



! Pomorskie



Pomeranian Kayaking Trails



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Pomorskie Voivodeship Marshal's Office, Gdańsk, 2024

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How to use the publication?

This guide covers virtually all kayaking routes in the Pomorskie Voivodeship. The routes are organized as follows:

1. Main rivers and their tributaries flowing into the Baltic Sea, starting from the west (from the Wieprza with the Pokrzywna and Studnica to the Reda, passing through the Stupia with the Kamienica, Bytowa, and Skotawa, the Łupawa with the Bukowina, the Łeba, the Piaśnica, and the Czarna Woda). These rivers primarily flow northward, from the heart of the region directly to the Baltic Sea.
2. Main rivers and their tributaries flowing southward and eastward, into the Gwda, such as the Czernica with the Biała, and into the Wisła, such as the Brda with its numerous tributaries, including the Zbrzyca and the Chocina, the Wda with its tributaries, the Wierzyca with the Wietcisa, the Radunia with the Kółko Raduńskie and the Motława.
3. Rivers of the Żuławy and Powiśle regions, also suitable for kayaking: the Martwa Wisła and the waters of Gdańsk, Szkarpa, Wisła Królewiecka, Tuga, Święta, and Liwa. Each route is described in the guide and presented on a diagram that helps plan a kayaking trip. The diagram shows the difficulty of the route, its tributaries, and amenities (in the form of pictograms). The routes are also divided into recommended one-day stages.

Each route is described in the guide and presented on a diagram that helps plan a kayaking trip. The diagram shows the difficulty of the route, its tributaries, and amenities (in the form of pictograms). The routes are also divided into recommended one-day stages.

	Start of the trail		Kayak marina
	End of the trail		Yacht Marina
	Start/end of daily section		Kayak base
	Danger zone		Kayak launch
	Hydroelectric dam		Portage, Transportation
	Weir, dam		
	No kayaking allowed		

The Pomorskie Voivodeship Authority, as an initiator and coordinator of kayak tourism development in the Pomeranian region, has been supporting the development of these routes for kayakers for many years. Thanks to the support of EU funds, by 2023, about 230 new investments were created on these routes. These include moorings, campsites, and portages over obstacles such as weirs and hydroelectric power plants. This will significantly increase the convenience and accessibility of the routes for kayakers. The new infrastructure, built recently, has also been included in the river schemes.

Kayaking can be enjoyed thanks to a comprehensive offer provided by Pomeranian kayak tourism operators. In towns such as Swornegacie - the capital of Pomeranian kayaking - there are even several dozen water equipment rental companies and tour organizers. Kayak rentals and assistance with kayaking are available on all the kayak routes described in this guide. The database of operators can also be found on the website:

www.kajaki.pomorskie.eu



Among kayaking enthusiasts, there is a consensus that Pomerania is the best place for kayaking in Poland. In terms of attractiveness and length of these routes, Pomerania is unrivaled. The region boasts 40 extraordinary kayaking routes, stretching over nearly 1600 km in total. They include both leisurely routes, perfect for beginners, and challenging mountain-like sections recommended for more experienced paddlers.

Kayaking offers an opportunity for active relaxation in unspoiled nature. The silence, peace, lush greenery, and beautiful landscapes are the greatest assets of Pomeranian kayaking routes. The diverse and valuable ecosystems of river valleys and lakes, through which these routes lead, are protected within numerous landscape parks and nature reserves. Majestic brick castles and churches, as well as ancient hillforts, rise above the banks of Pomeranian rivers, offering additional attractions during a kayaking trip. Kayaking routes often lead along rivers that flow through the centers of historic towns and cities. Some of the hydrotechnical structures on the routes, such as mills, canals, and hydroelectric power plants, are over a hundred years old and are unique technical monuments. Some of them are open to the public. Such attractions, and many others, await all kayaking enthusiasts who wish to explore the Pomeranian rivers.

See you on the water!



Photo: Paweł Dmochewicz



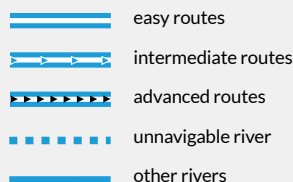
Challenges and obstacles on kayaking routes

The character of a kayaking route depends on two main factors: its difficulty and its strenuousness.

Difficulty primarily stems from the river's current speed, the number of trees, branches, and other obstacles that need to be navigated, the presence of shallows, rapids, and potentially hazardous areas such as stakes and submerged rocks.

Strenuousness, on the other hand, refers to the number and inconvenience of portages along the route. These are most commonly found near hydroelectric power plants, mills, weirs, and other hydraulic structures, and usually require getting out of the kayak and carrying it.

While the Polish Canoe Federation (Polski Związek Kajakowy) and the Polish Tourist and Sightseeing Society (PTTK) have a more complex classification system for rivers based on these parameters, for the purposes of this guide, we have combined both factors into three categories: easy, intermediate, and advanced.



This information is included in the description of each river. Furthermore, the indicated difficulty of the route is presented graphically on river diagrams and on a collective map – an insert in the guidebook. The estimated time for completing each stage is also provided, calculated for a tourist trip under average water conditions, in a river that is not overgrown, and in favorable weather conditions, i.e., without strong winds or precipitation.



Photo: Paweł Dmochewicz

Family Kayaking Adventure

Easy kayaking routes are sections of rivers with almost no obstacles or difficult portages. The current is generally calm, with only a few spots requiring extra caution. By paddling sensibly and following water safety guidelines, kayakers on these routes are unlikely to capsize or fall into the water.

These routes are recommended for beginners, large groups, and especially families with children. They are suitable for all types of kayaks and canoes.



Photo: Paweł Dmochewicz

Easy kayaking routes in Pomerania include:

- The Chocina, the Zbrzyca, the Młosina, the Grand Brda Canal, the Pilica, the Graniczna, the Trzebiocha, the Niechwaszcz, the Wda Canal, the Piaśnica, the Czarna Wda, the Raduńskie Lakes Ring, the Motława, the Tuga and Święta, the Martwa Wisła, the Szkarpawa, the Wisła Królewiecka, the Nogat: the entire section of the river described in the guidebook
- The Brda: middle and lower sections (from the Przytoń Reserve)
- The Liwa: lower section (from Kwidzyn)
- The Łeba: lower section (from Łęczyce)
- The Łupawa: upper section (Obrowo – Kozin) and lower section (Smoldzino – Retowo)
- The Radunia: upper section (to Somonino), lower section (Pruszcz Gdański – Krępiec)
- The Reda: upper section (Zamostne – Wejherowo) and lower section (Reda – Mrzezino)
- The Śłupia: middle section (Gałąźnia Mała – Leśny Dwór) and lower section (Bydłino – Ustka)
- The Wda: middle section (from Lipusz) and lower section
- The Wieprza: lower section (from Korzybie)

A Water Adventure

Medium-difficulty kayaking routes offer a thrilling experience for paddlers. These routes typically navigate smaller, more winding rivers that occasionally present challenges such as narrow passages, submerged trees, or rapid, rocky sections. These obstacles require a bit of kayaking skill and a willingness to get a little wet. Portages, or carrying your kayak around obstacles, may also be necessary on these routes.

It's recommended that at least some members of a group paddling these routes have basic kayaking experience. Designating a „trip leader” to oversee the trip and ensure safety is also a good idea. Special attention should be paid to minors and non-swimmers. These types of routes are suitable for all types of kayaks, including Canadian canoes.



Photo: Paweł Dmochewicz

Medium-difficulty kayak routes in Pomerania include:

- The Bytowa, the Czernica and Biała, the Kuśnia and Ruda, the Kłonecznica, the Pokrzywna: the entire river section described in the guidebook
- The Brda: upper section (Świeszyno – Rezerwat Przytoń)
- The Liwa: middle section (Prabuty – Kwidzyn)
- The Łeba: upper section (Sianowo – Tłuczewo) and partially middle section (Paraszyno – Łęczycze)
- The Łupawa: lower section (Damno Młyn – Smołdzino)
- The Radunia: middle section (Żukowo – Pruszcz Gdański)
- The Reda: middle section (Wejherowo – Reda)
- The Skotawa: middle section (Jawory/Budowo – Jamrzyno)
- The Słupia: most of the upper and middle section (Gowidlino – Bydlińo)
- The Wda: upper section (Jezioro Wiecko – Lipusz)
- The Wieprza: middle section (mouth of Pokrzywna – Korzybie)
- The Wierzyca: the entire river section described in the guidebook

Adrenaline-pumping rafting

Difficult kayak routes are sections of Pomeranian rivers, recommended for experienced kayakers. Numerous wood jams, narrow, gorge-like sections with fast currents require participants to have good technique and physical condition. Skills such as the “Eskimo roll” can be practiced on such routes. Mountain solo kayaks are best suited for these conditions.

When planning a trip on such a route, you should expect a high probability of capsizing and taking a swim, also known as a “cabin”. This is almost an integral part of such trips, providing a lot of excitement and laughter. However, you should allocate enough time for such a trip to avoid ending it in the dark. This is extremely dangerous, even for experienced kayakers. The participation of non-swimmers, people who are afraid of water, and young children in such a trip should also be carefully considered. It is also worth equipping yourself with a special, waterproof suit and gloves, especially in colder weather.



Photo: Paweł Dmochewicz

Advanced routes on Pomeranian rivers are:

- The Bukowina, the Kamiénica, the Studnica, the Wietcisa: the entire river section as described in the guidebook
- The Łeba: middle section (Tłuczewo – Paraszyno)
- The Łupawa: middle section (Kozin – Damno Młyn)
- The Skotawa: lower section (Jamrzyno – Skarszów Dolny)
- The Słupia: Sulęczyńska Rynna near Sulęcyno

Here the world ends and paradise begins



Length of the Wieprza and Pokrzywna trail:
58.2 km (total length 109 km)



Number of days:
in Pomorskie Voivodeship
5 (total 6-7)



Portage, Transportation:
4 (including 1 in the Zachodniopomorskie Voivodeship)



Number of kayak marinas:
6 (including 1 in the Zachodniopomorskie Voivodeship)



Recommended kayaking route:
Glewnik (on the Pokrzywna River, km 8.6) – Pomiłowo
(Zachodniopomorskie Voivodeship, km 51.3) – Darłówekko (mouth of the
river, km 0.0)



Difficulty:
Pomorskie Voivodeship – the trail is difficult and strenuous above
Biesowice, moderately difficult and moderately strenuous from Biesowice
to Korzybie; Zachodniopomorskie Voivodeship – the trail is easy and not
strenuous from Korzybie to Darłowo.



