

Jelenia Góra – an administrative district in south-west Poland in the Lower Silesian voivodeship. The area of Jelenia Góra covers up to 30 km and borders with the Czech Republic through the ridge of Karkonosze Mountains. The German border is not far away as well, it's only about 70 km. The location of Jelenia Góra is characterized through uplands of over 1000 meter – the lowest point of the town is on 347 m a.s.l. and the highest point the Silesian Stones on 1416 m a.s.l.

The diversify of a land structure and town location makes Jelenia Góra an extremely attractive place for tourists and fans of active holidays: starting with gliding, cycling, horse riding, climbing, canoeing, hiking up to smooth family walks. The town offer doesn't miss thermal baths as well – the health resort Cieplice offers based on thermal water a range of medical treatments and the Cieplice Baths provide numerous water attractions. Choosing one of our tours, please remember to prepare yourself adequately before starting the trip. The right clothes, minor touristic equipment and a simple first aid kit belong to the basic baggage of every tourist. Just in case inform relatives or close friends about your destination and inscribe their number on your mobile phone or make a note to take with you. Be careful and wear simple reflecting bands or clothes.

We warmly invite you to Jelenia Góra in Karkonosze Mountains.

Projekt pn. "Jesteśmy partnerami"

Projekt jest współfinansowany ze środków Unii Europejskiej w ramach Europejskiego Funduszu Rozwoju Regionalnego oraz ze środków budżetu państwa przy wsparciu Euroregionu Nysa.



Unia Europejska, Europejski Fundusz Rozwoju Regionalnego: Inwestujemy w waszą przyszłość / Europäische Union, Europäischer Fonds für regionale Entwicklung: Investition in Ihre Zukunft



Urząd Miasta Jelenia Góra, Wydział Kultury i Turystyki
Plac Ratuszowy 58, 58-500 Jelenia Góra
tel. +48 75 75 46 176,
fax +48 75 75 46 173
e-mail: kultura@jeleniagora.pl
www.jeleniagora.pl
<https://www.facebook.com/MiastoJeleniaGora>

Publisher: Linkeo Interaktywne
Editor: Linkeo Interaktywne, Urząd Miasta Jelenia Góra
Texts: Linkeo Interaktywne, Urząd Miasta Jelenia Góra,
Damian Drobyk, Zbigniew Wasiak, Eugeniusz Gronostaj
Photographs: Linkeo Interaktywne, Urząd Miasta Jelenia Góra,
Damian Drobyk, Robert Witkowski, Karol Soból
ISBN 978-83-937902-5-8



Jelenia Góra

active

Propositions of trails,
cycle-ways and nordic walking



10 trails



10 cycle-ways



3 level of difficulty

1. Jelenia Góra – Old Town



Marketplace

Our trip begins near the Grodzka Tower, we walk to the marketplace where we see the Neptune fountain, the town hall, and the burgher's houses. We leave the marketplace and walk in the direction of Maria Konopnicka Street and turn into Boczna Street to arrive at the oldest sanctuary – the Minor Basilica of St. Erasmus and St. Pancras. Back to the Maria Konopnicka Street we can get through Boczna Street or through a tight and low passage under the parochial building. If we choose the second option we will come out directly opposite the Wojanowska Gate and St. Anne's Chapel. Passing the Wojanowska Gate and walking along the 1-go Maja Street, we can admire townhouses, which interesting and abundant facades were made in the XIX and XX century. On some of them you can see maintained elements of the trolley traction in rosette shapes. After a few minutes' walk we arrive at the St. Peter and Paul's Orthodox church. Walking left along the 1-go Maja Street, we enter the site of the Church of Elevation of Holy Cross, where we can admire the renewed, baroque funerary chapels. After the walk we recommend to enjoy the wide offer of local gastronomy.



Minor Basilica of St. Erasmus and Pancras



Town hall

On the road:

- » Grodzka Tower
- » Town hall
- » Burgher's houses
- » Neptune fountain
- » Minor Basilica of St. Erasmus and Pancras
- » Wojanowski Gate
- » St. Anne's Chapel
- » 1-go Maja street
- » St. Peter and Paul's Orthodox church
- » Church of Elevation of Holy Cross
- » Baroque funerary chapels of the Church of Elevation of Holy Cross



distance 1.10km



time 30 min



difficulty level easy



calories 60-100kcal



Wojanowski Gate



1-go Maja Street

2. Jelenia Góra – Cieplice

Our trip begins in Jelenia Góra – Cieplice on the crossing of various routes near the MZK bus stop “Pod Koroną”. Arrival from the centre of Jelenia Góra with buses No.: 4,6,9,14,17,26. Walking through the Piastowski Square we see on the right the Polish Post and a little further the Lutheran church (of Evangelical Church of Augsburg Confession). On the promenade of the Piastowski Square we can admire on the left side the grand Schaffgotsch Palace. Afterwards, we enter the health resort park (Park Zdrojowy), where we can find the Zdrojowy Theatre and a coffeehouse – a former gallery. Straight continuing the walk we enter the Norwegian Park and see the Norwegian Pavilion. We return down the Cervi Street towards the Cieplice Hotel, the post-Cistercian Complex (with the Virtual Museum of Baroque Frescoes and the Church of St. John the Baptist). Afterwards, we continue walking through the Piastowski Square, coming back to our starting point. After the walk we recommend to enjoy the wide offer of the newly opened Thermal Baths in Cieplice. (Website: <http://www.termycieplickie.pl/en>)



Plac Piastowski



„Edward” pavilion in the health resort park



Norway Park – multimedia fountain



dystans 4km czas trwania 60min trudność łatwa kalorie 120-180kcal



Thermal Baths



Palace Schaffgotsch

On the route:

- » Plac Piastowski
- » Lutheran Church
- » Palace Schaffgotsch
- » Theatre and gallery in the health resort park
- » Norway Park
- » Cistercian Community and the Church of St. John the Baptist
- » “Long House”
- » Thermal Baths
- » Multimedia fountain at night and interesting illuminations in the Norway Park

