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KRAKÓW



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Post-iGeo

**a geographical-sightseeing trip through the Polish uplands and lowlands,
following the trace of the Polish and international heritage
for the participants of the International Geographical Olympiad 2014
19.08-23.08.2014.**



Kraków 2014

Post-iGeo Fieldtrip
a geographical-sightseeing trip through the Polish uplands and lowlands,
following the trace of the Polish and international heritage
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The Post-iGeo Fieldtrip is based on the geodiversity of Poland and shows, ordered meridian-wise, the elements of heritage - the symbols fitted in the landscapes of the uplands and the lowlands. The route leads through Wyżyna Śląsko-Krakowska [Silesian-Krakow Upland i.e. Krakow-Czestochowa Upland and Silesian Upland], Nizina Południowowielkopolska (*South Major-Poland Lowland*), Wzniesienia Południowomazowieckie (Nizina Południowomazowiecka [*the South Mazovian Lowlands*]), Pojezierza Południowobałtyckie (Pojezierze Wielkopolskie, Bory Tucholskie, Pojezierze Południowopomorskie, Pojezierze Wschodniopomorskie, Pradolinę Toruńsko-Eberswaldzką, Dolinę Dolnej Wisły) [*the South Baltic area lake lands*], Pobrzeże Grańskie (Wybrzeże Kaszubskie, Żuławy Wiślane) [*the Gulf of Gdansk area*], Pobrzeże Koszalińskie (Wybrzeże Słowińskie) [*the Koszalin shore line area*]. The Post-iGeo Fieldtrip will present a variety of landscapes: limestone uplands, old postglacial lowlands, young postglacial lowlands and near-sea lowlands with dune covered sand spits and cliffs. These will be the background for diversified rural areas such as: Major Poland, Mazovia and Zulawy with their characteristic rural architecture and spatial planning, as well as industrial areas of Upper Silesia, Lodz agglomeration, Trojmiasto agglomeration, and Warsaw.

The route includes the largest as well as historical Polish cities, such as: Lodz, Gransk, Gdynia, Warsaw (UNESCO), Torun (UNESCO), Malbork (UNESCO). Each of these cities is a unique combination of history and modern times. **Lodz**, the third most populated Polish city is a centre for industry (production of household appliances and computers), service (e.g. financial services), trade (Lodz International Fair, large trade centres/galleries, marketplace clothing sale), science and culture. The record of the city's short but intensive history (since the 19th c.) is usually summarised in the following phrases: the Promised Land, Polish Manchester, the Capital of Polish Secession and the City of the Dialogue Between Four Cultures. People connected with Lodz include: Arthur Rubinstein, the Noble price winner Stanislaw Reymont, Julian Tuwim, Stefan Jaracz.

Torun brings many associations to mind, such as gingerbread and Copernicus, but this is also a city where gothic is a touch away. The historical heart of Torun takes the visitors to distant medieval times when the city, then belonging to Hanza, was the most important economical centre of the Teutonic Order's country and later of Poland. The confirmation of the city's power can be found in such

buildings as the city hall, the church of saint Johns (*kościół św. Janów*), middle-class tenements, Artus' manor, thick battlements with city gates and towers, including the famous crooked tower and granaries. The ruins of the castle once belonging to the Teutonic Knights, bring about the meanders of agreements between them and Poland as well as their power and fall of their country. It was in Torun that the treaties with the State of the Teutonic Order were signed (1st and 2nd Treaty of Torun). The main market square is made colourful by a crowd of artists watched by Nicolas Copernicus sitting on the socle of his monument. The town spatial arrangement and the kinds of buildings found there prove the city to be a symbol of the cultural heritage of the world.

Trojmiasto (Tri-city) is a unique seaside agglomeration, and its uniqueness is caused by the very combination of three seemingly different cities: the historical and dignified Gdansk, Sopot - the maritime health resort and the modern and young Gdynia. Even though each of them is completely different, they create a harmonious unity when taken together.

Gdansk - the largest industrial centre of Pomerania, incorporates a variety of sea economy branches, the traditional trade and exchange via the harbour and a shipyard. These forms of economical activity strongly connected the city to Poland for generations, which can be summarised by a popular sentence "*dobrzeć jest Polsce z Gdańskiem, a z nią zaś Gdańskowi, jako złotej koronie, a w niej diamentowi*" (Poland feels good with Gdansk, and Gdansk feels alike, it's like a diamond in a golden crown), placed on a plafond depicting the apotheosis of Gdansk - its connection to Poland, located on the ceiling of the Red Room of Gdansk's town hall. The golden era of Gdansk is the period of its membership of the Hansa and the times it was under the protection of Polish kings Zygmunt I Stary and Zygmunt August. It was then that all the magnificent buildings came into being, proving the economical prosperity and wealth of the inhabitants. The main town part combines gothic with the Netherland mannerism in a unique way. It is also a testimony of artistic genius of Wilhelm van den Block, Abraham van den Block and Isaac van den Block. Gdansk was a city of tolerance, open to different religions and cultures, and as such drew in artists from all around Europe, whose works from various fields of science, painting, art, etc. are valued artefacts of the Gdansk Historical Museum. Many famous people lived within the borders of Gdansk, such as the famous astronomer Johannes Hevelius (1611-1687), or humanist Jan Dantyszek (1485-1548), other famous citizens of Gdansk include: Gabriel Daniel Fahrenheit, the physicist (1686-1736), Daniel Chodowiecki, artist (1726-1801), Arthur Schopenhauer (1788-1860), and noble price winners Lech Walesa and Gunter Grass. The rich history of the city is accompanied by the symbols of the modern era - Westerplatte (September the 1st, 1939, the attack of the German battleship Schleswig-Holstein on the Polish Military Transit Storage in Westerplatte - the moment treated as the beginning of WWII); the

Gdansk shipyard - the events of December 1970 and the Polish July of 1980 - the strike in the shipyard initiated events that led to political transformations in the country. The list of the 21 demands drawn up during the strike was added to the Memory of the World International Register.

Gdansk was able to save the unique feel of a Hanseatic city, emphasized by the Netherland mannerism, the sounds of carillons, and the golden colour of amber and Gdansk beer. While admiring the city, one needs to remember that it came back from ruins in 1945 and is treated as a symbol of the Polish bricklaying masters and art conservationists who managed to recreate the magnificence of historical buildings and bring back the climate of a historical city.