Lake Obłęskie | Photo: Paweł Dmochewicz

The Wieprza is one of the most beautiful and wildest rivers of Pomerania, enchanting with its priceless nature and picturesque landscapes. Its source is located in the Bytów Lakeland, and it flows through forest areas, charming floodplains and old riverbeds, and in its lower course through vast fields and meadows, finally flowing into the Baltic Sea after 140 kilometers, in the seaside district of Darłowo - Darłówekko. A hundred-kilometer section of it, from the mouth of the Pokrzywna, is navigable for kayakers. This last river is most often the starting point for kayak trips on the Wieprza, which means that the length of the kayaking trail is about 110 km. The Wieprza is a fairly well-developed route, with several riverside campsites and marinas, and the arranged portages around the hydroelectric power plants facilitate the carrying of kayaks. The Wieprza trail is divided into three parts, each with a different character, landscape, and specifics.

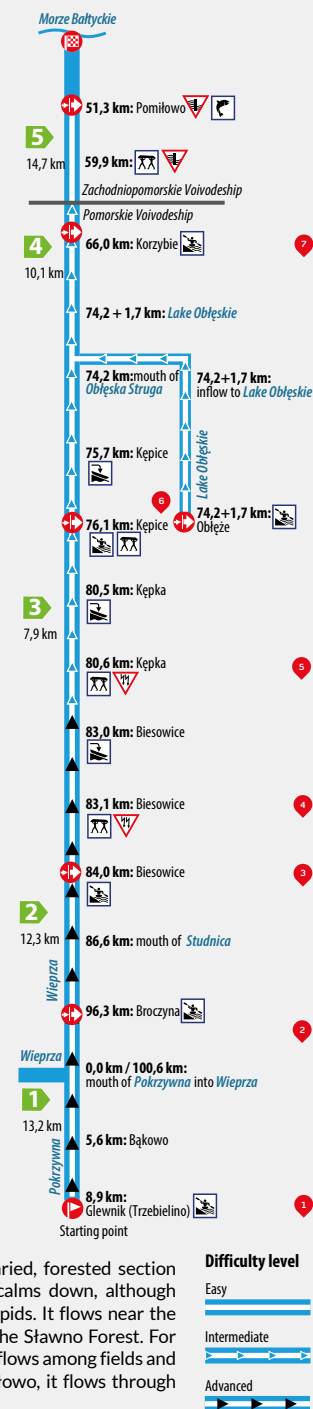
Suggestions for kayaking stages:

1. Glewnik (on the Pokrzywna River) – Broczyna (on the Wieprza River 13.2 km; 5.5 h)
2. Broczyna – Biesowice (12.3 km; 5.0 h)
3. Biesowice – Kępcice (7.9 km; 3.0 h)
4. Kępcice – Korzybie (10.1 km; 3.5 h)
5. Korzybie - Pomiłowo (14.7 km; 5.0 h)



The Wieprza | Photo: Paweł Dmochewicz

The upper section, from the mouth of the Pokrzywna River to the village of Biesowice, is a difficult and rather strenuous route. The Wieprza River is most charming here, but also the most challenging. There are numerous long rapids, shallows, and a huge number of trees lying in the riverbed, which are a challenge even for more experienced kayakers. It is also the most beautiful and wildest section of this river, practically devoid of any signs of human presence. The section from Biesowice to Korzybie is already calmer. The Wieprza flows through a wide valley, surrounded by forests. An attraction, but also an obstacle, are the three hydroelectric power plants in Biesowice, Kępcice, and Kępcy. It is still an interesting and varied, forested section of the kayaking trail. Below Korzybie, the river calms down, although this does not mean it is devoid of obstacles and rapids. It flows near the medieval town of Sławno, crossing the forests of the Sławno Forest. For the last dozen or so kilometers of the trail, the river flows among fields and meadows, surrounded by riverside bushes. In Darłowo, it flows through the historic center and empties into the sea.





Broczyzna - a place and time for well-deserved rest
 Photo: Rafał Wojczal / szajewski.com.studio



Raging rapids of the Wieprza River
 Photo: Rafał Wojczal / szajewski.com.studio

Worth seeing on the trail:

- 1 **Trzebielino** is a small village nestled in the forests of the Słupsk Forest. It was once the property of the wealthy Prussian Puttkamer family, who had a palace here. In the village, it is worth seeing the church from the late 17th century. Overlooking Trzebielińskie Lake, there is a recreational area and a walking promenade.
- 2 The **"Torfowisko Potoczek"** reserve protects a well-preserved complex of wet pine forest and inter-forest peat bogs.
- 3 **Biesowice** is a large village that was originally part of the estate of the Pomeranian von Zitzewitz family. In the second half of the 19th century, this family built a Neo-Gothic palace, which has survived along with its park to this day, although it is not open to the public. In the village, it is worth seeing the Neo-Gothic church, the rectory, and the remains of the manor buildings, as well as the mausoleum located in the forest, dating from the beginning of the 20th century, commemorating soldiers from Biesowice who fell in the First World War.
- 4 The **Biesowice hydroelectric power station**, built in 1905, is one of the most

interesting of its kind in Pomerania. The brick building with a massive tower resembles a Teutonic castle.

- 5 The **Kępkę hydroelectric power station** was built in 1911. The small, brick building of the power station is located in a forest about 2 km south of Kępkę, slightly below the power station in Biesowice.
- 6 **Kępkę**, surrounded by the forests of the Słupsk Forest, was an important industrial settlement at the turn of the 19th and 20th centuries, thanks to the investments of Otto von Bismarck, who founded a paper mill here that produced, among other things, counterfeit dollars and pounds for German spies. A railway line was built to the city, and four power stations were built on the Wieprza River. After the war, a tannery was started in the former paper mill, which still operates today. Over Lake Obłęskie, there is a recreational center with a kayak marina.
- 7 **Korzybie** is a large village located among the forests of the Słupsk Forest, formerly an important railway junction. Over Lake Korzybskie, near the center, there is an equipped bathing area and a circular educational trail. There is also a bathing area near Lake Łętowskie.



A short rest at the Biesowice hydroelectric power plant
 Photo: Rafał Wojczal / szajewski.com.studio



Dartkowo harbor entrance | Photo: ekajaki.pl

Po prostu dzika rzeka



Length of Studnica trail:
35.1 km



Number of days:
2



Number of portages:
4 (optionally 5)



Number of kayak marinas:
4



Recommended kayaking route:
Miastko (km 32.5) –Kawka (km 0.0 + 2.6)



Difficulty:
difficult and strenuous trail



Kajak siałom in the bends of the Studnica
Photo: Rafał Wojczal / szajewski.com.studio

The Studnica is a challenging kayaking route, recommended only for experienced paddlers. This wild, rushing river with numerous obstacles in its course will provide an adrenaline rush for any whitewater enthusiast. It flows through a narrow valley and remote forests, from Miastko in a northerly direction. For over 30 km, there are no settlements or towns along its banks, making a descent down the Studnica a true escape from civilization. Numerous rapids, weirs, boulders, and trees fallen into the river, as well as heavily overgrown, inaccessible banks and the remains of bridges and portages, pose a challenge. There are developed campsites in Kawczyn and kayak landing points in Miastko, Kawczyn, and Ciecholub. Single-person kayaks are recommended for the Studnica. The descent is best ended on the Wieprza River, in the village of Kawka.



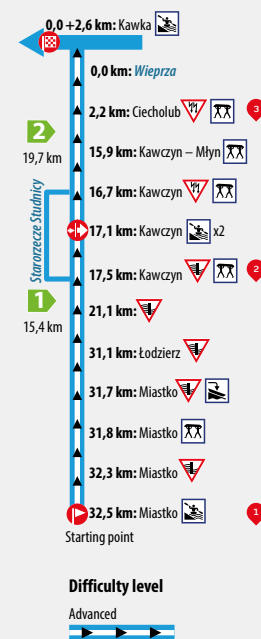
The Studnica cataracts
Photo: Rafał Wojczal / szajewski.com.studio

Suggestions for kayaking stages:

1. Miastko – Kawczyn (15.4 km; 8.0 h)
2. Kawczyn – Kawka (19.7 km; 10.0 h)



The Studnica | Photo: ekajaki.pl










Worth seeing on the trail:

1. **Miastko** is the largest town in the western part of Bytów County, formerly an important center of the textile and timber industry. It is also the beginning of the Studnica kayaking trail. In the past, the banks of the river were connected by a powerful railway bridge, which was destroyed in 1945. The ruins of the abutments can still be admired in the Studnica valley, slightly below the portage in Miastko.
2. **Kawczyn** is a small settlement located in the Studnica valley. There are two portages and an old mill here. This is the only place along the entire Studnica trail between Miastko and Kawka that is equipped for kayakers.
3. **Ciecholub** is a small village located near the mouth of the Studnica into the Stupia River. There is a historic hydroelectric power station here. Its half-timbered building was constructed in the 1920s.



Photo: Paweł Dmochewicz

By kayak to the sea on the most beautiful river

-  Length of Stupia trail: **133.6 km**
-  Number of days: **7**
-  Number of portages: **6 and 2 transportation**
-  Number of kayak marinas: **23**
-   Recommended kayaking route: **Gowidolino (km 133.4) – Ustka (km 0.0 + 0.2)**
-  Difficulty: **Medium-difficulty trail with moderate challenges**
Difficult trail (km 121.4–119.8; Rynna Sulęczyńska)
Easy trail (km 112.0–106.0 Parchowo – Bylina)



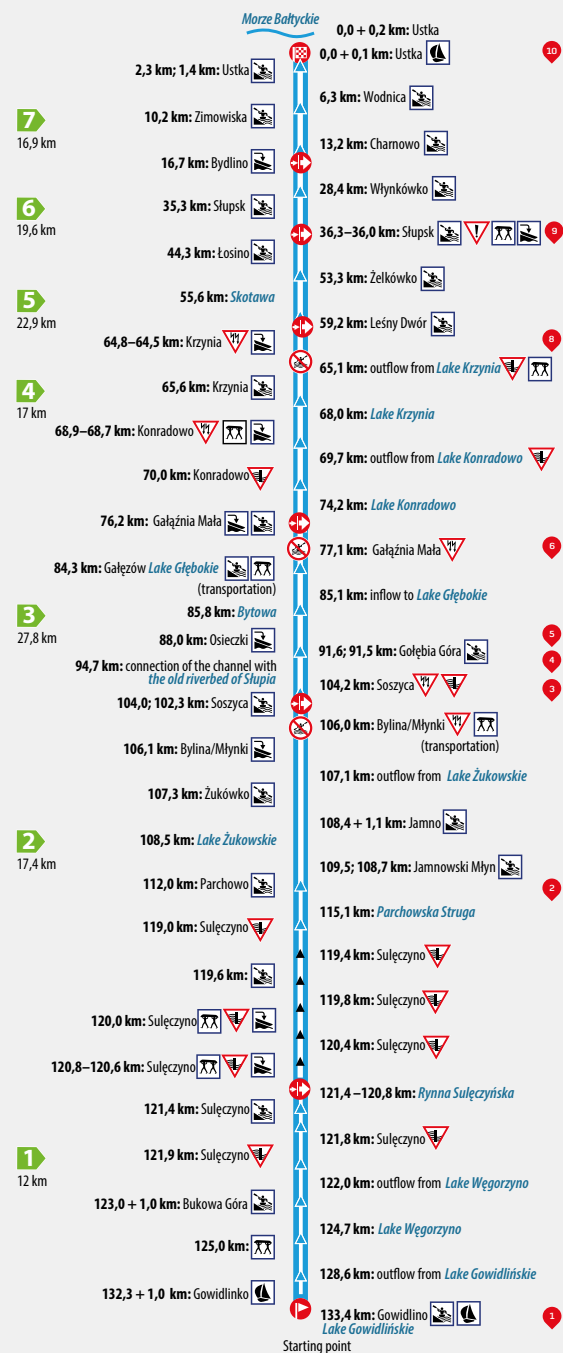
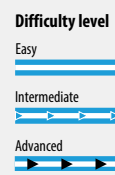
 Suggestions for kayaking stages:

1. Gowidolino – Sulęcyno (12 km; 4.0 h)
2. Sulęcyno – Bylina / Młynki (17.4 km; 6.0 h, transportation to Soszyca)
3. Soszyca – Gołębia Góra – Jezioro Głębokie (27.8 km; 8.0 h, transportation to Gałąźnia Mała)
4. Gałąźnia Mała – Leśny Dwór (17 km; 5.0 h)
5. Leśny Dwór – Słupsk (22.9 km; 6.0 h)
6. Słupsk – Bydlino (19.6 km; 6.0 h)
7. Bydlino – Ustka (16.9 km; 5.0 h)

The Stupia River offers kayakers something that few other Polish rivers can match. It captivates with its exceptionally beautiful, long, forest-lined sections, a variety of riverside landscapes, historic hydroelectric power stations, and picturesque lakes. Its uniqueness is further enhanced by the unusual end to the kayaking trips, which can finish in the Ustka harbor, near the Baltic Sea beach.

The pervasive silence and the feeling of an extraordinary connection with nature on the Stupia trail are a magnet for kayakers. You can find both easy sections (especially in its final stretch) and more difficult ones, which pose a real challenge. The Sulęczyńska Rynna stands out among them, being the section of the kayaking trail in Pomerania that is most similar to a mountain river, with rushing water crashing against the rocks at the bottom of the riverbed. On the Stupia, kayakers can also experience the extraordinary solitude of the trail and fully bond with nature, taking advantage of forest campsites.

The rapid current and historic hydroelectric power stations in Soszyca, Gałąźnia Mała, Konradowo, and Krzynia create a unique, over 100-year-old hydroelectric system on a European scale. Because of them, the Stupia is sometimes jokingly called the “River with a Current”. Two objects are particularly noteworthy: the oldest hydroelectric power station in Poland - Struga in Soszyca, and the largest hydroelectric power station on the Stupia - in Gałąźnia Mała. The construction of these two hydrotechnical complexes significantly changed the course of the river and means that kayakers on the trail face two longer kayak portages: between Bylina and Soszyca, and between Głębokie Lake and Gałąźnia Mała.





Morning at the campsite in Gałęzów, on Lake Głębokie
 Photo: Rafał Wojczal / szajewski.com.studio



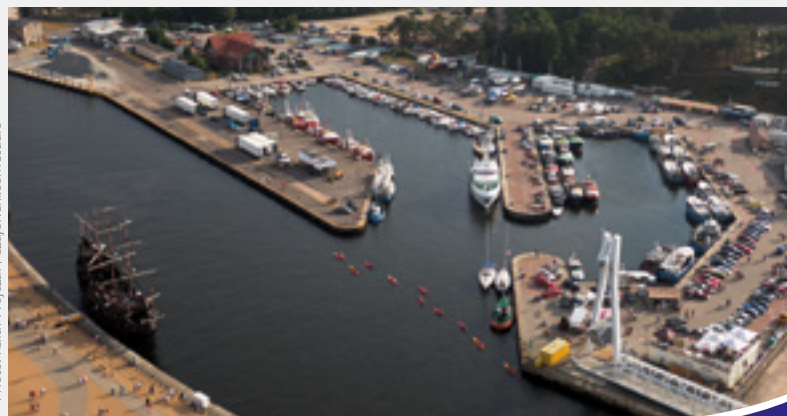
Ryńska Sulęczynska. | Photo: Paweł Dmochewicz

Worth seeing on the trail:

- 1 **Lake Gowidlińskie**, through which the Stupia River flows in its upper course, is a glacial lake with a diverse shoreline, featuring a peninsula and two wild islands, the larger of which is called Ostrów.
 - 2 **The Papal Kayak Trail** begins in Gowidlin. Established in 1964 to commemorate Karol Wojtyła's (the future Pope John Paul II) kayaking expedition on the Stupia River with a group of 13 friends, the trail features 10 so-called "Papal Stones" marking their potential campsites. It covers a significant portion of the river's course up to Słupsk.
 - 3 **The Struga Hydroelectric Power Plant** in Soszyca was built in 1896 and has a capacity of 250 kW. It is considered one of Europe's most valuable and oldest technical monuments of its kind. In 2008, the plant underwent a major modernization, updating its equipment and measurement systems. A portion of the plant has been preserved as an exhibition space, allowing visitors to see firsthand how the turbine and regulator operate. Guided tours are available for groups, but prior arrangement with Energa Wytwarzanie is required.
 - 4 **The „Dolina Stupi” (Stupia Valley) Landscape Park** covers the middle and lower reaches of the Stupia River and its catchment area. Forests, primarily pine and mixed pine forests, account for 72% of the park's area. The Stupia River, along with its tributaries, is the park's central feature and represents a valuable natural habitat. The landscape is characterized by lakes, particularly lobelia lakes with relict vegetation, and old riverbeds. The park offers five nature trails for kayakers, and the Hydroelectric Power Plant Trail runs through it.
 - 5 **The „Gołębia Góra” Nature Reserve** protects the unique features of the Stupia River's middle course. It can be explored using a nature trail.
 - 6 **The Gałęźnia Mała Hydroelectric Power Plant** is the largest on the Stupia River. Its construction shortened the river's course by several kilometers. Prussian engineers dug an artificial canal, directing the Stupia River to the Głębokie Lake, from where water flows through large pipes and two "water locks" to five turbines in the power plant.
- This solution created a significant water level difference, allowing for a peak power output of up to 3,500 kW. The picturesque building housing the power plant, with its interesting architecture, is open to guided tours for groups. Prior arrangement with Energa Wytwarzanie is required.
- 7 **The Strzegomino Hydroelectric Power Plant** was built between 1922 and 1924, after the construction of an earth dam on the Stupia River in 1923, which created the Konradowo

reservoir. Water from the lake is channeled through a canal to the power plant, which houses three turbine units.

- 8 **The Krzynia Hydroelectric Power Plant** was built between 1925 and 1926. The "Krzynia" nature trail begins near the plant, and there is a kayak landing on the reservoir.
- 9 **Słupsk** is a city with over 90,000 inhabitants and, along with Koszalin, is one of the most important towns in Central Pomerania. The Stupia River flows through the city's historic center, where despite significant war damage, several interesting historical buildings have been preserved. Of particular note is the Pomeranian Dukes' Castle, which houses Poland's largest collection of works by Stanisław Ignacy Witkiewicz (Witkacy). The river flows through beautiful city parks, near the former castle mill and the renovated Richter's Granary.
- 10 **Ustka**. The Stupia River kayak trail ends in Ustka, a popular seaside resort town. The town has spa status and its coat of arms features a mermaid, a statue of which can be seen on the eastern breakwater. The town's lighthouse, located in the harbor, is another notable landmark. Ustka's main attraction is its beautiful, wide sandy beaches, near which (in the Ustka harbor) you can end your kayak trip. However, prior permission from the Harbor Master's Office (phone: 59 814 44 30) is required before entering the harbor waters.



The final kilometre of the River Stupia in Ustka
 Photo: Rafał Wojczal / szajewski.com.studio

The allure of whitewater kayaking



The length of Skotawa trail:
33 km



Number of days:
2



Number of portages:
4



Number of kayak marinas:
1



Recommended kayaking route:
Jawory/Budowo – Dębica Kaszubska (28 km)



Difficulty:
The river is difficult and full of obstacles below Jamrzyno, while the upper section between Jawory/Budowo and Jamrzyno is somewhat easier.



The Skotawa River in the vicinity of Dębica Kaszubska | Photo: Rafał Wasil

The Skotawa River is a lesser-known but incredibly charming tributary of the Stupia. It's largely undeveloped and not heavily frequented by kayakers, making it a great choice for those seeking less-traveled routes that require some kayaking experience. Single-person kayaks are strongly recommended for this river.

Navigable from the villages of Jawory and Budowo, the Skotawa initially flows through expansive fields and meadows. However, the most interesting section is the middle part, from Jamrzyno to Dębica Kaszubska. Here, paddlers will encounter numerous obstacles, primarily fallen trees and branches. Overcoming these challenges requires advanced skills and good physical condition.

It's best to end your trip at the bridge in Dębica Kaszubska due to two long and inconvenient portages: one at the tannery in Dębica Kaszubska and the other at the Skarszów Dolny hydroelectric power plant.

Suggestions for kayaking stages:

1. Jawory / Budowo – Jamrzyno (14 km; 4.5 h)
2. Jamrzyno – Dębica Kaszubska (14 km; 5.5 h)

Worth seeing on the trail:

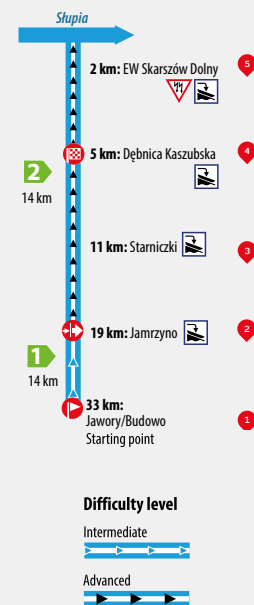
1 **Jawory** is a Kashubian village located on the Skotawa River. To the south, there are remnants of a defensive stronghold dating back to the 9th century. The beautiful green surroundings encompass a hydroelectric power plant and the remains of old mills.

2 **Jamrzyno** is a Kashubian settlement in the Motarzyno district. During the Prussian administration, there was a knight's estate here with a manor house and extensive forests. Today, the former school, which operated until 1932, houses a forester's lodge. In the forest to the east of the village, near the road to the non-existent manor, you can see the Evangelical cemetery of its German inhabitants. The cemetery, laid out in a square and surrounded by a wooden fence, preserves fragments of various gravestones, stone pedestals, including some shaped like oak trunks (formerly with cast iron or wooden crosses), cast iron lattice fences, and stone frames.

3 **Starniczki** is a settlement in the Starnice district with the remains of an old mill.