3. Jelenia Góra – Staniszów – Witosza Hill – Krzyżowa Hill – Mysłakowice



Castle ruins of Prince Henry

The trip starts in Jelenia Góra – Cieplice at the bus stop „Pod Koroną”. Here is the crossing of numerous trails. We arrive from the centre of Jelenia Góra by the following buses: 4, 6, 9, 14, 17, 26. The blue route leads us through a single family housing estate and then down a path at the foot of Chmielnik and Czubek hills to Marczyce. Passing the buildings in Marczyce we turn into a path to the Grodna Hill (506 m above sea level). On the top we will find picturesque ruins of the Prince Henry's Castle. Afterwards, we go about 30 minutes along the yellow route to Staniszów. Next, after several minutes of following the route we reach the Witosza Hill (484 m above sea level) and turn to the green trail. After over one hour march along a path through the Krzyżowa Hill, we get straight to the “Tyrolean House”. Walking down the Staromiejska Street, we reach a park where we can find the former Royal Palace (currently a primary school), which was designed by Karl Schinkel, the architect of the palaces in Kórnik or Kamieniec Ząbkowicki. After crossing the park, we turn left and walk towards the railway station in Mysłakowice. Back to Jelenia Góra we get by line 3 MZK bus or one of many PKS buses.



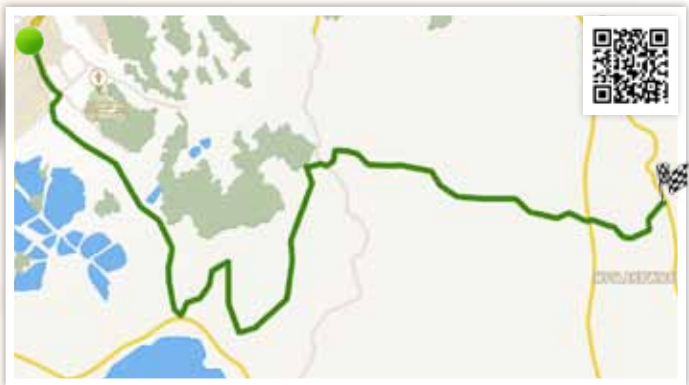
Penitential crosses in Marczyce



Witosz Hill

On the route:

- » Chmielnik and Czubek Hill
- » Grodna Hill (castle ruins)
- » Rock chamber, „Ucho Igielne”, hermitage – 3 caves
- » Witosz Hill
- » Krzyżna Hill
- » Tyrolean House
- » Primary School – Royal Palace
- » Church in Mysłakowice



dystans 12km



czas trwania 3-3.5h



trudność umiarkowana



kalorie 380-450kcal



Reservoir „Balaton”



Tyrolean House in Mysłakowice

4. Hauptmann House – Żarska Pass – Chojnik Castle – Jelenia Góra Sobieszów

We take the line 15 MZK bus to Jagniątków from the bus stop at the main railway station in Jelenia Góra. Our walk starts at the last bus stop by the Gerhart Hauptmann Museum. At the parking place of the museum we take the blue route, passing a small church. Afterwards, we walk along the main road by the river and then follow the green route to the Hell Valley and continue walking uphill along the Kunegunda's Path to Żarska Pass (574 m above sea level). From here we get through steep stone steps to the Chojnik Castle (the yellow route). Afterwards, following the red route we walk towards the gates of the Karkonosze National Park enclave, we reach the Tytusa Chałubińskiego Street and after a while we turn right into the Zamkowa Street. The trip ends in Jelenia Góra Sobieszów – in the Active Tourism Cross-border Centre, suitable for outdoor sports. From here we walk through the Bronisława Czecha Street to Sobieszów, where all walking routes meet.



Jagniątków from afar



Gerhart Hauptmann Museum



Interior of the Gerhart Hauptmann Museum



Center of Active Tourism



dystans 7.5km czas trwania 2h trudność umiarkowana kalorie 250-300kcal



Castle Chojnik



Castle Chojnik – bailey castle

On the route:

- » Gerhart Hauptmann Museum
- » Church in Jagniątków
- » Przełęcz Żarska
- » Castle Chojnik
- » Center of Active Tourism

5. Jelenia Góra – Jeżów Sudecki – Jelenia Góra



Panorama of the valley



Airport

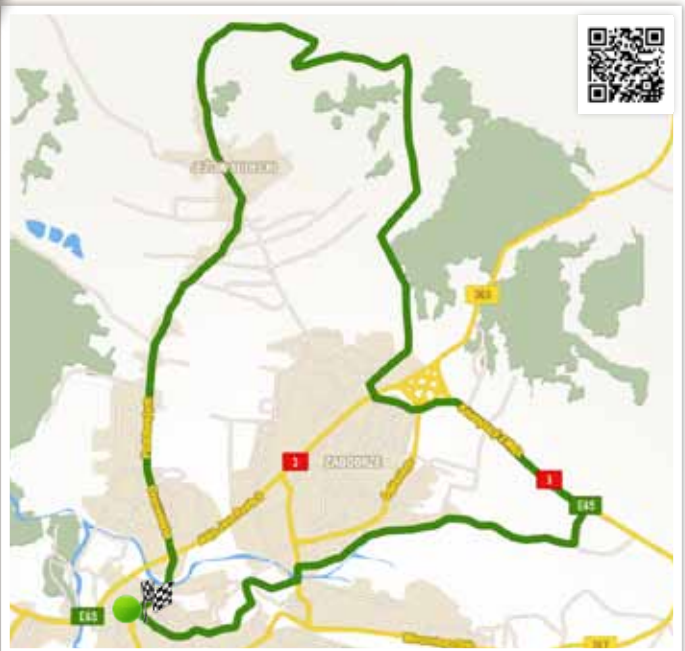


Jelenia Góra – view from the Szybowcowa Hill

On the route:

- » Szybowcowa Hill
- » Millennium Cross
- » Młynówka canal
- » Grodzka Tower
- » Town hall
- » Town houses at the marketplace
- » Neptune fountain
- » Basilica of St. Erasmus and St. Pancras
- » Wojanowski Gate
- » St. Anna Chapel
- » 1-Maja Street
- » St. Peter and Paul's Orthodox Church
- » Church of Elevation of Holy Cross