Warsaw is the final place of our trip. The capital of Poland and the most populated city. The capital of the historical Mazovia region, the seat of the Mazovian princes, and since 1596, thanks to the king Zygmunt III Waza, the capital city of the country. One of the many cities in Poland seriously destroyed during WWII. The historical city centre, carefully rebuilt from ruins, was added to the UNESCO World Heritage List in 1978. One of the symbols of Warsaw is the Royal Castle. It was here that in the year 1791 the Constitution of May 3 was adopted - a modern government act regulating the political system of the country, it was first such document in Europe, and the second in the world (after the American Constitution). The Castle is also regarded as the symbol of aggression of the 3rd Reich upon Warsaw - bombarded and partially burnt in the first days of WWII, and blown up in 1944 after the Warsaw Uprising had fallen. Another symbol, St. John the Baptist's Arch-see, is one of the most important places of the country's culture and tradition. There, among other things, the Constitution was sworn and coronations of Stanislaw Leszczynski and the last Polish king - Stanislaw August Poniatowski - took place. During the Warsaw Uprising the interior of the temple became a battlefield. It is also a necropolis where the remains of Gabriel Narutowicz and the primate of the millennium - cardinal Stefan Wyszynski are buried.

The Warsaw main market square is graced by another one of its symbols - the mermaid, next to which we can meet a hurdy-gurdy player with a parrot. The climate of the historical Warsaw is not affected by the modern Warsaw, teeming with life of a large city, a capital, a centre for services, industry, culture and science.

The trail of heritage also includes the **Slowinski National Park**. Its borders encompass a unique landscape composition: seaside, forest, and desert with next-to-sea lakes Lebsko and Gardno surrounded by wide peat bogs, meadows and large seaside forests, dunes on the Lebska sand spit, sea and a wide beach. The sand spit is constantly being modelled by the sea and wind. The most noteworthy and spectacular is the activity of wind which moves and forms the dunes and carves the aeolian sandy monadnocks. The parabolic dunes gather into complexes. The largest of the dunes is Biała Góra (*Lacka Gora*) raising as high as 40 metres over sea level.

When the winds are stronger than 5m/sec, the dune journey begins, which is the fastest during Spring and Autumn and reaches from 3 to 10 metres a year. The dynamics of the aeolian processes is easily noticeable in a clear day when the wind pushes grains of sand. This affects not only the placement of the dunes but also their looks. The sandy surface is diversified by small ripplemarks and deflationary troughs of irregular shapes. The dunes are decorated by aeolian monadnocks with some occasional flora holding them together. Another phenomenon of the park is the dying forest, slowly being buried by the moving dunes, and the dead forest, uncovered by the sand that moved away. The European Herring Gull is the symbol of the Park, it is the most commonly recognised gull out of the 450 species of birds living in the Park. Other easily observable birds include woodpeckers, owls, geese and ducks. With a bit of luck one can even spot a white-tailed eagle. Among the other members of the animal world, the traveller can meet seals, herds of boars, frogs, lizards and snakes. Insects are tiresome, though, there are 499 species of them in the Park. The lakes and rivers are abundant in fish. There are even traces of WWII in the form of ruins of a V-2 rocket launch pad.

The natural uniqueness of the Park is confirmed by its rank. Since 1977 the Park is treated as a biosphere reserve (MAB - Man and the Biosphere Programme), it belongs to the international network of protected areas - HELCOMBSPA, World Natural Reserves and the Ramsar Convention protected areas. It is also an international Important Bird Area (IBA). From the side of land, the Park setting includes a young glacial landscape with heights, terminal moraine hills and outwash plains. The final part of the area is Rowokol (115 metres AMSL, a post glacial hill) in Smoldzino, where the premises of the Park's management and the Park Museum are also located.

The name of the Park and part of the shoreline refers to the people once inhabiting the area - Slowince. In the centre of the Park, in Kluki, the Slowinski rural heritage park is located and its main task is to protect present the material culture of the people. By saving their huts, pens, agricultural tools, fishing equipment and everyday items, the Park gained a great deal of authenticity. The Museum is made alive thanks to a variety of folk events depicting the climate of the old epoch which ended in 1945

From Slowince to Kashubians, i.e. from the Baltic Sea to Switzerland... of the Kashubia. The route of Post-iGeo Fieldtrip is rich in a variety of young glacial forms creating a contrasting set of landscapes - *Pobrzeże Koszalińskie* with its heights, plains and urstromtals and the *Pojezierze* (lake land) *Kaszubskie* - with its hills, elevations of the terminal moraine and ribbon lakes. The most diversified landscapes can be found in the Kaszubski Landscape Park. The final point of this area is Wiezyca (c.a. 326 m AMSL) towering over the Szymbarskie Hills. The mosaic of hilly heights and outwash planes is decorated by rows of ribbon lakes such as Ostrzyckie or Chmielenskie.

These are fertile ground for agrotourism which rubs away the Kashubian agriculture. The Kashubians have been cultivating these lands for centuries. The most important symbols of the Kashubians - their speech, place names and surnames and, of course, their coat of arms - the gryphon, can be found almost everywhere. The cultural richness of the Kashubians can also be observed in the museums, e.g. in Kartuzy - the capital city of the region. And when the traveller wishes to visit Chmielno, famous for Kashubian products: embroidery and ceramics, they will be able to hear the Kashubian Anthem (KaszëbscziHimn) echoing over the lakes.

*Zemia Rodnô, pëszny kaszëbsczi kraju,
Òd Gduńska tu, jaż do Roztoczi bróm!
Të jes snôżô, jak kwiat rozkwitli w maju.
Ce, Tatzëznã, jô lubòtnq tu móm.
Sambòrów miecz i Swiãtopólka biôtci
W spôsobie Ce dlô nas ùchòwałë.
Twòje jô w przódk bëlné pòcyskóm kwiôtci.
Òdrodë cél Kaszëbóm znów brënie.
Tu jô dali mdã starżã zemi trzimól,
Skądka zòczątk rodnô naj rózga mó.
Tu mdã dali domòcëznë sã jimól
Jaż zajasni i nama brzód swój dô.*

Day 1st 19.08.2014 r. (Tuesday) The route:

From the historical capital of Poland to the borough of Copernicus, from Lesser Poland to the Vistula Pomerania through uplands and lowlands