4 **Dębica Kaszubska** is a large village, a former industrial center in the Stupia River valley, on the Skotawa River, near the Stupia Valley Landscape Park. Here stands the Neo-Gothic brick and half-timbered church of St. John the Baptist from 1584, built as a Protestant temple, rebuilt in 1781, and enlarged in 1830. From the medieval building, standing on a hill among old trees, the tower made of fieldstones and bricks has been preserved, while the nave is later. In the 1990s, the church was enlarged with side naves and the roof was changed. The equipment also dates from this period: the tabernacle, marble altar, floor, benches, confessionals, Italian organ, metalwork decorations (e.g., Stations of the Cross, candlesticks), a painting of Saint John the Baptist, and sculptures of Saint John the Baptist above the entrance and a figure of Christ by the church.

5 **Skarszów Dolny** is a settlement in the Skarszów Górny district. There is the Skarszów Dolny hydroelectric power plant, which was originally an engine room powering machines in an ironworks and, from 1872, in a paper mill. The plant burned down in 1894, and on its foundations in 1922, a power plant was built, modernized in 1942-1943. The facility consists of a concrete weir from 1955, a 1200-meter-long canal, and an inlet viaduct for turbines.



The Stupia's little sister



The length of Kamienica trail:
35.2 km



Number of days:
3



Number of portages:
5 + 1 transportation



Number of kayak marinas:
5



Recommended kayaking route:
Tuchomie (km 35.6) – Gałąźnia Mała
(km 0.0 + 0.8; kayak station below the power plant)



Difficulty:
difficult and troublesome trail



The Kamienica | Photo:ekajaki.pl

One of the most beautiful, wild, and least known rivers of Pomerania. The route is characterized by numerous fallen trees, rapids, and rocks in the current. The river is primarily suitable for experienced kayakers in single-person, whitewater kayaks. The obstacles on the route require high technical skills and offer opportunities to test your abilities, such as kayak walking over trees. The river flows through magnificent, wild forests, and the area is rich in wildlife. You can encounter roe deer, red deer, otters, and rare bird species. In the estuary section of the river, you can see the picturesque gorge of the Huczek stream, protected as a nature reserve.

The starting point of the Kamienica kayaking trail is located in the Kashubian village of Tuchomie, at the 33rd kilometer. Theoretically, it is possible to kayak on the Kamienica from the long, trough-shaped Kamieniczno Lake, above which lies the charming village of Gliśno. However, the upper section of the Kamienica (above Kamieniec) often has problems with low water levels, and there are also several inconvenient portages.

For this reason, the most popular section of the trail is from Kamieniec to Gałąźnia Mała (12.5 km). This section of the Kamienica utilizes the former bed of the Stupia river, almost all of which was diverted nearly 100 years ago through the Głębokie Lake directly to Gałąźnia Mała. The overgrown, old bed of the Stupia, through which only a small stream now flows, is visible at the very beginning of the descent in Kamieniec, on the right side. The trail ends below the bridge, and even before the "Dolna Huczka" reserve, where there are no suitable conditions for taking out kayaks. From here, you would need to transport your kayaks to the landing in Gałąźnia Mała. However, you must first obtain permission from the Leśny Dwór Forestry District to use the forest road.

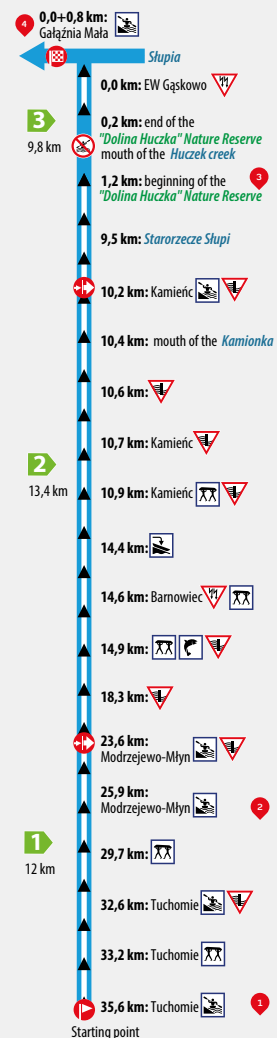
Suggestions for kayaking stages:

1. Tuchomie – Modrzejewo Młyn (12 km; 4.5 h)
2. Modrzejewo Młyn – Kamieniec (13.4 km; 6.0 h)
3. Kamieniec – Gałąźnia Mała (9.8 km; 5.0 h)

While sailing on the Kamienica river, we work with our whole body
Photo: Rafał Wojczal / szajewski.com.studio

Worth seeing on the trail:

1. **Tuchomie:** A large Kashubian village with medieval origins, located on the former Miastko-Bytów railway line (now the "Twisted Goods" bicycle trail). It boasts historic rural architecture.
2. **The „Dolina Stupi” Landscape Park (Stupia Valley):** The only valley-type landscape park in the Pomeranian region, protecting diverse natural ecosystems in the central part of the heavily forested Stupia valley between Soszyca and Stupsk.
3. **The “Dolina Huczka” Nature Reserve (Huczka Valley):** A reserve near the mouth of the Kamienica river into the Stupia. It protects a unique complex of natural features in a forested river valley. An educational trail has been marked out in the reserve, partly leading over wooden footbridges and stairs.
4. **Gałąźnia Mała Hydroelectric Power Plant:** The largest on the Stupia, this is a historic hydroelectric power plant. Its construction shortened the course of the river by several kilometers, which is why the old bed of the Stupia now (from Kamieniec) carries almost exclusively the waters of the Kamienica. The picturesque and architecturally interesting building housing the power plant is open to visits by tourist groups. Prior arrangement is required with Energa Wytwarzanie.



Teutonic castle and „water castles”



The length of Bytowa trail:
22.6 km



Number of days:
1



Number of portages:
0



Number of kayak marinas:
1



Recommended kayaking route:

Bytów (Bridge at Tartaczna Street, km 20.4) – Gałęzów (Lake Głębokie) – kayak station on the Stupia river (km 0.0 + 2.2)



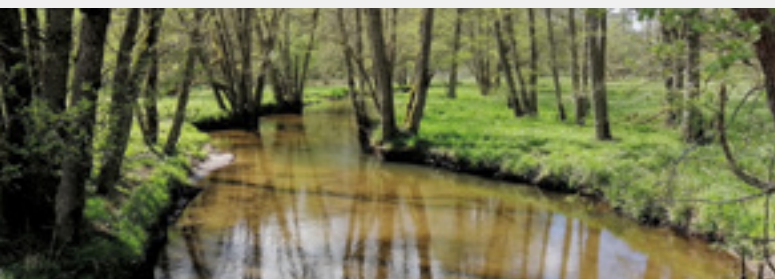
Difficulty:
a trail of medium difficulty and exertion



Watermill on Lake Głębokie
Photo: Paweł Dmochewicz

Bytowa is a left-bank tributary of the Stupia river, navigable from the center of Bytów, the largest urban center of the Bytów region. It's a medium-difficulty route, well-suited for kayakers seeking a challenge, while also being incredibly wild and picturesque. An interesting feature is the presence of remnants of attempts to regulate the riverbed along the route - water thresholds and bank reinforcements damaged by the water.

Initially, Bytowa flows through meadows and has the form of a regulated channel, but it becomes more interesting in the second part of the route. There, the river enters the vast forests of the Stupia valley. A highlight is the Bytów Reservoir, an artificially created, forest-surrounded lake. In the past, Bytowa flowed into the Stupia at this point, but the old bed of the Stupia was dammed during the construction of the hydroelectric power station in Gałęźnia Mała. From that moment on, the Bytowa route runs in the opposite direction to the former flow of the Stupia, to meet it near the Głębokie Lake. Both rivers flow together into this lake through an artificial channel. The trip should end after another 2 kilometers, at the landing near Gałęzów, on the northern shore of the lake.



The Bytowa | Photo: Rafał Wasil

Suggestions for kayaking stages:

Bytów – Gałęzów (Lake Głębokie) – kayak station on the Stupia river (22.6 km; 5.0 h)



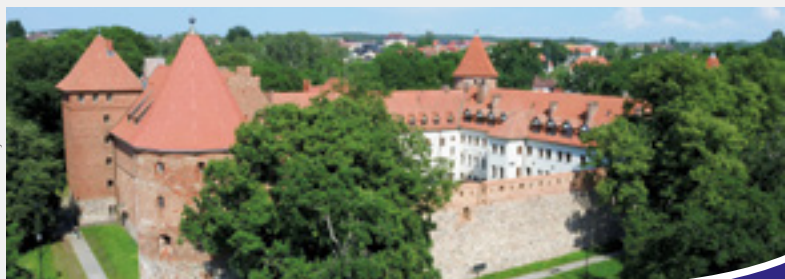
The Bytowa River Dam | Photo: AGERON Polska



Worth seeing on the trail:

- Bytów:** Well-preserved Teutonic castle, historic town center, ruins of St. Catherine's church, old mill, railway bridge over the Boruja river.
- Bytowa River Reservoir:** A forest-surrounded reservoir in the Stupia valley, created by damming the Stupia river. From this point to Kamieniec, the old bed of the Stupia is dry, while the Bytowa river flows in the opposite direction through the former Stupia valley, reaching the vicinity of the Głębokie Lake. The waters of the Bytowa and Stupia rivers then supply the Gałęźnia Mała hydroelectric power plant.
- Głębokie Lake:** A large lake formed in a glacial valley, into which the Stupia and Bytowa rivers flow due to a canal created during the construction of the hydroelectric power plant. On the north-western shore of the Głębokie Lake, there is a "water castle" that regulates the flow of water into the pipes of the Gałęźnia Mała hydroelectric power plant.

Stupia Valley Landscape Park (Dolina Stupi): The only valley-type landscape park in the Pomeranian region, protecting diverse natural ecosystems in the central part of the heavily forested Stupia valley between Soszyca and Słupsk.



A must-see destination:
the Teutonic castle in Bytów
Photo: Jacek Zdrójewski

The wild face of adventure



The length of Łupawa trail:
94.5 km



Number of days:
6



Number of portages:
12 (+1 in the case of sailing through the canal leading to the trout farm in Podkomorki)



Number of kayak marinas:
13



Recommended kayaking route:
Obrowo (Lake Obrowo Duże; km 100.5) – Retowo (Lake Gardno; km 6.0)



Difficulty:
a moderately difficult and moderately strenuous trail



The Łupawa River in winter | Photo: ekajaki.pl

Legends surround the Łupawa River. Tales of broken kayaks tangled in trees and battered paddlers... How much truth is there in them? Wild, full of challenges, long and fast, primarily rocky rapids, gorges, and obstacles formed by trees - that's the middle section of the Łupawa. Choosing it as a paddling destination guarantees extreme experiences and a unique sensation of the river's current washing over your kayak. The abundance of alternative routes, thanks to numerous islands, combined with fragments of the old forest through which the river flows, gives its landscapes a magical appearance. This character is especially pronounced in the section between Kozin and Damno Młyn, recommended only for experienced kayakers. It provides unforgettable experiences and allows you to taste the true thrill of a mountain river.

