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Fot. Marcin Kierul

Olsztyn – the capital of the Province of Warmia and Masuria, is situated in the centre of the Olsztyn Lake District, upon the Łyna river, on the northern edge of a primeval forest, called Puszcza Napiwodzko- Ramucka. Its population is about 170000 people, the area of the town is 88 square km.

The most famous inhabitant of Olsztyn was Nicolaus Copernicus, who lived here from 1516 to 1521. This is where you can also find a unique astronomical board – the only existing original instrument made and used by the astronomer. The board helped him to determine the exact date of the spring equinox. The experiment was carried out in 1517.

What makes Olsztyn an attractive tourist destination are numerous historic sites, museums and its picturesque location among lakes (there are 11 lakes within administrative boundaries of the town) and forests. The most impressive woodland area is the so-called Municipal Forest with its area of 1300 ha, numerous bicycle and walking tracks, adventure parks and a unique academic campus – Kortowo.

The Sports and Recreation Centre “Ukiel” was opened in 2014 and it is situated by the biggest and the deepest lake in Olsztyn. Its major attractions include: a promenade, walking and bicycle routes running along the coastline of the lake, cafes and restaurants, playgrounds, including a floating one, a number of viewing and mooring piers, platforms and resting terraces. In summer season the centre “Ukiel” offers attended bathing beaches, beach volleyball and basketball courts as well as sports and water sports equipment rentals. All years facilities include a beach volleyball hall, squash courts, a gym, a snow park and a skatepark.

Olsztyn is worth visiting – this is the real garden of nature .

[www.visut.olsztyn.eu](http://www.visut.olsztyn.eu)



## LYNOSTRADA, the marked route Olsztyn's



**Łynostrada** is a walking and cycling route, about 11 km long. It runs partly along the river and connects the southern part of Olsztyn with its northern borders. It is an important route for the city, facilitating moving around it. Because of the topography Łynostrada is also an ideal trail for recreation and sport. The route isn't difficult. Thus you can go on a trip with your children. However, there are some hills in the "forest part" of the route.

The route starts at Kalinowskiego street, where a gravel road initially leads along the Kortówka River, and a moment later it is adjacent to the river bank of Łyna. This section runs across a swampy area. The path has been paved and hardened in such a way that even in case of heavy rains or thaw, it can be covered easily. There are recreation amenities in the form of benches or deckchairs and the whole area is peaceful and quiet. Hence, it is ideal for a moment of respite. This section of Łynostrada ends at Tuwima street, where it is no longer possible to maintain the continuity of the trail. Having ridden onto the pavement, we should turn left, towards the nearest crossroads with lights (not far away from the shop Lidl). There, we need to take our bicycle across the road and the tram track to the other side and we continue a ride along Łynostrada again. In order to return to the river bank we must turn right. Moving further we will reach Niepodległości street. Having cycled under the bridge we will find ourselves in the Central Park. We still keep to the left bank of the river and move along the trail. There are many amenities on the way that encourage you to spend time actively. There are playgrounds, a fountain, roofed places with benches and, what is also important, a toilet. After leaving the Central Park, we will get under the bridge on Piętnego street – we should remember that we are planning to move along the river. Thus we should cycle along Gelsenkirchen alley on the right bank and continue until we get to the St John of Nepomuk Bridge. It is a convenient place to start exploring Olsztyn's Old Town. Moreover, you can take a break for a "little something" - a wide variety of nearby restaurants and bars will satisfy every connoisseur of cuisine. At the bridge we descend towards the left bank of the river into the Podzamcze Park. We cycle along Chateauroux street until we get to the fountain

entitled "A Fish with a Child". At this point we have to keep away from the banks of the Łyna. Moving on we get to Nowowiejskiego street, where we turn left, and after a while , we cross the street and follow a one-way road - Żarskiej street. Then, we leave the Podzamcze Park and head towards the historic railway viaducts. It is necessary to remember that the viaducts have three spans and we need to ride under the left-hand span, from the side of Kalinowski Street. We get close to the the Łyna again and after a while , we reach the bridge on 15th Division street. Please, remember that the cycling route does not run along the small bridge, but sideways. This section of the Municipal Forest is a more demanding part of the route. There are many more climbs and descents. However, they are not too difficult – it is possible to cover all of the hills slowly. The Łynostrada ends at the Łyna power station.



