

Tourist Guide

Karkonosze Mts.

Karkonosze



Holidays in the mountains

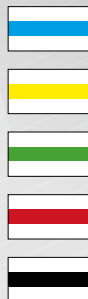
for everybody

Legend



-  Marking the described route
-  The borders of countries
-  The border of a national park
-  Nature reserves
-  Main roads, road numbers
-  Local roads
-  Field and forest tracks
-  Paths
-  Marked trails

Marking the trail
in the terrain



Travel time

10 km

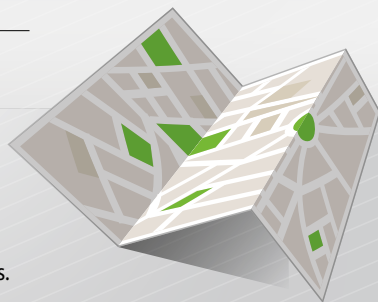
The length of the route

The level of difficulty

The time and the level of difficulty are approximated



Point mark of the
described places



Group of logos (Karkonosze Trademark) showing
the type of activity and the description of the tourist attractions.



Family – family-oriented
places, trails, excursions



Culture – cultural centres,
museums, local music,
local artists, craftsmen



Relaxation – Spas, health
resorts, magical places



Extreme – trails, competitions,
sport resorts, rallies

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Introduction



The "Karkonosze" tourist guide was created for all those who want to visit the Karkonosze region – one of the most beautiful areas in Poland. We tried hard to present, as clearly as possible, the most interesting highlights of the region and its biggest attractions to make your stay unique, to fill your time with things that you're looking for. This easy to carry guide is worth taking everywhere you go and you can use it anytime you need. The included maps will certainly make moving around much easier and the brief descriptions will provide you with the basic knowledge in order to make it possible for you to plan your stay day by day on your own. We believe that you will reach places and attractions which you have never seen before, and the places, which are known to you, will be discovered again and again thanks to our guide. You will broaden your knowledge by experiencing wonderful moments in the land of "Liczyrzepa" – the Spirit of the Mountains.

This guide consists of two parts. The first describes the most interesting places, attractions and activities with their position marked on the

map. You will find various pieces of information about museums, palaces, amusement parks as well as tips on places to ski, climb, or relax in the famous thermal baths in this area. The brief descriptions will allow you to orientate yourself quickly and plan particular trips depending on your preferences, how much time you have, and where you are staying. In the second part you will find our suggestions about many routes with varying levels of difficulty and varied distances which you can cover on foot, by bike, on skis, depending on your preferences and the season.

In geographical terms, the Karkonosze range constitutes one mountain range of the Sudety mountains, stretching over the length of 70 kilometres. We tried to show the highlights of these mountains and their surroundings without taking into account the former border. This is why this guide describes what can be experienced in the Karkonosze range and the foothills of the neighbouring Czech Republic. Apart from the purely mountain attractions such as: perfectly prepared cross-border routes, educational trails located in the Karkonosze National

Everything I love is in Karkonosze

Park, beautiful waterfalls, and fantastic rock formations, there are many other ways to spend your free time included in the guide as well.

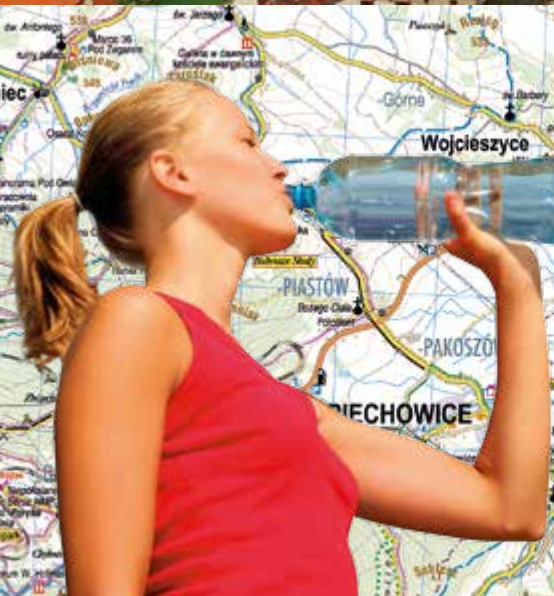
Each of the proposed trips, which lead through the so-called "Valley of the Palaces and Gardens" (Dolina Pałaców i Ogrodów) is worth experiencing. It is one of the largest centres of aristocratic residences in Europe, where in a relatively small area you can admire many palaces and castles, often wonderfully restored with perfectly designed gardens and parks, which are gradually being restored to their former splendour. When creating the guide we did not forget about tourists who, in addition to appreciating the magnificent mountain views and cultural heritage, also desire some stronger impressions. We offer suggestions to raise your blood pressure, and boost the adrenaline. In the guide there is a lot of information on where you can rock climb, soar in the skies, or have fun driving a jeep. You can enjoy a pleasant and a less extreme experience by exploring by horseback or drifting down the Karkonosze rivers in a kayak or a raft. The guide also includes

useful information for fans of winter activities. Within the pages of the guide you can easily choose information on where you can enjoy skiing, snowboarding or sledding, or even which way you can safely traverse the Karkonosze Mountain wilderness on snowshoes, when the mountains are inaccessible, because of deep snow.





Spa Cieplice



When seeking relaxation you cannot skip Cieplice - the oldest spa resort in Poland, which was mentioned in historical records as early as 1281. From the fourteenth century until 1945. Cieplice was the property of the Schaffgotsch family. From the seventeenth century the residence in Cieplice was the main seat of the family. Nowadays, Cieplice is a beautifully renovated spa district in Jelenia Góra. The source of water, at a temperature of up to 90°C, owes its effectiveness to the content of sulphur, silicon, and fluoride. A wide range of over forty professional spa services to treat illnesses such as: orthopaedic problems, rheumatic diseases, ailments of the kidneys, nervous system, and the eyes. Throughout history, the medicinal qualities of the Cieplice waters have been appreciated by famous personalities such as: John Quincy Adams (The President of the United States), Johann W. Goethe, the Prussian king Friedrich Wilhelm III, Hugo Kołłątaj, Izabella Czartoryska, and many others. The most important guest of Cieplice was Queen Marysieńka Sobieska.





Cieplice

thermal baths



After a long day of hiking, cycling or skiing, it is advisable to relax and regain your strength. Nothing restores energy as quickly as the thermal waters. In the Karkonosze region there are several water recreation centres. If you are looking for a truly thermal water experience you will find it in Cieplice, where underground sources of water, at a depth of 1800 m, flow with a temperature of up to 87° C. The local thermal springs contain mineralized water with fluoride and silicon, and in fact the highest content of silica among all thermal spas in Europe. In order to balance the composition of the waters in the swimming pools, water from the city is also used. The Cieplice thermal waters heat the body, preventing the formation of kidney stones, increasing bone density, preventing tooth decay, and the waters also have antibacterial properties. The complex includes several recreational pools, a pool with lane swimming, outdoor swimming pools, water slides and children's pools. The swimming pool complex also has a Spa area.

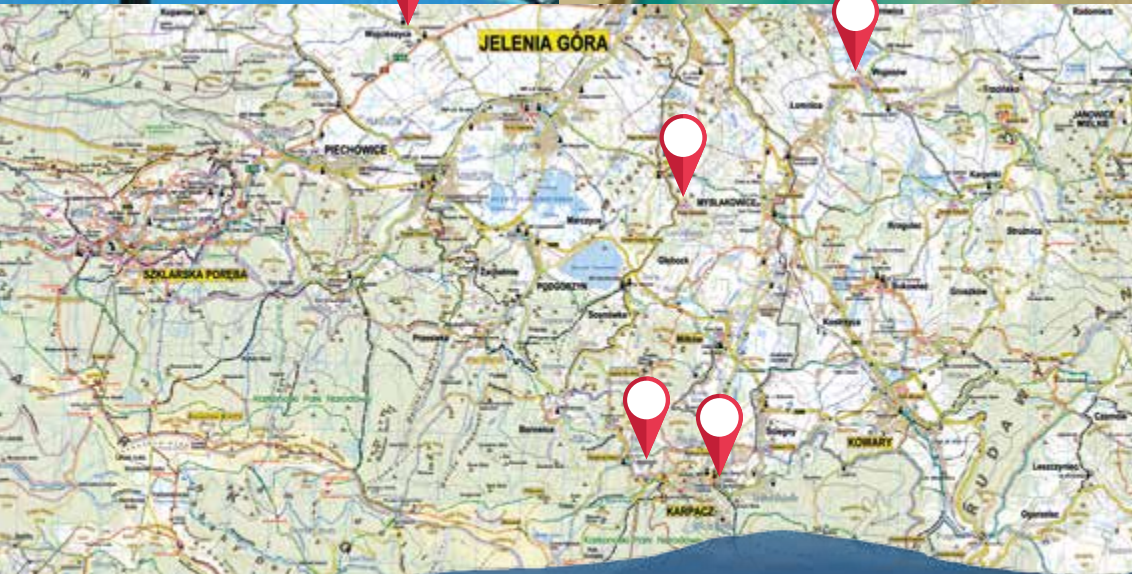




Water *recreation*



Family fun



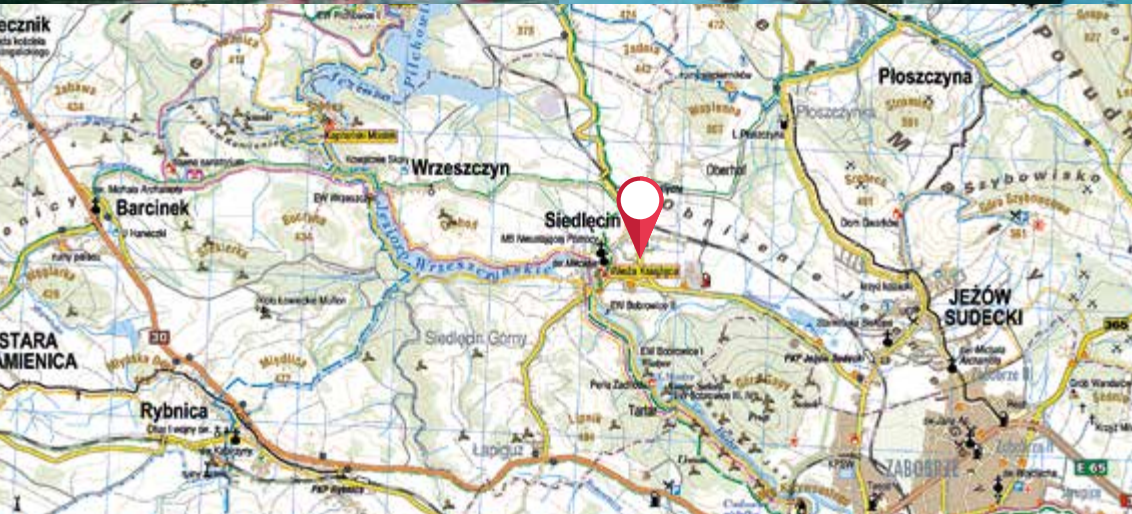
If you want to feel like you are at a real seashore and experience the power of the waves, you should visit the Tropicana Water Park in the Gołębiewski Hotel in Karpacz. The 39-meter long swimming pool will provide great fun for the whole family. The jacuzzis will surely relax your tired bodies, especially since there is a choice of eight different jacuzzis including: mud, magnesium-calcium, marine, and aromatherapy. Those who need more excitement can slide down swirling „onions” or race against the clock in the five-lane swimming pool. In summer time, if you swim in the outdoor swimming pool you can splash in the water and admire Śnieżka- the Queen of the Karkonosze Mountains. In the SPA at the Sandra Hotel in Karpacz, you can let the whirl of the wild river carry you away. An extensive network of baths, saunas, and ice caves will lead you through all possible temperatures. You can also restore the harmony of body and soul in the well-functioning SPA centre, which has a large variety of rejuvenating and cosmetic treatments. The Jan Hotel in Wojcieszyce, and Wojanów, and Stanisław Palaces are also equipped with equally good water attractions.



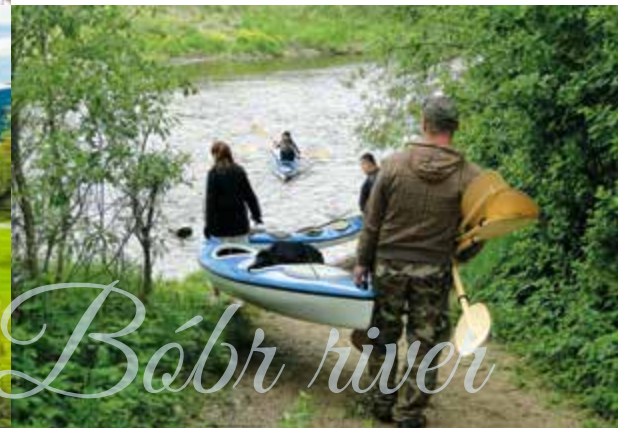
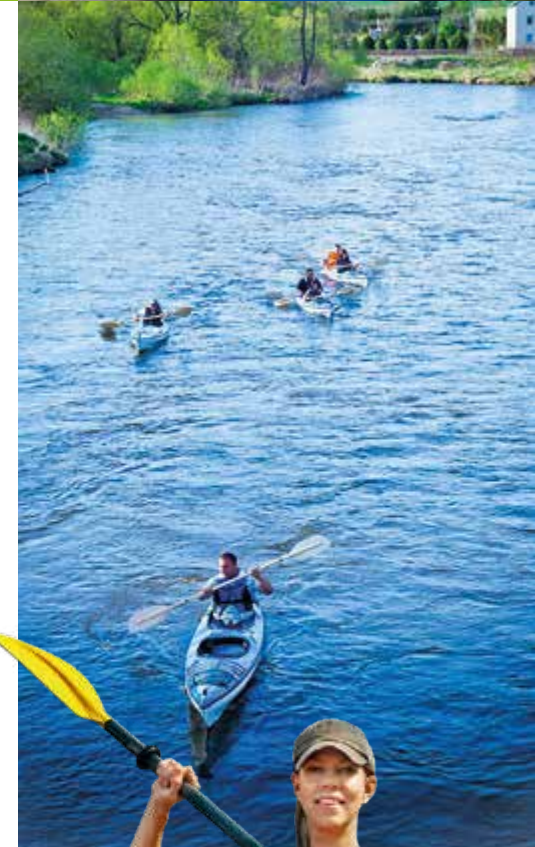
Odbudowa



Down the river



The Bóbr river has its source in the eastern Karkonosze Mountains, in the Czech Republic, at an altitude of 780 m above sea level, on the Bobrowy Slope. It is the largest left bank tributary of the Odra river. It passes Jelenia Góra, turns northwest and flows between the Izerkie foothills and the Kaczawskie Mountains. The Bóbr River is considered one of the most pristine Polish rivers. There is no better way to explore this beautiful river than by rafting or by kayak. Rafting is a fantastic way to spend your free time in close contact with nature. There are several sections of the river designated at different levels of difficulties, and there are different lengths of rafting trips available. Picturesque sections begin from the kayak landing, at the Wieża Książęca (Ducal Tower) in Siedlęcín, and continues towards Wrzeszczyn. Another section begins in Nielestno and continues in the direction of Wleń and Lwówek Śląski.



Rafting along The Bóbr river



Fishing

in the morning



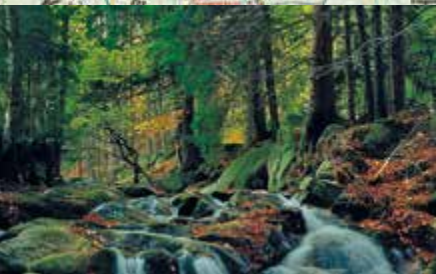
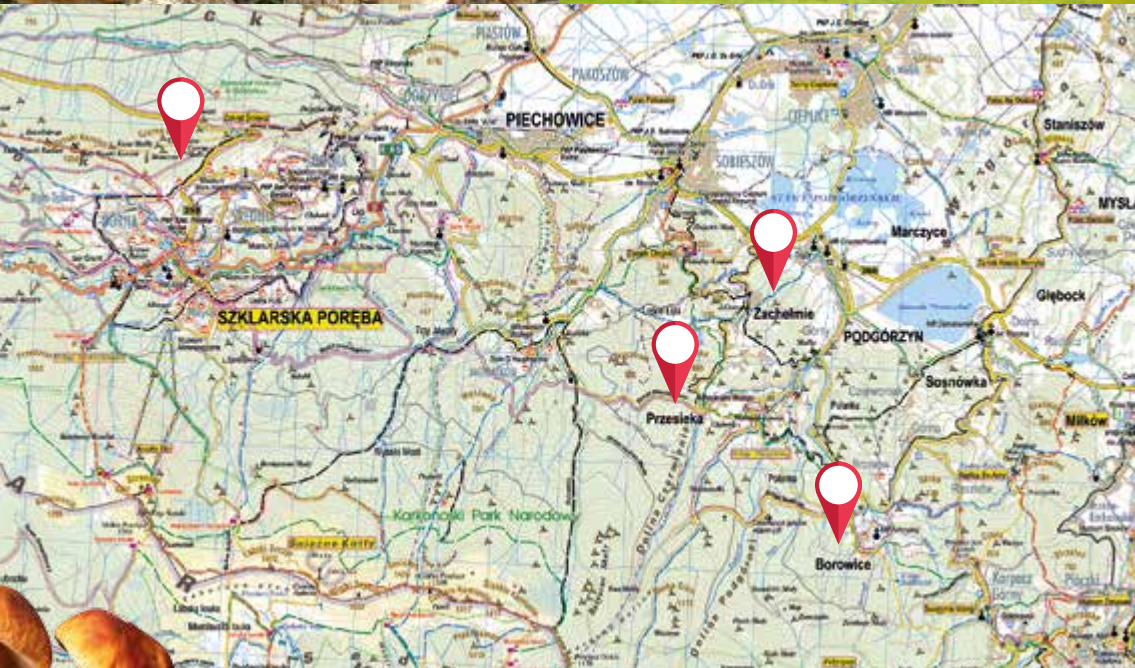
Fishing in the Karkonosze region, in the pure water streams and rivers that wind their way through the mountains, is a real pleasure. There are 10 fishing places in the region which are under the management of the Polski Związek Wędkarski (Polish Fishing Association) in Jelenia Góra. Although there is no shortage of other fish species, fishing in mountains is mainly focused on trout. Fine specimens can be caught in the waters of the Bóbr River, where a number of convenient spots are available. The first of them can be found at the beginning of the bridge in Janowice Wielkie and continues to the weir in Dąbrownica. The next one begins in Dąbrownica and ends at the first exit before Jezioro Modre (Modry Lake) at Perła Zachodu (Pearl of the West). More good fishing spots can be found in the area of the Wrzeszczyn dam. Several attractive fishing grounds have also been designated on the Łomnica and Iżera rivers. Fishing in stocked ponds, with the Karkonosze Mountains in the background, is a great alternative available to everyone. Professionally maintained spots can be found in Mysłakowice, where such fish species as rainbow and brook trout can be found. Ponds where you can go fishing, or enjoy tasty local fish, are also in Podgórzyn, Sosnówka, and Zachelmie.

Silent Hunting





Mushroom *picking*



Encounter with nature

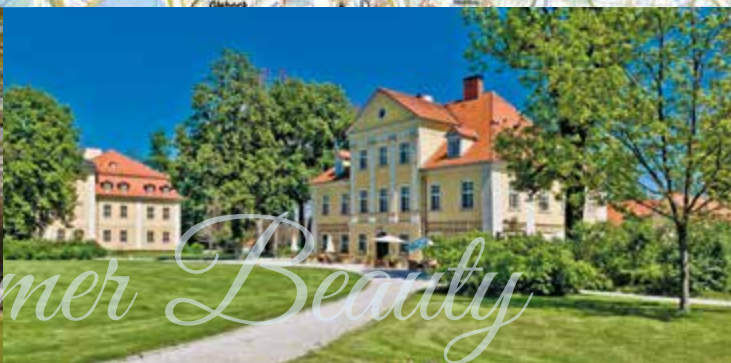
If you ask the Karkonosze mushroom picker: "... where can I find mushrooms here? ". You will certainly hear the answer: "In the forest". Indeed, mushrooms are virtually everywhere in the forests of Karkonosze and Izery. Their abundance and the appearance of particular species depends on the season, rainfall and the range of temperatures. Most mushrooms can be found in the areas of Borowice, Przesieka, and Zachełmie. In recent years, it has been observed that a lot of mushrooms are appearing along the beautiful roads through the forest from Szklarska Poręba's Zakręt Śmierci (Turn of Death), in the direction of Świeradów Zdrój. Remember, however, that no flora may be collected in areas of the Karkonosze National Park. On the Czech side, however, the biggest clusters of mushrooms can be found around the areas of the Harrachov forests, and Malá Úpa. If your stay in the Karkonosze area takes place in the second half of September, we encourage everybody to see the annual exhibition of freshly picked mushrooms, which is traditionally organized on the premises of the Przyrodnicze Museum in Cieplice. Every year you can see various mushrooms: edible, non-edible, poisonous, hubs and many other. Generally they manage to gather 150 to 200 species for the exposition.