The tour begins at the Grodzka Tower in Jelenia Góra . From here we can walk to Jeżów Sudecki or go by line 1 MZK bus from the bus stop "Podwale" to Jeżów Sudecki – Górna. We take the main road to the top of Szybowcowa Hill, where we find the Aeroclub Jelenia Góra. Here we can also admire the beautiful panorama of the Jelenia Góra Valley and the Karkonosze Mountains. After a short break we take the downhill path to Jelenia Góra – Zabobrze and the currently built shopping mall (Sudecka Gallery). Next, we follow the cycle and walking route to Maciejowa – on the left side we can see the Millennium Cross. After around 1 km walk, we turn right into the Wiejska Street and afterwards the Ludomira Różyckiego Street, where we continue our trip across the bridge over the Bóbr river. Just after crossing the bridge, we enter a cycle and walking path along the Młynówka canal. Next, we pass the road under the railway viaduct near the workers' housing estate (Osiedle Robotnicze). Then we continue our walk up along the Wilhelma Kubsza Street to the Exaltation of the Holly Cross Church and head from there along the 1. Maja and Marii Konopnickiej streets to the Grodzka Tower. On the way we see the Orthodox Church of St. Peter and Paul's, St. Anna Chapel, the Wojanowska Tower and Gate, the Minor Basilica of St. Erasmus and St. Pancras, the marketplace and the town hall.



dystans 16.5km



czas trwania 4-5h



trudność umiarkowana



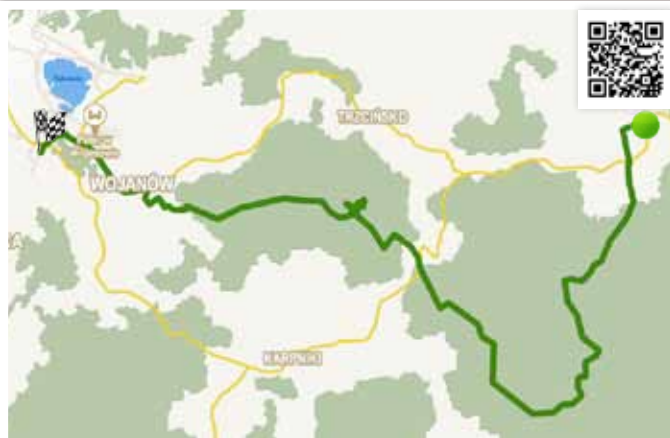
kalorie 500-650kcal

6. Jelenia Góra – Janowice Wielkie - Karpnicka Pass – Bobrów – Wojanów – Łomnica – Jelenia Góra

We go by train from the main railway station in Jelenia Góra to Janowice Wielkie. Here begins our trip on the green route to the Bolczów Palace. Then we go downhill through Krowiarki to the yellow route and we get to a blue marked path in the direction of Starościńskie Rocks (Lion's Mountain). Continuing the walk along the blue route, we reach the Karpnicka Pass and further the Szwajcarka PTTK hostel. Having left the hostel, we follow the black route up to the Krzyżna Mountain. Here we can take a break and enjoy the beautiful view. Then we walk downhill in the direction of Husyckie Rocks and Przelęczka, where the red route will take us to Sokolik Duży. Following the green route on the right we walk back from Przelęczka to Bobrów, and then we go along the public road in the direction of Wojanów. On the way we see the Bobrów Palace and the Wojanów Palace. Our trip ends at the Łomnica Palace; 200 m away from it there is an MZK terminus, from where we go by line 3, 11, 20 or 33 MZK bus back to Jelenia Góra.



View – Sokolik Duży



Palace Łomnica



Ascent – PTTK
Szwajcarka

 dystans 16.5km  czas trwania 4-5h  trudność trudna  kalorie 600-700kcal



Forest paths



Palace Wojanów

On the route:

- » Castle Bolczów
- » Liwia Hill
- » Refuge PTTK Szwajcarka
- » Krzyżna Hill
- » Husyckie Skąły
- » Sokolik Duży
- » Palace Bobrów
- » Palace Wojanów
- » Palace Łomnica

7. Goduszyn – Perła Zachodu (Pearl of the West)

Landscape Park of Bobrów Valley

The tour begins in the centre of Jelenia Góra. We depart from the "Podwale" bus stop with the bus line 11 to Goduszyn Średni, from where through Godzisz we make our way towards Borowy Jar. On the route we cross the country road No. 3 at the parking place and the bus line 11 terminus.

This route leads north through the southern slope of the Siodło Hill. Then we go around the north-western side of the hill and reach a division between two routes: the green route takes us through Perła Zachodu and Siedlęcín, or the second one through the top of the Siodło Hill at the foot of the Urania Rock, across the ruins of the temple of Apollo and the Apollo's square in the direction of Jelenia Góra. On this trail we can find many alternative routes. One of them is going north-east from the direction of Łapiguz along a field path, through a recreational glade and then across the northern slope of the Siodło Hill towards the green route or Jelenia Góra. Each route in the area of Borowy Jar leads us through paths of the former Helicon.

Refuge PTTK Perła Zachodu

Observation tower „Grzybek”

Lake Modre



dystans 10km



czas trwania 2.5h



trudność umiarkowana



kalorie 330kcal

On the route:

- » Refuge PTTK Perła Zachodu
- » Observation tower „Grzybek” Krzywoustego Hill
- » Godzisz Hill
- » Borowy Jar
- » Siodło Hill
- » Apollina ruins
- » Apollina place

Electric station at the lake Modre

„Deer from a dream

8. Maciejowa – Łomnica – Wojanów

Our trip begins on the "Podwale" bus stop. We depart with an MZK bus line No. 2 to Maciejowa and get off near the "Biedronka" store. Then we go south to the hill covered with forest – former parkland. It is an unknown, but very interesting park area, which surrounded the former castle. This park (6.65 hectares) is located on the right side of the road to Wojanów. Here we can find an observation tower from the turn of the 19th and 20th centuries (the staircase is not preserved, so there is no possibility of admiring views) and a ruined mausoleum. After leaving the forest, we walk west to the crossing with a green route. At this place we have the choice between two paths. The first route leads us north along the green path to the Koziniec Hill, where once stood a castle, destroyed by the Hussites. Now we can only see ruins on the top. The ascent and the descent are very steep. The second variant - we walk south in the direction of Dąbrowica. Here we can see the Sanctuary in Dąbrowica, a large „Żwirownia „ reservoir in Wojanów and in a distance a wonderful panorama of the Karkonosze Mountains. From the Sanctuary we can walk in the direction of Żwirownia, passing a railway crossing. In the last stage of our trip, we make our way to Łomnica; on the way we can admire the Wojanów Palace and the Łomnica Palace. From here, we can travel by bus No. 3, 11, 20 or 33 back to Jelenia Góra.