L.p.	Locality	map-km	sum-km	the time planned min.	Geographic makroregions of Poland ¹
1	Krakow	0			
2	Balice	20	20	24	Wyżyna Krakowsko-Częstochowska
3	Brzęczkowice	68	88	54	
4	Dąbrowa Górnicza	14	102	17	Wyżyna Śląska
5	Siewierz	18	120	22	
6	Koziegłowy	17	137	20	Wyżyna Woźnicko-Wieluńska
7	Częstochowa	26	163	31	
8	Radomsko	33	196	40	Wyżyna Przedborska
9	Kamieńsk	16	212	19	Wzniesienia Południowomazowieckie
10	Kleszczów	13	225	16	
11	Kamieńsk	13	238	16	
12	Piotrków Tryb.	25	263	30	
13	Lodz-Gorna	42	305	50	Wzniesienia Południowomazowieckie
14	Lodz-Śródmieście	8	313	10	Nizina Południowowielkopolska
15	Lodz-Bałuty	8	321	10	Wzniesienia Południowomazowieckie
16	Stryków	15	336	18	Pojezierze Wielkopolskie
17	Pikutkowo	114	450	91	Pradolina Toruńsko-Eberswaldzka
19	Włocławek	10	460	7	
21	Torun	56	516	31	

1. Geographic makroregions of Poland by. Kondracki J., *Geografia regionalna Polski (Regional geographic of Poland)*. Wyd. Nauk. PWN, Warszawa 1998: 441 pp.

Stopover points:

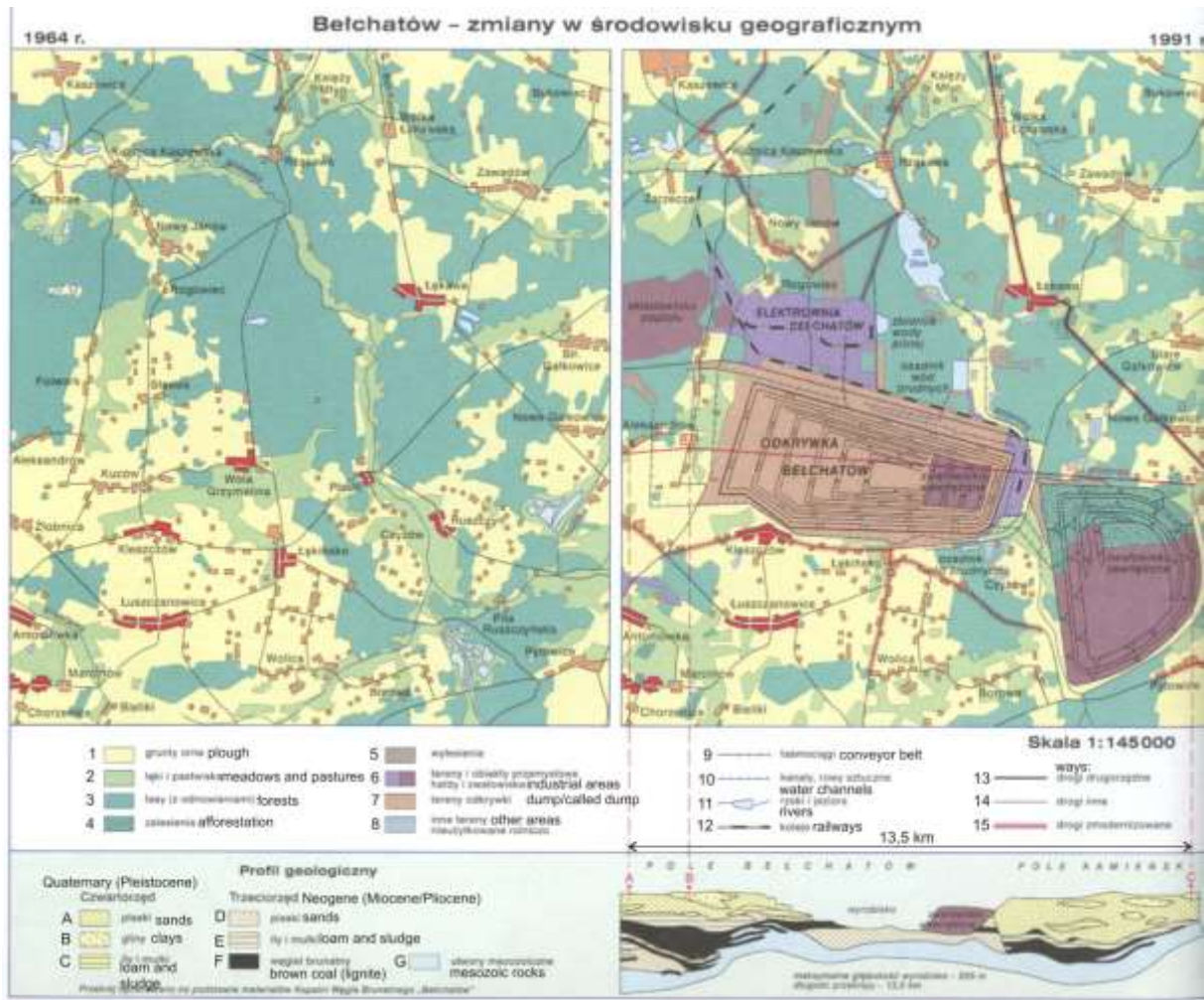
- **Lodz** : the city of the dialogue between four cultures, the capital of Polish secession, Polish Manchester, the Promised Land i.e. the history of the city in face of the modern days (ul. Piotrkowska, Księży Młyn, Manufaktura); Lunch-break;
- **Torun** : evening walk through the old town.

Accommodation:

Hotel Copernicus, Bulwar Filadelfijski 11, 87-100 Toruń
<http://www.copernicustorunhotel.com/default-pl.html>

Alimentation:

- packed lunch,
- supper (restaurant of Hotel Copernicus).



By: Szkolny atlas geograficzny, świat, Polska, PPWK-Nowa Era, Warszawa.