The Valley *of the Palaces*



The real gem of the Karkonosze Mountain region, unique in Poland and all of Europe, is a cultural park called the "Valley of the Palaces and Gardens" (Dolina Pałaców i Ogrodów). It covers most of the area of the Jelenia Góra Valley, between the Karkonosze, Rudawy Janowickie, and Kaczawskie Mountains. There are almost 30 unusual architectural monuments, among them several types of residences of knights and nobles, medieval towers, castles, Renaissance mansions, Baroque palaces, and nineteenth-century palaces and parks. You can explore the interesting route, including 22 palaces, either on foot or by bike. Some of these attractions have been restored at the highest level, surrounded by carefully maintained gardens. The local palaces are known for their large parks with beautiful landscaping. Due to the small distances between groups of parks, they were connected by historic alleys, which blended into the hills, forests, and meadows. This is why the most significant European families: the Habsburgs, Hohenzollerns, Schaffgotsches, Czartoryskis or Radziwills had their properties here.



Former Beauty



Gliding in the clouds



If you are not able to experience the skies by paraglider or hang glider, you can benefit from the experience of professionals. The flight in a glider, with an experienced pilot, over the valley with the Karkonosze mountains on the horizon, will certainly be an unforgettable experience. Undoubtedly, the advantage of this kind of entertainment is the lack of a noisy motor and large amount of complicated equipment. A glider is the safest flying vehicle that has been created by men. However, if you want even more adrenaline, we offer an adventure of a lifetime: a tandem parachute jump of 3,000 meters.

You need just 10 min. of training to get to know the safety rules, and to learn how to position your body during the flight. Medical examination or parachutist qualification certificate are not needed. By means of a special harness you will be fastened to the parachute tandem-pilot. You don't have to worry about anything because he watches over your safety the whole time. You can also forget about the stress associated with the opening of the parachute, and the landing, as an experienced instructor will deal with everything for you.



*Unforgettable
impressions*



Catching *the gust of wind*



Flying like a bird

You will find excellent conditions for the sport of paragliding in the Karkonosze Mountains. However, if you plan to practise this sport in the Karkonosze National Park it is necessary to obtain a permit for flights, and you will need to familiarize yourself with the rules. It is not a complicated formality. The rules, and the application for a permit, can be found at: www.kpnmb.pl. You can start from the top of the "Liczyrzepa" ski slope. In the area of Szklarska Poręba, however, a popular spot for taking off is Szrenica. Pilots are also willing to take off from Rudnik, Wołowa Mountain in the area of Kowary, and Szybowcowa Mountain in Jeżów Sudecki. If you wish to reach the skies in the Czech Republic, it is also necessary to obey the rules of the Czech Karkonosze National Park. For those who love paragliding and hang gliding, in the Czech Karkonosze Mountains there are 7 marked places from where you can take off: Harrachov- Certova hora, Rokytnice nad Jizerou - slope of Łysa Mountain, Horni Misecky - Misecska plan, Spindleruv Mlyn - Medvedin, Spindleruv Mlyn - Plan, Horejsi Vrchlabi - Zaly, Janske Lazne - Cerna hora.



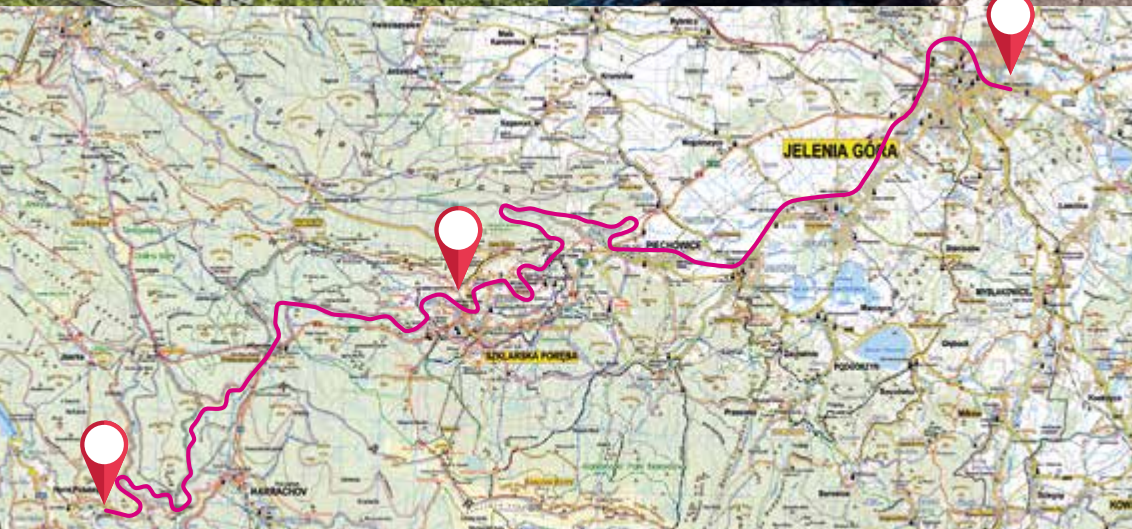


Izery Railway



The view of a train passing through the valleys and the mountains gives you an incredible impression, especially in winter after a fresh snowfall, when a locomotive pushes away the snow from the railway tracks. We encourage you to experience the adventure on the incredible Izery Railway – as the rail link between Jelenia Góra, Szklarska Poręba, and Korenów is called. This picturesque mountain railway line, which was launched again in 2010 after more than 65 years, has immediately become a huge attraction on both sides of the border. A train journey

through the mountains is a great idea for a family trip, as the route passes through charming and attractive sites for tourists. During the trip you can admire the beautiful mountain views and the wonderful nature of this area. In summer, you can bring your bike on the train and reach the very attractive cycling routes in Izery. From autumn to spring many skiers use this international link; they can go to the Centre of Cross-Country Skiing in Jakuszyce thanks to the Izery railway. After arriving at the train station in Korenów it is worth visiting the cog railway museum.





The treasures *of Liczyrzepa's land*



People who wish to explore the culture of the Karkonosze region should visit the Karkonosze Museum in Jelenia Góra. The spacious, modern, well-equipped galleries of the museum have several exhibitions, including a remarkable collection of decorative glass known to be one of the most extensive in Europe. You may also wish to visit the Open-air Museum of the Polish Army, as well as other branches of the Karkonosze museum, such as Bolków Castle and the house of the Hauptmann brothers in Szklarska Poręba. While exploring Cieplice you should consider visiting the Museum of Natural History, and just a few kilometres from here you will find the Gerhart Hauptmann Museum, in Jagniątków. The former villa of the Nobel Prize winner is a must on the route for every fan of literature. Literary memorabilia of the eminent Polish writer Tadeusz Różewicz can be found in the Sports and Tourism Museum in Karpacz. There are several other interesting exhibitions here too, including the winter sports exhibition and the exhibition of the development of tourism in the Karkonosze Mountains. During your visit to Karpacz you should definitely visit the Museum of Toys - a real paradise for the youngest members of the family.

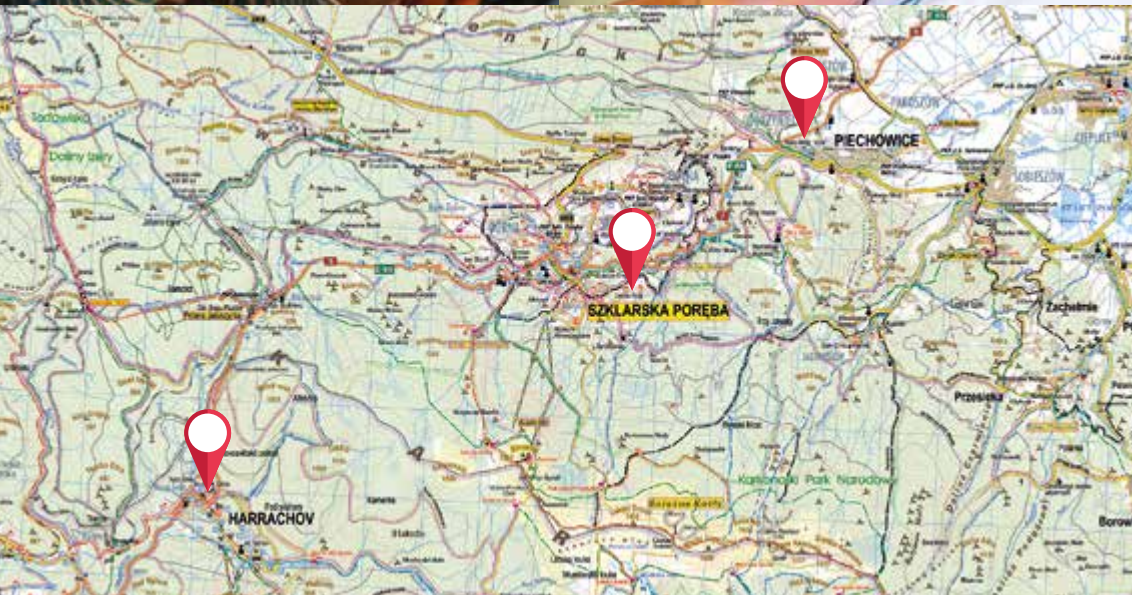


Muzeums of Karkonosze





The magic of glass



Glass traditions in the Karkonosze region date back to the fourteenth century. Despite the turmoil of history and the changing world, they are still being continued. Your tour starts in the Julia glassworks in Piechowice, whose origin dates back to 1866. Visiting the glassworks you will see that the artistic production of glass pieces, despite advances in technology, still requires a lot of knowledge combined with the skilled hands of an experienced craftsman. You can test this yourself by taking part in workshops covering the entire production cycle. Educational workshops are also offered for children. The centuries-old tradition of glass making in Szklarska Poreba has been carried on by the champion Henry Łubkowski, who owns the "Leśna Huta" with his family. Here you can see how the glass is formed and coloured with the use of traditional tools. You can also see how various types of glass objects are melted, from small ornaments to vases and large dishes. In nearby Harrachov you can visit the oldest glassworks in the Czech Republic. Nearby, there is a museum of glass with a unique collection, which is the largest and most valuable collection of glass in the Czech Republic.

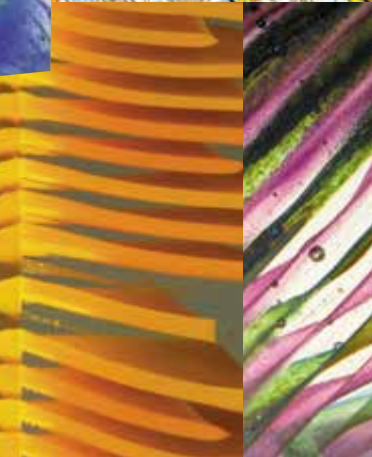
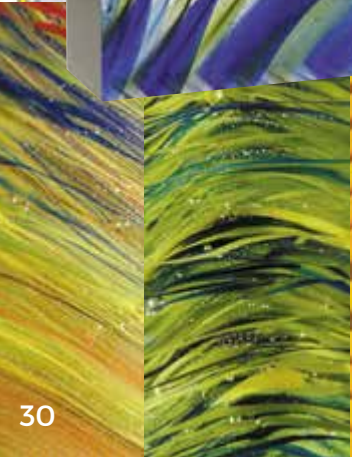


History and tradition

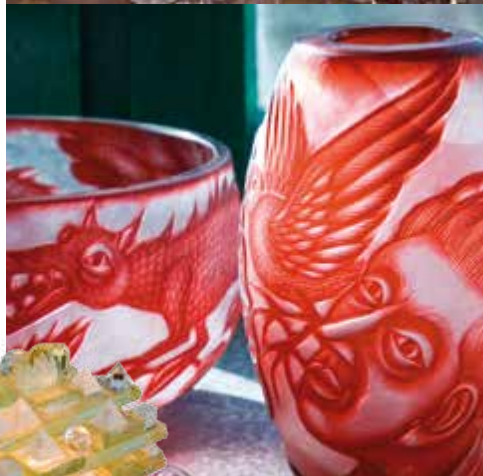




Glass art



The ability to melt glass is a true art. External factors have a lot of influence on glass, as it is a raw material. Working with glass seems to be even more complex, because besides knowledge you also need manual skills and artistic sense. The Glass Manufactory in Jelenia Góra is a working reconstruction of the nineteenth-century engraving workshops from the Karkonosze region. The manufactory is equipped with an authentic workshop true to the era. Engravers preserve the old ways of working, today. Entering this place one might have the feeling that time had stopped in the middle of the nineteenth century, as it is full of craft, history and tradition. The products of the original workshops can now be seen in the galleries of the Karkonosze Museum, where a great collection of glass art has been gathered, dating from hundreds of years ago to the present. It is worth visiting this impressive collection, ranging from colourless Baroque pieces, such as cups and carafes typical of the Jelenia Góra Valley, to the massive dishes, coloured with metal oxides, to very elaborately decorated glass, as well as contemporary glass collections.



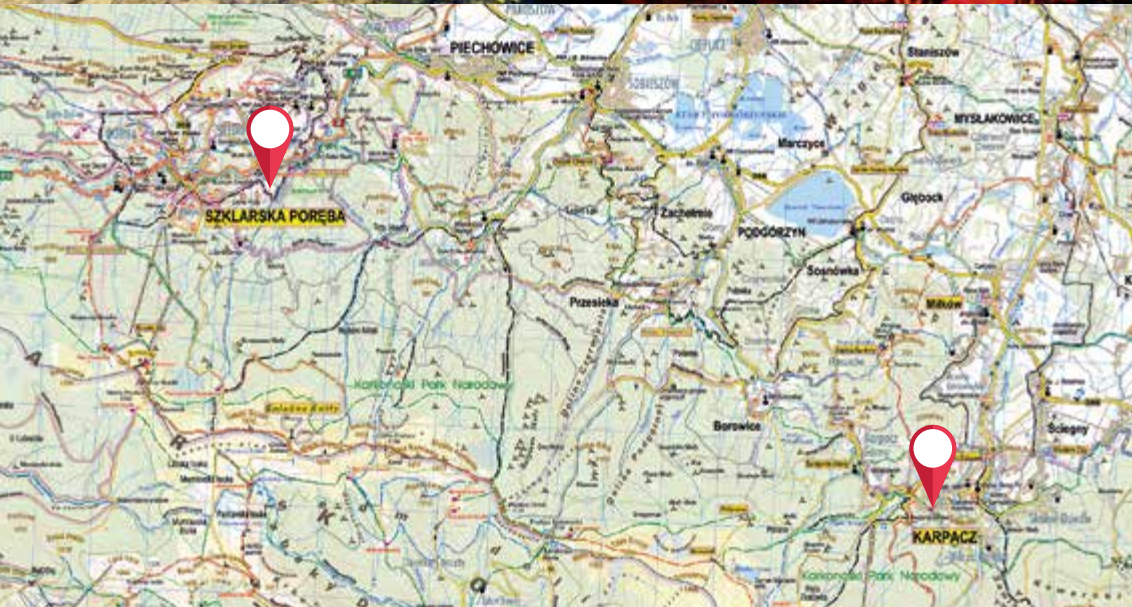
Artistry



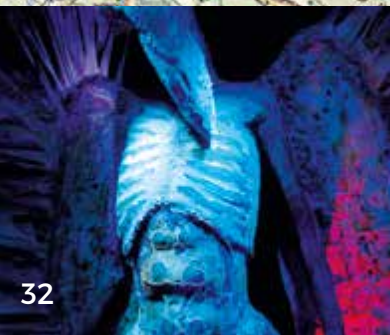
Myths and Legends



Treasures of the Earth



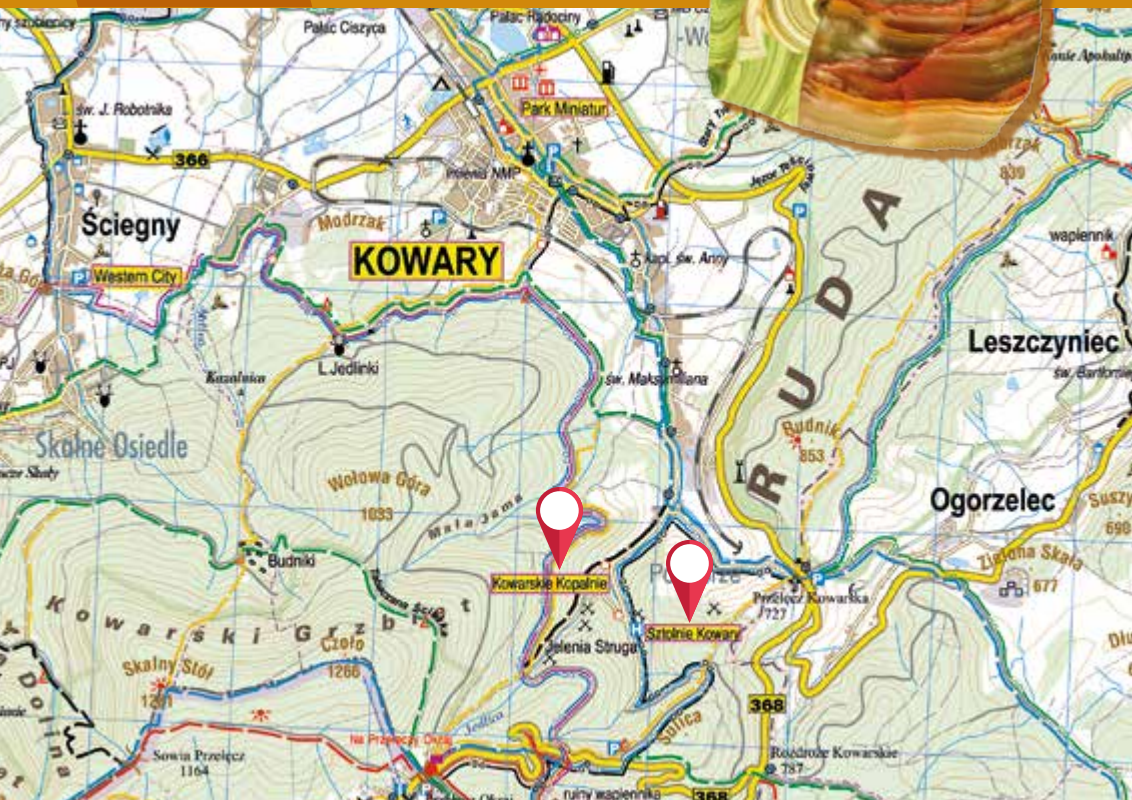
In the Karkonosze Mountains there are many myths and legends that blend with the rich history of the area. If you want to get to know all the places and secrets hidden by the mystical Liczyrzepa – The Ghost of Mountains, we invite you for a wonderful tour. You begin in the basement of the “Karkonosze Secrets” exposition in Karpacz. The interactive exhibition, using modern technology, will make it easier to familiarize yourself with the greatest treasures that have come from the Karkonosze Mountains, and will bring you closer to the magical world of the mountains. You can continue your trip by moving on to “Chata Walońska”, located between the Czech Path, which leads to the source of the Łaba river, and the black trail surrounding Szklarska Poręba. “Chata Walońska” is the seat of the Walloons, the medieval masters of the extraction and processing of natural resources, metals and precious stones. You can even try to find naturally occurring minerals in gravel, and pan for gold. You can then finish in the mysterious basements of “eM Ti Vi” - that is The Museum of Affordable Wines.





Kowary

tunnels



Treasure hunters, World War II history buffs, as well as researchers of secret plans to build super weapons will be able to spend a wonderful day in the district of Kowary. Inside Sulica Mountain there are the interesting „Kowary Tunnels”, hidden underground tourist routes approximately 1200 meters long. You will find exhibits of the underground world of legends, mysteries, and the latest history. There is a staged performance in the Tunnels showing miners looking for metals, minerals and iron ore. Germans started mining uranium here in the 1920s, to further their research into developing atomic weapons. After the war, the exploitation of uranium continued for the Soviet Union, which also intended to produce the atomic bomb. A second fascinating route, 1600 meters long, is not far away, located in the area of the former „Podgórze” uranium mine. The exploitation of uranium continued until 1958, however, in the years 1974 to 1989 there was a radon inhalation centre here. Visiting these routes with a guide is a great choice for families, with science, education and history well-presented by an expert.