Panorama of the Rudawy Janowickie



Tower of the 19th Century in Maciejowa



Palace Wojanów



Reservoir „Żwirownia” in Wojanów



On the route:

- » Castle tower in Maciejowa
- » Sanctum in Dąbrowice
- » Palace Bobrów
- » Palace Wojanów
- » Palace Łomnica



Millennium Cross

9. Jelenia Góra – Jelenia Góra through Grodzisko (the settlement), Dziwiszów Palace, dykes

Our trip begins in Jelenia Góra – Zabobrze; from here we follow the cycle route to Maciejowa. After crossing the Złotucha river, we turn left and go along the forest edge, which leads us to an ancient settlement area. Here we find a stone tablet "Grodzisko X-V B.C.". Traces of embankments, which were probably settled by Slavic warriors, preserved till today. Near the Złotucha river, mines were used for gold panning. Behind the settlement we walk down a path, then we pass the forest and reach a field path, turn left and going along the edge of the forest we reach a place from where we can see the Dziwiszów Palace. Currently, this place is privately owned, so visiting is not allowed. Behind the Palace we turn left and following a path we get to the dykes (spots well known to the inhabitants of Zabobrze), where we can pass the Millennium Cross and return to Jelenia Góra.



On the route:

- » Stone tablet „Grodzisko“
- » Palace Dziwiszów
- » Grobla (Zabobrze)
- » Millennium Cross



dystans 9km



czas trwania 2h10m



trudność łatwa



kalorie 250-300kcal



Palace Dziwiszów



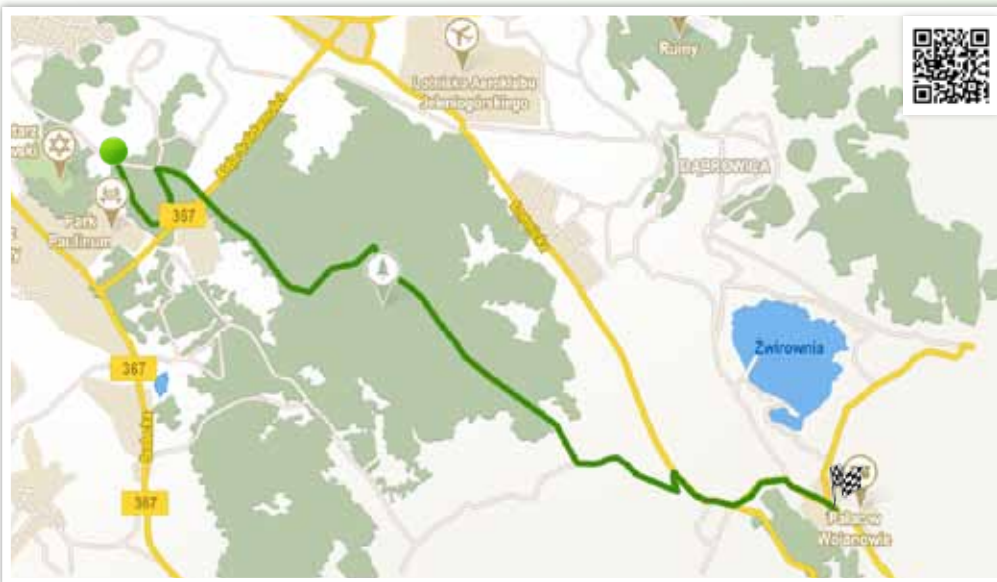
Stone tablet „Grodzisko“

10. Palaces Route – Jelenia Góra, Paulinum Palace, Łomnica Palace, Wojanów Palace, Bobrów Palace

We begin our trip at the railway station and continue it in the direction of the Paulinum Palace – we go along the Wojska Polskiego Avenue, where we turn left into the Zygmunta Nowowiejskiego Street (at the University of Economics). Then we make our way east to the Paulinum Palace. We pass the former Jesuit farm and we get to the bypass in the direction of Karpacz. Having walked the bypass, we enter the first forest path; while walking along the path, we pass the Zamkowa Hill on the left. On the top of the hill there are remains of the former „Grünbuschbaude” hostel. Then we turn left, pass the barrier and reach a large crossing of forest roads. We turn right walking east. The road leads us to Łomnica itself, where we visit the Łomnica Palace. From here we head for the neighbouring Wojanów Palace. After a break we set off in the direction of Bobrów, to the last palace on our route. We can go back to Jelenia Góra by MZK 11 bus or by mini-buses from Janowice Wielkie.