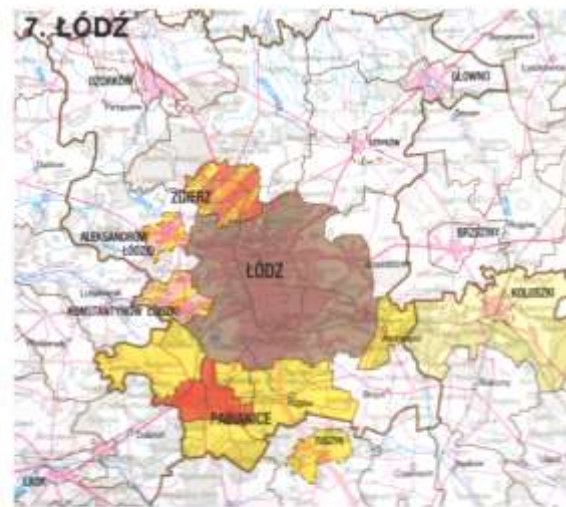
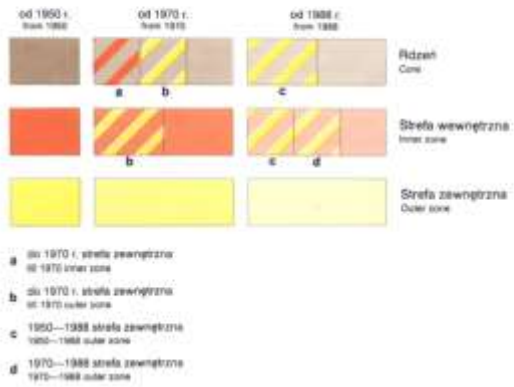
AGLOMERACJE WIELKOMIEJSKIE URBAN AGGLOMERATIONS

1:500 000

Zbigniew Rykiel



Obszary tworzące aglomeracje Agglomerations areas



By: Atlas Rzeczypospolitej, Główny Urząd Geodezji i Kartografii, Warszawa, 1994-1997.

Day 2nd 20.08.2014 r. (Wednesday)

The route:

From the city of gingerbread and Copernicus to the borough of Neptune through the Valley of lower Vistula - South Baltic Pojezierze (lake land) to the Gdansk shore area (Kashubian shore)

L.p.	Locality	map-km	sum-km	the time planned min.	Geographic regions of Poland
1	Torun	0		.	Pradolina Toruńsko-Eberswaldzka
2	Swarożyn	120	120	60	Pojezierze Wschodniopomorskie
3	Malbork	18	138	22	Pobrzeże Gdańskie
4	Czarlin	11	149	13	
5	Tczew	6	155	7	
6	Pruszcz Gdański	20	175	24	
7	Gdansk	20	195	24	

Stopover points:

- **Torun:** a history written in gothic (the historical centre of Torun - UNESCO World Heritage List): the market square (the city hall building, middle-class tenements, Artus' manor, St. Mary's Church) - the Philadelphia Boulevard (battlements, gates and towers) - Old Town Moat, Under the Crooked Tower - Copernicus (the house of Copernicus) - Sw. Jana - Zeglarska - Ciasna - Podmurna - Przedzamcze (thr ruins of the Teutonic Knights' castle) - Garbary - Slusarska - Rynek Nowomiejski (new-town market square) - Szeroka - Rynek Starego Miasta (old-town market square);
optional: The Museum of Nicholas Copernicus (the house of Copernicus);
The Explorer's Museum of Tony Halik
Planetarium (Geodium i Orbitarium);
- **Malbork:** the capital of the Teutonic State (1309-1457), the residence of the Grand Masters of the Teutonic Order, the residence of Polish kings (1457-1772); the largest fortress of mediaeval Europe, and a great example of architectonic mastery; since 1997 on the UNESCO World Heritage List.;
lunch break (Malbork);
- **Gdansk:** optional stroll through the City Centre in the evening.

Accommodations: 20.08-22.08.2014:

Gdańsk: Best Western Plus Arkon Park Hotel, ul.Śląska 10, 80-384 Gdańsk
<http://www.hotelarkonpark.pl>

Alimentation:

- breakfast (restaurant of Hotel Copernicus Torun),
- packed lunch,
- supper (restaurant of Hotel Best Western Plus Arkon Park Hotel Gdańsk).

Day 3rd 21.08.2014 r.(Thursday)

The route:

Gdańsk Oliwa-Gdańsk Główne Miasto-Westerplatte-Gdańsk Wrzeszcz-Gdańsk Oliwa-Sopot-Gdynia-Gdańsk Oliwa,

through different cities forming the coherent town-planning-zone of Tri-city (Trójmiasto)

Stopover points:

1. Gdansk 8¹⁵-13⁴⁵:

- **Gdańsk Główne Miasto** Gdansk city centre and Old Town: The Green Gate - Long Marketplace (tenements, residences and palaces: e.g. Złota Kamienica, Artus' Manor, city hall, Neptune's fountain) - Długa street (Uphagen's tenement, tenement number 37) - the Golden Gate - Brama Wyzynna (the High Gate) - Katownia (execution room) - Piwna (the Great Armoury, Hans von Edin's tenement, St. Mary's Church (Mariacki)) - Mariacka street (the Mariacka Gate) - the Long Embankment (Zuraw)
Lunch break 13-13⁴⁵;

2. Sopot 14-16³⁰:

- **A Ship voyage: G d ansk -Sopot** (the Gransk Port - port interior, Shipyard, repair yard);
- **Sopot**: pier, spring park, Monte Casino street;

3. Gdynia 17⁰⁰-18³⁰:

- **Gdynia**: Kosciuszko square and the Gdynia Aquarium of the Marine Fishing Institute (of the Polish Research Institute).

Alimentation:



- breakfast (restaurant of Hotel Best Western Plus Arkon Park Hotel),
- packed lunch,
- super (restaurant of Hotel Best Western Plus Arkon Park Hotel).

AGLOMERACJE WIELKOMIEJSKIE URBAN AGGLOMERATIONS

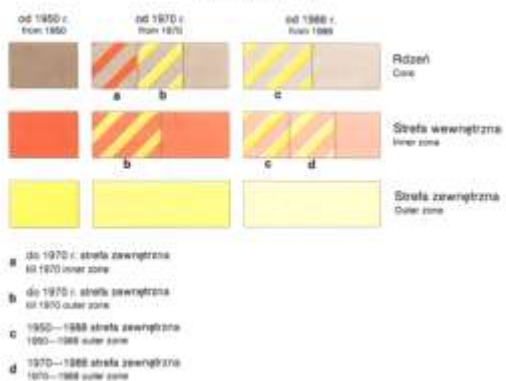
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Zbigniew Rykiel