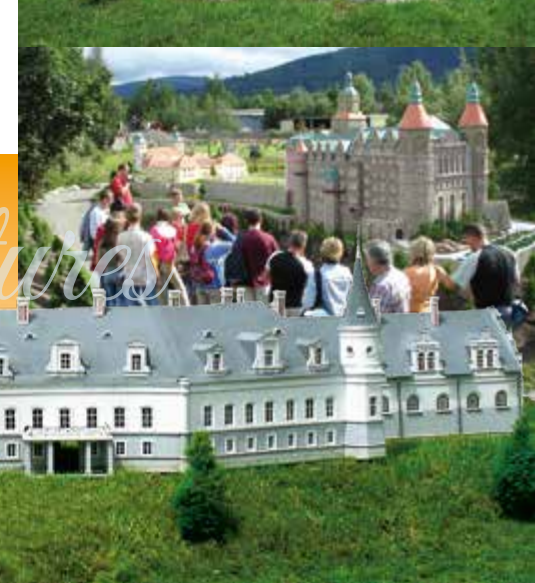
Underground attractions



Such *a small world*



If you want to be Gulliver for one day, and feel like a giant looking at everything from above, this dream is possible to fulfill in the Karkonosze Mountains. You should start your journey in Kowary, at the "Miniature Park of the Lower Silesia Monuments", which is located near a former carpet factory. You can see perfectly made models of castles, palaces, monasteries, and the town halls of our region, built in the scale 1:25, except for the model of the Karkonosze Mountains with Śnieżka, which dimensions required the larger scale 1:50. In order to see the greatest architectural structures of world, You can travel just a few kilometres to Mysłakowice, where the "Buildings of the World Miniature Park" is situated just by the road from Jelenia Góra to Karpacz. You will see miniatures of the most famous buildings from 5 continents. There are both models of existing buildings and those that no longer exist, were destroyed, or are ruins. In order to display their architectural beauty, they are presented at the most impressive time of their existence. The models are built in 1:25, 1:50, and 1:100 scale.



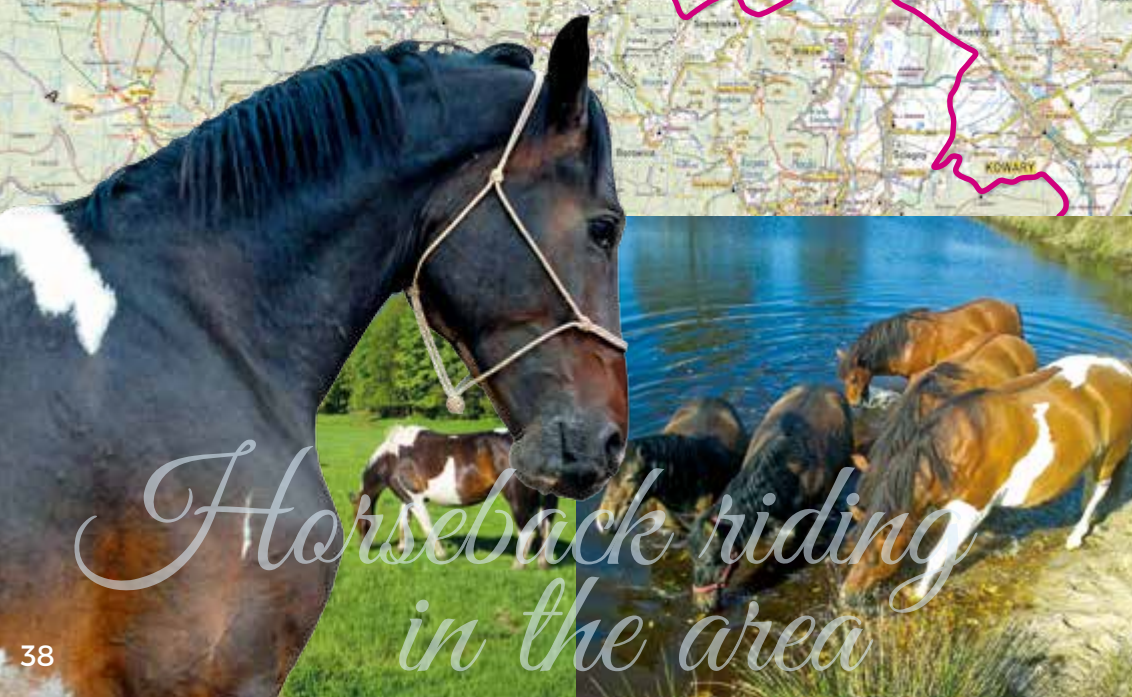


Karkonosze

seen from the saddle



An original way to spend your vacation, and a dream of many lovers of horse riding, is to admire the Karkonosze Mountains and have close contact with nature by rocking in the saddle on the back of a horse. Around most horseback riding centres there are beautiful riding paths, both shorter and longer, with varied levels of difficulty. The Karkonosze riding trails are known as the most scenic among all trails in the Polish mountains, as they not only follow beautiful mountain paths, but they also go through a lot of places that are worth seeing. For more advanced riders, we recommend you ride along a section of The Sudecki Horse Trail. You can ride it in stages, taking breaks in horseback riding centres situated along the route. This allows you to plan the trip over a few days, promoting relaxing sightseeing, and lets you contemplate the stunning views and panoramas. The most picturesque and scenic part of The Sudecki Horse Trail (SKK) runs through the foothills of Karkonosze leading from Lubawka through the Kowarska Pass, Karpacz, Ściegny, Mysłakowice, Miłków, Sosnówka, Podgórzyn, Cieplice, Sobieszów, Bobrowe Rocks, Kopaniec to Antoniów, in the Izery Mountains.



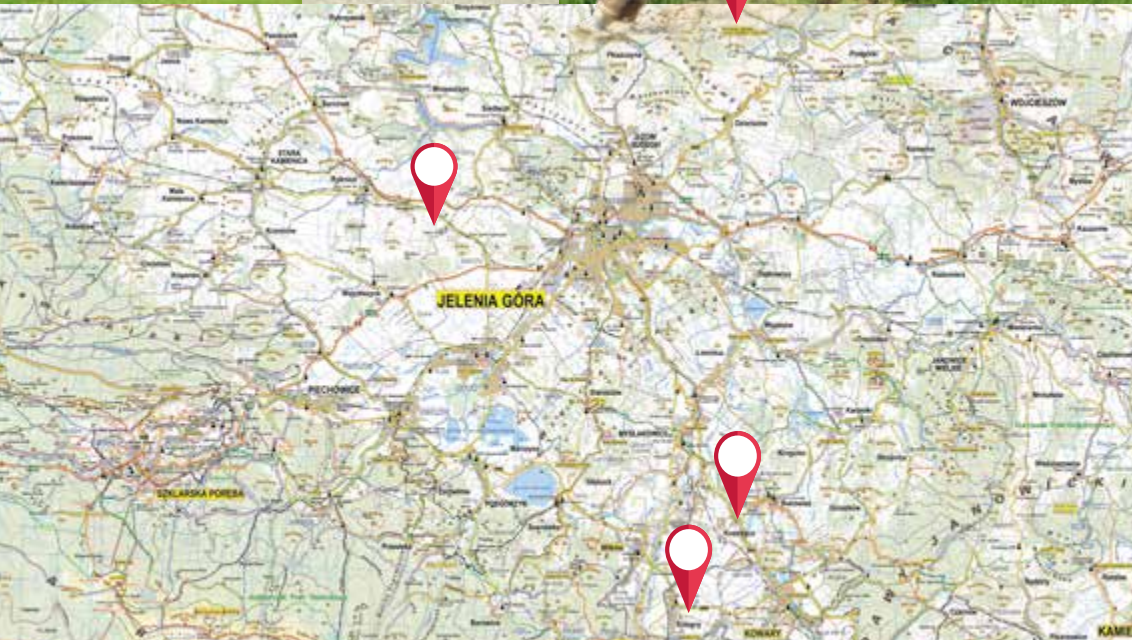
*Horseback riding
in the area*





Galloping

through the mountains



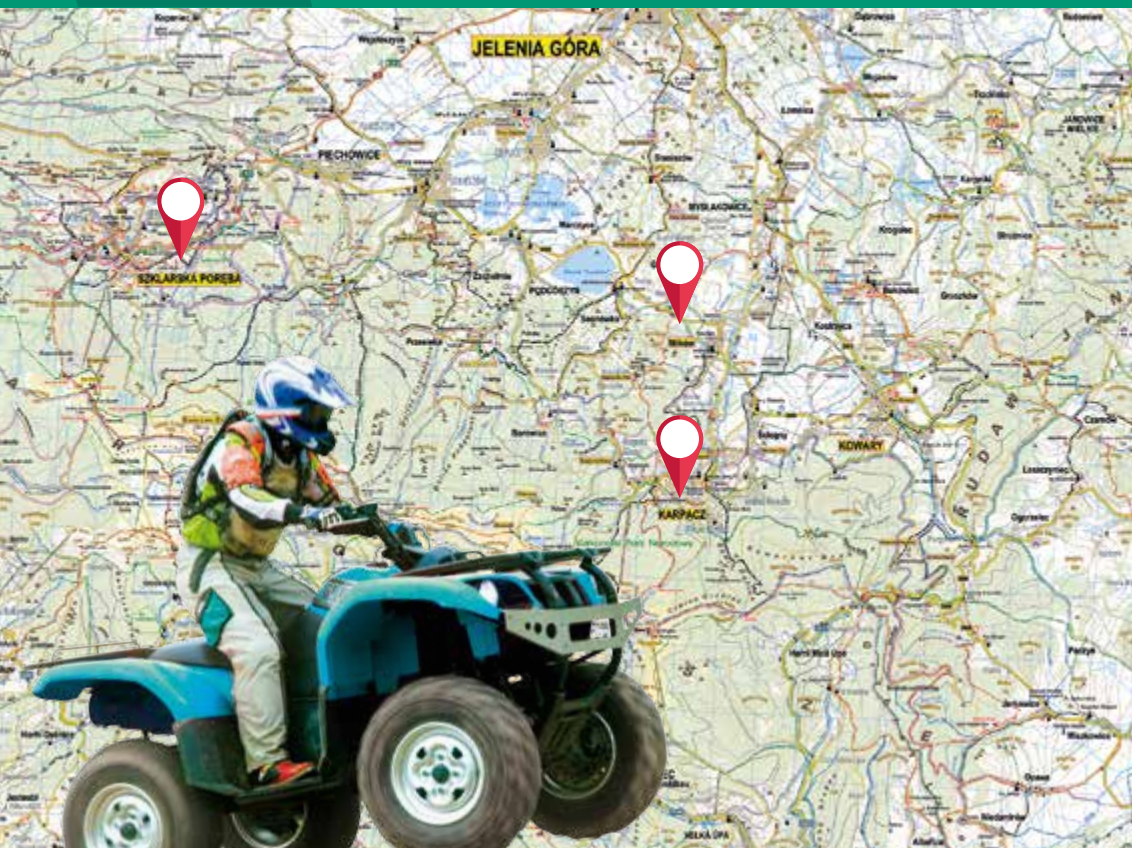
Horseback riding is the kind of sport that has so many advantages, it is hard to list all of them. One thing is undeniable, in addition to the fundamental virtues, which are characteristic of almost all sports, horse riding has the advantage that you have direct contact with a wonderful animal – the horse. In the Karkonosze region there are many places available for riding a horse. Close to Jelenia Góra, in Goduszyn, you will find the great resort Gostar, with excellent facilities for the sport. The wonderful, hilly terrain of the Kaczawskie Mountains can be experienced from the Awista Stable on Łysa Góra, famous for its gentle horses. In the picturesque village of Kostrzyca you will find a charming resort - the Karkonoskie Siodło (Saddle of Karkonosze). In contrast, real cowboys and Indians, bank robbers, and even a wild rodeo can be found in the Western City in Ściegny, where a whole settlement from the Wild West was recreated, in an ingenious way. If you wish to go horseback riding in the countryside of our Czech neighbours, it is worth visiting the Alba Galant resort in Dolny Lanov.



Western City



Maximum speed



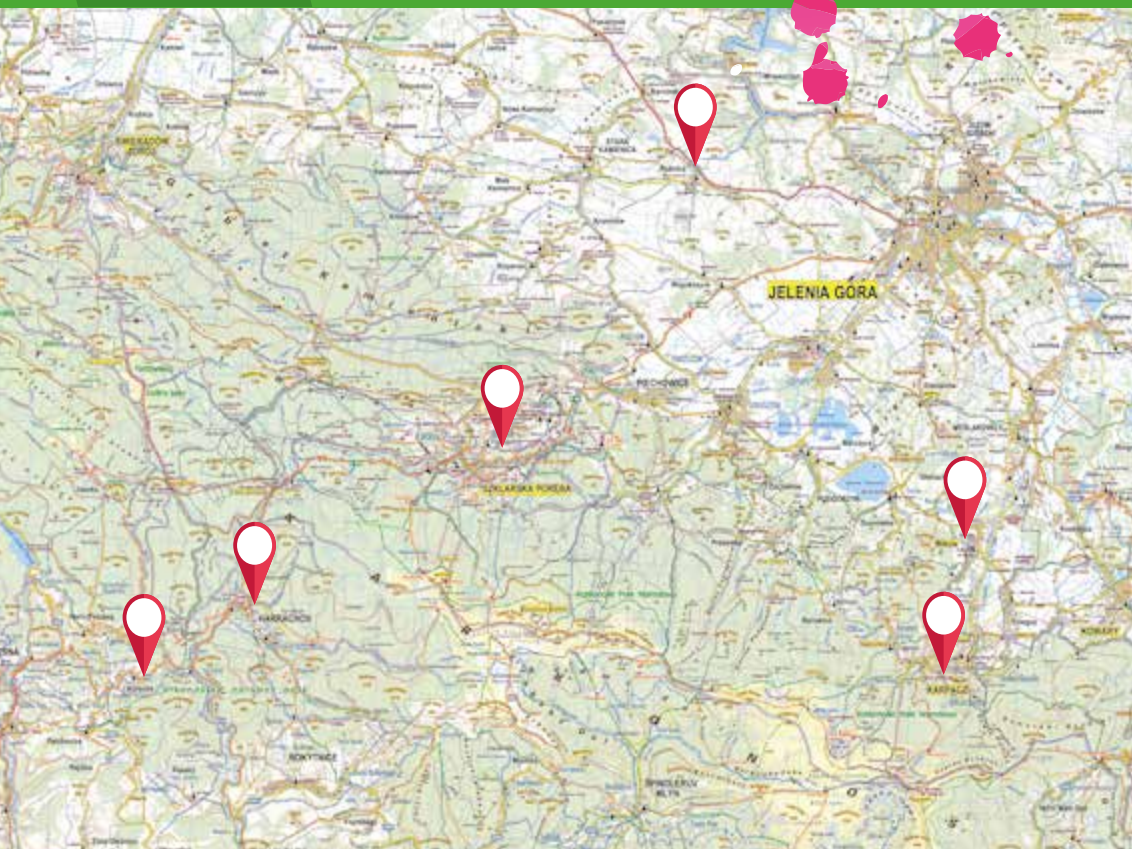
The Karkonosze region is very diverse in terms of topography, which gives you plenty of opportunities to enjoy a variety of sports. If, after bike riding, and visiting the most important places and monuments (in our opinion), you are still looking for something more, you can try some extreme entertainment. Motor sports are not only a challenge for adventurous people, but everyone can try them, in moderation and as long as safety rules are obeyed under the supervision of an instructor. The professionals from KSGRAN in Karpacz, and the Quasar Mountain School in Szklarska Poręba, have the equipment, knowledge and appropriate area to enjoy this sport. You can choose, depending on your tastes and expectations, between cross-country trips on snowmobiles or quad bikes, or you can experience really extreme moments on very difficult terrain, where you will have to use a winch. The route is full of steep hills, dangerous downhill rides, marshlands, mud and river crossings. Do you dream of off-road 4x4 driving and other extreme motor challenges? It's as simple as – put the pedal to the metal!



Adrenaline



Colourful entertainment



Having fun shooting things is a very old pastime, but paintball, in the form we know today, appeared only recently, in 1981. The equipment for this game was around in the 1950s, but it was used by the Forest Service to mark trees from a distance, as well as in agriculture to label cattle. In May 1981, three friends came up with the idea of a non-violent activity, taking the markers used for marking livestock, and using them instead for entertainment purposes. In the original version of the game 12 players took part, and the winner was not hit by a single shot. Since then, there has been a rapid development of paintball all over the world. Manufacturers, who make the appropriate equipment for the players, sprang up in many places, and rules and safety requirements were set. What was initially a game for individual enthusiasts, has evolved into a sport accessible to most people. In our region, the areas for playing paintball are in Rybnica, Szklarska Poręba, at Krucze Skały (Raven Rocks), or in Miłków. On the Czech side, paintball fields can be found in Vrchlabí, at the Holiday Park Lisci Farma, Harrachov, and Korenov.

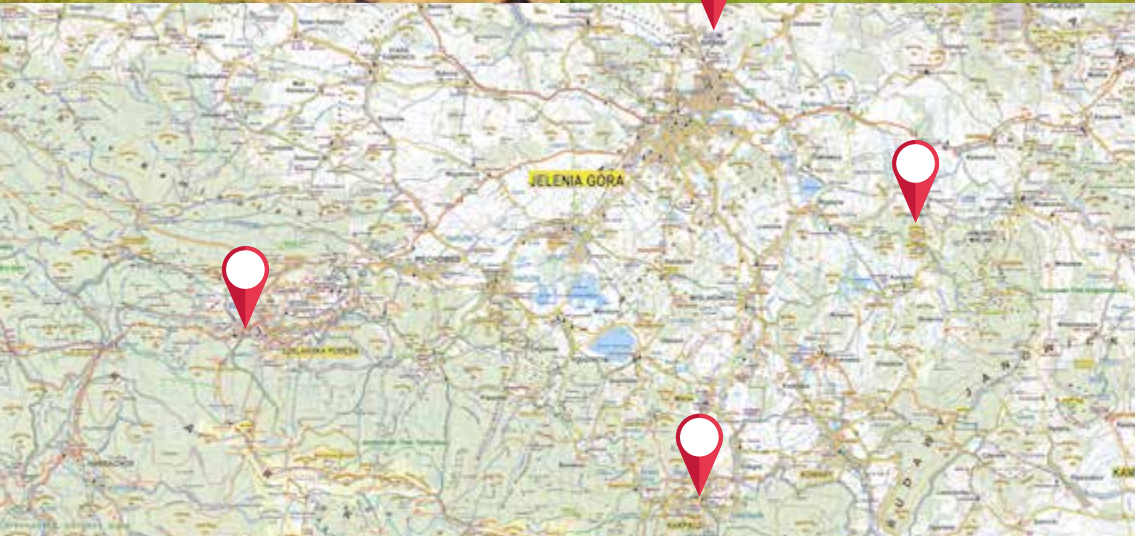


Active fun

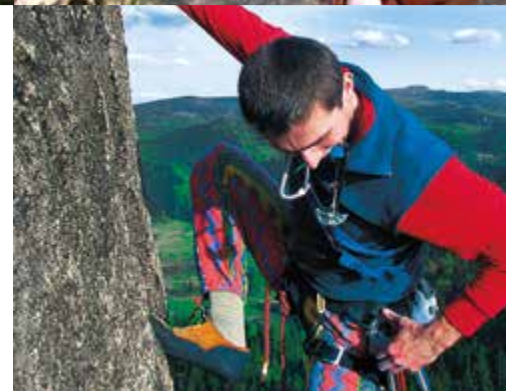


Conquerors

of the summits



Climbing to the top of a mountain is a lot of fun. Climbing up an inaccessible rocky peak, that is the real feat. Rock climbing, which in recent years has become increasingly popular, does not have to be a sport only for professionals. It can provide you with many unforgettable memories, and is relatively inexpensive in comparison to other sports. Apart from the equipment, there are no additional costs. The region, which includes the Karkonosze Mountains, Rudawy Janowickie, and the Izery Mountains is the cradle of many world-famous Polish climbers. This region has been explored by rock climbers since the mid-twentieth century, although the first sport climbing routes appeared only recently, in the 1990s. In the Karkonosze area there are several well-known places for climbing. The group of Krucze Skały (Raven Rocks), near Karpacz, and the rocks of the same name in Szklarska Poręba, are very popular and interesting. In some places the height of the rocks reaches up to 30 meters. Indoor climbing can be practised at Hala Wspinaczkowa Pochylnia in Jeźów Sudecki. There are more than 90 climbing routes of varying degrees of difficulty in the 300 m² facility. Everyone can climb here, beginners or advanced climbers, children or adults.



