

10. NIEPOŁOMICE FOREST



VELOMAŁOPOLSKA

The surroundings of Niepołomice Forest are ideal for family outings or cycling training. A few routes come together here: Wiślana Trasa Rowersowa (WTR, Vistula Cycle Route), VeloRaba and VeloNatura, with the latter joining yet another route here - VeloMetropolis. You can reach Niepołomice Forest by train from Kraków or Tarnów (Rozkład-pkp.pl). Get off at Staniątka railway station and then follow Salina Cracoviensis to get to VeloNatura/VeloMetropolis, or get off at Stanisławice railway station and then follow VeloRaba. Alternatively, near the forest car park, turn onto national road DK75 where you will join Bursztynowy Szlak Greenways (Greenways Amber Trail) and go through the centre of Niepołomice to finally reach the WTR.

Sights worth seeing:

- » The 14th-century Royal Castle in Niepołomice (www.zamekkrolewski.com.pl)
- » Niepołomice Forest with the enclosed Bison Breeding Centre (www.puszczaniepolomicka.pl)
- » The swimming hole in Zabierzów Bocheński (bobrowe-rozlewisko.pl)
- » Bochnia Salt Mine (kopalnia-bochnia.pl)
- » Bochnia (www.bochnia.eu/turystyka)

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

- » WTR – Niepołomice, Ispina
- » VeloNatura/VeloMetropolis – Wola Batorska, Bogucice

Bicycle trails:

- » Salina Cracoviensis - a blue trail going across old salinas of Wieliczka and Bochnia

Interesting fact:

Some people say that Niepołomice Forest does not derive its name from the town of Niepołomice which lies on its outskirts. It is claimed that the name comes from the Old Polish expression 'niepołomny' meaning someone or something difficult or even impossible to destroy or to tame.

Tips:

Some of the routes leading through the Forest have a gravel surface.

Tourist information:

Tourist Information Point Bochnia, Bochnia Tourist Information, 2 Kazimierza Wielkiego Street, it.bochnia@msit.malopolska.pl, www.bochnia.eu/turystyka.html
 CIT Bochnia, 4 Oracka Street, 32-700 Bochnia, tel. 784 303 179, it.bochnia@msit.malopolska.pl

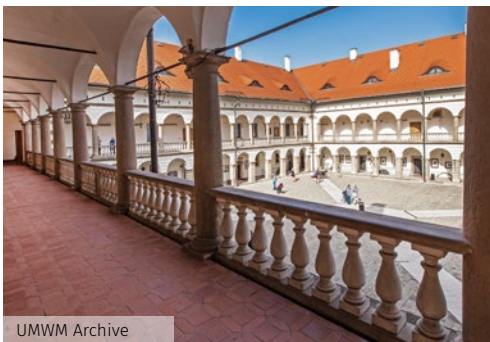
Maps:

- » 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

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

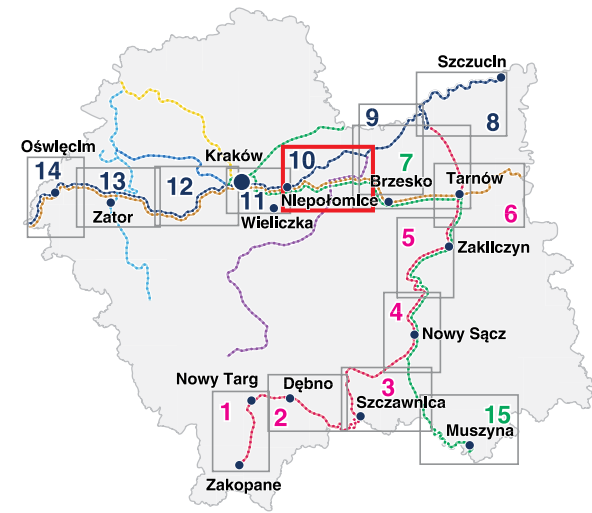


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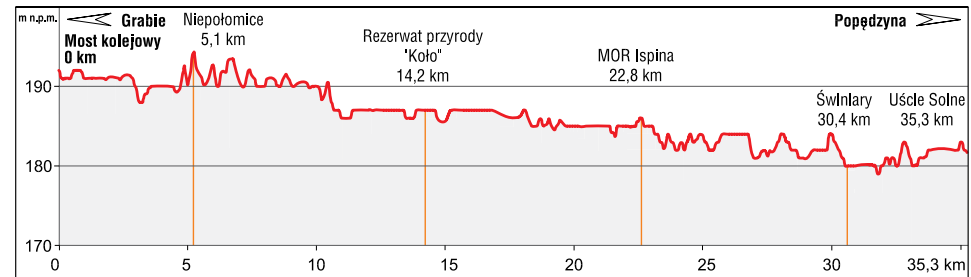


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- EXISTING and planned VeloMałopolska routes**
- Vistula Bicycle Route
 - VeloDunajec
 - VeloMetropolis
 - VeloNatura
 - VeloRaba
 - VeloPrądnik
 - VeloRudawa
 - VeloSkawa



VeloMałopolska is a network of bicycle routes of European standards, which run through whole the Małopolska region. One of them is the **Vistula Cycle Route** (WTR), which is a national route, and at the same time, it is connected to the international EuroVelo4 routes (VeloMetropolis is located within the terrain of the region), as well as the EuroVelo11 (VeloNatura). A characteristic feature of the WTR Vistula Route is its slight gradient and a distance from urban areas. 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.



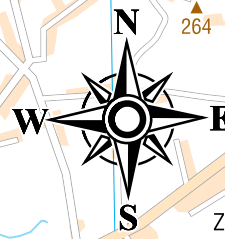
- VeloMałopolska
- VeloMałopolska - planned route
- Other bicycle trails, steep inclines
- Cyclist Service Points (MOR), Shelters for rest breaks
- Cyclist-Friendly Places

- 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: 95 000



Nowe Brzesko

Wawrzeńczyce

Drwinia

Niepołomice

Puszcza

Niepołomicka

Kłaj

BOCHNIA