The river flows into the sea at Rowy, but the paddling trip should end in Gardna Mała. On Lake Gardno, located within the Słowiński National Park (in the zone north of a straight line connecting the mouth of the Łupawa to Lake Gardno with the mouth of the Grabownica River), kayaking is prohibited. Only the southern part of the lake, bounded by the aforementioned line, is open for recreation.

There are six hydroelectric power plants on the Łupawa, as well as numerous weirs, gates, and rapids that require portaging. In recent years, numerous kayaking harbors and campsites have been established.

Suggestions for kayaking stages:

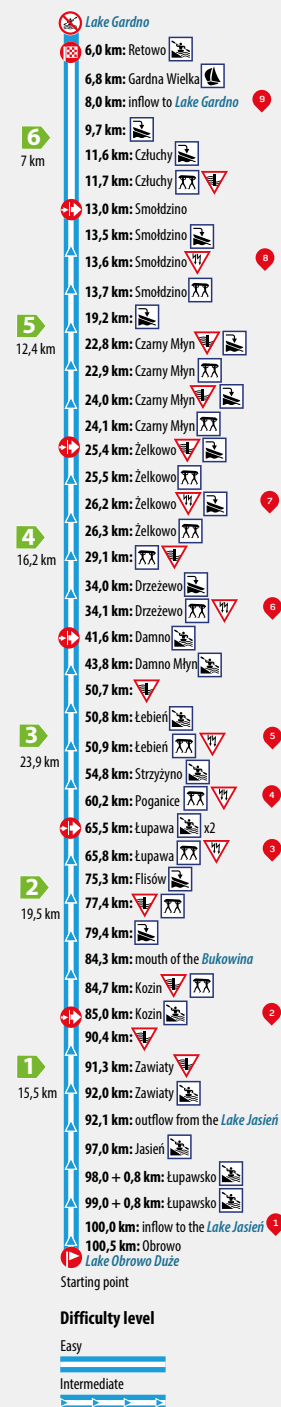
1. Obrowo – Kozin (15.5 km; 5.5 h)
2. Kozin – Łupawa (19.5 km; 6.5 h)
3. Łupawa – Damno (23.9 km; 8.0 h)
4. Damno – Żelkowo (16.2 km; 6.0 h)
5. Żelkowo – Smołdzino (12.4 km; 3.5 h)
6. Smołdzino – Retkowo (7 km; 2.0 h)



The Łupawa – Łabien | Photo: Paweł Dmochewicz



Social kayak trip on the Łupawa River | Photo: Gmina Potęgowo





We are kayaking until the sunset
Photo: Rafał Wojczal / szajewski.com.studio

Worth seeing on the trail:

1 **Lake Jasień**, one of the largest lakes in the Kashubian Lake District, spans 577 hectares and stretches nearly 8 kilometers. This glacial lake is actually composed of two bodies of water - North Jasień and South Jasień - separated by a narrow strip of land, which the Łupawa River crosses under a road bridge. The lake boasts a diverse shoreline, seven uninhabited islands, and even the wreck of a wooden fishing boat near one of them. With a maximum depth of 32 meters, the lake is surrounded by several tourist towns, the most popular being Jasień and Łupawsko.

2 **Kozin**, a small village near Czarna Dąbrówka, marks the mouth of the Bukowina River. A road bridge signals the beginning of the village, and further downstream, the river flows beneath the picturesque ruins of brick railway bridges on the "Twisted Tracks" route between Bytów and Łębork, followed by a kayak marina. The village is home to a neo-Gothic church from 1928, a hydroelectric power station on the Bukowina River, an arboretum, and a large trout farm.

3 **Łupawa** is another interesting place along the route, with an 18th-century Rococo church, a large park surrounding a rebuilt manor house that remains in private hands, and the aforementioned hydroelectric power station operating in an old mill. However, undoubtedly the most mysterious object in Łupawa is the megalithic burial site, and in the nearby forest, the largest one discovered in Poland. As many as 48 tombs, averaging 20-30 meters in length, have been preserved, and scientists date them back to 2800-2500 BC or even 5000 BC. Megalithic sites are located in the forest north and east of the village, on the right bank of the river.



Directions through the forest to Pogonic | Photo: ekajaki.pl



Łebień Hydroelectric Power Plant
Photo: Rafał Wojczal / szajewski.com.studio

Hydroelectric power stations on the Łupawa in Łupawa, **4** Pogonic, **5** Łebień, **6** Drzeżewo, **7** Żelkowo, and Smoldzino harness the energy of the swift-flowing Łupawa. The most interesting are the facilities in Pogonic and Żelkowo. Next to the hydroelectric power station in Pogonic, there is an atmospheric inn and restaurant. The hydroelectric power station in Żelkowo, on the other hand, has an exceptional, elegant building resembling a railway station or palace. It is one of the oldest hydraulic engineering monuments in Pomerania, built in 1906.

8 **Smoldzino** is a rural village located on the Słowiński Coast, on the edge of the Słowiński National Park. It houses the park's management and a natural history museum, a hydroelectric power station, and numerous tourist accommodations. The surrounding landscape can be admired from the observation tower at the top of Rowokół Hill (115 m above sea level) - formerly a sacred mountain of the Slovincians, which had been a place of worship since pagan times. From the viewpoint, there is a panorama of Lakes Gardno and Łebsko, the Baltic Sea, and the dune belt of the spit with its moving dunes - a unique feature on a European scale. In the village, it is worth paying attention to the 17th-century Holy Trinity Church.

9 **Lake Gardno**, a shallow, coastal lake covering nearly 2,500 hectares, is located within the Słowiński National Park. It is only accessible to kayakers in the southern part.



Upper part of the Łupawa River | Photo: Rafał Wasil

Just like the Łupawa, but harder



The length of Bukowina trail:
19.4 km



Number of days:
1



Number of portages:
3



Number of kayak marinas:
1



Recommended kayaking route:
Skrzeszewo (km 19.4) – Kozin (km 0.3)



Difficulty:
a moderately difficult and strenuous trail



A beautiful and little-known, charming river, the longest tributary of the Łupawa. It is an independent, difficult, and demanding kayaking route, perfect for experienced paddlers who enjoy whitewater. A descent down the Bukowina will certainly take up the whole day and will be full of experiences and adventures. Numerous trees in the current, obstacles, and rapids will keep you entertained.

Often, a descent down the Bukowina, ending before the most interesting part of the Łupawa in Kozin, serves as the first stage of the Łupawa descent. This allows you to bypass the large Lake Jasień, from which this river flows. Single-person kayakers are recommended for the Bukowina. The descent is best started below the dam in Skrzeszewo.



The Bukowina is a difficult river | Photo: Rafał Wojczal / szajewski.com.studio

Suggestions for kayaking stages:

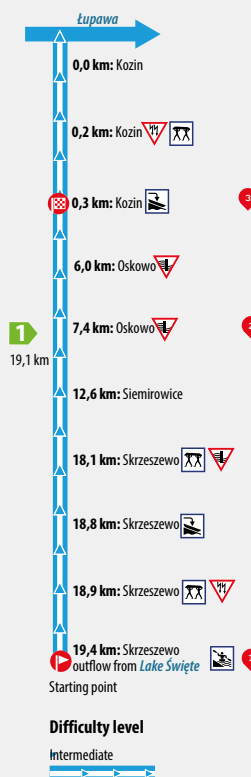
Skrzeszewo – Kozin (19.1 km; 7.5 h)

Worth seeing on the trail:

1 **Lake Świąte**, with a total area of 23.44 hectares and a depth reaching 5 meters, is located in the Kashubian Lake District, at the edge of the Kashubian Landscape Park. It belongs to the group of Potęgowskie lakes. Until the beginning of World War II on September 1, 1939, the Polish-German border ran through the reservoir.

2 **Oskowo** is a village where the attraction is not only a 19th-century manor house but, above all, the world's largest replica of the "Trojan Horse" (a fact confirmed by the Guinness Book of Records), standing 15 meters tall, and a reconstruction of a Roman legionary camp surrounded by a wooden palisade. Inspiration for both projects was drawn from Homer's ancient work, the "Iliad". It is a great place for the whole family to have fun, with a labyrinth, playground, and many attractions. A cemetery of the Lusatian culture dating back over three thousand years has also been discovered in the area.

3 **Kozin** is a village, the first mention of which dates back to 1305. At the end of the 19th century, Catholic Kashubians settled in Kozin, then called Koziniński Młyn. Due to the unfavorable attitude of the estate manager, in which the Kashubians worked, they built a church. The building, which has survived to this day, stands on a hill in the middle of the forest - over 3 km from the village. A hydroelectric power station and a forest arboretum at the forester's lodge also operate in Kozin. The village is known to rock climbing enthusiasts due to the use of the remains of brick bridges, which are a reminder of the railway line that used to run through the village.



Crossing the rapids | Photo: Rafał Wojczal / szajewski.com.studio

From the heart of Kashubia to the Slovincian shores



The length of Łeba trail:
103.5 km



Number of days:
7



Number of portages:
14



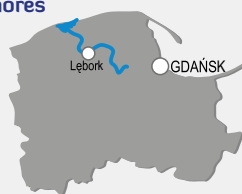
Number of kayak marinas:
8



Recommended kayaking route:
Sianowo (Lake Sianowskie, km 121.0) – Gać (km 17.5)



Difficulty:
different levels of difficulty and effort depending on the part of the trail



The Łeba | Photo: ekajaki.pl

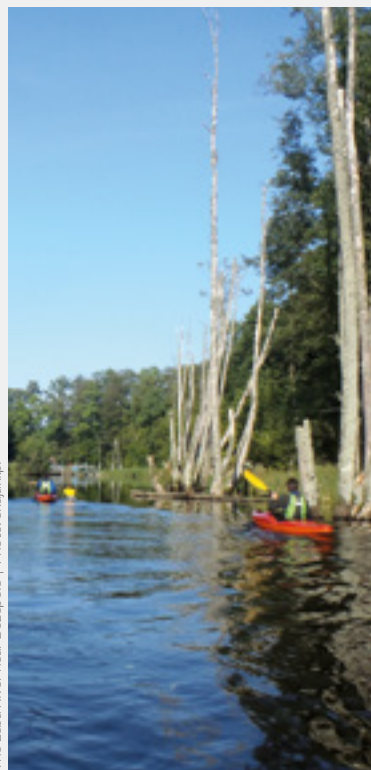
Łeba captivates with its diversity. Each stage of the descent is different. In the upper section, leading through the Kashubian hills, the river is narrow and demanding. The riverbed is full of obstacles: fallen trees, ubiquitous twigs and bushes, branches protruding above the water surface or sticking out on the bank. There are also numerous portages. The water flows rather calmly, only occasionally is there a faster current.

From the village of Tłuczewo, the trail changes. Overcoming a forest gorge, the river accelerates and begins a breakthrough, the most extreme section. A large drop in terrain, a stony bottom, and numerous boulders on the riverbed create very large and long rapids, which provide wonderful emotions. However, you have to be careful of low water levels, which can be a big problem, especially in summer. With high water, however, it will be a section of great fun and a real challenge, even for experienced and persistent kayakers.