Climb to the top



Rock *playground*



Rudawy Janowickie is another great area for rock climbing. Here, you will find routes for beginners and very experienced climbers. Sokolik Duży and Sokolik Mały are quite popular spots. Nearby Sukiennice, Krzywa Turnia, and Jastrzębia Turnia are also gaining popularity. In the centre of Rudawy Janowickie you will find: Skalny Most (Rock Bridge), Piec (The Stove), and Starościńskie Skały (Starościńskie Rocks). Perfect places for climbing are also located in the area of Szklarska Poręba. Here, climbers will find the 18-meters high Piekelnik rock. Also, at Bobrowe Skały (Beaver Rocks) there is a choice of 60 climbing routes. In the area of Borowice a real challenge is available - you can climb up the practically vertical Szwedzkie Skały (Swedish Rocks). You should note that some of the best in this sport have practised here, like Wanda Rutkiewicz, the first European woman who climbed Mount Everest, and Krzysztof Wielicki. If you are climbing in the Karkonosze area you should contact the Quasar climbing school. Under the supervision of an instructor, you can try rock climbing, zip lining, the rope swing, or tightrope walking.





Competitive recreation



Rules concerning climbing are very similar on both sides of the Karkonosze Mountains. In order to protect nature, rock and ice climbing are forbidden in the Czech Karkonosze National Park, with the exception of a few places – Hnědle Rocks and Hranostaji Rocks in Strážná, Luboske Rocks near Harrachov, and Emina Kamene in the area of Přední Labská. These are the areas available for training throughout the year, but while climbing you must remember that these areas are protected. You can only climb during the day, from sunrise to sunset, and

you have to obey safety standards and use proper equipment. As it is not possible to climb directly in the Karkonosze Mountains, you should be aware of the fact that within less than 50 kilometres, there are two very attractive climbing areas – the rock cities Prachovské Skály and Adrspasské Skály. Relatively high and narrow towers form these fantastic rock cities. They offer the possibility of great classic climbs on walls and chimneys, across the full spectrum of difficulty.



Extreme fun





Skiing

and snow fun



The Polish part of the Karkonosze Mountains is only 28% of their total area, a major part of this is the protected area of the Karkonosze National Park. However, there are favourable conditions for winter sports here, appreciated by many skiers. Relatively heavy snowfall and a decent elevation make skiing possible in this area, even in April. In the Polish Karkonosze Mountains, there are two great ski resorts: Karpacz and Szklarska Poręba. Skiing enthusiasts who want to ski in Szklarska Poręba have almost 15 km of slopes and 14 ski lifts available. Most of them are located on the slopes of Szrenica. Tourists

who have decided to spend their winter trip in the area of Karpacz, cannot complain about the lack of infrastructure. Several small ski lifts and trails, suitable for learning, are located here. The largest centre is "Śnieżka", whose lifts reach the heights of 1350 m above sea level. There are eight lifts and some nice slopes for the skiers here. In the upper part of the town there is a station with the 6-passenger Winterpol chairlift, transporting skiers up Białe Jar, where three runs of a total length of 2500 m can be found. There is a convenient parking located nearby.

Winter sports



GPR tel. +48 601 100 300





Downhill ride

from the Łysa Mountain



In winter, the Karkonosze Mountains are not the only place where one can ski and snowboard. Not far from Jelenia Góra, in the Kaczawskie Mountains, are the slopes of Łysa Mountain, in Dziwiszów. The first ski lifts were built here in the mid- eighties, on the initiative of the extraordinary family of Mr. & Ms. Raźniewski - sports enthusiasts and educators of young people. There is also the ski school Aesculap, whose motto for over 40 years has been: „Education through the mountains for the mountains”. The school teaches children and young people downhill skiing, and activities are conducted in the

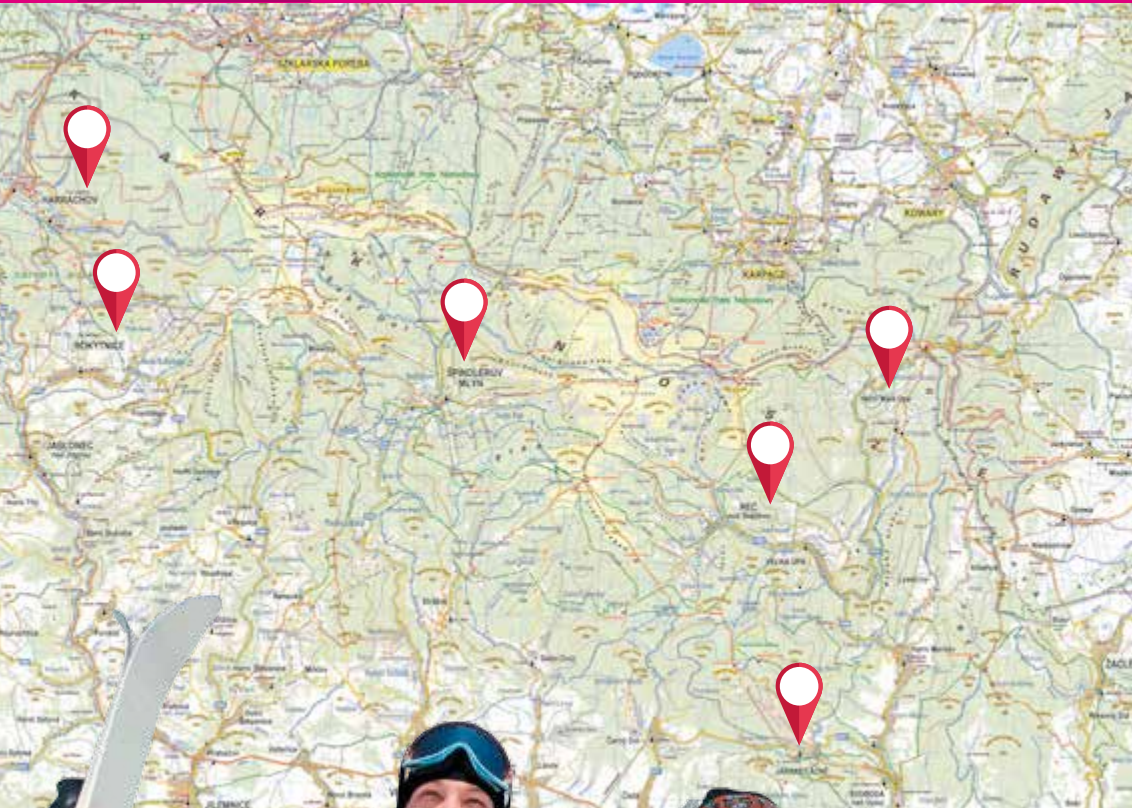
spirit of love of nature and respect for the mountains. Downhill skiers and snowboarders, as well as cross-country skiers and ski tourers can all find something interesting on the slopes in winter. Even the youngest snow enthusiasts can benefit from the ski training, enjoy the sled runs, and a lot of space to play at the Reniferowa Chatka (Reindeer Cottage). There are six lifts and a few runs that are always perfectly prepared, with a total length of over 4 km for skiers. The slopes are lit, so even in the late evening hours you can enjoy skiing. In the resort, there are four dining outlets serving delicious dishes.



Everybody can enjoy skiing



Czech *Karkonosze*



On the Czech side of the Karkonosze Mountains, and the Izery Mountains, there are eighteen well-functioning ski resorts. Harrachov is one of the most beautiful winter sports centres. Skiing on the Devil's Mountain will surely appeal to skiers of all skill levels, even to complete beginners. The Lanske Lazne has great infrastructure for skiing downhill, moreover it has a lot of attractions for families with children. You can reach the peak of Cerna Hora, by an eight-person cable car. The ski resort Paseky nad Jizerou, located in the western part of Karkonosze on the border with the Izery Mountains, can be recommended for those who are looking for a nice, family-friendly atmosphere. It is located approximately 5 km from the Rokytnice resort, and it is part of the so-called

„Skiregion.cz”. In the eastern part of the Karkonosze, just after crossing the border at the Okraj Pass, in the village of Mala Upa, you will find the ski resort SKIMU. This resort offers good conditions for skiing and snowboarding all winter long thanks to; its location at the bottom of the ski station, its elevation of over 1000 meters above sea level, the use of artificial snow, and the excellent work of the snow groomers. It's a very nicely situated place, which offers a panoramic view of the Czech Karkonosze Mountains including the highest mountain in the Czech Republic - Śnieżka. The resort is well prepared to host families with kids. There are 8 ski lifts here, and the total length of ski runs is 3590 meters. The difference in elevation is over 580 meters.



Horská Služba tel. 112

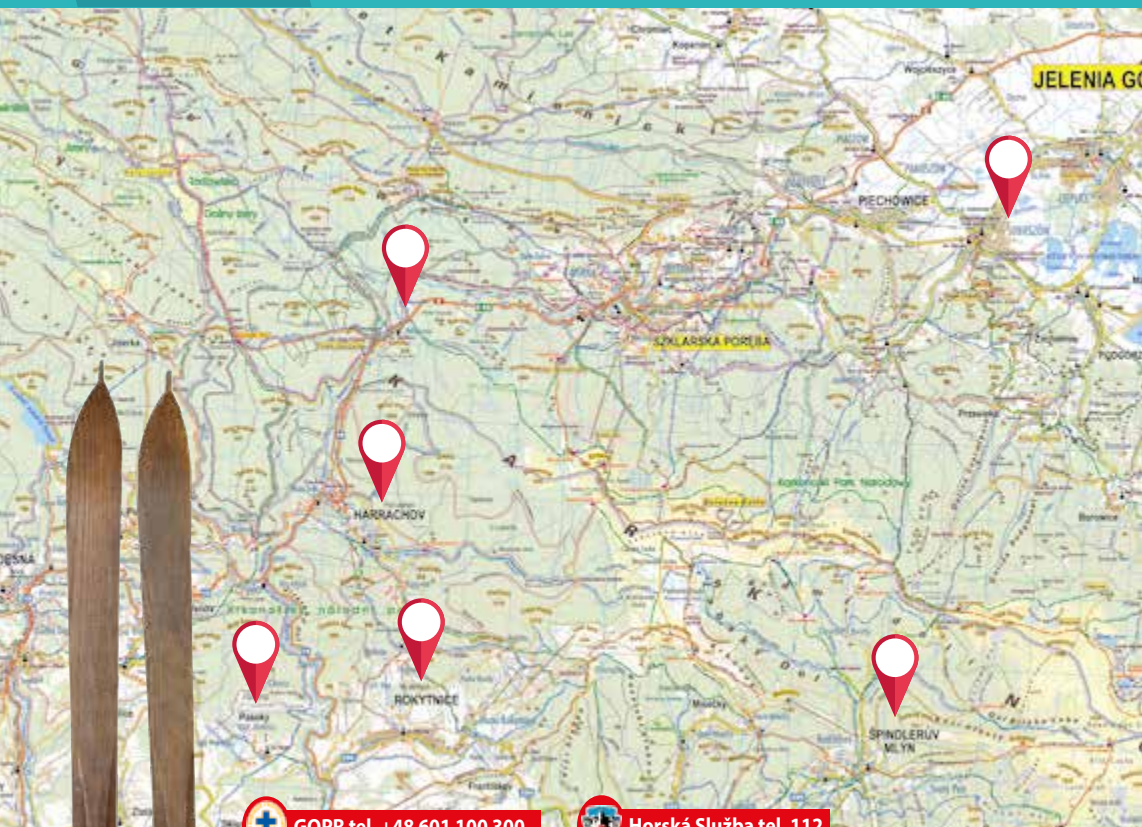


Active fun





ski *trips*

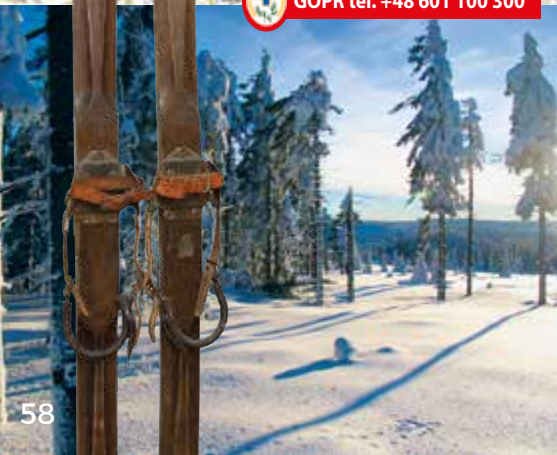


GOPR tel. +48 601 100 300



Horská Služba tel. 112

The Karkonosze area is one of the most treasured places to enjoy the majority of winter sports. You do not need to convince the fans of cross-country skiing - they know that they are in paradise. Large crowds of skiers are attracted by the extremely long snow cover (even until May) in some areas, and the excellent preparation of ski trails. There are wonderful conditions for this sport in Jakuszyce. It is easy to choose the length for your outing, from out of 100 km of trails. Some of them have the FIS stamp of approval (homologation certification). All the trails form a clover leaf-shaped loop and are connected to each other, giving the possibility of different combinations. On the Czech side, there are well-maintained ski trails around almost every winter resort. The total length of the trails is over 500 km. Many trails combine with the famous 71 km Karkonosze Mountains Ski Trail, which runs from the western part of the Karkonosze, from Harrachov, through Spindleruv Mlyn, Pec pod Snezkou and Mala Upa, east to Zacler.



*Everybody
can ski*





Going down *the mountain*



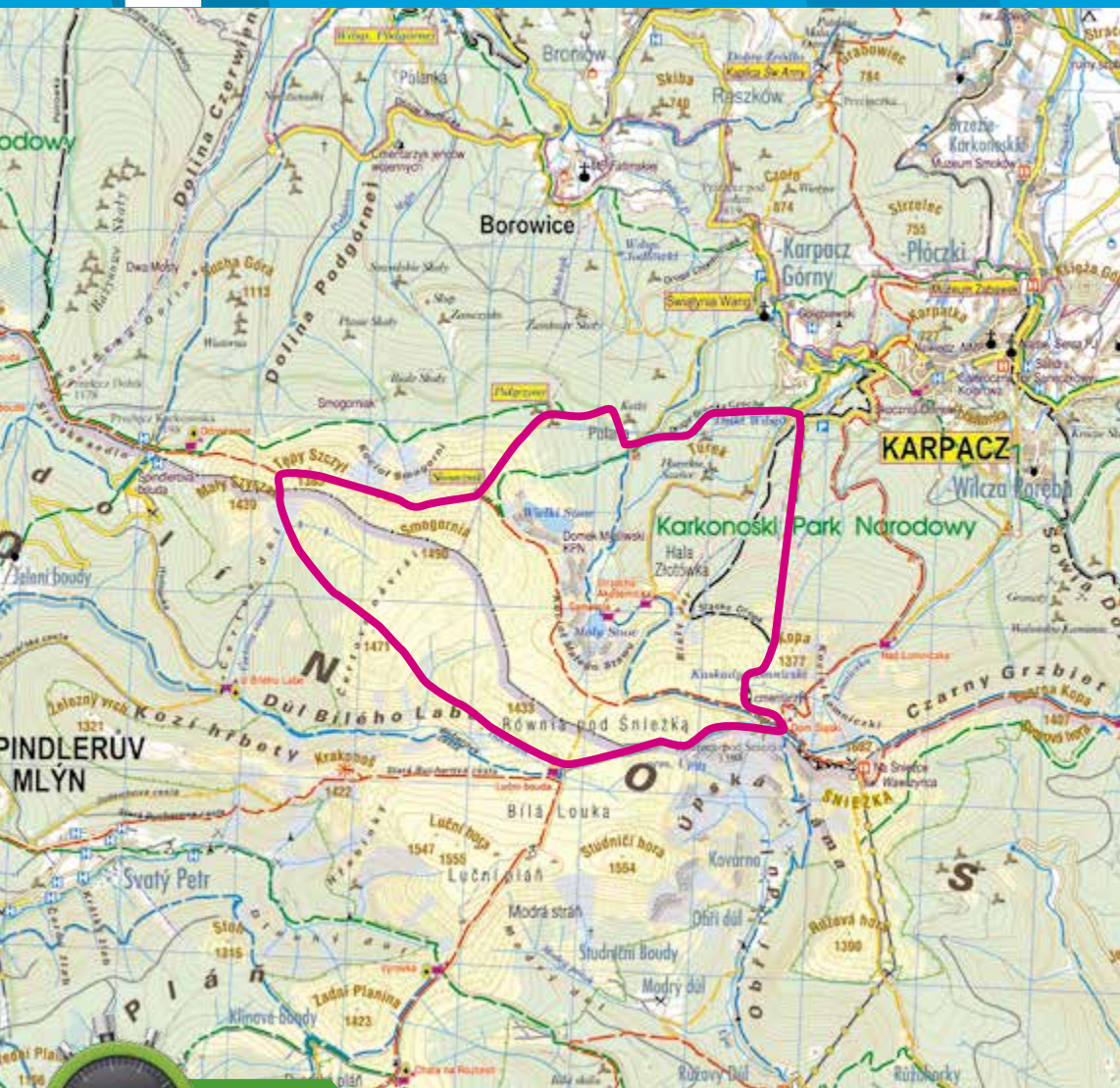
Family activity



In winter, we can sled down almost every hill in Karkonosze. This kind of fun, beloved by children, has a long tradition in our region. It used to be very popular to use the so-called horned sleigh. The first formal ride for tourists was organized in 1815. It took place on the 7 km long trail, from the hostel at the Okraj Pass, to the inn "At the Golden Star" in Kowary. The local passion for sledding has survived to this day. Examples of the horned sleigh can be admired in Kowary, during the annual "International Horn Sleigh Downhill Ride - The Grand Festival of Sleighs". A similar event is organized in Jagniątków.

In the Czech Karkonosze Mountains we can sled on a specially prepared 4 km route in Spindleruv Mlyn. A bus takes people who want to sled, to the top of the trail, where the sleds can be rented. Night skiing is available on the lit track from Tuesday to Saturday. Those of you who do not like sledding in the snow, can use specially prepared snow chutes, available all year-round in Karpacz, on the Kolorowa slope, or in the Esplanada Theme Park in Szklarska Poręba.

1 Snow-shoeing



Snowshoes are a must-have for those of you who dream about exploring the inaccessible winter pathways. The weight distribution to the bigger surface allows you to move through the deep snow without collapsing. It used to be basic equipment for mountain residents, who had to move in the areas with frequent and heavy snowfall. Nowadays, they are used mainly for recreation, allowing you to enjoy different forms of winter trekking. In the Karkonosze region there are some great trails worth exploring by snowshoes. One of the most beautiful begins from the summit of Kopa mountain, accessible by chairlift from the Górny Karpacz station. After leaving the lift station, you should go up to the Śląski House, then turn slightly right once you're on the Czech side, where you will reach the Lucni Bouda hut, along the blue trail. After a break for a pint of good Czech beer, and some knedliki, you continue on towards Mały Szyszak. The return journey takes the red trail by Słonecznik rock, and then the yellow one to Pielgrzymy rocks, and then further along the green one through Polana, to the lower lift station in Karpacz.



