range of bicycle tourism. These are accommodation facilities, gastronomic places, tourist attractions, as well as other facilities adjusted to cyclists' needs. These are places where it is possible to store a bicycle and luggage safely, to avail oneself of tools for basic repairs, as well as to obtain information useful for planning the further journey.



- VeloMałopolska
- VeloMałopolska - planned route
- Other bicycle trails, steep inclines
- Cyclist Service Points (MOR), Shelters for rest breaks
- Cyclist-Friendly Places

- Castles, castle ruins, palaces
- Other historical buildings, heritage parks, historic fortified settlement
- Churches, Orthodox churches, monasteries, synagogues
- Military cemeteries, museums, vantage points
- Sites on the Wooden Architecture Trail

- Monuments of technology, bunker, other tourist attractions
- ferry, swimming pools or beach, river ferries
- Thermal pools, Horse-riding centres, ski resort
- Mountain shelters, camp sites
- Tourist Information, UNESCO sites

- Rocks, Caves, passes; elevation points
- Natural attractions, nature reserves
- Boundary of national park, landscape park, Małopolska Volvodeship
- Motorways, roads: national, Inter-regional other
- Railways with stations and stops

Skala 1:80 000