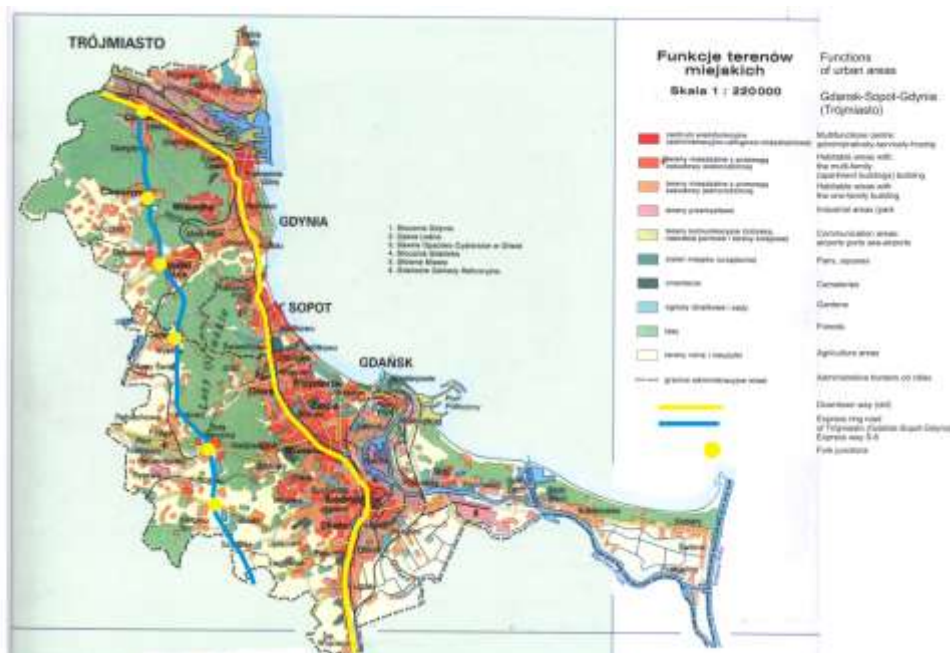
-  Granice państw
International boundaries
-  Granice województw
Boundaries of voivodeships
-  Granice gmin
Boundaries of communes
-  Granice miast w obrębie gmin
Town boundaries within communes

-  **KARTUZY** Miasta
Cities and towns
-  Wsie gminne
Commune villages

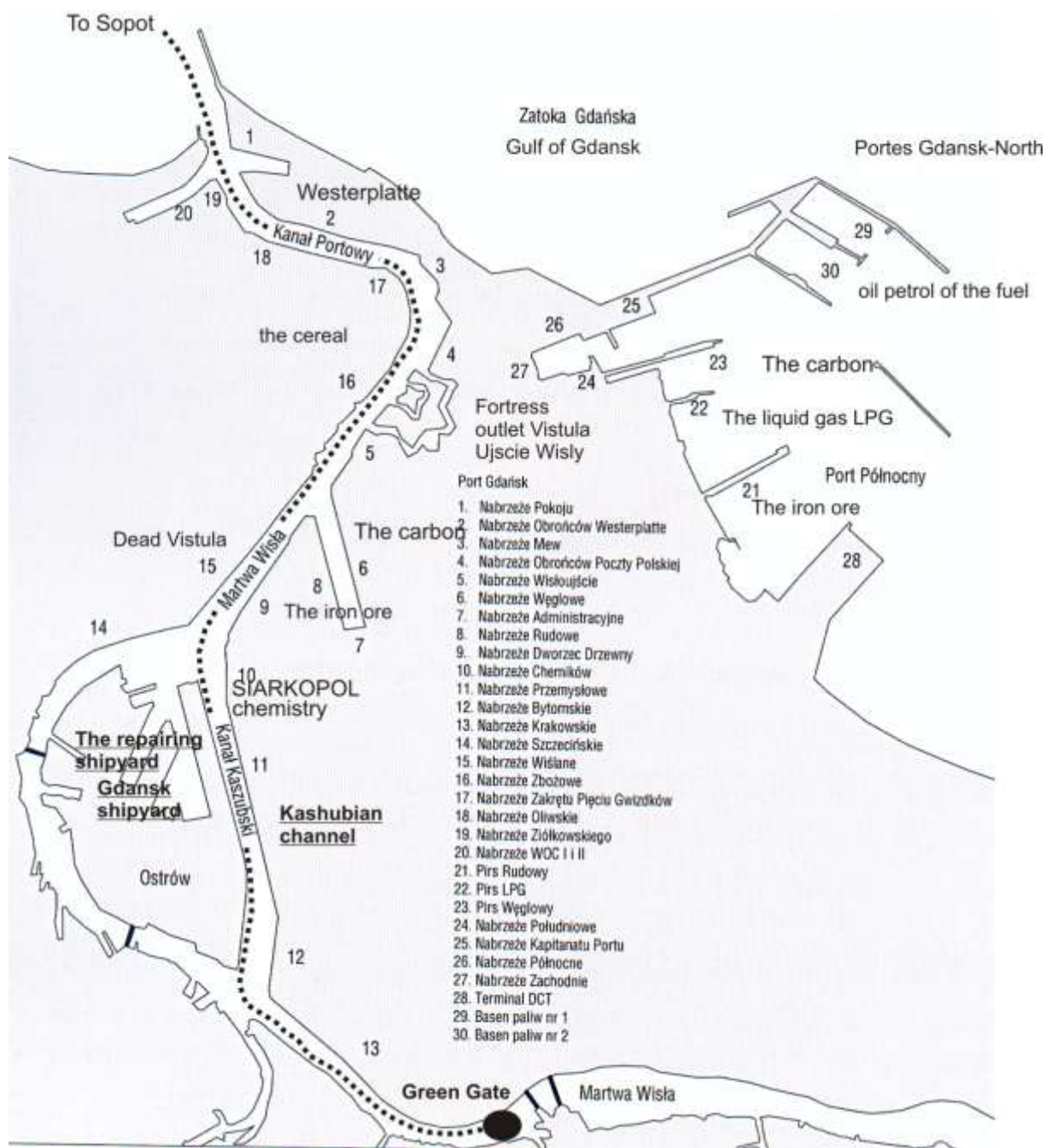
Obszary tworzące aglomeracje Agglomerations areas



By: Atlas Rzeczypospolitej, Główny Urząd Geodezji i Kartografii, Warszawa, 1994-1997.



By: Szkolny atlas geograficzny, świat, Polska, PPWK-Nowa Era, Warszawa.



By: Konkol D., Perka T., Polskie Porty Morskie, Księży Młyn Dom Wydawniczy, Łódź: 131 s.