Kopa › Dom Śląski › Lucni bouda
› Pielgrzymy › Polana › Karpacz

2 Snow-shoeing



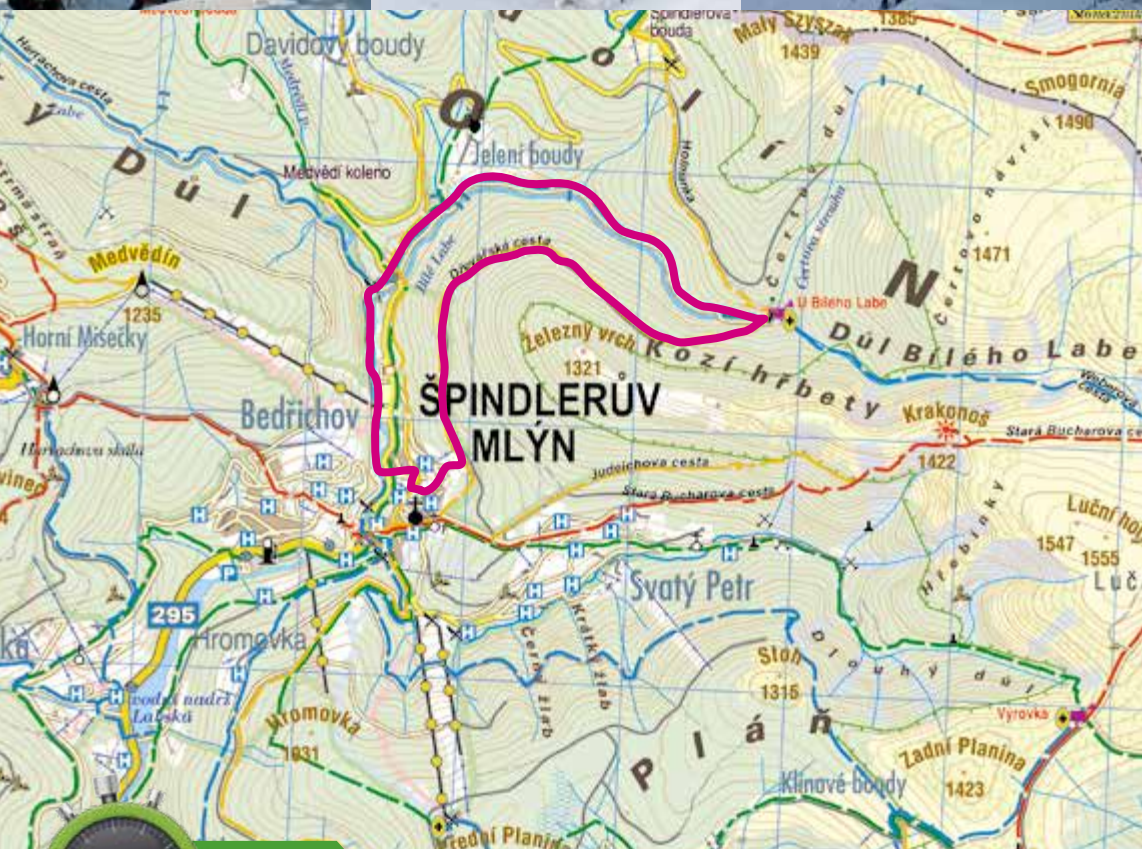
Another great winter snowshoeing tour begins at Szrenica. But before taking the chairlift to the summit, you should use the opportunity to visit the Karkonosze Centre of Ecological Education in Szklarska Poręba, located just at the bottom of the lift station. The exhibition "Virtual Mountains" awaits visitors- it is a large panorama and a 3D model of the Karkonosze mountains. In an interactive way they present, among other things; glacial cauldrons, bogs, fauna and flora, forests, natural phenomena, and the influence of humans on the mountains. In the workshop hall you can observe nature using binoculars. When you reach the top, turn left along the red trail and go in the direction of the radio and TV broadcasting station, which is visible, hanging just above the Śnieżne Kotły. Walking along the border after passing Twarożnik, turn to the Czech side towards the source of the

Łaba river and then continue to the Labska Bouda hut. The return journey will lead you again across the border to the hut "Schronisko pod Łabskim Szczytem". Then you should continue going down the yellow trail to Szklarska Poręba.



Szrenica › Twarożnik › Źródło Łaby
› Labska bouda › Szklarska Poręba

3 Snow-shoeing



If you want to fully explore the route on snowshoes on the Czech side of the Karkonosze mountains, you should go to Spindleruv Mlyn. The journey to this town does not take too long, regardless of whether we go from Karpacz or Szklarska Poręba. While going down the mountain, almost everywhere along the trail you can admire idyllic landscapes and stop to take a picture of mountain panoramas, which on a clear winter day look exceptionally beautiful. You should begin your snowshoe trek from the information point of the Karkonosze National Park (KR-NAP). Your goal is the U Bileho Labe hut, located in the middle of the wild, glacial, 7 km-long Bile Labe Valley. In order to reach this place, you should go along the yellow trail around Zelezny Wierch (1321 m), stretching over Spindleruv Mlyn. After two or three hours of marching, you should reach the height of approx. 1000 m above sea level and, on the banks of the river, you will see the hospitable hut, where you must taste the local culinary specialties and Czech beer.



In the Land of Snow



Spindleruv Mlyn › Zelezny vrch
› U Bileho Labe › Spindleruv Mlyn

1

Wandering



SZKLARSKA PORĘBA



Dino Park › Złoty Widok › Chybotek
› Chata Walońska › Dino Park



The trip starts from the car park of the Dino Park, on Muzealna Street in Szklarska Poręba. If you arrived by car, the vehicle can be left here, because you will also finish your hike here. The first point of the program is visiting the dinosaur park. They gathered dozens of reconstructions of these giant animals in their natural size, positioning them among the rocks and the hills in a huge forested area. The models of animals were made with unusual care, and give the impression that they are alive. This feeling is intensified by the fact that they are shown in dynamic poses, some are ready to attack their victims, who are hidden somewhere in the bushes. After calming the emotions you leave the park, and go along the blue trail to Złoty Widok (the Golden View), where you can admire the magnificent panorama of the Karkonosze mountains. Then, you pass the „Tomb of Karkonosze” and the unusual floating stone „Chybotek”. Going further along the black trail you reach the magnificent Szklarka waterfall, where you can take a few photos and relax for a while. Then you go towards „Chata Walońska” (Walloon Cottage) (see p. 32), and you will reach the campground Baza pod Ponurą Małą (Base under the Grim Monkey) where you continue along Hofman street towards the car park.



*Mountain
hiking*

2

Wandering

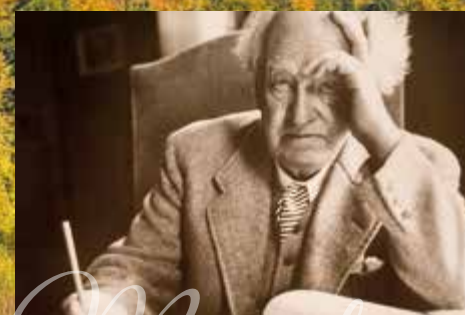


Jagniątków › Dom Hauptmanna › Żelazny Mostek › Żar › Zamek Chojnik › Sobieszów



Jagniątków – the beautifully situated village - will be the starting point for your next journey. At the beginning you will visit the unusual house of Gerhart Hauptmann, now a museum. This large villa and the surrounding park was once a favourite residence of the great German playwright and novelist, the Nobel Prize winner Gerhart Hauptmann, who lived here until his death in 1946. While visiting the museum you will find out that this region was also fascinating for the writer, and close to his heart, because of the magnificent nature of the Karkonosze. After leaving the museum, you will go along the blue trail leading to the so-called Żelazny Mostek (Iron Bridge), which then leads to another

point of the hike, the unusual Chojnik castle. If you want to take one of the most beautiful castle pictures it's worth turning left past the bridge, towards the Kopista Pass and hiking to the top of Żar mountain. The wonderful views of Chojnik castle and Jelenia Góra will wash away the fatigue from the climb. Then there is Chojnik castle itself - a defensive fortress built probably as early as 1355, by Bolko II - the prince of Świdnica-Jawor. After visiting the castle, you will go down in the direction of Sobieszów. If you turn on the black trail while going down, you will have the opportunity to get to Zbójckie Skály (Zbójckie Rocks), interesting granite rock formations.



Mountain hiking

3

Wandering



Piechowice › Muzeum Energetyki
› along Kamienna river › Wodospad Szklarki



One of the most beautiful waterfalls in the Karkonosze mountains, photographed countless times by tourists every day, is located on the Kamienna river, which flows alongside the E65 road leading from Piechowice to Szklarska Poręba. The Szklarka Waterfall is a beautiful cascade, spiralling and tapering downwards to end its "dance" in a small stone lake. Due to its favourable location, this more than 13 m high waterfall, which is the second biggest waterfall in the Karkonosze mountains (after Kamieńczyk), is a goal of almost every tourist. To access this interesting mountain attraction, you can start from

Szklarska Poręba. Then, you can visit The Museum of Power Engineering, which is located in the building of the old hydro-power plant. The oldest of the nearly 600 exhibits dates back to 1900. Many of the old devices, such as electricity meters, transformers, generators, etc have survived to this day, still working efficiently. The second route to reach the waterfall leads from Piechowice. We suggest that you start in Julia glassworks (see p. 28), where you will have the opportunity to observe all stages of the production of crystal glass, which involves up to 70 employees.

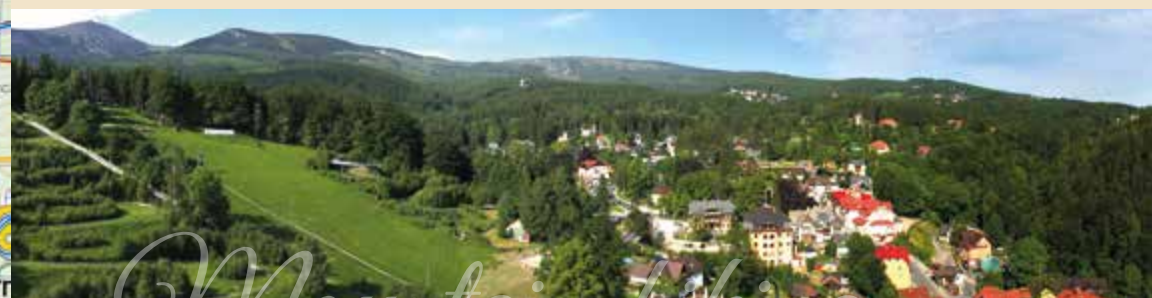
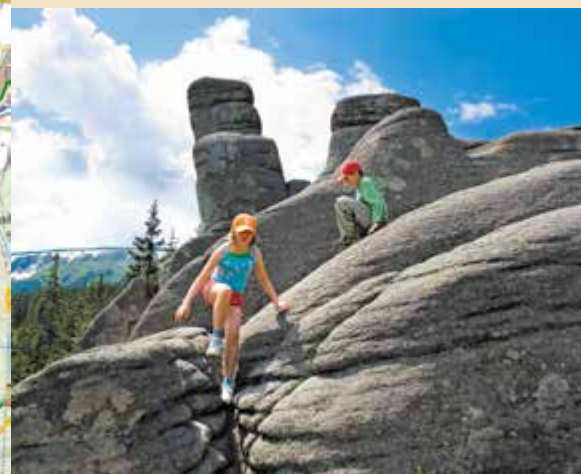


Mountain hiking

4 Wandering



This beautiful trail around Wielki Staw and Mały Staw (the Great Pond and the Small Pond) is one of the most popular hikes in the Karkonosze mountains because of its scenic beauty. To make the day full of surprises, you can begin this trip a bit unusually, from the Museum of Toys in Karpacz. The museum contains a wonderful exhibition of toys from the private collection of Henryk Tomaszewski, the founder of the Wrocław Puppet Theatre. The next point of the journey is the unusual wooden Wang Chapel from Norway, which was moved to Karpacz in 1844, on the order of the King of Prussia – Frederick Wilhelm IV. The next points of interest on your hike are the Pielgrzymy rocks and Słonecznik rock, and from there you move along the red trail which extends over the edge of Wielki Staw and Mały Staw, in the direction of the Spalona Strażnica (Burnt Watchtower). After such a long hike you will certainly need to have a rest. You can choose from the following hostels situated along the route: The Strzecha Akademicka or the picturesque Samotnia, on Mały Staw (Small Pond). Continuing along the blue trail will take you to Domek Myśliwski, then Polana, where following the Bronek Czech Way you will finish in Górny Karpacz.



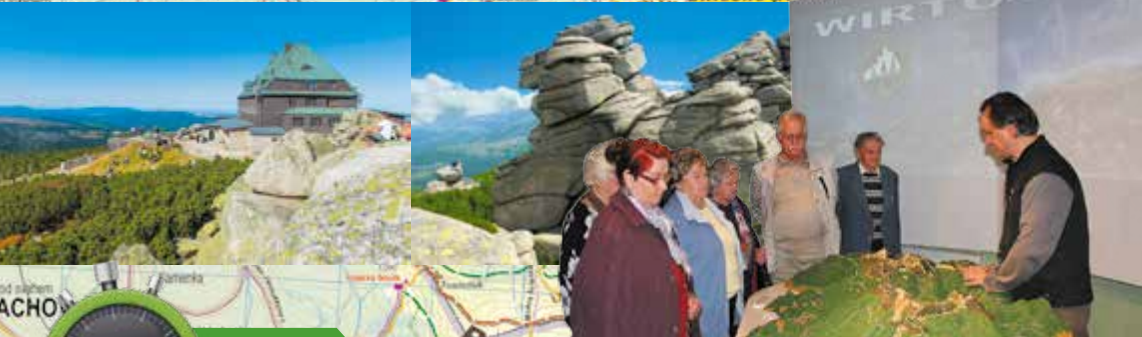
5.5h **17 km**

Karpacz Muzeum Zabawek › Świątynia Wang
› Samotnia › Strzecha Akademicka › Wielki Staw
› Pielgrzymy › Słonecznik

Mountain hiking

5

Wandering



Conquering the peak of Szrenica, located 1362 m above sea level, is a real mountain adventure and a challenge for every traveller. Many trails can lead you to this beautiful mountain, but we offer you one, during which it will be impossible to get bored, and additionally, you will broaden your knowledge of the nature of the Karkonosze mountains. You will start your trip with a visit to the Karkonosze Centre of Ecological Education KPN in Szklarska Poręba. This virtual introduction to the real trip will allow you to understand the many aspects of the forest ecosystem of the Karkonosze mountains: the floors of the lower montane, the upper montane and the

subalpine one. You will learn not only about examples of flora and fauna, but you will also find out about the process of the reconstruction of post-disaster areas. After leaving the centre, you will go along the black trail toward Kamieńczyk Waterfall, one of the most beautiful in the Karkonosze mountains. It is worth relaxing here for a short time and taking some photos. After the break, you will go in the direction of "Hala Szrenicka". Before reaching the peak of Szrenica you will pass the fantastically shaped rock formations "Końskie Łby" (Horse Heads) and "Trzy Świnki" (Three Piggies).

Mountain hiking



Szklarska Poręba Centrum Edukacji KPN
 › Wodospad Kamieńczyka › Hala Szrenicka
 › Szrenica

6 Wandering



Bank Genów Jagniątków › Droga pod Reglami
› Paciorki › Czarny Kocioł Jagniątkowski



Here is another recommended full-day hiking trip. While wandering through the forests of the Karkonosze mountains, you will acquire knowledge about the natural surroundings of Jagniątków, as well as about the local forest ecosystems. On the road leading from the lowest plant floor, twenty information points are prepared for you. At the beginning of the trip you will get to know what is protected in the famous so-called "Żywy Bank Genów Jagniątków" (The Living Gene Bank) in Jagniątków. Continuing your hike, you will be able to get a closer look at the upper and lower montane zones, the forests, and the subalpine forest floors. It is possible

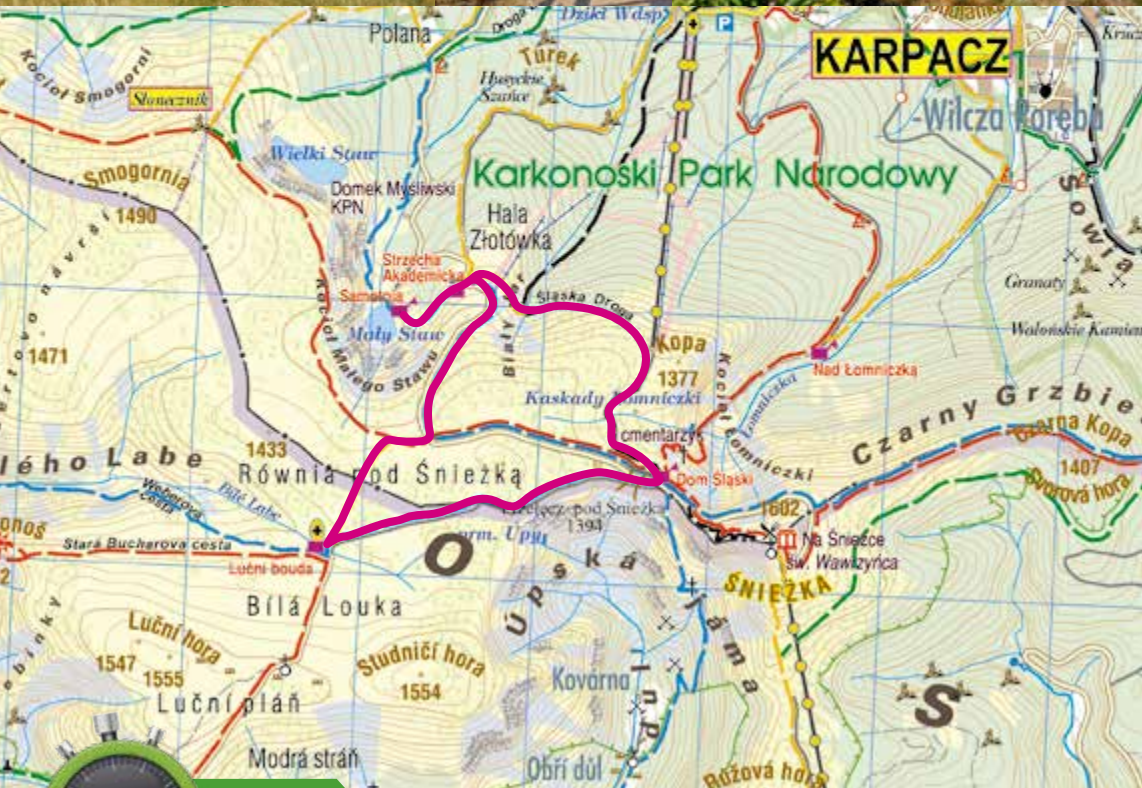
to observe the changes brought about by the actions of man, which resulted in an ecological disaster that affected the Karkonosze mountains in the 1980s. Passing the Paciorki rocks you will see enormous areas where trees were uprooted and felled by the wind. You will have a perfect view of Czarny Kocioł Jagniątkowski, Śnieżne Kotły, and Szrenica. After crossing the upper edge of the forest you will be in the subalpine floor with its characteristic dwarf pine. Going further towards the border you will notice clumps of peat. After passing the Czarny Kocioł you should follow along the return trail to Jagniątków.



Mountain hiking

7

Wandering



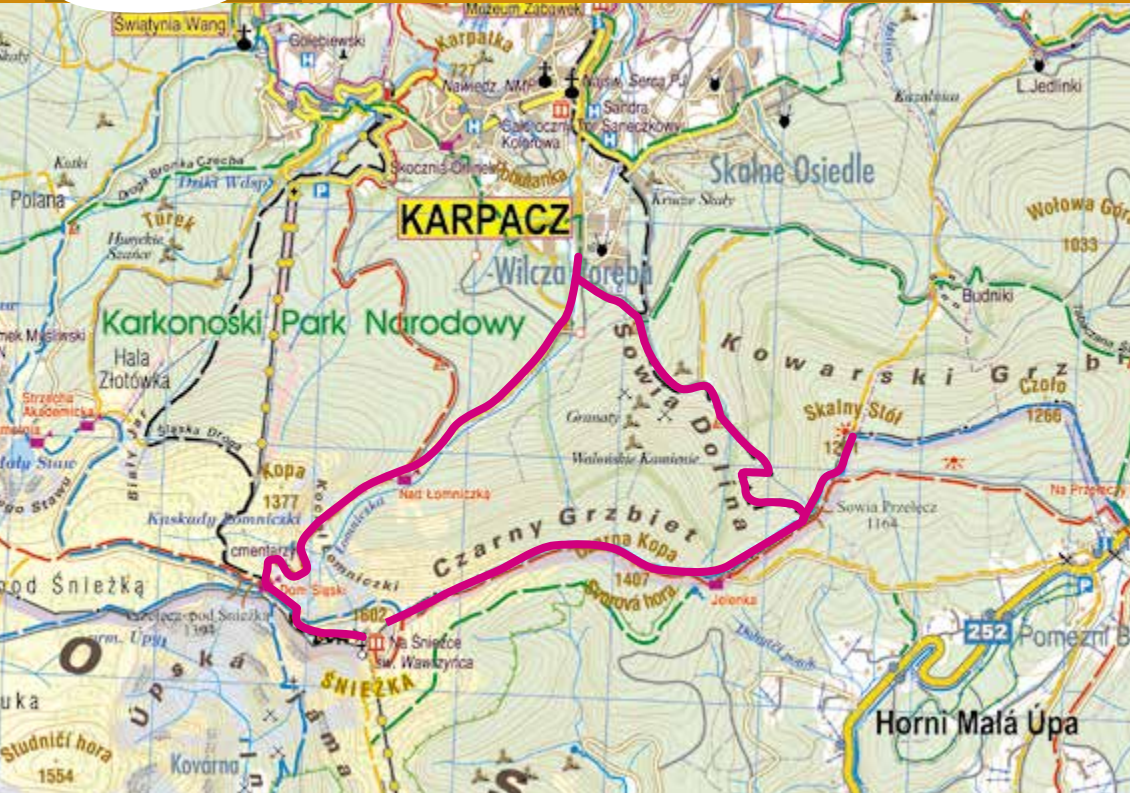
Samotnia › Strzecha Akademicka › Biały Jar
Dom Śląski › Równia pod Śnieżką
› Lucni bouda

For all those who dream about going back a few million years in time, we invite you on an educational expedition under the name "in search of the ice era". During this extraordinary trip through time you will learn a lot about the interesting natural elements on both sides (Polish – Czech) of the Karkonosze mountains. There are 9 information stops planned on the trip: 4 on the Polish side, and 5 on the Czech side of the Karkonosze mountains. We will find out what traces have been left by the glaciers that once covered the Karkonosze mountains. The trip starts from Samotnia hut and continues along the blue trail to Akademicka Strzecha. Going further through Biały Jar, you will pass the site of the greatest avalanche disaster in the Karkonosze mountains, which happened in 1968 and resulted in 19 victims. Getting to "Równia pod Śnieżką", you will be able to enjoy the greatest subalpine complex of peatlands in the Karkonosze mountains, with an area of approx. 30 hectares. By the huts, "Dom Śląski" and "Lucni Bouda", you will get to know the most important facts about the history of man's development of the Karkonosze mountains. There was once a trail connecting Śląsk and the Czech Republic here. The best time to visit: from May to September.