## CYCLING TRAILS IN THE SURROUNDINGS OF OLSZTYN



fot. WMROT

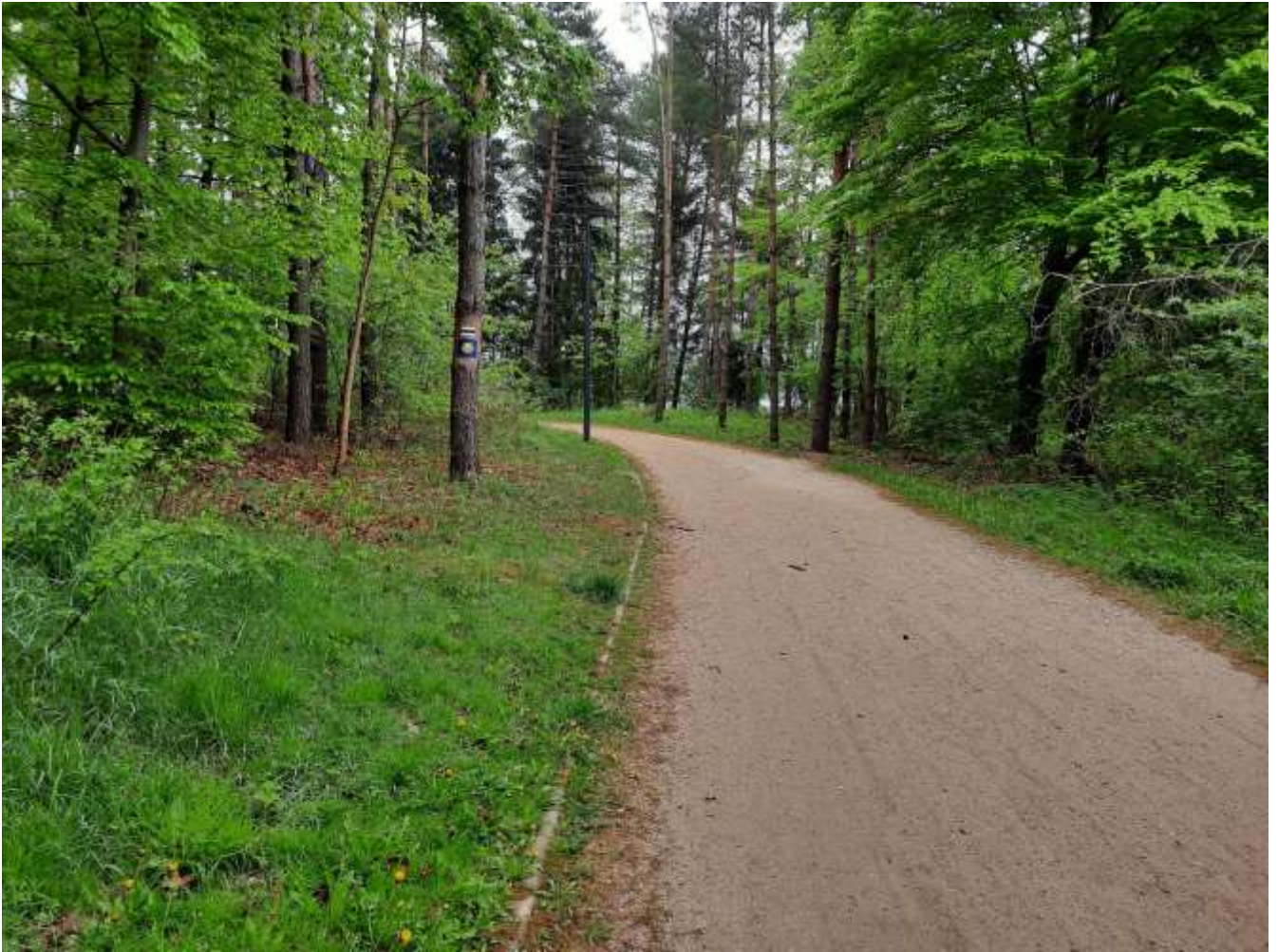
**WARMIŃSKA ŁYNOSTRADA** (*the cycling trail*) leads us out of urbanised areas, into the historic land of Warmia. The less than **60 km** long section leads through such places as Redykajny, Brąswałd, Barkweda, Cerkiewnik, Swobodna, Knopin, Dobre Miasto, Kunik, Urbanowo, Łaniewo and Lidzbark Warmiński. The beauty of the whole route allows for admiring picturesque landscapes that are inaccessible from a car window. You can truly feel the atmosphere that still prevails in Warmia villages, fields and forests. The actual route starts at the point where the Olsztyn Łynostrada ends - at the Łyna hydroelectric power station. You can start your excursion slightly above this place, namely at the junction of Leśna Street and Wąwozowa Street. In such a way you avoid the flight of stairs which leads from the hydroelectric power station to Leśna Street. This is where the first information board of the 'Warmińska Łynostrada' is placed, from now on such boards showing the direction and the number of remaining kilometres will regularly appear on the way at each major junction. Other signs appearing on long, straight sections inform that we are still on the right route. When you happen to get off the track, you can go back to the place where there was the last sign.

