

# 1. PODHALE



VeloDunajec (VD) and Szlak wokół Tatr (SWT, English: Trail around the Tatras) provide various opportunities for journeys all over the Podhale. Following VD or SWT you can travel from Zakopane to Nowy Targ: take the cable car to the top of Gubałówka, choose the SWT branch going via Ciche/Chochołów or Ratułów to reach the main route. From Nowy Targ, you can head eastwards along VD, or TATT (via Nowa Biąta), and then follow Pętla Spiska (Spisz Loop) to Lake Czorsztyn. Moving along SWT to the west (via Czarny

### Sights worth seeing:

- » Thermal pools: Szaflary ([www.termyszaflary.com](http://www.termyszaflary.com)) and Gorący Potok ([www.goracypotok.pl](http://www.goracypotok.pl)).
- » Bór na Czerwonem - a nature reserve of peat-bogs situated near the airport in Nowy Targ.
- » Gubałówka - a mountain in Zakopane which provides an excellent view of the Tatras; access to the top of the mountain is provided by a cable car ([www.pkl.pl](http://www.pkl.pl)).
- » Nowy Targ Airport - sightseeing flights over the surrounding area ([www.aeroklub.nowytarg.pl](http://www.aeroklub.nowytarg.pl))

### Places for rest breaks

- » Poronin, Szaflary

### Bicycle trails:

- » Szlak wokół Tatr (Trail around the Tatras) – crosses historical lands with rich cultural heritage lying on both sides of the Tatras: Podhale, Orava, Liptów and Spisz ([www.szlakwokoltatr.eu](http://www.szlakwokoltatr.eu)).

### Interesting fact:



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Highland cheese (Polish: oscypek) - hard, smoked cheese made from sheep's milk - is a regional product protected under EU law (having the status of 'Protected Designation of Origin'). The cheese may be produced only from May to September, although it may be sold until the end of October.

### Tips:

Nowy Targ and Zakopane are on the regional railway network with trains running often. Both towns can be reached by trains from all over the country ([rozklad-pkp.pl](http://rozklad-pkp.pl)).

The Zakopane - Nowy Targ section of the VeloDunajec route has been temporarily delineated using public roads with low traffic intensity. At a few points it crosses national road no. 7 - the so-called 'Zakopianka'.

### Tourist information:

Nowy Targ Tourist Information, Rynek 1, 34-400 Nowy Targ, [it.nowy-targ@msit.malopolska.pl](mailto:it.nowy-targ@msit.malopolska.pl), [www.it.nowy-targ.pl](http://www.it.nowy-targ.pl)

### Maps:

- » maps in electronic versions and for printing;
- » gpx tracking including suggested detours around sections currently under construction/renovation.

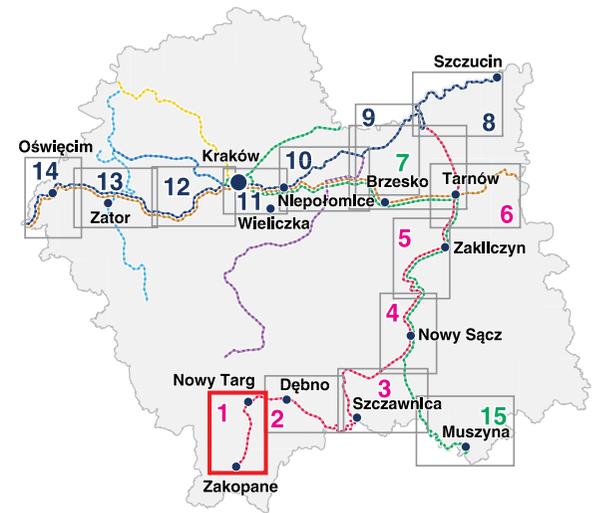
Download from the website:

[narowery.visitmalopolska.pl/mapy](http://narowery.visitmalopolska.pl/mapy)

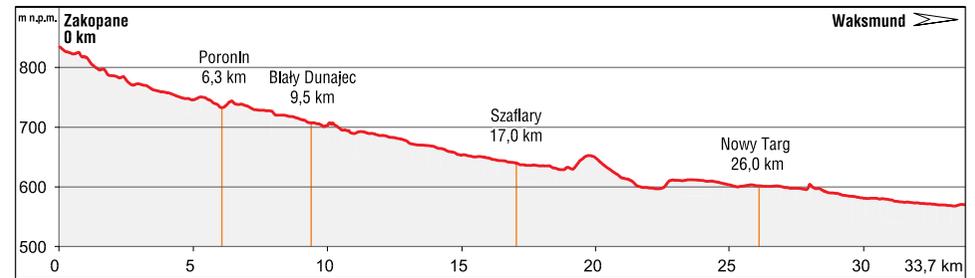
If you have any comments regarding damaged bicycle infrastructure on VeloMałopolska routes, please report them to the following email address: [narowery@umwm.malopolska.pl](mailto:narowery@umwm.malopolska.pl)



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



VeloMałopolska is a network of bicycle routes of European standards, which run through whole the Małopolska region. One of them is the **VeloDunajec** route, which runs through picturesque terrains of the Dunajec river valley, offering views of the Tatras, the Gorce Mountains, the Beskids, the Pienins and the Foothills, as well as along the sides of two lakes, Czorsztyn Lake and Rożnów Lake. Alongside all the VeloMałopolska routes there are **Cyclist Service Points** (Cyclist Service Points) with such amenities as for instance maps of the surroundings, sheds where

it is possible to take shelter in case of rain, service tools, grilling equipment, or toilets. **Bicycle Friendly Places** (MPR) complement the offer of the region within the range of bicycle tourism. These are accommodation facilities, gastronomic places, tourist attractions, as well as other facilities adjusted to cyclists' needs. These are places where it is possible to store a bicycle and luggage safely, to avail oneself of tools for basic repairs, as well as to obtain information useful for planning the further journey.