Mountain
hiking

8 Wandering



Geotourism is a type of knowledge-based tourism based on getting to know the local nature and geological processes. One of the more interesting tours of this type, with 14 information points prepared, takes place in the eastern Karkonosze mountains. The expedition starts at the Information Centre of the Karkonosze National Park, in Karpacz. You can admire characteristic landforms on the touchable three-dimensional model, and watch animations about their origin. It is also worth seeing Karkonosze minerals here. There is a herbs and shrubs garden with over 100 species of medicinal plants, which used to be used by herbalists. After leaving the centre you should go along the yellow trail leading to Łomniczka hut, then, following along the red trail through Kocioł Łomniczki, you reach the Przełęcz pod Śnieżką. From there you go to the top of Śnieżka. After a break at the summit, you will hike to Sowia Przełęcz, then to Skalny Stół, and then back to Sowia Przełęcz, where the black trail through Sowia Dolina will lead you to Karpacz.



Centrum Infomacji KPN w Karpaczu
 › Schronisko nad Łomniczką › Śnieżka
 › Skalny Stół

Mountain hiking



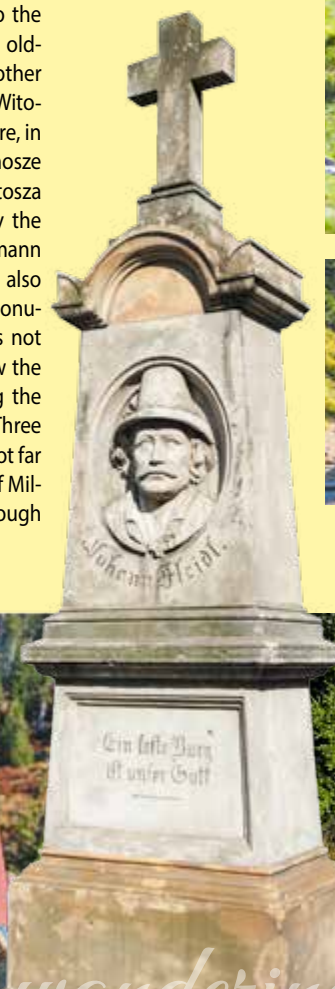
1 Nordic walking



4,5h 13 km

Cieplice › Stanisław › Krzyżowa Góra
› Łomnica › Jelenia Góra

The trip starts in Jelenia Góra–Cieplice, then you have to go down Krośnieńska street in the direction of Stanisław. The road from Cieplice will lead you to the center of Stanisław where you will see one of the oldest churches in the Jelenia Góra Valley. On the other side of the street there are stairs leading to Góra Witosza (Witosza Mountain). It is a great viewpoint, where, in good weather, you can see a fragment of the Karkonosze mountain range and the Izery Mountains. Góra Witosza was made famous in the seventeenth century by the prophesying and levitating visionary, Hans Rischmann - the "German Nostradamus". The mountain was also made famous in 1901, when at the very top, a monument of Chancellor Bismarck appeared, but it has not survived to present times. From Witosza you follow the green trail in the direction of Mysłakowice. Along the way, you pass Krzyżowa Góra with the Cross of the Three Prussian Kings, from the year 1874. From here it is not far to the Miniature Park (see p. 36) and the Museum of Military Equipment. You head back to Jelenia Góra through Łomnica and along the pedestrian-cycling path.



Mountain wandering

2 Nordic walking



You may wish to walk the pleasant and not too demanding forest loop from Karpacz to Borowice and back, starting with a visit to the wooden Wang Chapel. In the churchyard cemetery you will find the graves of two prominent Polish artists: Henryk Tomaszewski – the founder of the Wrocław Mime Theatre, and Tadeusz Różewicz – the poet and novelist. You will go further along the main road leading to the area of the Karkonosze National Park (the blue trail) then turn right along the yellow trail, which will take you to Borowice. Since ancient times, Borowice has been recommended to people suffering from nervous disorders, exhaustion and burnout, frail physique and during convalescence. Therefore, walking through the forest you should make sure to take long, deep breaths. You can return to Karpacz by following the green trail.



Mountain wandering

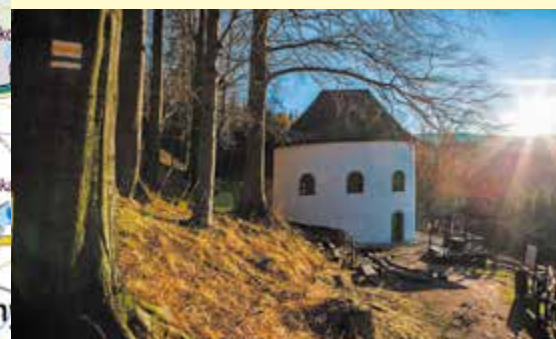
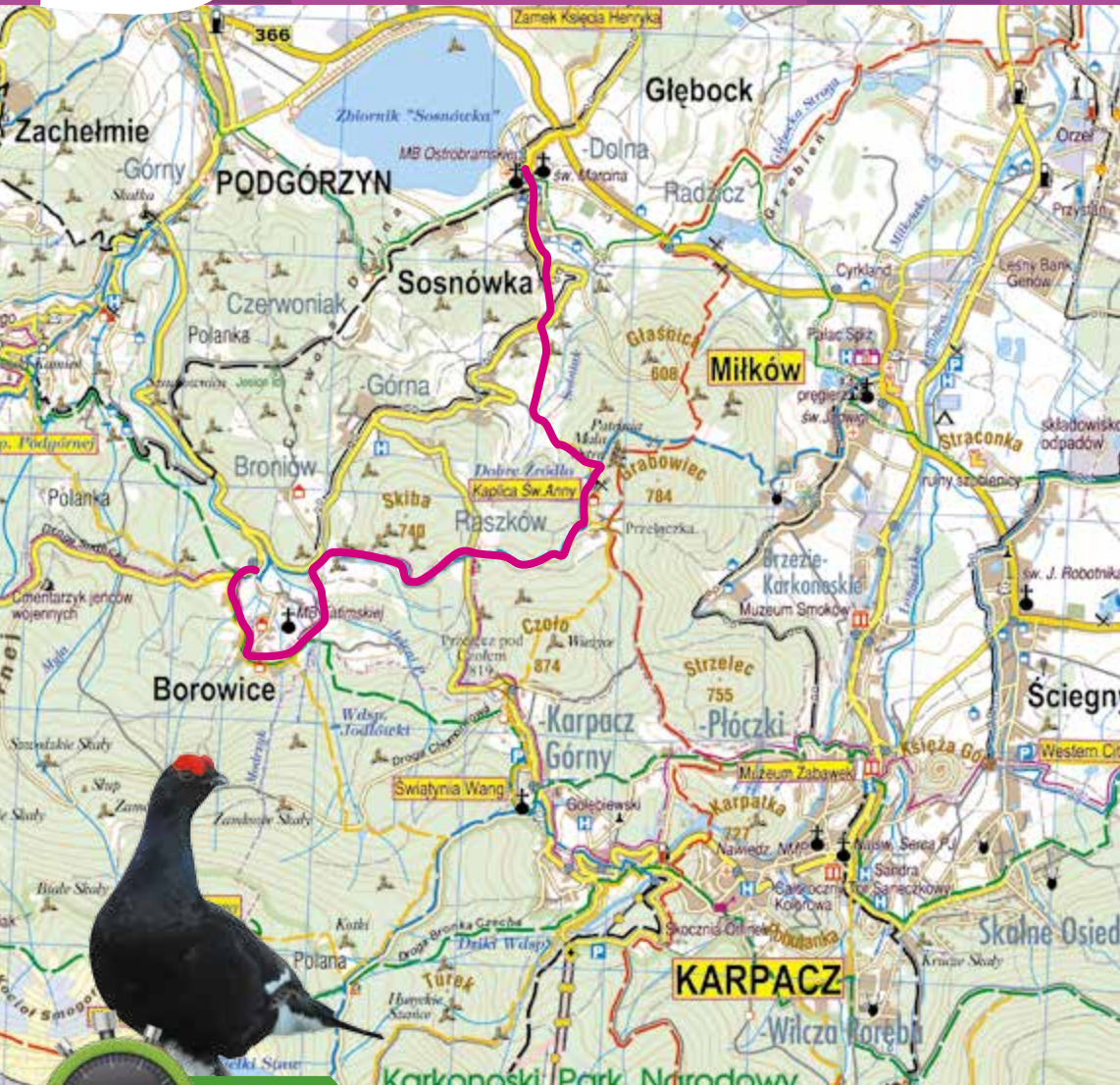


Karpacz Górny › Świątynia Wang
› Borowice › Karpacz Górny

3 Nordic walking



Mountain wandering



Wandering the lower areas of the Karkonosze mountains you should make sure to visit the Kaplica św. Anny (Chapel of St. Anna), located on the western slope of Grabowiec, and the nearby miraculous spring, Dobre Źródło. To achieve this goal you leave from Borowice and walk along the blue trail. You will reach the chapel after about two hours. This building was built in the thirteenth century, on a site always visited by pilgrims. The altar in the chapel is located directly over the source of the spring, but the water also flows outside the church. Legend says that whoever takes water from the spring and runs seven times around the chapel, holding the water in their mouth, will experience happiness in love. You will then follow the yellow trail in the direction of Sosnówka, where at the end of the trip you can enjoy some tasty trout in one of the numerous local fish-bars.



Borowice › Grabowiec
› Kaplica Św. Anny › Sosnówka

4 Nordic walking



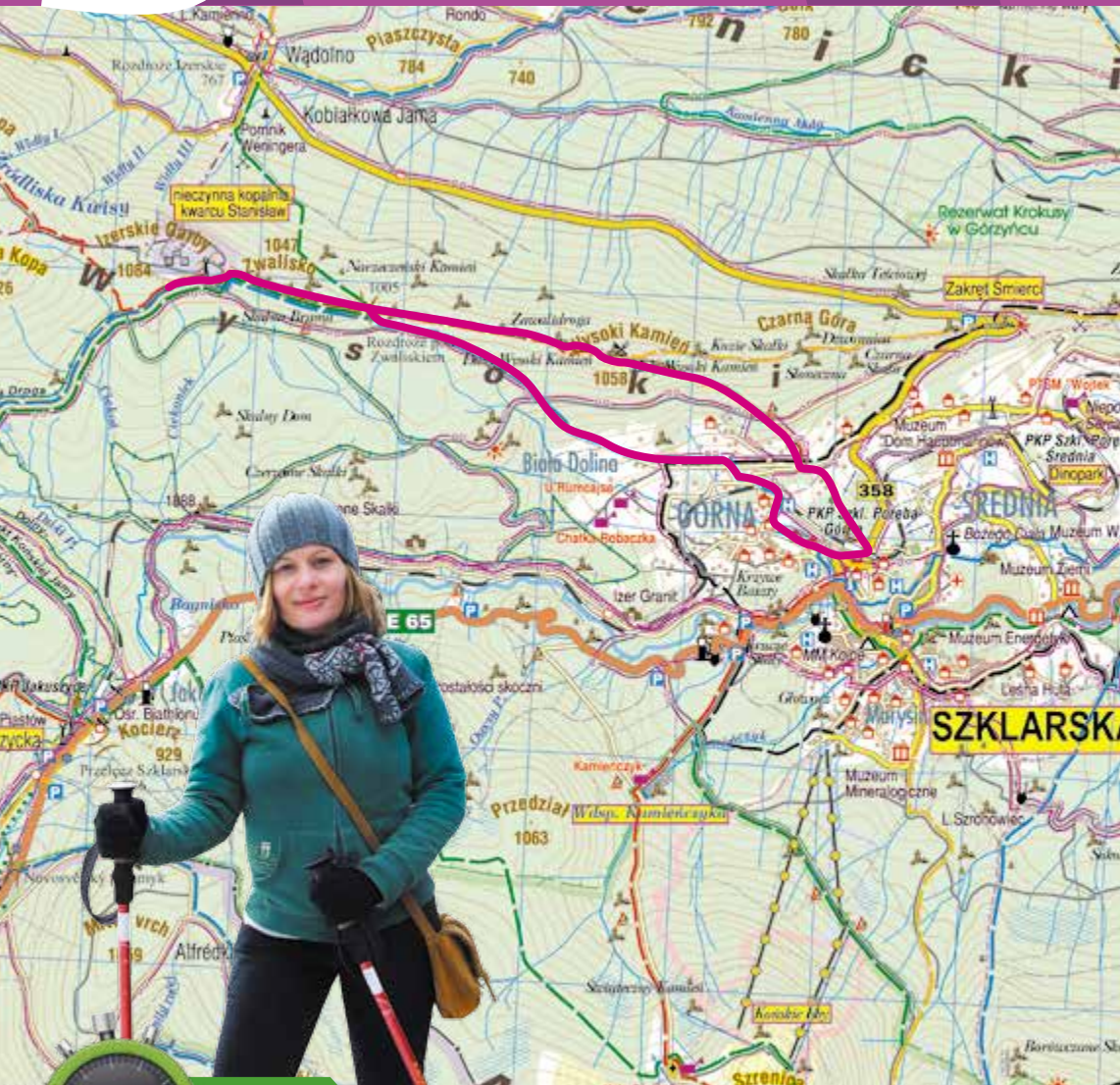
Szklarska Poręba › Wodospad Kamieńczyka
› Szklarska Poręba

The Kamieńczyk waterfall is one of the largest attractions in the Karkonosze mountains. The waters of this mountain stream fall from the height of 27 meters. The charm and the fabulous climate of the Kamieńczyk gorge was appreciated by Andrew Adamson – the director of the British production „The Chronicles of Narnia: Prince Caspian”. You can get there from the centre of Szklarska Poręba, walking along the red trail next to the former glassworks. You can relax and have a meal at the hut near the waterfall. Return the way you came until you reach the intersection with the green trail. After about a kilometre on the green trail you will turn left, cross the ski trail, and then follow the yellow trail leading to Łabski Szczyt (Łabski Summit). After that you will head down towards the city centre. The route is considered easy.



Mountain wandering

5 Nordic walking



While staying in Szklarska Poręba it is worth hiking to the hut, Wysoki Kamień (High Stone), and the „Stanisław” mine. You can choose the railway station as a starting point, and follow the red trail. Wysoki Kamień is one of the most beautiful places in the Sudety. You can enjoy the views of the Karkonosze and Kaczawskie Mountains, Rudawy Janowickie, the Izery Mountains, and Jelenia Góra. The first wooden shelter at the top of Wysoki Kamień was built in 1837. A few years later, the Prussian king Friedrich Wilhelm IV visited here. In 1875 a wooden view tower was built next to the shelter. After a fire in 1882 the shelter was rebuilt, but after World War II it was destroyed and fell into ruin. By 1963, there were no buildings left here. The present building was built by Józef Gołba, a resident of Szklarska Poręba. The construction took twelve years. From Wysoki Kamień it is simple to reach „Stanisław” quartz mine. This mine is located higher than any other in Central Europe. You should start on the green trail and then switch to the blue trail to get back to the city.



Szklarska Poręba › Wysoki Kamień
› Kopalnia Stanisław › Szklarska Poręba

Mountain wandering

6 Nordic walking



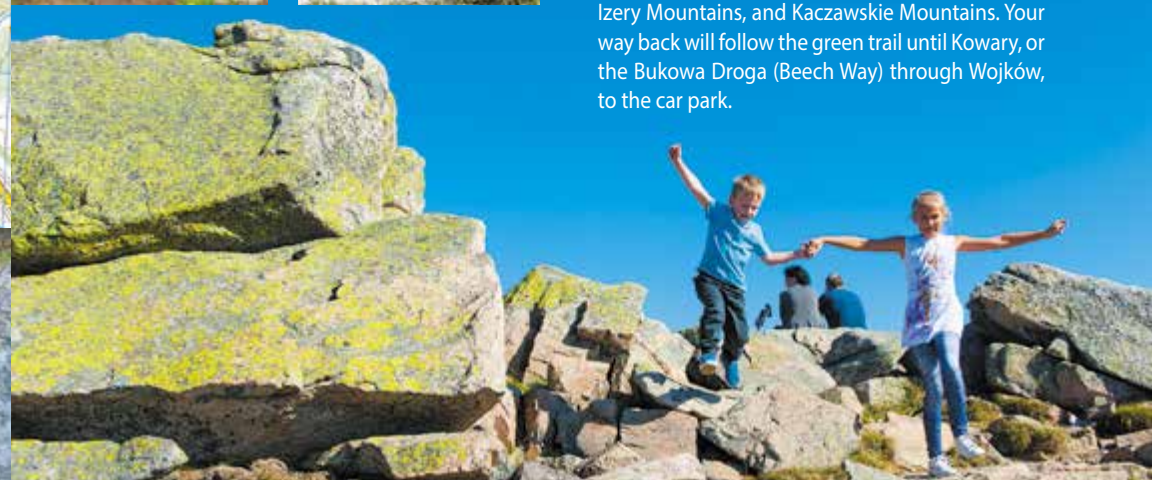
Kowary › Wojków › Przelęcz pod Średnicą
› Kamienna Ławka › Mała Ostra
› Bukowa Droga › Wojków › Kowary



Mountain wandering



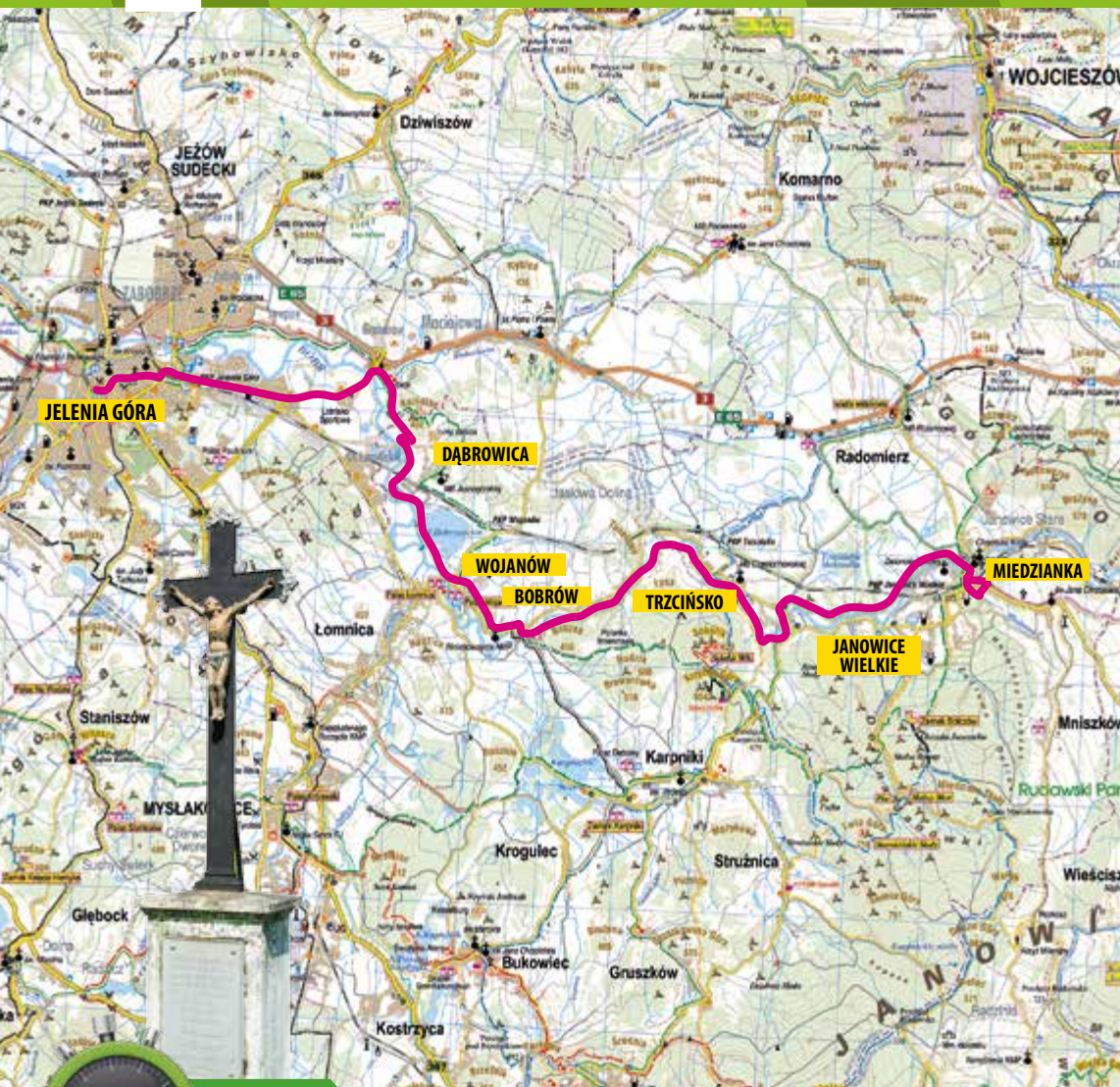
For this trip you have a choice between a longer version, and one that is shorter. For the longer hike, you start from Kowary (see p. 36) and go through Wojków, where you will reach Przelęcz pod Średnicą, with a car park. Focusing on the shorter version, you can travel by car to Przelęcz pod Średnicą. From here you enter the forest, taking the red trail. The path is comfortable. You will encounter interesting, old stone signposts, and many interesting rocks with old inscriptions. The road will lead us to the so-called Kamienna Ławka (Stone Bench), located at a crossroads. The comfortable sitting area and fireplace encourage us to spend some time in this area. Continuing your trip in the direction of Skalniki, you will reach the rocks called Mała Ostra. There is one of the most beautiful viewpoints in the Sudety here, with a wonderful view of Rudawy Janowickie, Karkonosze, the Izery Mountains, and Kaczawskie Mountains. Your way back will follow the green trail until Kowary, or the Bukowa Droga (Beech Way) through Wojków, to the car park.