Day 4th 22.08.2014 r. (Friday)

The route:

From the Kashubians to Slowince

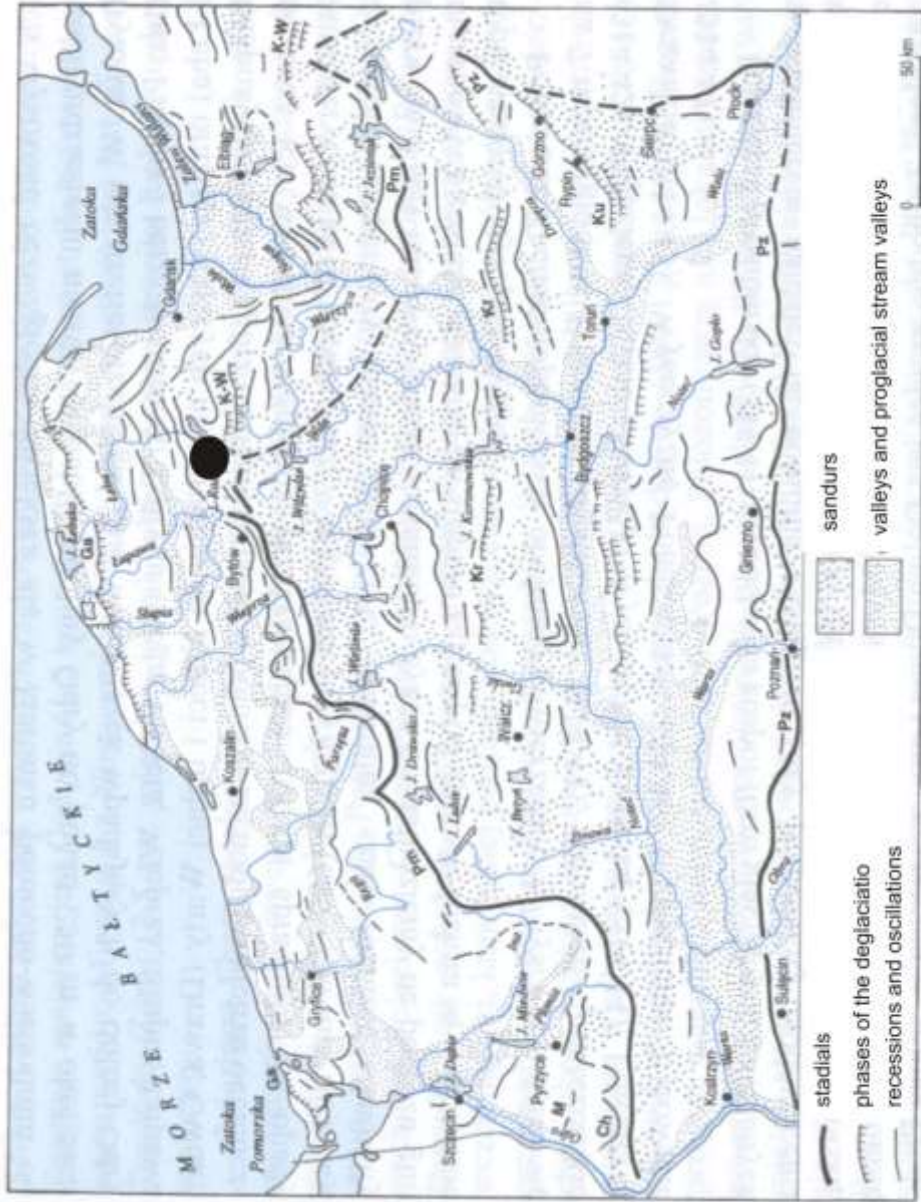
L.p.	Locality	map-km	sum-km	the time planned min.	Geographic regions of Poland
1	Gdansk	0		.	Pobrzeże Gdańskie
2	Żukowo	21	21	25	Pojezierze Wschodniobałtyckie
3	Egiertowo	16	37	19	
4	Wieżyca	5	42	6	
5	Ostrzyce	7	49	8	
6	<u>Brodnica-Złota Gora</u>	5	54	6	
7	Chmielno	10	64	12	
8	Sierakowice	15	79	18	Pobrzeże Koszalińskie
9	Łębork	23	102	28	
10	<u>Leba</u>	30	132	36	
11	<u>Rabka</u>	2	134	2	
12	Łeba	2	136	2	
13	Wicko	12	148	14	
14	Choczewo	21	169	25	
15	Gniewino	8	177	10	
16	Czymanowo	6	183	7	
17	Żarnowiec	11	194	13	
18	Krokowa	3	197	4	Pobrzeże Gdańskie
19	Karwia	10	207	12	
20	<u>Jastrzebia Gora</u>	6	213	7	
21	Władysławowo	9	222	11	
22	Puck	8	230	10	
23	Reda	14	244	17	
24	Gdynia Chylonia	10	254	12	
25	<u>Gdynia Orłowo</u>	8	262	10	
26	Gdańsk Oliwa	11	273	13	
27	<u>Gdansk</u>	11	284	13	

Stopover points:

- **Brodnica**: Złota Gora (the Kashubian landscape park, viewpoint, young-glacial terrain);
- **Leba**: lunch break;
- **Rabka**: Slowinski National Park, melex transport from Rabka to the Dunes, a walking trek through the dune field to the beach and through the beach to the rocket launch pad (3.5 - 4 kms), melex transport back to Rabka;
- **Jastrzebia Gora**: methods of active cliff securing;
- **Gdynia Orłowo**: an active cliff.

Alimentation:

- breakfast (restaurant of Hotel Best Western Plus Arkon Park Hotel),
- packed lunch,
- supper (restaurant of Best Western Plus Arkon Park Hotel).