Palace Wojanów



dystans 6km czas trwania 1.5h trudność łatwa kalorie 200kcal



Palace Paulinum

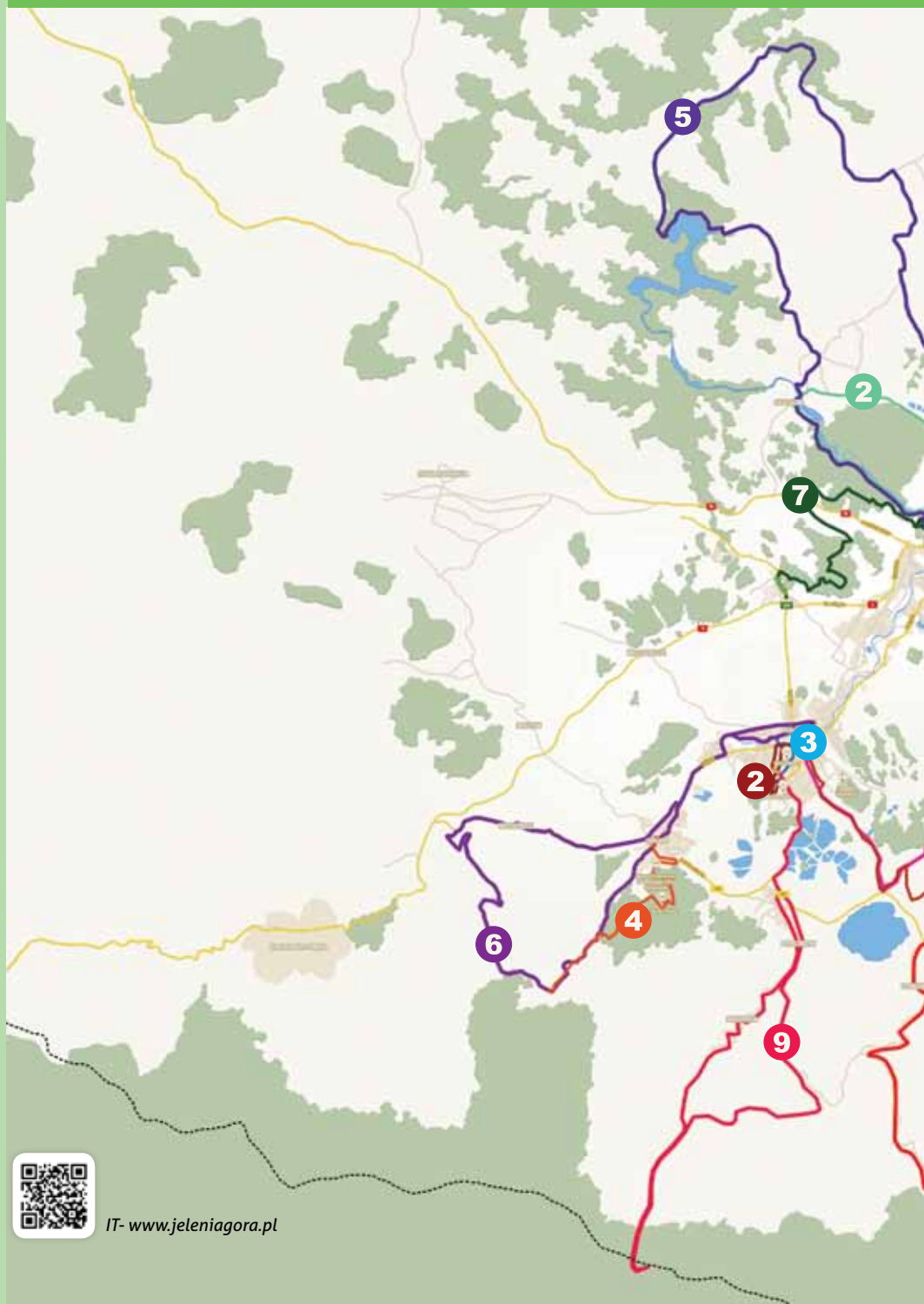


Palace Łomnica

On the route:

- » Castle tower in Maciejowa
- » Sanctum in Dąbrowice
- » Palace Bobrów
- » Palace Wojanów
- » Palace Łomnica
- » Palace Paulinum

Mapa szlaków rowerowych i pieszych (nordic walking)



IT- www.jeleniagora.pl



**Karkonoska Informacja
Turystyczna**



+48 519 509 343



it-jeleniagora@dot.org.pl



www.jeleniagora.pl



Key:

Nordic Walking route

1 2 3 4 5 6 7 8 9 10

Cycle-ways

1 2 3 4 5 6 7 8 9 10



1. Jelenia Góra – Town Centre



Marketplace

The trip starts at the parking place of the main PKP railway station. We go down the Krakowska Street in the direction of the southern ring road (Solidarity Avenue), where we turn right before the hill and arrive at the Paulinum Palace. After a short break we go down to the Nowowiejska Street. Next, we turn in the Leopolda Staffa Street, which leads us to the Mercure Hotel and a swimming pool complex. Passing the hotel we ride straight, entering the park complex on the

Kościuszkó Hill. There we can see a renovated educational path with numerous attractions, including among others a geological cross-section, an open-air gym and a beautifully renovated pond. Afterwards, we ride down the Józefa Chelmońskiego Street, where we can stop at the Karkonosze Museum. Next, at the end of the Muzealna Street we can see the Cyprian Kamil Norwid Theatre, built in the Secessionist style. We reach the Town Hall Square within a few minutes riding along the Sudecka Street. From the town hall we head through a paved track for the main PKP railway station, passing numerous tourist attractions on the way.



Cyclist at the town hall



C.K. Norwid Theater

On the route:

- » Palace Paulinum
- » Cyprian Kamil Norwid Theater
- » Karkonoskie Museum
- » Town hall
- » Town houses at the marketplace
- » Neptune fountain
- » Trolley
- » Basilica of St. Erasmus and St. Pancras
- » Wojanowski Gate
- » St. Anna Chapel
- » Polish Post
- » 1.Maja Street
- » St. Peter and Paul's Orthodox Church
- » Church of Elevation of Holy Cross
- » Baroque funerary chapels at the Church of Elevation of Holy Cross



dystans 8.5km czas trwania 1h w górę 150m kalorie 300kcal



Fawn sculpture at 1. Maja Street



Town houses at the marketplace

2. Perła Zachodu

The tour starts at one of the most characteristic places of Jelenia Góra, situated in the very heart of the city. The Grodzka Tower (in question) is a monument from the XVth century - one of the 36 towers aimed to strengthen the city walls. We ride down the Odrobów Street and pass the main PKS bus station, which leads us to the Jana Pawła II Avenue. Then we turn left and reach the tunnel, through which we get to the other side of the street. Next, we follow the marked cycle and walking route in the direction of the observation tower, which is located on the top of the Krzywousty Hill (known as "Grzybek"). After a while we arrive at a pink bridge, turn right and stay at the route called "Marian Południkiewicz cycle and walking route". This path leads us through the Bóbr Valley Landscape Park. On the right we pass the beautiful river backwater and on the left – the "Grzybek" tower, where we can enjoy a fabulous city panorama in the summer and spring period free of charge. At the end of the route we reach the Perła Zachodu PTTK Hostel, with a beautiful terrace and a view of the Modre lake. Continuing, we ride down a narrow road and on the left near the bridge we can see the Prince Tower in Siedlęcín. Back to Jelenia Góra we ride along the Topolowa, Leśna and Grunwaldzka streets (public ones). If we ride with children, it is safer to go back along the same road which has lead us to Perła Zachodu (or down the forest paths of the Gapa Hill).