1

Biking

is my life



This cycling route is one of the most scenic trails in Jelenia Góra. You can use the euro-regional cycling route ER-6, which is marked on the ground with painted squares, coloured white and green, and the name of the trail. It is an easy route, recommended for family trips, and the asphalt surface is suitable for every kind of bike. Following the river upstream, through Dąbrowica, Łomnica, Wojanów, Bobrów and Trzcianko, you will reach Janowice Wielkie. The mountainous riverside landscape here is very diverse. You will be surprised all the time by breath-taking views, as well as by all of the places worth visiting, such as palaces and castles (see p. 18). It is just one kilometre from Janowice Wielkie to the famous village of Miedzianka. It is worth it to see the place connected with the history of mining uranium – a town where all that's left is a church, a cemetery, a few buildings ... and a reincarnated brewery.

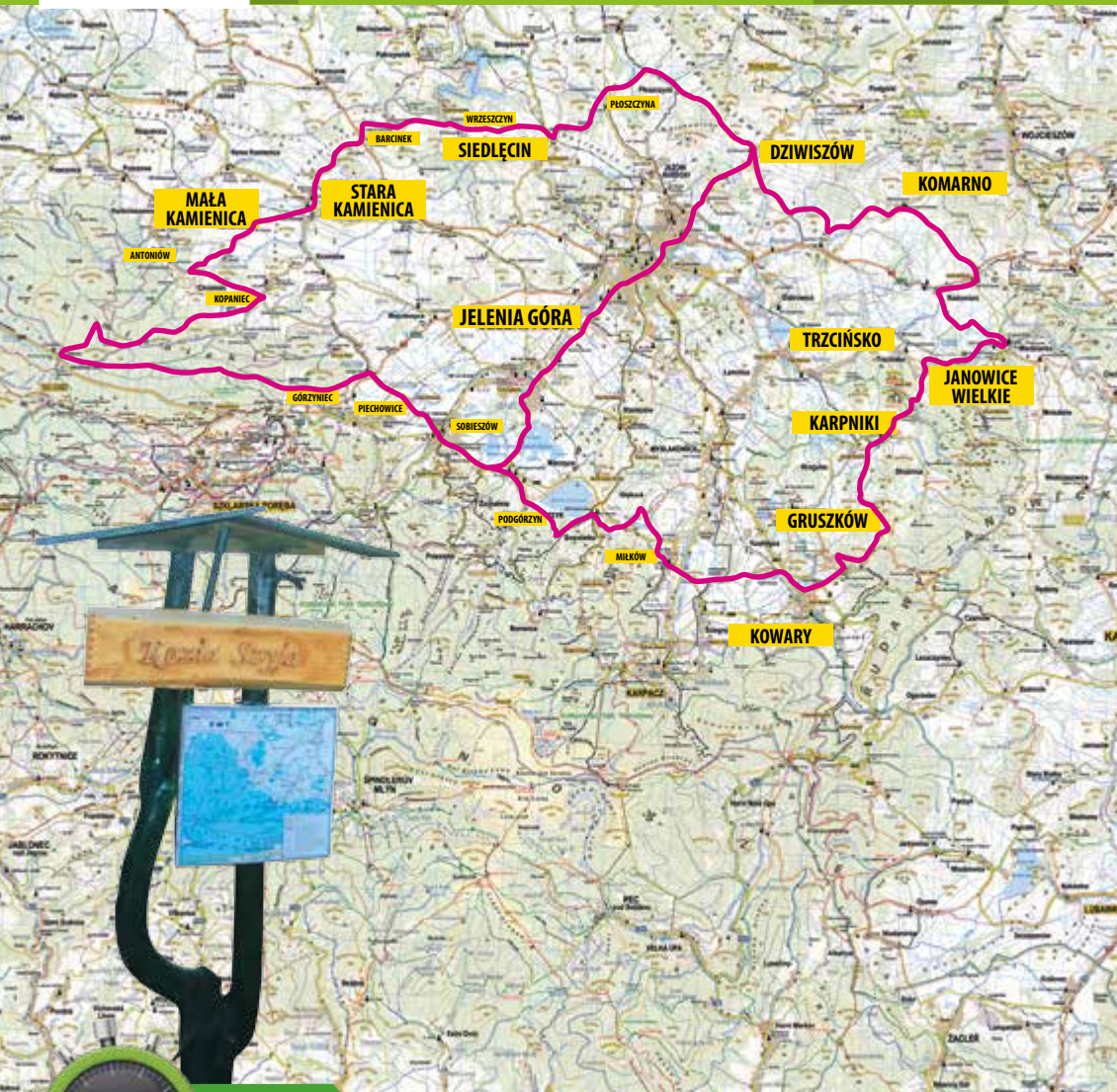


Bike expeditions

4,0h 43 km

Jelenia Góra › Dąbrowica › Wojanów › Bobrów › Trzcianko › Janowice Wielkie › Miedzianka
(the return along the other side of the Bóbr river)

2 Biking *is my life*



The Jeleniogórska Ring road is a demanding, and very diverse route. For the most part, it leads along asphalt roads, but there is also a gravel section for about 20 kilometres. The path leads through the suburbs of Jelenia Góra. There is no shortage of climbs, some more demanding than others, and downhill rides, but there are also many places with excellent panoramic views along this route, such as; the view from Wojków, the observation tower in Radomierz, the view from Komarno, Płoszczyna, Kozia Szyja, the view of the Sosnówka reservoir, and the view from Ściegny. This route leads through two nature parks, and at its highest point takes you through the forests of Kamienicki Grzbiet. This route can be divided into two stages, each of which will start and end in Jelenia Góra. It allows you to plan two separate loops: eastern and western.



Bike expeditions

9,0h 98 km

Kowary › Gruszków › Karpniki › Trzcínko › Janowice Wlk.
› Komarno › Dziwiszów › Płoszczyna › Siedlęcín
› Wrzeszczyn › Barcinek › Stara Kamienica
› Mała Kamienica › Antoniów › Kopaniec › Górzyniec
› Piechowice › Sobieszów › Podgórzyn › Miłków › Kowary

3

Biking *is my life*



Miedzianka should be the starting point of this route, as these are the remains of an old mining town, with about 700-years of history. Between the wars, it was the smallest town in Prussia, and one of the three highest situated towns. From Miedzianka you will go to Mniszków, where you can see a historic villa from the early eighteenth century. You will ride through Gniewczyce, where all that's left are some ruins, and continue to follow the yellow trail. Going further you will get to Hala Krzyżowa, which, at the beginning of spring, is covered with flowers. Passing through Rędzina and Czarnów, you will get to Wojków, and then to Bukowiec, and after passing through Krogulec and Karpniki you will reach the Karpnicka Przełęcz. (see page 46-49). Then you will have a 9-km ride in Rudawy Janowickie, and you will finish in Janowice Wielkie. This can be a challenging tour because of the dirt and gravel roads.

6,0h 40 km

Miedzianka › Mniszków › Rędziny › Czarnów
› Kowary › Bukowiec › Krogulec › Karpniki
› Janowice Wlk. › Miedzianka



4 Biking *is my life*



Choosing this route is a good option for a Sunday afternoon. You will leave Jelenia Góra and go in the direction of Łomnica taking the bicycle path. At the beginning you can choose the trail labelled in red, then you enter the forest where you have to ride until you get to the so-called Droga Królewska (Royal Way), labelled in yellow. You continue through Krogulec, Karpniki (see p. 18), the Karpnicka Przełęcz (see p. 46), to Trzcianko, and after crossing to other side of the railway tracks, at the bus stop, you should go in the direction of Maciejowa. At the intersection of dirt roads, we suggest that you pay attention to the old granite signpost, which is marked with arrows and you can read the sign to Eichberg, meaning Dąbrowica. You will finish your trip in the eastern side of Jelenia Góra.



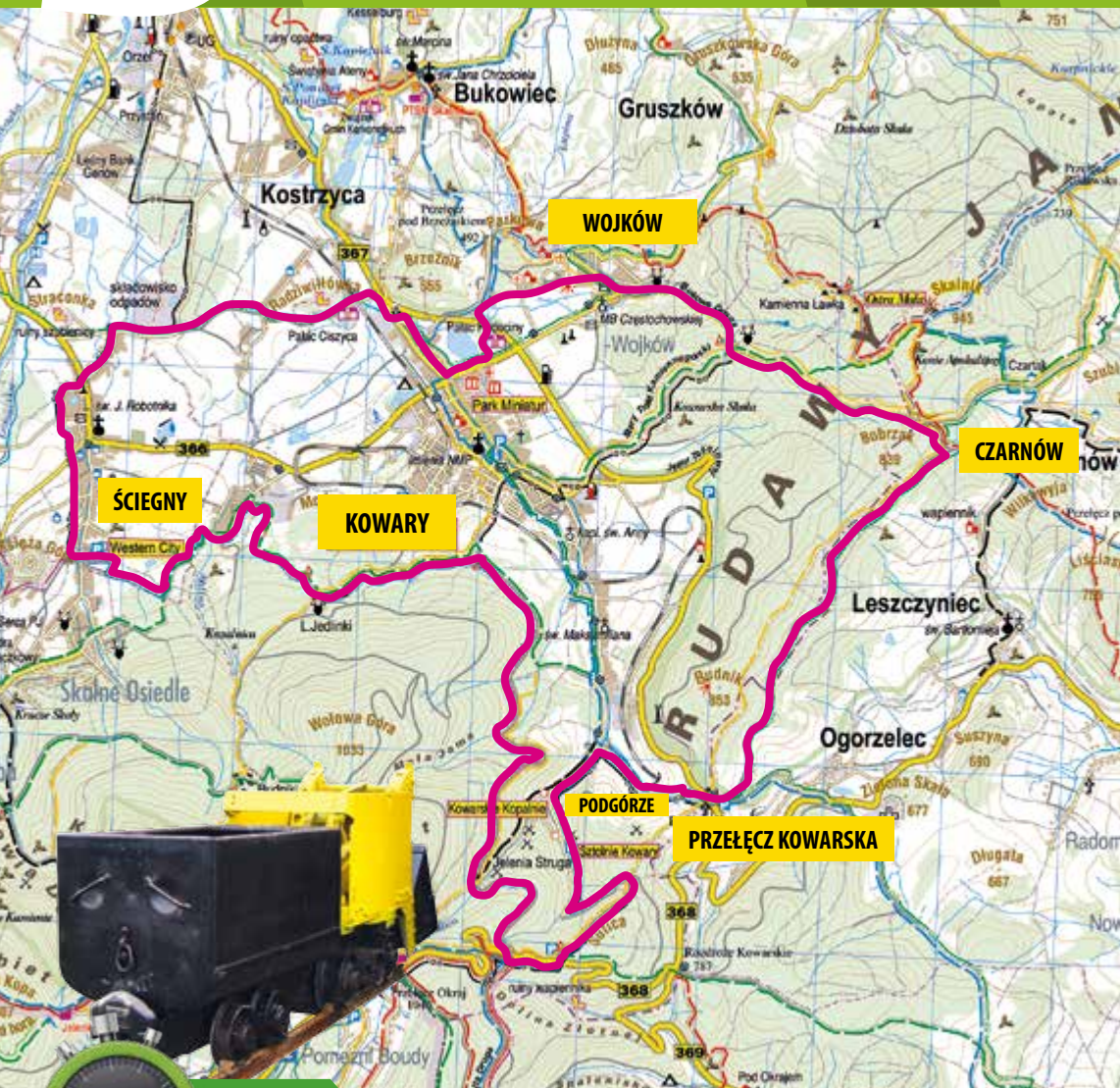
3,0h 28 km

Jelenia Góra › Łomnica › Krogulec › Karpniki
› Trzcianko › Jasiowa Dolina › Maciejowa
› Jelenia Góra

Bike expeditions

5 Biking

is my life



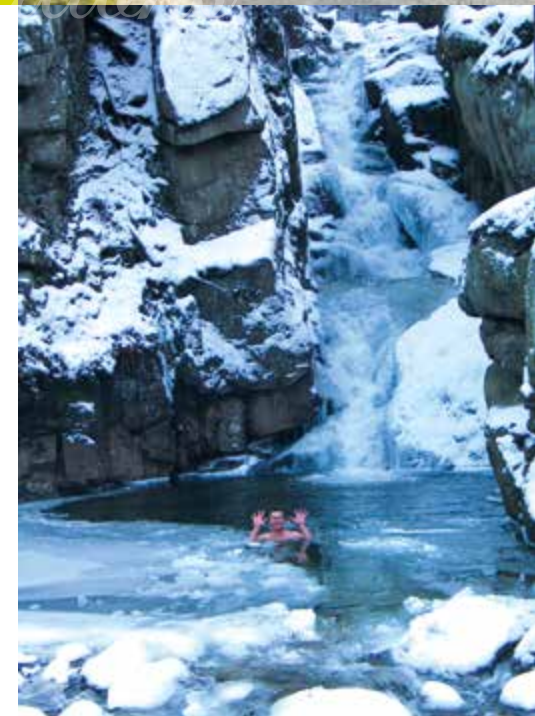
Kowary › Wojków › Czarnów › Przłęcz Kowarska
› Podgórze › route ER2 › Kowary Górne › Ściegny
› Kowary



This route is not long, but demanding. You will experience the pleasures of riding in mountainous terrain, and you will have the opportunity to visit some interesting locations. You will leave Kowary heading in the direction of Wojków (see p. 36). Behind the church you will enter the so-called Bukowa Droga (Beech Way), and you will ride uphill in the direction of Bobrzak Przełęcz. Next, you should go through Kowarska Przełęcz, where we suggest that you keep an eye out for one of the many unique penitential crosses (krzyże pokutne) in our region. The next break during your trip will be at the Kowary Tunnels, where you should also prepare yourself for a short climb to the road which leads to Przełęcz Okraj. After only a short time, however, you will go downhill to the euro-regional cycling trail ER-2, and after a while you will get to Ściegny and the Western City (see p. 34). On your way back to Kowary you will have the chance to see Ciszca palace.



6 Biking *is my life*



This trip is an option for those who want to ride through the mountains and test their fitness. You will start from Wang Church, in Karpacz Górny, and head towards the centre of Karpacz. There are a few places that are worth seeing, like: Muzeum Sportu i Turystyki (Museum of Sports and Tourism), the old railway station, where nowadays you will find Muzeum Zabawek (Toy Museum), or the legendary „Orlinek” ski jump. Later on, you head in the direction of Ściegny and the Western City (see p. 41), using the euro regional bicycle trail ER-2. Along the way, in Miłków, take a look at Spiż Palace. Keep going through Głębock, Sosnówka, and Podgórzyn and you will continue the journey in the direction of Przesieka. You will follow the Sudecka road to Borowice, and finally finish your trip back in Karpacz Górny. The route can easily be modified to create your own version, for example, shortening the loop by heading for Borowice from Sosnówka, and then continuing to Karpacz Górny.



Podgórzyn › Przesieka › route ER2 › Borowice
› Karpacz › Miłków › Głębock › Sosnówka
› Podgórzyn



7

Biking *is my life*



This route is quite long, but not very difficult. However, you should plan to spend the whole day on your bike. It is worth recommending because of the interesting area and views. You should take either a mountain bike or motocross bike. From the centre of Szklarska Poręba, you ride in the direction of Rozdroże at Wysoki Kamień, and then you will head to the "Stanisław" mine. Later on, the Szklarska Road will get you to Cicha Równina (the Silent Crossroads), and the next point on your route will be the hut "Chatka Górzystów", where pancakes with blueberries are said to be the best in the world. It is worth it to stop here. On your return you will pass by Izerska Hala and the hut "Orle" (Eagle), another fantastic place to stop in Izery. You will pass through Jakuszyce and the Huta settlement, and then get back to the city centre.