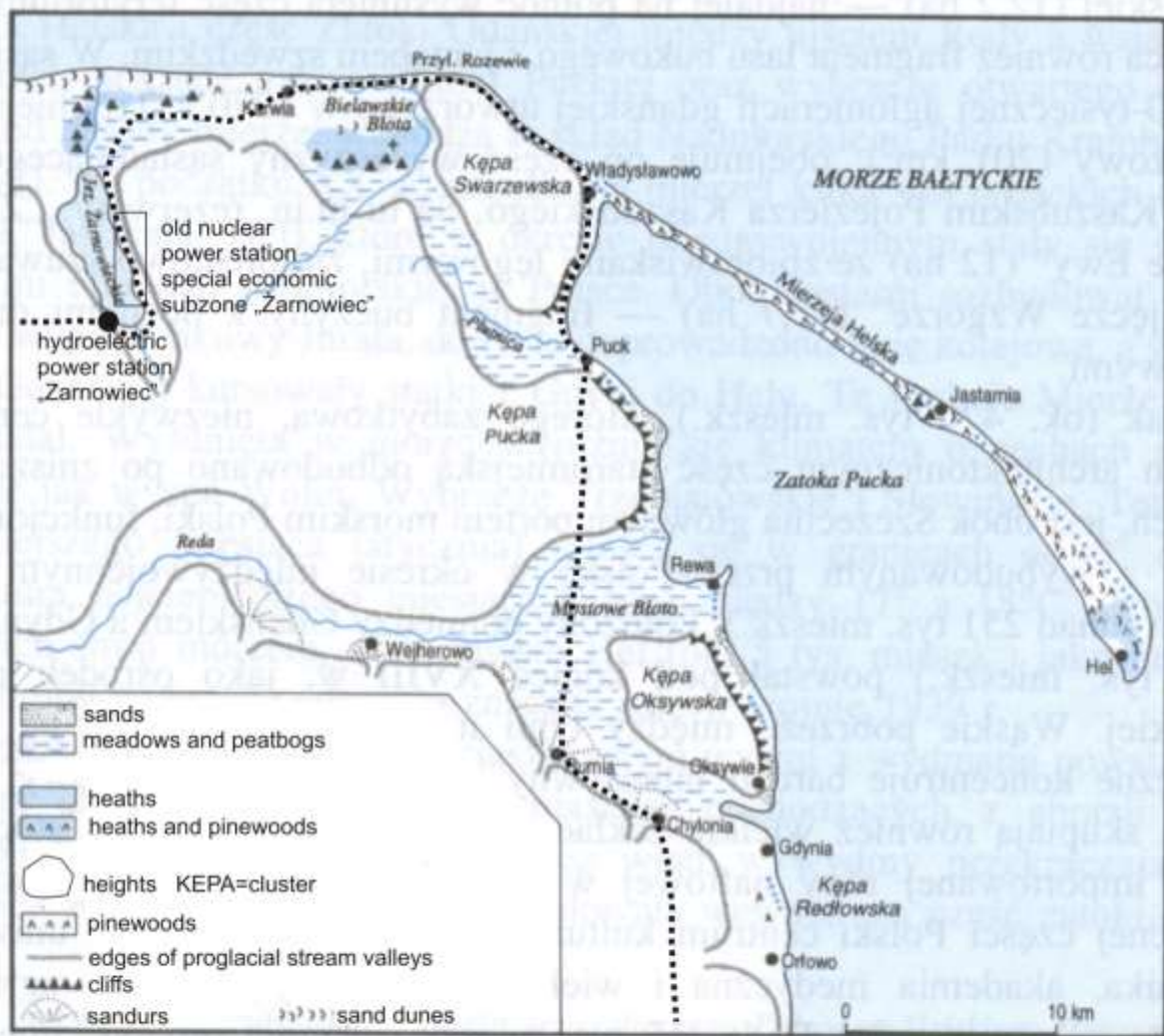


Pomorskie lakeland

phases of the deglaciations:
 Vistilian (11 500-11700 BP) Würm/Wisconsin

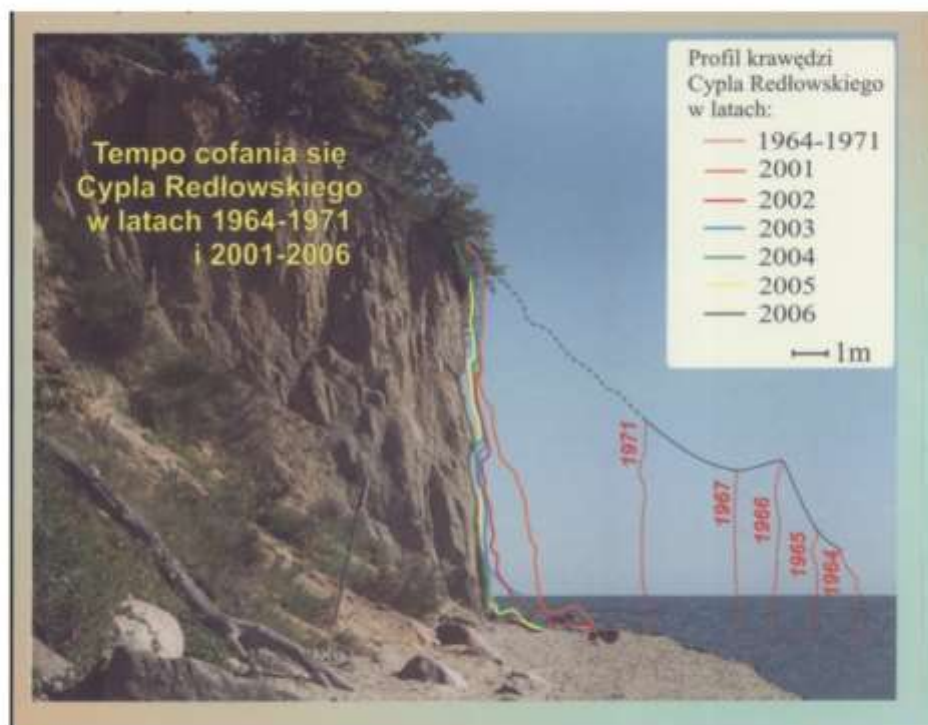
Pz - Poznańska
 Pm - Pomorska

according to Kondracki Jerzy, 2011, *Geografia regionalna Polski (Regional geography of Poland)*,
 Wyd. Nau. PWN, Warszawa, 69 p.



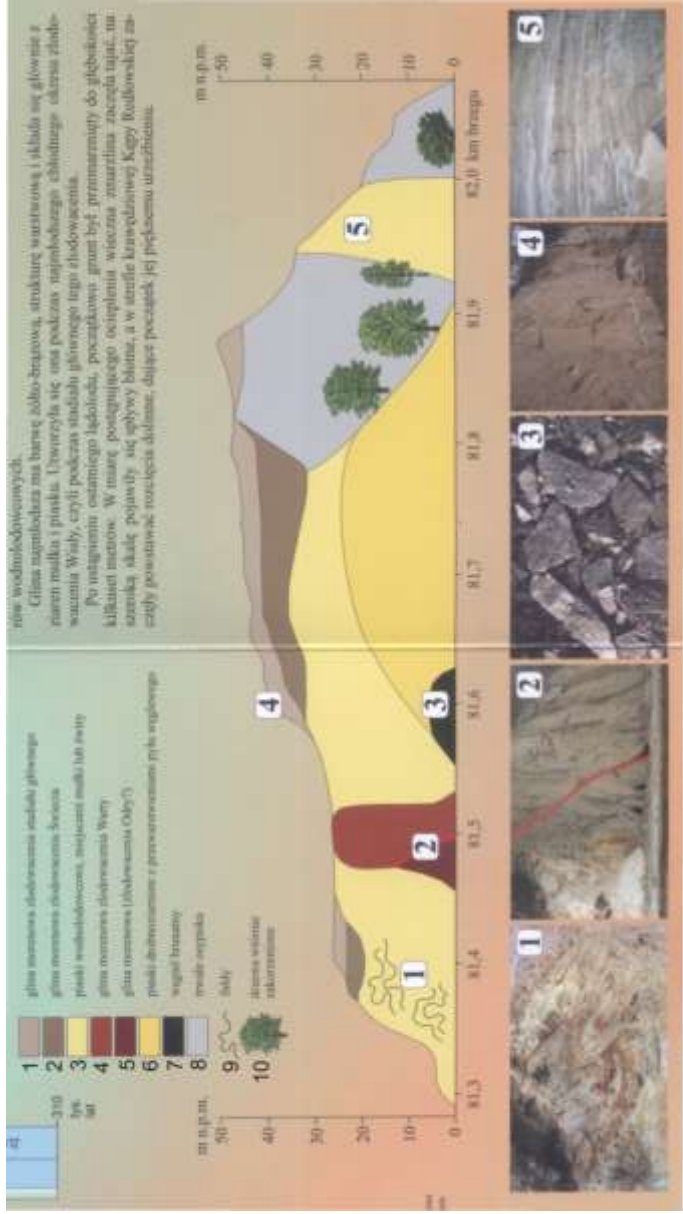
Pobrzeże Kaszubskie (Sea-coast of Kaszuby)

