

# 3. BESKID SĄDECKI



VELOMAŁOPOLSKA

In Stary Sącz VeloDunajec joins the international route Eurovelo11 (VeloNatura in Małopolska). Between Piwniczna-Zdrój and Barcice, Between Muszyna and Stary Sącz the VeloNatura route takes advantage of flat areas of the Poprad valley, meandering among the Polish and the Slovakian banks of the river.

### Sights worth seeing:

- » Przełom Dunajca (Dunajec Gorge) - one of the most beautiful places in Poland; the route can be completed on a bike or a flat-boat powered barge (flisacy.pl)
- » Szczawnica and Piwniczna-Zdrój - health resorts known for their mineral waters (szczawica.pl, www.piwniczna.pl)

**Places for rest breaks** on the route (Cyclist Service Points):

- » VeloDunajec: Krościenko, Jazowsko
- » VeloNatura: Stary Sącz

### Bicycle trails:

- » Aquavelo - the trail connects health resorts located in the border areas (www.aquavelo.eu).
- » Karpacki Szlak Rowerowy (Carpathian Bicycle Trail) - the trail leads through the most beautiful corners of the Low Beskid and the Beskid Sądecki Mountains (www.sot.org.pl).

### Interesting fact:

In Łącko you will find the oldest orchards in the region, with the first mentions of crops cultivated here dating back to the 12th century. In spring the

whole area turns into a carpet of flowers. Apples and plum brandy from Łącko are products entered in the List of Traditional Products.

### Tips:

In its section between Sromowce Niżne and Szczawnica, VeloDunajec follows the so-called Pi-eniny Road via Dunajec Gorge (on the Slovakian side the route has various types of surface and is unmarked). That section is not recommended for users of racing bicycles; it is best to make a detour via Wielki Lipnik and Leśnica. In Slovakia all cyclists are obliged to wear a helmet. The towns on VeloNatura (Stary Sącz, Rytro, and Piwniczna-Zdrój) can be reached by railway (rozklad-pkp.pl).

### Tourist information:

Krościenko Tourist Information, Rynek 35, 34-450 Krościenko nad Dunajcem, promocja@ckipkroscienko.pl, ckipkroscienko.pl

### 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](http://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](mailto:narowery@umwm.malopolska.pl)



UMWM Archive



UMWM Archive

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

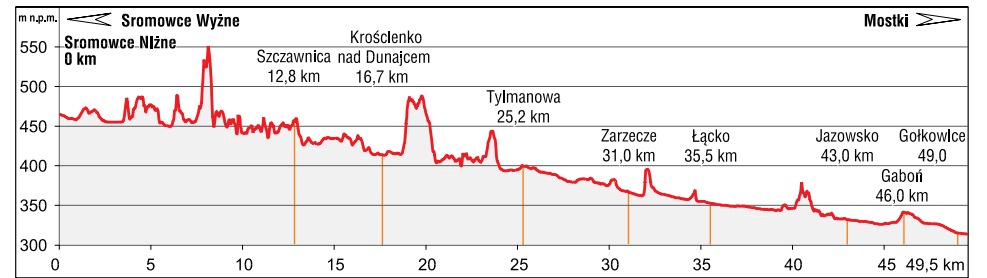
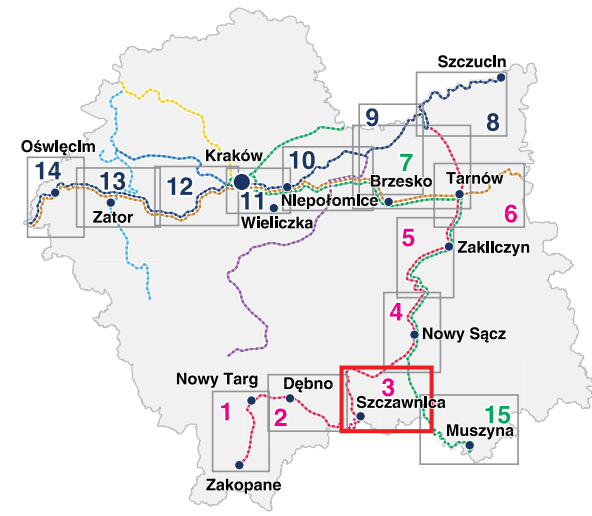
- Castles, castle ruins, palaces
- Other historical buildings, heritage parks, historic fortified settlement
- Churches, Orthodox churches, monasteries, synagogues
- Military cemeteries, museums, vantage points
- Sites on the Wooden Architecture Trail