**GOŚCINIEC NIBORSKI (NIBORK HIGHROAD** *the cycling trail*) is a fragment of a historic route, which connected Warsaw with the capital city of Prussia - Königsberg for hundreds of years. The part of this important road between Nidzica and Olsztyn was named Gościniec Niborski (the Nibork highroad). Nibork is the former Polish name for Neidenburg (Nidzica).

Nowadays, the Nibork Highroad is a red cycling route between Bartąg and Napiwoda and it is **37.8 km** long. It mostly runs through the Napiwodzko-Ramucka Forest almost parallel to the course of the Łyna River, among the largest and most beautiful lakes of the Olsztyn Lake District: Pluszno and Łańskie. The route is outstanding not only because of its rich and interesting history. Today, from a tourist's point of view, its important asset is also the surrounding nature. The queen of the Nibork Highroad is the River Łyna, which accompanies it practically all the way. We meet the Łyna right at the starting point in Bartąg and it will accompany us closer or further up to its sources.



## HIKING TRAILS IN THE SURROUNDINGS OF OLSZTYN



fot. WMROT

### **BLUE HIKING TRAIL:** Gietrzwałd - Nagłady - Kudypy - Gronity - Olsztyn (Dajtki)

The trail is **18.4 km** long and is intended for pilgrimages to the Gietrzwałd Sanctuary. It starts in the centre of Gietrzwałd and ends in Dajtki (a district of Olsztyn). In order to get to Gietrzwałd from Olsztyn you go along the Way of St James, yet this is a one-way marked trail, so it is recommended to take the blue hiking trail on your return journey. It is also possible to cover this distance by bike. The trail leads through a forest, so you can also use it for trainings or walks.

**WAY of St. JAMES (marked with a shell)** - The Olsztyn - Gietrzwałd route is slightly over **18 km** long. There are gravel roads and forest tracks almost along the whole length. Tarmac is only available in the villages of Gietrzwałd and Łupstych. It is therefore important to have a bike suitable for varied and more difficult types of road surface. Sometimes the trail goes uphill, the steepness of the hills makes the route demanding, but not impossible to overcome. However, You can also move your bike up and continue your ride enjoying the beautiful natural surroundings.

### **THE GREEN HIKING TRAIL OLSZTYN - THE SPRINGS OF THE ŁYNA**

This green-coloured trail amounts to almost **50 km**. It can be covered on foot, but also by bike. The trail begins at the High Gate in Olsztyn and runs in the direction of the former village Jaroty. After passing the village of Bartążek situated by the lake sharing the same name, the trail leads to

charming Kielarskie Lake and from there towards the village of Ruś. Then it runs across the Warmiński Forest reserve and along the picturesque Łyna gorge. There is a hydroelectric power station at the mouth of this river flowing from the lake Ustrych.

The route continues along Lake Łańskie. We pass the historical border between Warmia and Masuria near the village Kurki, where the post-evangelic church from the 18th century is noteworthy. From here, the trail runs through Brzeźno Łyńskie. Afterwards it reaches Orłowo, where a cemetery from World War I has been preserved. Further the trail leads to the Łyna River Springs Nature Reserve. There occurs the so-called springs-back erosion. From the steep sides, small streams of water ooze out of the clay. They flow down the valley and slowly form a river heading for a ravine up to 60 m deep. You can see the effects of sand being washed away by the flowing water undermining trees. There is a mixed forest with trees over a hundred years old in the vicinity. The springs of the river Łyna are the subject of folk legends. In the middle of the nature reserve there is a stone dedicated to the memory of Roman Kobendza, an outstanding scientist, botanist and dendrologist, patron of this reserve. You can find viewing platforms here, the hiking trails are strengthened so that you can see the most interesting fragments of the reserve without having to leave the marked route. The trail ends in Dobrzyn, where the writer Erwin Kruk was born. There is also a railway station in the village.