Refuge PTTK Perła Zachodu



Prince Tower in Siedlęcín



„Rondo im. Stanisława Barei”

dystans 12km czas trwania 1-1.5h w górę 200m kalorie 300-400kcal



Grodzka Tower



River Bober

On the route:

- » Grodzka Tower
- » Defence walls
- » Observation tower „Grzybek” Krzywoustego Hill
- » Refuge PTTK Perła Zachodu
- » Lake Modre
- » Prince Tower in Siedlęcín
- » Gapa Hill

3. Cieplice



Palace Schaffgotsch



Historical frescoes in the Cistercian Community

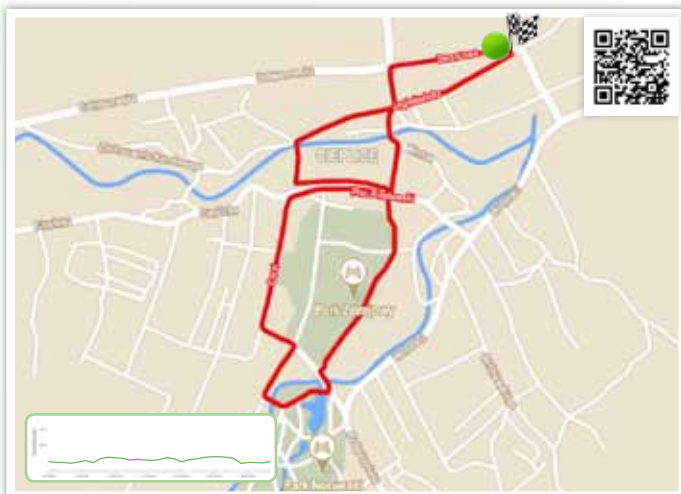


Concert platform in the health resort park

Our tour begins at the PKP railway station at the Dworcowa Street in Jelenia Góra – Cieplice. At the station we turn left and on the next crossroads right into the Jagiellońska Street. After a few minutes we cross the bridge at the Piotra Ściegiennego Street. Here we can admire beautiful architecture of the Cieplice health resort. Then we arrive at the Piastowski Square and pass the resort buildings, the post-Cistercian complex - currently the Natural History Museum with the Virtual Museum of Baroque Frescoes, the Church of St. John the Baptist – and the Schaffgotsch Palace, with numerous ornaments such as (the biggest ones) two semicircular colonnades with lavishly carved owners' coats of arms. Additionally, on the square we can enjoy a wide offer of local restaurants. At the Lutheran church (of Evangelical Church of Augsburg Confession) we turn right and ride into picturesque surroundings of the health resort park (Zdrojowy Park). Please remember that cycling out of the main road is prohibited. At the park's end we can make use of a new attraction – Cieplice Thermes. Next, we ride across the Cervi Street to the Norwegian Park. In the evenings we can admire here a multimedia fountain and impressive lighting of permanent architectural components. Next, we ride back to the Cervi Street through a small bridge and pass garden plots. At the Agat Sanatorium we head towards the Church of St. John the Baptist. By the church we turn right and ride through the Piastowski Square in the direction of the Lutheran church, behind which we turn left and go across the Kombatantów Square; along the Wodna Street through a small bridge and a local marketplace we go back to the Jagiellońska and Dworcowa streets.

On the route:

- » Plac Piastowski
- » Lutheran Church
- » Palace Schaffgotsch
- » Theatre and gallery in the health resort park
- » Norway Pavilion
- » Norway Park
- » Cistercian Community and Church of St. John the Baptist
- » The „Long House“
- » Thermal Baths
- » Multimedia fountain at night and interesting illuminations in the Norway Park