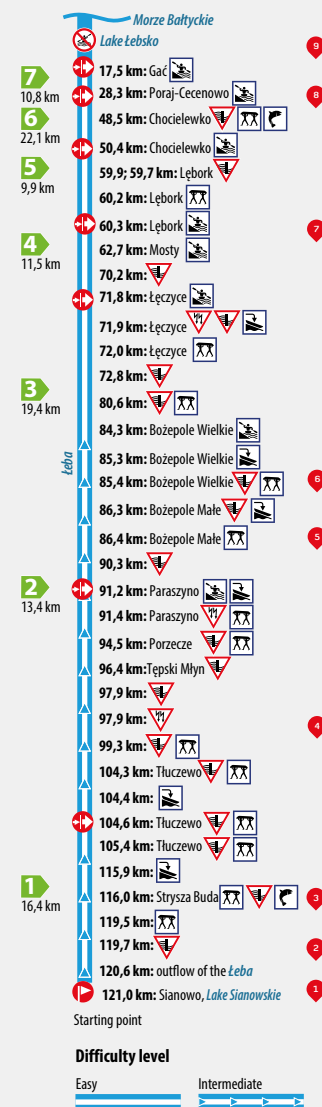
From Łęczycze, with the beginning of the vast valley, the character of the river changes completely. This part of the trail is easy, ideal for one-day trips and for beginners. It is a great section for family trips and recreational spending time on the water. The river flows into the sea in Łeba, but the descent should end at the road bridge in the village of Gać. Kayaking on Lake Łebsko is prohibited as it is a national park area. An interesting fact is the possibility of kayaking in the tourist town of Łeba, where the Chęst canal connects the shallow Sarbsko Lake with the port on the Łeba River. The town of Łeba is also a well-known center of sea kayaking.

Suggestions for kayaking stages:

1. Sianowo – Tłuczewo (16.4 km; 7.0 h)
2. Tłuczewo – Paraszyno (13.4 km; 5.0 h)
3. Paraszyno – Łęczycze (19.4 km; 7.0 h)
4. Łęczycze – Łębork (11.5 km; 4.5 h)
5. Łębork – Chocielewko (9.9 km; 2.5 h)
6. Chocielewko – Poraj (22.1 km; 5.0 h)
7. Poraj – Gać (10.8 km; 3.0 h)



The Łeba River near Bożepole | Photo: ekajaki.pl



Worth seeing on the trail:

1. **Sianowo**, a Kashubian village picturesquely located among moraine hills on the shore of Lake Sianowo, is a tourist destination known for its sanctuary of the Mother of God, Queen of Kashubia. This half-timbered church, built at the beginning of the 19th century on the site of a previous temple, is a traditional place of pilgrimage. The object of worship here is a small statue of Mary dating back to the turn of the 14th and 15th centuries. The small, lake-shaped Lake Sianowo, located in the Kashubian Landscape Park, is surrounded by attractively hilly terrain.
2. **The "Staniszewskie Zdroje" Reserve** is one of the most interesting reserves in northern Poland. It protects valuable and well-preserved springs located on the slopes of the Łeba valley in the Mirachowo Forests. Many rare plant species, including mountain species, occur here.

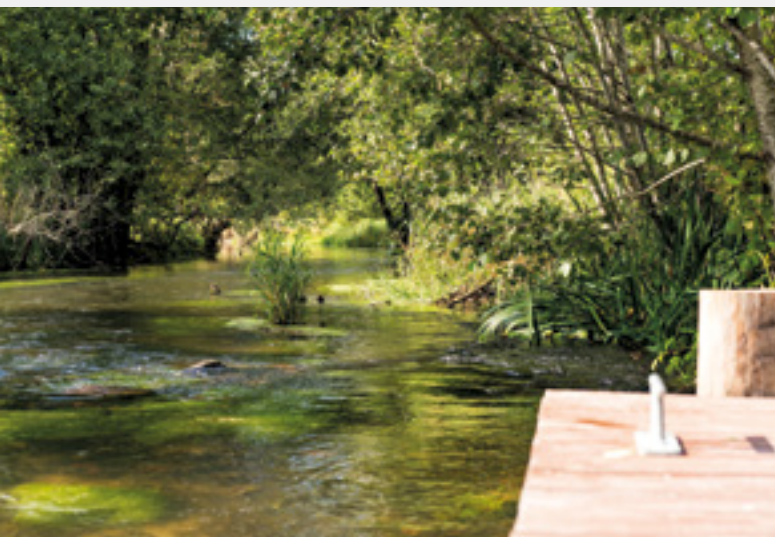


Time to play with the river flow
Photo: Rafał Wojczal / szajewski.com studio

3 **Strysza Buda** is a village known for its attractions for children. The oldest is the Kashubian Miniature Park, where you can see dozens of models of famous buildings from around the world, all scaled down 25 times. There's London's Big Ben, the Egyptian Sphinx, Bytów Castle, and Gdansk's Crane. There's also a Fairy Tale Land, a haunted house, a laughter room, and a mini-zoo. Another attraction is the Giant Park, where everyday objects are magnified to enormous proportions, along with giant insects, fish, and a real Monster Truck. The newest addition is the Kashubian Gracik, full of replicas of vehicles from fairy tales and movies, all life-sized. Nearby is Mirachowo, where you can see the Neo-Romanesque Church of Saint John the Baptist, built in 1862, and an 18th-century wooden manor with a carved wooden porch and shutters. The manor is surrounded by the remnants of an old orchard.

4 **The Łeba Gorge**, between Tłuczewo and Paraszyno, is a deep, forested ravine with steep, inaccessible banks. Fallen trees, boulders, and beaver dams further obstruct navigation. This section of the river cuts through the elevated terrain of the Kashubian Lakeland. During periods of high water, the river takes on a mountainous character.

5 **Bożepole Małe** and **6** **Bożepole Wielkie** are two villages situated on the Łeba River, near the point where it emerges from the moraine hills and becomes a lowland river, crossing the flat lands of the Łeba and Reda Valley. The village of Bożepole existed as early as the 13th century and until the 17th century was a single settlement belonging to local noble families, which was later divided into two estates. In each village there was a manor, rebuilt in the



The Łeba River near Paraszyno | Photo: Bartłomiej Szaro

18th century into a palace. The estates, nationalized after World War II, fell into disrepair. A historic church from the mid-18th century, originally from Bożepole Wielkie, was moved to the open-air museum in Wdzydze.

7 **Łębork** is the largest city on the Łeba River and is located on the Pomeranian Way of St. James. It received its town charter in 1341 from the Grand Master of the Teutonic Order, Dietrich Burgaff von Altenburg. Its long and turbulent history has left behind many attractive relics. Among the oldest monuments are preserved fragments of the defensive walls from the period of the city's founding, including the Ivy Tower from 1363 in its original form. The monumental Teutonic castle, now the seat of the District Court, and the Church of St. James the Apostle with an 18th-century ivory tabernacle have medieval origins. The Gothic church is the seat of a Franciscan monastery and is located on the pilgrimage route to Santiago de Compostela. Within the former castle enclosure, there is a medieval mill from the turn of the 14th and 15th centuries, a 19th-century Miller's House, and a 16th-century salt granary, now the seat of a Pentecostal church. The Neo-Gothic Church of the Blessed Virgin Mary, Queen of Poland, built as a Protestant church in 1870, the Neo-Gothic town hall from 1900, and eclectic and Art Nouveau townhouses from the turn of the 19th and 20th centuries are also noteworthy. A characteristic viewpoint is the water tower from 1912, standing on the top of Góra Parkowa in Chrobry Park.

8 **Poraj Palace**, located on the Łeba River, in an old park with an island and three ponds, was built at the end of the 19th century for the needs of a research station for growing crops on raised bogs. Today it houses a guesthouse and a restaurant.

9 **Słowiński National Park** is a "Land of Water, Wind, and Sand" known for its unique moving dunes, which are unparalleled in Europe. It was established to protect the dune landscape and to preserve the unchanged state of the coastal system of lakes, bogs, peat bogs, meadows, and coastal pine forests. The park is home to about 260 species of birds, including about 170 breeding species, and the rest are wintering or migratory. Many species of birds are protected and rare. The park has outstanding natural values and is on the UNESCO World Network of Biosphere Reserves. It also functions within the international network of protected areas HELCOM SPA and as a Ramsar wetland. Only about 30% of the area is on land; the rest is occupied by inland waters and coastal marine waters. The biggest attractions include: the moving dunes near Łeba, the Czołpińska Dune with a lighthouse, the Lighthouse Museum, and Rowokół Hill, as well as the Open-Air Museum of the Słowiński Village in Kluki. There are several reserves within the park, including the "Rowokół" reserve with the "holy mountain of the Słowińcy" with a viewing tower from which there is a panorama of the Gardno and Łebsko lakes, moving dunes, and the Baltic Sea. Over 150 km of trails await tourists, allowing them to reach interesting corners, as well as seven nature-educational trails.



Moving dunes in Słowiński National Park
Photo: Adam Wolosz

Throughout the Sarbska Spit



The length of Chelst trail:
13.4 km



Number of days:
1



Number of portages:
1



Number of kayak marinas:
4



Recommended kayaking route:
Stilo (bridge, km 12.9) – Łeba (km 0.0 + 0.5)



Difficulty:
easy trail, moderately strenuous



Suggestions for kayaking stages:

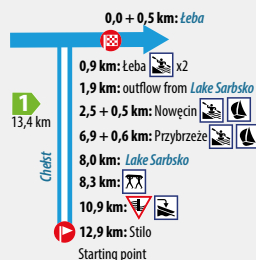
Stilo – Łeba (13.4 km; 3.5 h)

The Chelst is a relatively unknown river that emerges from the marshes near Lubiatowo and flows eastward towards Łeba. It passes through the coastal, shallow Sarbsko Lake and empties into the Łeba River at the Łeba harbor. Uniquely, it runs parallel to the seashore, separated from it by a belt of forested, dune-covered hills. The river becomes navigable for kayakers from the village of Stilo, making it a popular destination for day trips in recent years.

The relatively short 13.5-kilometer kayaking route from the bridge in Stilo to the marina in Łeba offers a beautiful experience, especially the first section to Łebsko Lake. This initial five-kilometer stretch is particularly picturesque, with the river winding through reed beds and old trees that lean over the water. While the route is easy, less experienced kayakers may need to navigate through reeds or practice maneuvering in narrow sections.

The following six kilometers involve paddling across Sarbsko Lake, which typically takes between an hour and a half to two hours depending on the pace and wind conditions. In case of bad weather, kayakers can seek shelter at the harbors in Przybrzeże or Nowećin, both located on the southern shore of the lake. Sarbsko Lake offers a serene experience in calm conditions, but can be surprisingly choppy when the wind picks up.