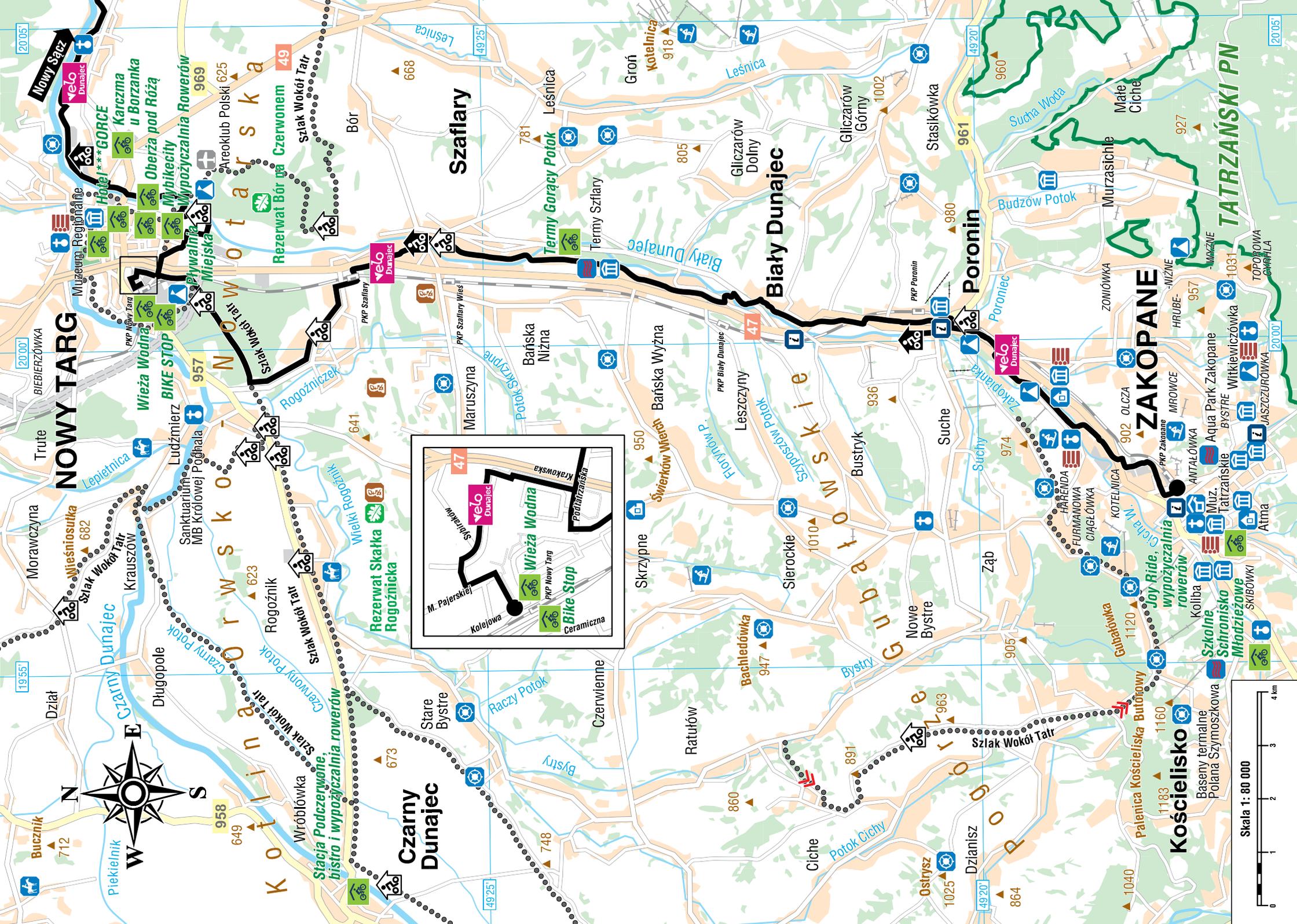


- VeloMałopolska
- VeloMałopolska - planned route
- Other bicycle trails, steep inclines
- Cyclist Service Points (MOR), Shelters for rest breaks
- Cyclist-Friendly Places

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

- Monuments of technology, bunker, other tourist attractions
- ferry, swimming pools or beach, river ferries
- Thermal pools, Horse-riding centres, ski resort
- Mountain shelters, camp sites
- Tourist Information, UNESCO sites

- Rocks, Caves, passes; elevation points
- Natural attractions, nature reserves
- Boundary of national park, landscape park, Malopolska Voivodeship
- Motorways, roads: national, Inter-regional other
- Railways with stations and stops



# NOWY TARG

# Szaflary

# Biły Dunajec

# Poronin

# ZAKOPANE

# TATRZAŃSKI PN