dystans 5km



czas trwania 1h



w górę 80m



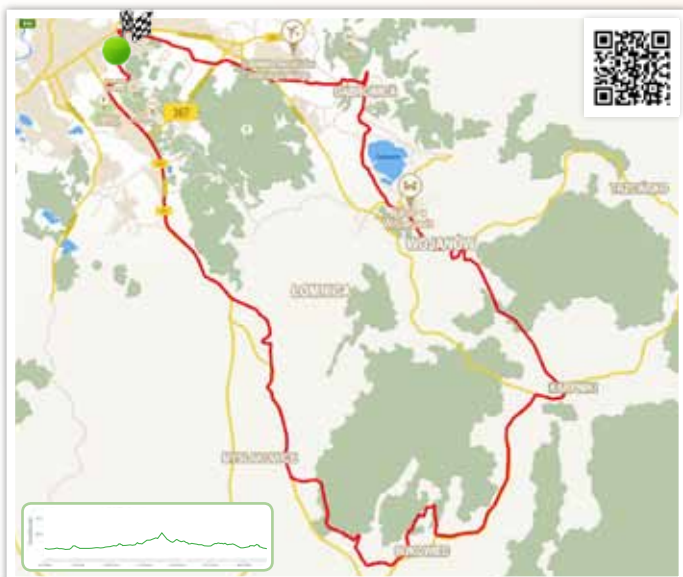
kalorie 300kcal

4. Palaces and ruins of the Kesselburg Castle

Our trip begins in Jelenia Góra at the PKP railway station. We turn left into the Krakowska Street and cross the southern bypass. Then at the crossroads we cross the railroad track and turn right. On the left side we can see the airport of Jelenia Góra Aeroclub. The road signs lead us to Dąbrowica. Having passed the bridge, we turn left and ride up to the Dąbrowica Palace, which is currently closed to the public due to renovation. At the crossroads we turn right, go down and turn behind railway tracks to the left. We pass the reservoir - the most popular relaxation place for inhabitants. We reach Wojanów and here we can see from far away the palace complex. Here we can rest, after which we head for the next palace in Bobrów, passing a steel-wooden bridge over the Bóbr river. In Bobrów, we ride along forest paths towards Karpniki. After we reached the paved road, we turn right and ride according to the road signs through the village of Krogulec in the direction of Bukowiec. There we turn right before the St. Martin Church into a field path, which leads us to the ruins of the Kesselburg Castle on the Zamkowa Hill. We get up the spiral stairs to the top of the observation tower and can enjoy a beautiful view of the Karkonosze Mountains, Rudawy Janowickie, local breeding ponds and abbey ruins. On the way back to Bukowiec, we pass the Gardener House and the Tea House. Then we go along the Robotnicza Street towards the breeding ponds and abbey ruins. Continuing the ride by the forest's edge, at the river we reach the GSS (i.e. Sudety Main Trail) red route, which leads us through a bridge to Mysłakowice. Going straight we can see the church in Mysłakowice and the Royal Palace (currently an elementary school and a lower secondary school). Behind the local church, a cycle and walking path takes us back to the Sudecka Street and back to Jelenia Góra. Passing the Mercure Hotel, we turn before the swimming pool to the right into the Leopolda Staffa Street, then we turn left into the Zygmunta Nowowiejskiego Street and further down to the Wojska Polskiego Avenue, from where we reach in a few minutes the main PKP railway station.



Palace complex in Wojanów



The former Royal Palace

On the route:

- » Airport Aeroclub
- » Palace Bobrów
- » St. Martin Church
- » Ruins of Kesselburg
- » Abbey ruins
- » Garden House
- » Tee House

5. Pilchowice Dam



Dam in Pilchowice

We start off from the area of the Town Hall Square and go down the Grunwaldzka Street; we get to Jeżów Sudecki, where a short uphill ride to Płoszczynka and then a fast downhill ride to Czernica wait for us. In Czernica we get to the main crossroads and behind the bridge we turn left. After riding a couple of kilometres, we reach a little village of Nielestno.

There we turn left and go to Pilchowice, on the way passing water canals and riding under a railway viaduct. In Pilchowice, following the signs, we make our way towards one of the largest Polish dams, which in 2012 celebrated its centenary. In order to reach it, we first have to overcome a fairly tough uphill road. After a short rest and getting acquainted with the history of the dam, we ride past an old railway station building, and down a new narrow road we get to Strzyżowiec. From there the road leads us to Siedlęcín. There we visit the historic Prince Tower. We cross the bridge over the Bóbr river and then we turn left. We reach Modre Lake (the Blue Lake) and Perła Zachodu (the Pearl of the West) PTTK hostel. Then, following the Marian Południkiewicz cycle and walking route, we go back to the centre of Jelenia Góra.



Prince Tower in Siedlęcín



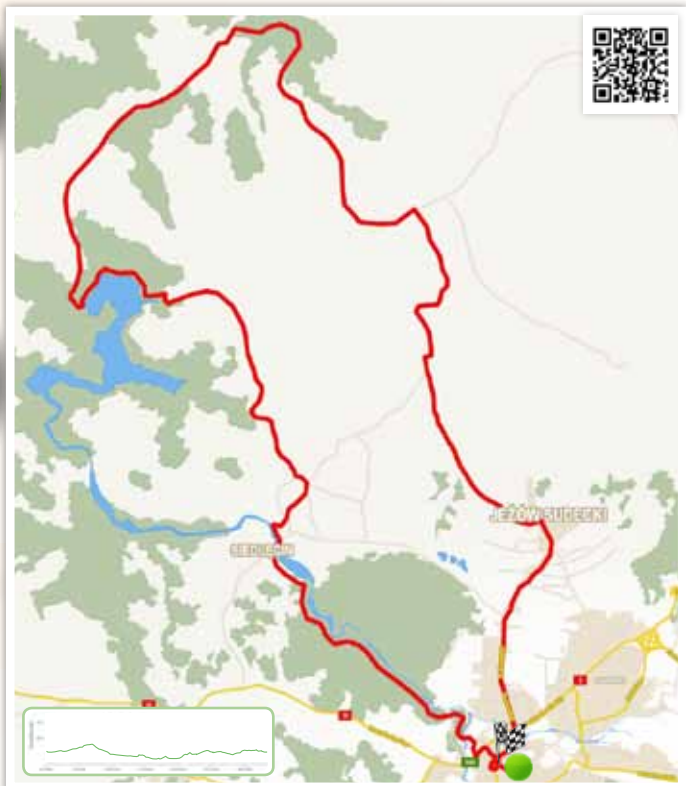
Knights' Tournament at the Prince Tower



Observation tower „Grzybek”

On the route:

- » Dam in Pilchowice
- » Observation tower „Grzybek” Krzywoustego Hill
- » Modre Lake
- » Prince Tower in Siedlęcín
- » Refuge PTTK Perła Zachodu



dystans 35km



czas trwania 3-3.5h



w górę 550m



kalorie 1200-1500kcal

6. Jelenia Góra - Michałowice

We start off from the PKP railway station in Cieplice; we go down the Sobieszowska Street and then the Cieplicka Street in the direction of Sobieszów. On the route we see ruins of the medieval Chojnik castle. At the Karkonoska Street we begin the uphill ride to Jagniątków. At the highest point of Jagniątków there is the beautifully located 'Gerhart Hauptmann House' City Museum with a park complex. Going farther it is worth stopping at the ponds in Michałowice, from where a view of Śnieżne Kotły (Snowy Kettles) in the western part of the Karkonosze Mountains (Śląski Grzbiet, i.e. the Silesian Ridge) unfolds. Going down, we can drop into a land of good humour – phenomenal (!) Teatr Nasz (Our Theatre). Leaving Michałowice, we go through a rock tunnel and enter Piechowice, famous for crystal glass manufacturing. We go back to the departure point, riding along the Michał Żymierski, Eugeniusz Romer, Cieplicka, Sobieszowska and Dworcowa streets in the direction of Sobieszów.