- 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, Malopolska Voivodeship
- Motorways, roads: national, Inter-regional other
- Railways with stations and stops

narowery.visitmalopolska.pl

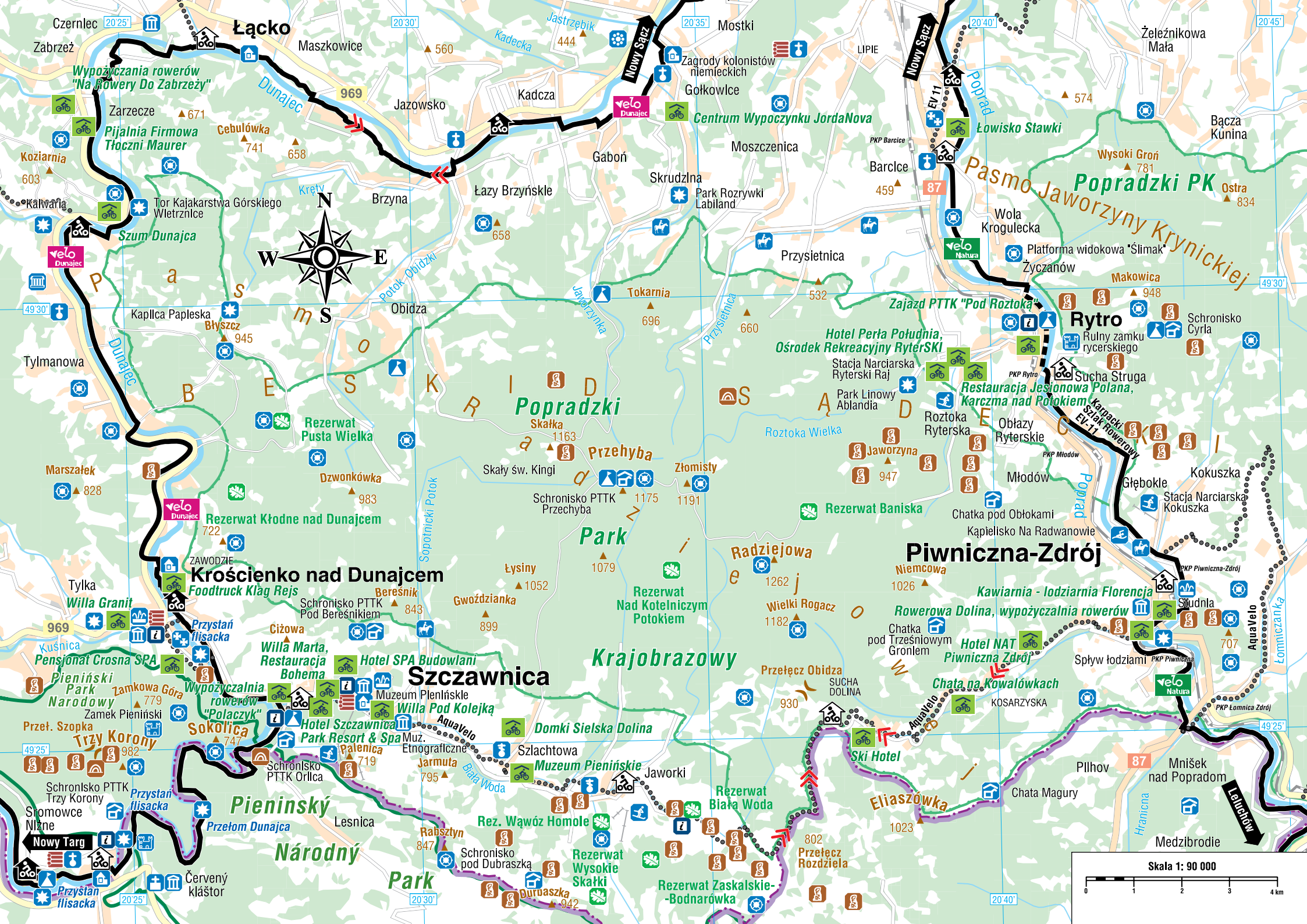
- EXISTING and planned VeloMałopolska routes**
- Vistula Bicycle Route
  - VeloDunajec
  - VeloMetropolis
  - VeloNatura
  - VeloRaba
  - VeloPrądnik
  - VeloRudawa
  - VeloSkawa



**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.





Łańcko

Mostki

Żelaznikowa Mała

Krościenko nad Dunajcem

Piwniczna-Zdrój

Szczawnica

Pieninśki

Krajobrazowy

Národní

Skala 1: 90 000



Wypożyczalnia rowerów "Na Rowery Do Zabrzeży"

Centrum Wypoczynku JordaNova

Pasma Jaworzyny Krynickiej

Popradzki

Restauracja Jesionowa Polana, Karczma nad Potokiem

Park

Kawiarnia - lodziarnia Florencia

Foodtruck Kląg Rejs

Hotel SPA Budowlani

Hotel NAT Piwniczna Zdrój

Wypożyczalnia rowerów "Polaczek"

Willa Pod Kolejka

Chata na Kowalówkach

Przełom Dunajca

Muzeum Pienińskie

Ski Hotel

Przystan flisacka

Rezerwat Wysokie Skałki

Eliaszówka

Przystan flisacka

Rezerwat Zaskalskie-Bodnarówka

Przełęcz Rozdziela

Przystan flisacka

Rezerwat Biała Woda

Przełęcz Rozdziela