Bike expeditions

Szklarska Poręba › Wysoki Kamień › Kopalnia Stanisław › Chatka Górzystów › Orle › Jakuszyce › Szklarska Poręba

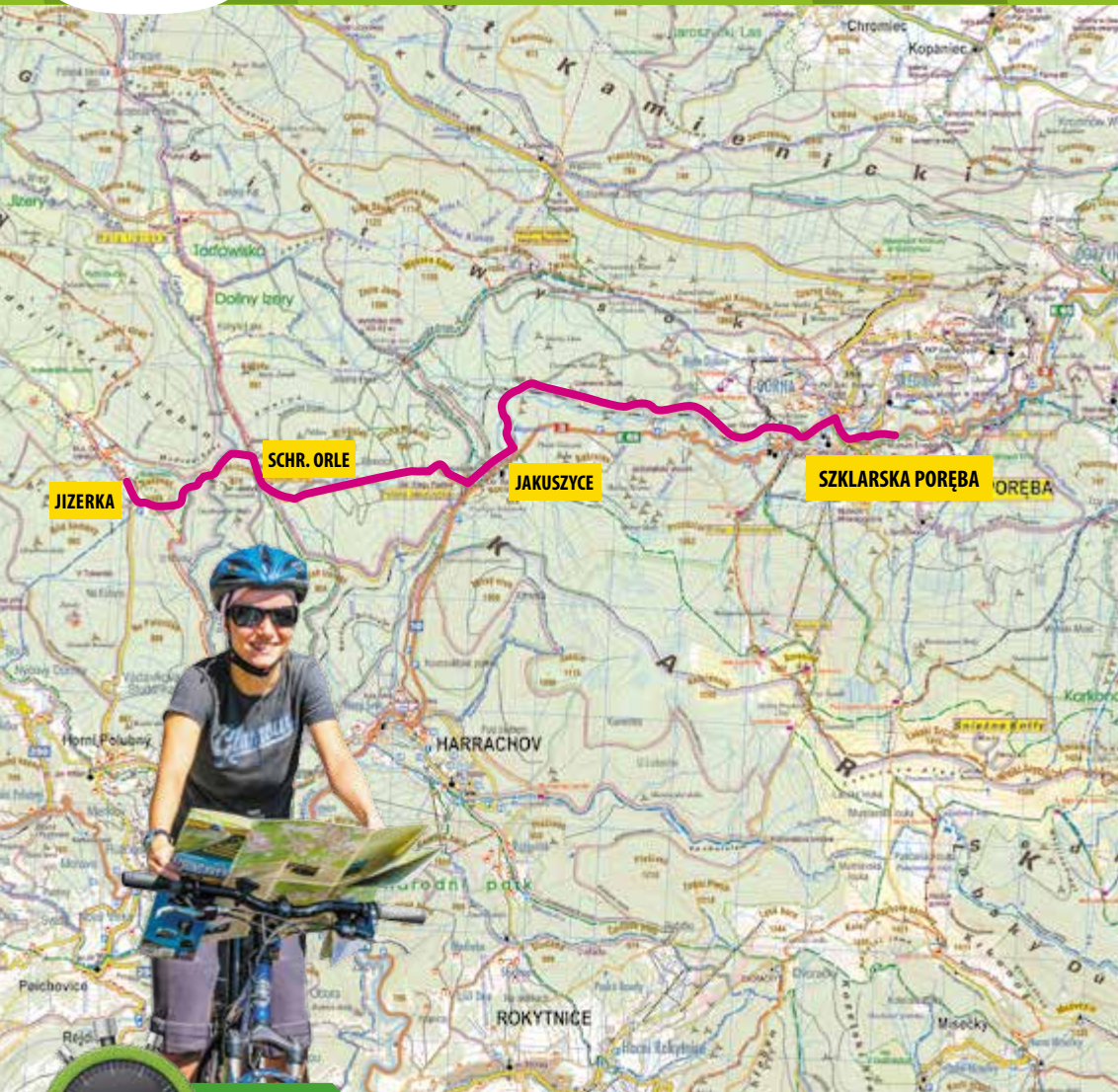
6,0h 35 km

8 Biking

is my life



Bike expeditions



While riding a bicycle in and around the Iżera mountains it is worth visiting our Czech neighbours. Both scenic and natural attractions are guaranteed. Leaving from Szklarska Poręba, passing through the Huta settlement, and continuing to Jakuszyce and beyond is the most popular route in the Iżera mountains. Going this way will lead you to the hut, "Orle" (Eagle). This hut is a remnant of the former "Carlstahl" glassworks settlement. You can continue past the hut and turn left at the stream, to reach the Iżera river, which can only be crossed by using the wooden bridge. At this point you will have to get off your bike and go on foot. The aim of this part of the trip is the Jizerka settlement, one of the most visited tourist sites, also with a history of glass making. You can have a meal and relax here.



5,0h **29 km**

Szklarska Poręba › Huta › Jakuszyce › Orle
› Jizerka › Orle › Szklarska Poręba

9 Biking *is my life*



You should reserve a whole day if you want to explore the Polish-Czech border area in the Iżery Mountains. You are guaranteed to get a lot of enjoyment from the on-road and off-road routes, the wonderful nature, and the spectacular views. On the Polish side you have to ride along the main trail leading from Jakuszyce, past the huts, "Orle" and "Chatka Górzystów", until you reach Iżerski Stóg. (Iżerski Haystack). You will cross the border taking the green trail to get to the lookout tower in Smrk. If you are lucky, and the weather is good, you will be able to see amazing views of the Iżery Mountains. Later on, you will have to follow the well-marked Czech trails to the Jizerka settlement and across the border bridge to get back to the Polish side. We recommend using a mountain bike or motocross bike for this trip.



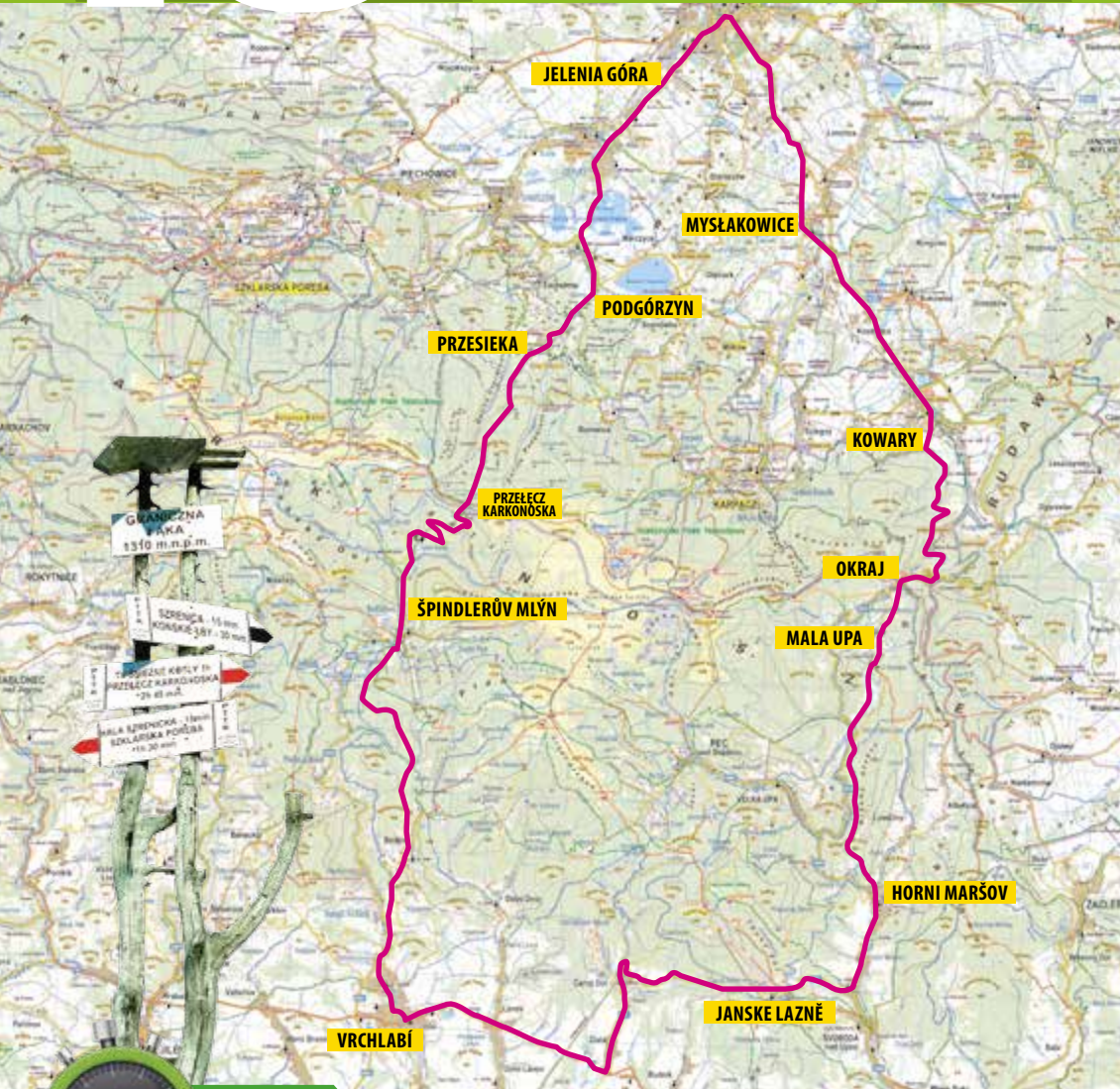
8,0h 59 km

Szklarska Poręba › Huta › Jakuszyce › Orle › Chatka Górzystów › Droga telefoniczna › Stóg Iżerski › Smrek › road 3018 (Czech) › road 22 (Czech) › Jizerka › Orle › Szklarska Poręba

Bike expeditions

10 Biking

is my life



Jelenia Góra › Mysłakowice › Kowary › Okraj › Mała Upa › Horni Maršov › Janske Lazné › Vrchlabí › Spindleruv Mlyn › Przełęcz Karkonoska › Przesieka › Podgórzyn › Jelenia Góra

This is the longest and most demanding of all the proposed routes, but it is international. You must book the whole day for it. There are a lot of hills and fast descents along the route, but you will also have the opportunity to compare the charms of the Polish and Czech sides of the Karkonosze mountains. From Jelenia Góra you will go through Kowary. It is worth stopping here to check out the monuments to the most famous people in Polish cycling, which is on the main pedestrian street, near the fountain. Next you will climb to the Przełęcz Okraj (Okraj Pass). After crossing the border you will be in Horni Mala Upa, with a beautiful view of Śnieżka mountain from the other side. There will be a long downhill ride as a kind of reward for the recent difficult climb. Ride through Horni Maršov and

you will reach Janske Lazne, at the foot of Cerna Hora (Black Mountain). This is a famous ski resort, and is the only spa resort on the Czech side of the Karkonosze mountains. In Vrchlabi, known as the „Gate of the Karkonosze Mountains” you should see the palace located in the city park. Next, you will go to the Spindleruv Mlyn, sometimes called the “Val d’Isere of Central and Eastern Europe”, because of the well-developed skiing infrastructure. Before entering the town, you should see the picturesque reservoir with the dam on the Labe river. You will then go back up the mountains to reach the asphalt road and Przełęcz Karkonoska (Karkonosze Pass). You will then be in Poland again, and there will be a long ride down to Przesieka or Borowice.



Bike expeditions



11

Biking *is my life*



6,0h 40 km

Jelenia Góra (Paulinum) › Dąbrowica › Łomnica
› Wojanów › Karpniki › Bukowiec › Kowary
› Miłków › Staniszków › Cieplice › Jelenia Góra

In terms of culture and sightseeing this is one of the most interesting routes in Jelenia Góra, ideal to be visited by bike. The route is not difficult, and this family trip should appeal to parents and children alike. Pałac Paulinum (Paulinum Palace), on the outskirts of Jelenia Góra, is now a nicely restored, elegant hotel. The palace in Dąbrowica is a ruin. But, another interesting feature of this village is the paper mill, which has been working since 1837, and still is today. During World War II the Germans printed fake dollars there. The palace in Łomnica, along with the neighbouring Dom Wdowy (Widow's House), and the old farm, is today a centre of cultural development. Nearby, in Wojanów, there is another palace with an extensive park layout, and is an example of one of the most successful revitalizations of historic buildings. The palace in Bobrów is not that lucky and awaits its turn to be renovated. The Palace in Karpniki, however, has recently found a good owner. Historic buildings in Bukowiec are also being renovated. Both palaces in Staniszków are already living a new life, and the former Schaffgotsch Palace is one of the most striking landmarks in Cieplice.



Bike expeditions

Karkonosze *tourist guide*



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Maps: Wydawnictwo Turystyczne Plan

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Internet *addresses*



WATER ATTRACTIONS AND SPA

Uzdrowisko Cieplice www.uzdrowisko-cieplice.pl
Termy Cieplickie – Jelenia Góra www.termycieplickie.pl
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Bornit – Szklarska Poręba www.interferie.pl/hotelbornit
Hotel SPA Jelenia Struga – Kowary www.jeleniastruga.pl
Sandra SPA – Karpacz www.sandra.karpacz.pl
Palacowe SPA – Stanisławów www.palacstanislawow.pl
Park Wodny Tropikana www.golebiewski.pl/karpacz
Łażnia Piwna – Harrachov www.sklarnaharrachov.cz

RAFTING:

www.splyw-bobrem.pl
www.facebook.com/KajakSiDiedlecin

FISHING:

www.pzw.org.pl/jeleniagora

THE VALLEY OF PALACES:

Pałac Pakosów www.palac-pakosow.pl
Pałac Łomnica www.palac-lomnica.pl
Pałac na Wodzie www.palacnawodzie.pl
Pałac Paulinum www.paulinum.pl
Pałac Spiz www.palac.spiz.pl
Pałac Stanisławów www.palacstanislawow.pl
Pałac Wojanów www.palac-wojanow.pl
Pałac Dębowy www.palac-debowy.pl
Pałac Bukowiec www.bukowiec.dolnapalacow.pl
Zamek Chojnik www.chojnik.pl
Zamek Karpniki www.zamekkarpniki.pl
Wieża Książęca www.wiezasiedlecin.pl

AIR SPORTS:

www.aeroklub.jgora.pl

IZERY RAIL:

www.kwszp.info

TREASURES OF LICZYRZEPA'S LAND (MUZEUMS):

Muzeum Karkonoskie – Jelenia Góra
www.muzeumkarkonoskie.pl
Dom Carla i Gerharta Hauptmannów – Szklarska Poręba
www.domhauptmannow.pl
Dom Gerharta Hauptmanna – Jelenia Góra-Jagniątków
www.muzeum-dgh.pl
Muzeum Przyrodnicze – Jelenia Góra-Cieplice
www.muzeum-cieplice.pl
Muzeum Sportu i Turystyki – Karpacz
www.muzeumsportu.org
Muzeum Zabawek – Karpacz www.muzeumzabawek.pl
Muzeum Szklana Harrachov www.sklarnaharrachov.cz

GLASS MAGIC:

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Huta Julia – Piechowice www.crystaljulia.com
Leśna Huta – Szklarska Poręba www.lesnahuta.pl
Szklana Manufaktura – Jelenia Góra www.szklanamanufaktura.pl
Huta szkła i muzeum – Harrachov www.sklarnaharrachov.cz

MYTHS AND LEGENDS:

Karkonoskie Tajemnice – Karpacz www.karkonoskietajemnice.pl
Chata Walońska – Szklarska Poręba www.chatawalonska.pl

TUNNELS:

www.sztolniekowary.com

ENTERTAINMENT CENTRES:

Dinopark – Szklarska Poręba www.dinopark.com.pl
Siruwia Ogród Japoński – Przesieka www.siruwia.pl
Park Miniatur Zabytów Dolnego Śląska – Kowary
www.park-miniatuur.com
Park Miniatur Budowl Świata – Mysłakowice
www.budowlswiata.com
Park rozrywki Esplanada – Szklarska Poręba
www.parkesplanada.pl
Rynna saneczkowa – Stok Kolorowa – Karpacz
www.kolorowa.pl
Park Bajek – Karpacz www.parkbajek.pl
Cyrkland – Miłków www.cyrkland.eu
Trollandia – Szklarska Poręba www.trollandia.pl
Park Odkrywców – Szklarska Poręba www.parkodkrywcow.pl
Western City – Ściegny www.western.com.pl

HORSE RIDING:

U Luizy – Mysłakowice www.uluizy.pl
Karkonoskie Siodło – Kostrzyca www.karkonoskiesiodlo.pl
Stajnia Bukowiec www.stajniabukowiec.pl
Stajnia Gostar Goduszyn www.gostar.pl
AlbaGalant – Dolni Lanov www.alba-galant.cz

EXTREME ENTERTAINMENT:

Szkoła Górską Quasar www.quasar.net.pl
Szkoła Górską – Samotnia www.szkoлагorska.com
Szkoła Wspinaczkowa 9UP – Trzciano www.sokoliki.net
Szkoła Wspinania KARKONOSZ www.wspinanie.pl
KSGRAN EVENTS www.ksgran.com
Yellow Point – Spindleruv Mlyn www.yellow-point.cz

WINTER SPORTS:

Karpátka – Karpacz www.karpacz-ski.pl
Kolorowa – Karpacz www.kolorowa.pl
Kopa – Karpacz www.kopa.com.pl
Łysa Góra – Dziwiszów www.aesculap.com.pl
Nartolandia – Szklarska Poręba www.nartolandia.com
Pod Wangiem – Karpacz www.podwangiem-ski.pl
Ski Arena Szrenica www.sudetylift.com.pl
Winterpol – Karpacz www.winterpol.eu/karpacz
Ośrodek Narciarstwa Biegowego i Biathlonu – Jakuszyce
www.bieg-piastow.pl
Certova Hora – Harrachov www.skiareal-harrachov.cz
Paseki nad Jizerou www.skipaseky.cz
Rokytnice nad Jizerou www.skiroky.cz
Pec pod Sněžkou www.skiresort.cz
Cerna Hora – Janske Lazne www.skiresort.cz
Mala Upa www.skimu.cz
Snowshoes www.rakietysudety.pl

HIKING TRAILS, NORDIC WALKING AND BIKE TRAILS:

Karkonoski Park Narodowy (PL) www.kpnmap.pl
www.visitkarkonosze.com
www.karkonosze.pl
www.krkonose.eu
www.bike.superhost.pl
www.rowerowakraina.com
Krkonosky Narodni Park (CZ) www.krnapp.cz



Addresses of tourist information centres

Karkonoska Informacja Turystyczna

Plac Ratuszowy 6/7
58-500 Jelenia Góra
tel. 519 509 343
it-jeleniagora@dot.org.pl

Punkt Informacji Turystycznej

Biura Turystycznego Korona
Plac Piastowski 36
58-560 Jelenia Góra
tel. 75 75 53 333
it-cieplice@btkorona.pl
www.it-cieplice.pl

Informacja Turystyczna

Referat Promocji Miasta
58-580 Szklarska Poręba
ul. Jedności Narodowej 1a
tel. +48 75 75 47 740
fax. +48 75 75 47 742
it@szklarskaporeba.pl
www.szklarskaporeba.pl

Informacja Turystyczna

ul. Kolejowa 3
58-540 Karpacz
tel./fax. +48 757619716
it@karpacz.eu
www.karpacz.pl

Centrum Informacji Turystycznej

ul. 1 Maja 1a
58-530 Kowary
tel. +4875 718 24 89
turystyka@kowary.pl
www.kowary.pl

Informacja Turystyczna

Miasta Piechowice
ul. Zymierskiego 53
tel. +48 75 76 17 201
informacja@piechowice.pl
www.piechowice.pl

Gminna Informacja Turystyczna

Wieża Widokowa w Radomierzu
Radomierz 60a
58-520 Janowice Wielkie
tel. 75 700 00 27
wieza@janowicewielkie.eu
www.janowicewielkie.eu

Jeżów Sudecki

www.jezowsudecki.pl

Myslakowice

www.myslakowice.pl

Podgórzyn

Promocja Gminy Podgórzyn
it@pogorzyn.pl
www.podgorzyn.pl

IC KRNP Harrachov

512 46 Harrachov, 442
tel/fax: 481 529 188
icharrachov@krnap.cz

Turistické informační centrum

512 46 Harrachov 150
tel. +420 481 529 600
tic@harrachov.cz
www.harrachov.cz

Informační centrum

a cestovní agentura

542 25 Janské Lázně,
Černohorská 265
tel. 499 875 186
tel. 495 875 111
fax: 499 875 008
info@megaplus.cz
info@janskelazne.cz
www.janskelazne.cz

Informační centrum

514 01 Jilemnice
Masarykovo nám. 140
tel./fax: 481 541 008
info@jilemnice.cz
www.ic.mestojilemnice.cz

Informační centrum

Jizerky pro Vás

468 48 Kořenov 480
tel.: 725 805 266
ic@jizerkyprovas.cz
www.jizerkyprovas.cz

Infocentrum Malá Úpa

542 27 Malá Úpa
Horní Malá Úpa 129
tel: 499 891 112
info@malaupa.cz
info.malaupa.cz

Infocentrum Turista

542 21 Pec pod Sněžkou 337
tel: 499 736 280
fax: 499 736 410
turista@turistapec.cz
www.turistapec.cz

Městské IC Veselý výlet

542 21 Pec pod Sněžkou 196
tel: 499 736 130
info@veselyvylet.cz
www.veselyvylet.cz

Městské informační centrum

Rokytnice nad Jizerou

Horní Rokytnice 197
512 44, Rokytnice nad Jizerou
tel: 481 522 001
infocentrum@mesto-rokynice.cz
www.mesto-rokynice.cz

Turistické informační centrum

543 51 Špindlerův Mlýn
Svatopetrská 173
tel: 499 523 656
fax: 499 523 818
tic@mestospindleruvmlyn.cz
www.mestospindleruvmlyn.cz

Turistické informační centrum

541 01 Trutnov
Krakonošovo nám. 72
tel/fax: 499 818 245
info@ictrutnov.cz
www.ictrutnov.cz

Regionální turistické

informační centrum Krkonoše

543 01 Vrchlabí, Krkonošská 8
tel./fax: 499 405 744
info@krkonoše.eu
www.muvrchlabi.cz
www.krkonoše.eu

Hlavní informační

středisko Správy KRNP

543 01 Vrchlabí, nám. Míru 223
tel: 499 421 474,
tel: 499 456 761
his@krnap.cz
www.krnap.cz

Informační centrum

512 11 Vysoké nad Jizerou
nám. Dr. Kramáře 227
tel: 481 593 283
g.havel@seznam.cz
www.vysokenj.cz



GOPR tel. +48 601 100 300
www.gopr.org



Horská služba tel. 112
www.horskaslužba.cz

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www.visitkarkonosze.com



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