Castle Chojnik



 dystans 26km  czas trwania 2h  w górę 430m  kalorie 500-600kcal



Rock tunnel



Gerhart Hauptmann Museum

On the route:

- » Ponds in Michałowice
- » Gerhart Hauptmann Museum
- » Chojnik Castle
- » Center of Active Tourism
- » Church of Elevation of Holy Cross in Jagniątków
- » Glassworks in Piechowice

7. Jelenia Góra - Palaces and the observation tower in Radomierz

Wieża w Radomierzu

We depart from Zabobrze from the vicinity of the Sudecka Gallery, which is currently under construction – we ride along the cycle and walking route in the direction of Maciejowa (the left side). At the viaduct we turn left in the Łączna Street, which leads us to Dziwiszów. By the bridge we turn right and reach “Chatka Niedźwiadka” (“The Bear’s Cabin”) Restaurant. Then we turn left in the first unmade road. We pass some breeding ponds and arrive at Komarno. By the church we turn right and, taking the picturesque route, reach Radomierz. Here definitely a must-see point is the new observation tower. Then we arrive at Janowice Wielkie. We do not cross the bridge and under the railway viaduct we go straight along a narrow asphalt road to Trzcina.

From there we can go to Bobrów choosing a quieter and easier route, that is the left side of Bóbr. In Bobrów we can admire a palace which is being renovated. We cross a wooden bridge and turn left to Wojanów, where another beautiful palace is situated. Then we go back to Jelenia Góra through Dąbrowica (by the airport) along the Krakowska Street to the PKP railway station.



On the route:

- » Wieża widokowa Radomierz
- » Pałac Bobrów
- » Pałac Wojanów
- » Pałac Łomnica



dystans 36km



czas trwania 3h



w górę 300m



kalorie 1000kcal



Zbiornik wodny tzw.
„Żwirownia” w Wojanowie



Pałac Łomnica

8. Jelenia Góra - Ruiny Zamku Książa Henryka na Grodnej - Cieplice

We depart from the Ratuszowy Square, go along the Szkolna Street, and then the Bankowa Street. Next, we go down the Matejki Street and reach the Karkonosze Museum, from which the Józefa Chelmońskiego Street leads us to the Kościuszko Hill. There we can have a rest and sit on one of the benches which fringe the geological profile of Sudety. Then we pass the pond in the direction of the Adama Mickiewicza Street, from where we go to the Czarne Court. Having visited it, we go to Staniszów, riding by 'Balaton' pond. Another attraction which is worth seeing is the revitalized Palace on Water, which dates back to the 18th century. While continuing the ride along the main road in Staniszów, we reach the foot of the slope of the Witosza Hill, where we can leave our bikes safeguarded. On foot we go through three rock caves to the peak of Witosza, where until 1945 a Bismarck monument was situated. From the vantage point we can admire the beautiful panorama of the Western Karkonosze. We go down, heading for the historic church in Staniszów. Our next destination are the ruins of a medieval castle which was owned by Prince Henryk and was located on the Grodna Hill, to which we are led by the yellow route. We go back along the blue route to Cieplice and this is where our journey ends.



Jeleniogórski ratusz nocą



Pałac na Wodzie



Muzeum Karkonoskie

On the route:

- » Wzgórze Kościuszki
- » Dwór Czarne
- » Staw „Balaton”
- » Pałac na Wodzie
- » Kościół w Staniszowie
- » Ratusz
- » Muzeum Karkonoskie

9. The Karkonosze Pass – the most difficult ascent in Poland

Asphalt route, extremely difficult and requiring very good mental and physical condition. Before departing, it is necessary to equip oneself with a helmet and check brakes. Leaving Jelenia Góra, we head for Podgórzyn in which a long and steep uphill road to as far as the

Karkonosze Pass starts. We pass picturesque Przesieka and the Sudety Road, the last 4 km of which is the most difficult asphalt road in Poland, with an up to 30% gradient. At an altitude of about 1,000 m above sea level, we enter the area of the Karkonosze National Park. In the top segment, we cross the barrier of 1,200 m above sea level, where we can arrive at the Odrodzenie Hostel at the altitude of 1,236 m above sea level. We come back to the Sudety Road via the same route. On this steep segment, it is necessary to be particularly careful and not to accelerate too much. The surface is rough and full of holes. From the Sudety Road we head for Borowice and further down to Podgórzyn and Jelenia Góra.

Przełęcz Karkonoska



Zjazd z Przełęczy Karkonoskiej



Kościół pw. Miłosierdzia
Bożego w Przesiece



Znany jeleniogórski podróżnik
rowerowy Damian Drobyk

On the route:

- » Schronisko PTTK Odrodzenie
- » Cmentarzyk Ofiar Nazizmu
- » Kapliczka św. Antoniego
- » Teren Karkonoskiego Parku Narodowego



dystans 33km



czas trwania 3-4h



w górę 920m



kalorie 1200kcal

10. Jelenia Góra – Karpacz – Wang Church

Departure from the center of Jelenia Góra – marketplace. We go up the Sudecka Street and further along the cycle and walk way to Łomnica. Behind the bridge in Łomnica, we turn right and drive with side ways to Ściegny. Here we can rest before the hardest part of the route in a cowboy town “Western City”. After further 2 km we arrive at the center of Karpacz. We drive up, along the main street of the town to the Wang Church. From Bierutowice the highest inhabited part of Karpacz, we drive down to Sosnówka. Here we can visit the St. Anne’s Chapel. Going along the yellow route, we drive to Sosnówka and further through a public street to Staniszków, where we get directly to Jelenia Góra.



Wang Church



Inside the Wang Church



Main promenade in Karpacz,
3-go Maja street



Miniaturepark in Kowary

On the road:

- » Tyrolean House
- » Toy museum in Karpacz
- » Tale park
- » Wang Church
- » Western City