according to Kondracki Jerzy, 2011, *Geografia regionalna Polski (Regional geography of Poland)*, Wyd. Nau. PWN, Warszawa, 61 p.



The profile and the tempo of the regress of the Orłowo-Cliff (Cypel Redłowski= Redłowo spilt) in years 1964-1971 and 2001-2006

By: Zaleszkiewicz L., Pikiel R., 2009. Klif Orłowski historia geologiczna, folder, Państwowy Instytut Geologiczny PIB, Oddział Geologii Morza, Gdańsk.
Photos by: Zaleszkiewicz Leszek



Gdynia-Orowo: Geological cross-section on the cliff

Legendary: 1 - dark red clay with fine-grained silty inclusions; 2 - dark red clay with fine-grained silty inclusions; 3 - dark grey or black volcanic sand; 4 - dark red clay with fine-grained silty inclusions; 5 - dark red clay (with fine-grained silty inclusions); 6 - fine-grained sand with calcareous prisms; 7 - crystalline limestone; 8 - silty mud; 9 - silt; 10 - dark red clay with fine-grained silty inclusions.

Photos: 1 - Glazjacja: fiurka - fluoglacjalny (80 ka BP); 2 - KIF - boulder clay (Olsz on the left side, Warta [130 ka BP] on the right side); 3 - Fluoglacjalny: piasek wulkaniczny, niejednolity, ciemny lub szary (Warta [130 ka BP] on the right side); 4 - Boulder clay of glacial Warta (Rise, 210-180 ka BP); 5 - Fluoglacjalny: glina ciemnoczerwona z drobnoziarnistymi wstawkami (Warta [130 ka BP] on the right side); 6 - Fluoglacjalny: glina ciemnoczerwona z drobnoziarnistymi wstawkami (Warta [130 ka BP] on the right side); 7 - Fluoglacjalny: piasek drobnoziarnisty z pryzmatycznymi ziarnami wapiennymi (Warta [130 ka BP] on the right side); 8 - Fluoglacjalny: mułki wapienne (Warta [130 ka BP] on the right side); 9 - Fluoglacjalny: błoto (Warta [130 ka BP] on the right side); 10 - Glazjacja: fiurka - fluoglacjalny (80 ka BP).

By: Zakochaniec L., Photo R., 2009. 103 Chwaski Festiwa geologiczne. Książ. Przemysłu i Inżynierii Geologicznej PPH. Olsztyn Geologiczny Narzec-Gdańsk.
 Photos by: Zakochaniec L., 2009.

Day 5th 23.08.2014 (Saturday)

The route:

From Pomerania to Mazovia
From the Neptune of Gdynia to Warsaw's Mermaid
through
the Gdansk Shoreland, South-baltic Lakelands, North-mazovian and Mid-mazovian Lowlands.

L.p.	Locality	map-km	sum-km	the time planned min.	Geographic regions of Poland
1	Gdansk	0			Pobrzeże Gdańskie
2	Elbląg	71	71	85	
3	Pasłęk	16	87	19	
4	<u>Pochylnia Jelenie</u> <u>(lub Buczyniec)</u>	15	102		Pojezierze Iławskie
4	Małdyty	21	123	25	
5	Ostróda	25	148	30	Pojezierze Mazurskie
6	Olsztynek	28	176	34	
7	Nidzica	23	199	28	
8	Mława	32	231	38	Nizina Północnomazowiecka
9	Glińnojeck	30	261	36	
10	Płońsk	28	289	34	
11	Zakroczym	16	305	19	Nizina Środkowomazowiecka
12	<u>Warszawa</u>	30	335	36	

Stopover points:

Jelenie lub Buczyniec:

- The Elbląg Channel ramp (the history of the Channel, its functioning, a tour of the Elbląg Channel Museum);

Warszawa:

- City of Warsaw: Wisłostrada-Trasa W-Z-Świętokrzyska-Marszałkowska-Al. Jerozolimskie);
- The Kings' Way: The Castle Square (The Royal Castle, Zygmunt's Column)-Krakowskie Przedmieście street-Nowy Świat street (among other things: St. Anna's Church, Carmelite monastery complex, the Namiesnikowski palace - the president's residence, the Potocki palace, the Visitationist Church, the Tyszkiewicz and Potocki palace (Warsaw University)) - the square of Marshall J. Piłsudski (the Saxon axis, the Tomb of the Unknown Soldier) - the Theatre square, Senatorska street - Miodowa (the Primate palace, Branicki palace, Szaniawski palace, Morsztyn palace);
- the Old Town complex (added to the UNESCO World Heritage List in 1978 (Kapitulna-Piekarska-Zapiecek-Swietojska streets: St. John's Cathedral, the Old Town Market Square, the Pod Murzynkiem tenements, Pod Fortuna, Pod Bazyliszkim, Fukier and Gessler tenements).

Accommodation: Warszawa Hotel Best Western Hotel Portos, ul. Mangalia 3a , 02-758 Warszawa
<http://www.bwportos.pl>

Alimentation:

- breakfast (23.08.2014. restaurant of Hotel Best Western Plus Arkon Park Hotel Gdańsk),
- packed lunch,
- supper (restaurant of Hotel Best Western Hotel Portos, Warszawa),
- breakfast (24.08.2014. restaurant of Hotel Best Western Hotel Portos, Warszawa.)