The final section of the route, from the lake's outlet, is a canal that flows towards the center of Łeba, intersected by numerous bridges and pipes. The Chelst then merges with the Łeba River in the town center, behind the main Kościuszki Street bridge (the city promenade). Kayakers can end their trip at one of the town's kayak harbors or continue to the marina at the fishing port. On this section, it is important to be aware of boat traffic, as there are many vessels in the Łeba harbor during the season, and entering the harbor requires permission from the harbor master.



Difficulty level

Easy

By kayak through Northern Kashubia



The length of Czarna Woda trail:
6.6 km



Number of days:
1



Number of portages:
1



Number of kayak marinas:
2



Recommended kayaking route:
Czarny Młyn (km 6.6) – Ostrowo (km 0.0 mouth of the Baltic Sea)



Difficulty:
easy and unobtrusive trail



Suggestions for kayaking stages:

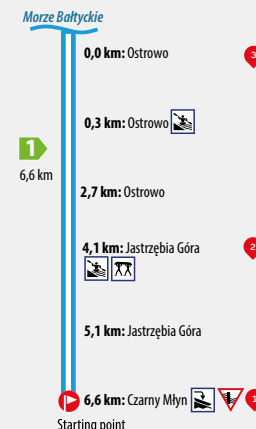
Czarny Młyn – Ostrowo (6.6 km; 2.0 h)

The Czarna Woda, also known as the Czarna Wda, is a little-known, small coastal river, rarely visited by kayakers. It flows through Northern Kashubia near Jastrzębia Góra, primarily in a wetland valley that cuts through the coastal upland. Its name comes from the brown color of the water, which the river owes to the peat bogs it flows through. Organic compounds in the soil seep into the river, giving it a characteristic color while remaining transparent.

It is an easy and obstacle-free kayaking trail, suitable for a family trip. The trip can end in a unique setting, as, like the Piaśnica, the river flows directly into the Baltic Sea, cutting through a sandy, narrow beach at this point.

Worth seeing on the trail:

- 1 Czarny Młyn: Rural architecture monuments
- 2 Jastrzębia Góra: Tourist resort, promenade, cliffs
- 3 Ostrowo: Mouth of the Czarna Woda (Wda) River into the Baltic Sea



Difficulty level

Easy



Family kayaking trip on the Chelst River
Photo: Rafał Wojczal / szajewskistudio



The Czarna (Wda) Woda
Photo: Paweł Dmochewicz

Kayaking to the Baltic beach



The length of Piaśnica trail:
14.2 km



Number of days:
1



Number of portages:
1



Number of kayak marinas:
7



Recommended kayaking route:
Kartoszyno (Lake Żarnowieckie, km 14.2) – Dębki (km 0.0 mouth of the Piaśnica River into the sea)



Difficulty:
easy and unobtrusive trail



The mouth of the Piaśnica River | Photo: Paweł Dmochewicz

For kayaking enthusiasts who find the six-kilometer Piaśnica River trail too short, we can propose an alternative that extends the kayaking adventure to include the Żarnowieckie Lake. This allows for a better exploration of the landscape and attractions of this interesting reservoir. However, caution should be exercised regarding weather conditions – the lake is large, and its proximity to the Baltic Sea often results in strong winds and high waves. Therefore, kayaking on the lake is recommended only in calm weather, and it is safer to stay close to the shore.

The Piaśnica is a small, coastal river, less than 30 km long, originating at the edge of the Darżłubska Forest, near the villages of Mała and Wielka Piaśnica, and flowing through the large, glacial Żarnowieckie Lake. The section of the Piaśnica from its outflow from Lake Żarnowieckie to its mouth at the sea in Dębki is a short but very charming kayaking route. It is very popular, especially on holiday weekends. The route is easy and accessible to everyone, perfect for a first kayaking adventure. The river meanders through tall reeds among the coastal meadows. The water is crystal clear, and fish can be clearly seen swimming in it.

Kayaking trips on the Piaśnica usually begin after the dam and road bridge, located at the river's outflow from Lake Żarnowieckie, and lead directly to the Baltic beach. The river flows into the sea slightly below Dębki.

Suggestions for kayaking stages:

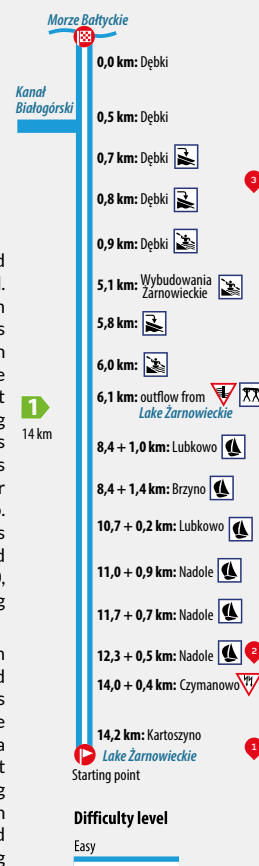
Lake Żarnowieckie (Kayak stations in Nadole, Lubkowo, Brzyno, or Kartoszyn at the Piaśnica River's inflow into the lake) – Dębki (up to 14.2 km; 4.5 h)

Worth seeing on the trail:

1 **Lake Żarnowieckie** is a large glacial lake located near the Baltic Sea coast, on the Żarnowieckie Highland. It covers an area of over 14 km², with a length of 7.6 km and a width of 2.6 km. Its depth reaches 20 meters, and its bottom lies below sea level. The lake is surrounded by high hills covered with beech forests, on which Slavic forts were located as early as the Middle Ages. Due to the significant height differences, in 1983, the largest peak-pumping hydroelectric power plant in Poland, Żarnowiec, was built in the southern part of the lake. The turbine hall was built over the lake in Czymanowo. Huge pipes carry water from the lake to an artificial, upper reservoir in Gniewino. Nearby, you can see the unfinished buildings of Poland's first nuclear power plant, Żarnowiec. Its project provided for four reactors cooled with water from the lake. In 1990, construction was abandoned, and the already existing facilities were devastated.

2 **Nadole** is a tourist village whose buildings stretch along the shore of Lake Żarnowieckie. It was established in the Middle Ages as part of the Cistercian monastery's estate. For centuries, its inhabitants were native Kashubians who, in the interwar period, voted in a plebiscite for belonging to Poland, despite the fact that Nadole was located west of the border, which ran along the lake. Thus, the village became a Polish enclave on German territory. From the old days, there are preserved farm buildings from the 19th century in Nadole, creating a small open-air museum - the Peasant and Fisherman's Homestead, a branch of the Puck Land Museum. The tourist ship "Nadolanin" also sails here.

3 **Dębki** is a small seaside village located east of the Piaśnica river mouth into the sea. It occupies a flat area cut by drainage canals. Water from the canals and surrounding wetlands is drained by a pumping station, protecting the village from flooding during autumn and winter storms (storm surges). The village is separated from the sea by a 300-meter wide dune belt, intersected by numbered access roads to a wide beach covered with fine, light sand. There is a seasonal, guarded bathing area. The eastern part is designated for people with dogs, and the western part, behind the Piaśnica estuary, is a nudist beach. The natural mouth of the Piaśnica into the sea looks different after each winter storm. The estuary section of the river lies within the coastal landscape park and Natura 2000 Piaśnickie Łąki, where the river estuary habitat is protected. The village belonged to the monastery in Żarnowiec since the Middle Ages. In the season, it is a lively and crowded, yet intimate resort that has been developing since the interwar period. In the 1930s, when summer visitors started to arrive, a wooden chapel of the Resurrectionists of Our Lady of Częstochowa was built, with an interior made by Kashubian sculptors. Several 19th-century fishing huts have been preserved in the village. Tourist services are concentrated along the promenade running along the edge of the forest, where there are bars, restaurants, and accommodations. At the bridge at the mouth of the Piaśnica into the sea, there is a granite obelisk "Kamień Wersalski", a replica of a boundary stone from the time of the Second Polish Republic, when the river was the border between Poland and Germany. The stone placed closest to the sea, numbered 1, became a symbol of Poland's return to the Baltic Sea in the interwar period.



A river nearby, yet undiscovered



The length of Reda trail:
42.2 km



Number of days:
2



Number of portages:
2 (optionally, 1 transportation)



Number of kayak marinas:
7



Recommended kayaking route:
Zalewo (km 43.3) – a bridge near the „Beka” reserve (km 1.1)



Difficulty:
a route of intermediate difficulty and strenuousness



Orle Lake | Photo: Pawel Dmochewicz

Variable, unpredictable, surprising and incredibly diverse - that's how the Reda River can be briefly characterized. Along its course, you can find both wild, untouched places and more regulated sections. The river is somewhat challenging to navigate up to Lake Orle. Its width varies, and the riverbed is full of obstacles, such as shallows and permanent barriers like weirs, footbridges, and small bridges, which often require portaging the kayak. The next section (to Wejherowo) flows through a wide, unobstructed riverbed. In this section, the Reda is regulated. Before Wejherowo, near the cement plant, there is a long portage.

From Wejherowo, the river becomes more natural again, extremely winding, wild, and inviting. Despite flowing through a wide riverbed, the current is sometimes fast, with rapids and obstacles such as trees, as well as numerous meanders. Surprisingly, while paddling on the Reda, you hardly feel the proximity of the cities of Wejherowo and Reda. Near the Puck Bay, the river flows into the Beka reserve, where the journey should end.

Suggestions for kayaking stages:

1. Zamostne – Wejherowo (18.1 km; 6.5 h)
2. Wejherowo – Reda (14.7 km; 5.0 h)
3. Reda – Mrzezino (9.4 km; 3.0 h)



The Reda River | Photo: Pawel Dmochewicz

Worth seeing on the trail:

1 **Lake Orle** is a shallow, kettle lake located in the Reda glacial valley. Covering an area of 65 hectares, this partially man-made water body fills the former excavations of an old lake chalk (gyttja) and peat mine, which were exploited from the second half of the 19th century. The excavations were flooded, significantly increasing the lake's surface area, hence its irregular shape and numerous artificial embankments.

Today, the lake is a popular destination for anglers and walkers. Nearby, there is a complex of fish ponds and natural meadows (a planned nature reserve).

2 **Orle** is a Kashubian village situated in the flat landscape of the Reda valley, surrounded by the Darżłubska Forest and Lake Orle. It boasts a marina and a jetty, as well as several shops, service points, and transportation links.

Zatoka Pucka



Difficulty level

Easy

Intermediate

The Reda River in Orle | Photo: Pawel Dmochewicz





Kayaking marina in Reda
Photo: Rafał Wojtczak / szajewski.com studio

3 Wejherowo, often referred to as the capital of the “Small Kashubian Tricity” which it forms together with Reda and Rumia, is located in the heart of Kashubia. Its history dates back to the mid-17th century. In 1650, as the only private city in Kashubia, Wejherowo received its city rights. Its then owner, Jan Wejher, erected here the parish church of the Holy Trinity (today, the Collegiate Church of the Holy Trinity stands in its place, serving as a concert hall) and the monastery church of Saint Anne for the Franciscan fathers. Wejher also initiated the creation of the famous Kalwaria Wejherowska, known as the Kashubian Jerusalem, which was completed in the 19th century with the construction of the last of its 26 chapels - the so-called Oliwa Gate. It is one of the few examples of such sacred complexes built in Europe in the Baroque style. The oldest monument of the city is also the gable house with a so-called exhibition, located right next to the main entrance to the collegiate church, whose founder was Jan Wejher’s wife. In the 19th and 20th centuries, other noteworthy buildings were erected, including the late Gothic church of Saint Stanisław Kostka, built at the beginning of the 20th century as an Evangelical church, and the town hall from the same period in the Empire style, which houses the Hall of Traditions and History of Wejherowo. It is worth taking a stroll through the Wejherowo market square and stopping by the monument to the city’s founder. An important object is also the Palace of Przebendowscy and Keyserlingks from the 19th century, which houses the Museum of Kashubian-Pomeranian Literature and Music. It is surrounded by a beautiful city park connecting the historic center of the city with Kalwaria Wejherowska. This is a perfect place to relax surrounded by nature. In Wejherowo, one cannot miss the Kashubian Philharmonic. The building is shaped like a ship, which refers to the tradition of Kashubian fishing and its location near the sea. In the multi-functional halls of the philharmonic, film screenings, theatrical performances, concerts, conferences, and congresses take place. The building also houses a cultural center, a choir room, a recording studio, and art workshops.



River Reda in Wejherowo | Photo: Rafał Wasil



The Reda: water and sun | Photo: Rafał Wojtczak / szajewski.com studio

4 Reda, a town situated in the glacial valley of the Reda and Łeba rivers and forming part of the “Small Kashubian Tricity” along with Rumia and Wejherowo, is particularly captivating due to its rich natural environment. Partially located within the Tricity Landscape Park, it attracts tourists with its recreational values. A stroll through the town offers the opportunity to admire the Church of the Assumption of the Blessed Virgin Mary and Saint Catherine of Alexandria, the Virgin and Martyr, the former Koźczkowski inn, and the interesting architecture of the railway station. A modern Aquapark “Reda” provides an attraction, especially on rainy days.

5 The “Beka” nature reserve encompasses the delta section of the Reda River. Traces of the former fishing settlement of Beka have been preserved here. Currently, only the foundations of a few buildings remain at the mouth of the Beka canal, a remnant of the former riverbed of the Reda. The settlement was abandoned in the mid-20th century after a fire that destroyed most of the buildings. Located on the Kashubian Coast overlooking the Puck Bay, the reserve is a nesting, migratory, and resting site for many rare bird species. Nesting birds include lapwings, redshanks, black-tailed godwits, cranes, shelducks, citrine wagtails, and whimbrels. During migration, large flocks of ducks and geese can be observed, including white-fronted geese, tundra geese, and pink-footed geese, while in winter, flocks of great crested grebes, goosanders, and whooper swans can be seen. The most valuable plant communities are salt marshes and sedge meadows, which are periodically flooded by the waters of the Puck Bay. To maintain the low meadows that are important for birds, active conservation measures are carried out, such as extensive agricultural use through grazing livestock and mowing meadows. The reserve has been included within the boundaries of the Coastal Landscape Park. For conservation purposes, the Reda River flowing through it is subject to a complete ban on water sports and motorized activities, swimming, and sailing (the ban also applies to the reserve waters of the Puck Bay and other waters within its boundaries). The area can be explored on foot or by bike on designated nature trails. Visitors should stay on the marked trails and adhere to other rules related to nature conservation.



The length of Czernica trail:
29.4 km (+0.7 or +5.3 km on the Gwda)



Number of days:
2



Number of portages:
4



Number of kayak marinas:
6



Recommended kayaking route:
Sporysz (km 29.4) – Lubnica (km 0.0 +0.7)
or Domyśl (km 0.0 + 5.3 hydroelectric power plant)



Difficulty:
moderately difficult, somewhat cumbersome



Suggestions for kayaking stages:

1. Sporysz – Sarniak (18.6 km; 6.0 h)
2. Sarniak – Lubnica (11.6 km; 4.0 h) or Domyśl (16.1 km; 5.5 h)

Worth seeing on the trail:

- 1 The "Yews in Czarne" (Cisy w Czarnem) reserve is one of the most interesting nature reserves in Central Pomerania. Hidden deep in the forests surrounding the Czernica valley, it is one of the yew tree sites in Poland, with approximately 460 trees, some of which are up to 300 years old. Other protected plant species also occur here. From the marina in Sporysz, the reserve can be reached by the road to Sporysz.
- 2 Czarne, a small town with a population of just under six thousand, located in the southwestern part of the Pomorskie Voivodeship, is today known for its large prison and military unit (armored forces). However, its history dates back to the Middle Ages. The town was granted its city rights in the 14th century by the Teutonic Knights, who built a castle in Czarne to protect the western border of the Teutonic State. The town developed thanks to its location on an important trade route connecting Prussia and Pomerania with the German Empire. The castle did not survive to this day, nor did most of the buildings. The town was repeatedly destroyed during wars and fires. Over 40% of the buildings were destroyed during the German-Soviet battles in 1945. In the 19th century, the German administration established a large prisoner-of-war camp and a military training ground in Czarne. During the First and Second World Wars, tens of thousands of prisoners were held here, of whom about 30,000 died and were buried in prisoner-of-war cemeteries. It is on the site of the former camps that the current prison and military unit are located. Today, Czarne is the seat of an urban-rural gmina, a transport hub (railway station on the Człuchów-Szczecinek line), and a service center for the surrounding towns. Few historical monuments have survived, but the 18th-century half-timbered church is worth seeing, and fragments of the walls of the former Teutonic castle can be seen in the park next to the nursing home. Several hiking and biking trails have been marked out in the surrounding forests. In the city park, there is a monument to a T-34 tank from World War II, famous thanks to the film "Four Tankmen and a Dog." It is a reminder that Polish armored units fighting in the Red Army participated in the liberation of Pomerania and the breakthrough of the Pomeranian Wall. Additionally, it refers to the armored unit and training ground located in the city.



The Czernica | Photo: Paweł Dmochewicz

The Czernica is the largest left-bank tributary of the Gwda River. It is 55 km long and navigable by kayak for approximately 29 km from the village of Sporysz. During periods of higher water levels, it is possible to navigate the river from Pieniężnica (40 km) but primarily in single-person kayaks. The river flows through vast forests for almost its entire length, far from human settlements. The only larger settlement on the route is Czarne, located in its lower course. Up to Sarniak, in the upper and middle sections, the river flows through a wide valley with meadows and pastures at the bottom, and trees and shrubs along the riverbank. From Sarniak, and especially below Czarne, the valley narrows, and the current speeds up. This is the most beautiful and interesting section of the route. Particularly wild is the section flowing through a large military training area located south of the town of Czarne.

The Czernica kayaking trail is of medium difficulty and somewhat demanding due to the large number of obstacles in the current, such as fallen trees and bushes. The trail is developed – kayak ports are located in Sporysz, Łuszczyn, Przyrzecze, and Czarne. A well-developed campsite is also located in Dzików near the forester's lodge, at a certain distance from the river. Two portages pose difficulties during a descent down the Czernica – in Przyrzecze (near the trout farm) and in Czarne on Wyspa Młyńska.



Czarne - Sarniak Kayaking Station
Photo: Rafał Wojczal / szajewski.com studio



The length of Biata trail:
22.2 or 23.3 km
depending on the chosen kayaking route
(within the Pomorskie Voivodeship)



Number of days:
1



Number of portages:
1



Number of kayak marinas:
4



Recommended kayaking route:
Jeziernik (km 21.4) – Dzików (km 0.0 + 0.8 bridge over the Czernica)
or Przyrzeczce (km 0.0 + 1.9 trout farm)



Difficulty:
of medium difficulty and inconvenience



Crossing under an unusual footbridge | Photo: Jacek Zdrojewski

The Biata River, situated on the border between the Pomorskie and Zachodniopomorskie Voivodeships, is a right-bank tributary of the Czernica River, stretching 30 kilometers in length. It primarily flows through forests or meadows. The kayaking trail along the river is considered quite challenging and demanding due to numerous obstacles (fallen trees) and shallow areas. Therefore, it is recommended for experienced kayakers, preferably in single-person kayaks. Additionally, the river has a relatively low water level, making it inaccessible to double kayaks during the summer months. Along the trail, there are only a few small towns such as Bielica, Międzybórz, and Radzewo, and only the first two (below Jeziernik) offer accommodation or shopping opportunities.

It is possible to kayak along the Biata River almost from its very beginning - from the vicinity of Biały Bór, although the first 10 kilometers of the trail primarily lead through the lake district of Łobez, Cieszęcino, and Bielsko.

Suggestions for kayaking stages:

Jeziernik – Dzików (22.2 km; 6.5 h)
or Przyrzeczce on the Czernica (23.3 km; 6.5 h)



The mouth of the Biata River from Bielskie Lake
Photo: Jacek Zdrojewski



Worth seeing on the trail:

- 1 **Bielsko Lake** is a large glacial lake approximately 7 kilometers long, covering an area of 268 hectares, and reaching depths of up to 23 meters. The rural communities of Jeziernik and Trzmielewo are situated on its shores.
- 2 **The Międzybórz Nature Reserve** protects a fragment of an old-growth forest. The reserve is home to over 100-year-old beech, oak, and pine trees. The forest floor is home to protected species such as the clubmoss, lily of the valley, and three-leaved toothwort.
- 3 **Międzybórz** is a village and the seat of a rural gmina. It houses a small Greek Catholic church dedicated to the Exaltation of the Holy Cross, built in 2009, which is a testament to the significant Ukrainian population that once inhabited the area. The first wooden church, built in 1818, served as an Evangelical church, as at that time there were ten times more Evangelicals than Catholics in the village. The current brick, Neo-Gothic church of the Exaltation of the Holy Cross was built in 1897 but was not taken over by Catholics until 1946.
- 4 **The Yews in Czarne Nature Reserve (Cisy w Czarnem)** is one of the most interesting nature reserves in Central Pomerania. Hidden deep in the forests surrounding the Czernica valley, it is one of the most important yew tree sites in Poland, with around 460 trees, some of which are up to 300 years old. Other protected plant species also occur here. The reserve can be reached on foot from the marina in Sporysz via the trail to Sporysz.



Rest after a rafting trip in Międzybórz
Photo: Rafał Wojczal / szajewski.com studio

Relaxation in the labyrinths of nature



The length of Brda trail:
130 km in the Pomorskie Voivodeship
(the entire trail 244 km)



Number of days:
6 + 2 lake segments



Number of portages:
2



Number of kayak marinas:
54



The recommended kayaking route in the Pomorskie Voivodeship:
Świeszyno (km 244.0) – Nadolna Karczma (km 114.1)



Difficulty:
easy and unobtrusive (from Garbaty Most, km 208.2)
moderately difficult and moderately arduous (above Garbaty Most)



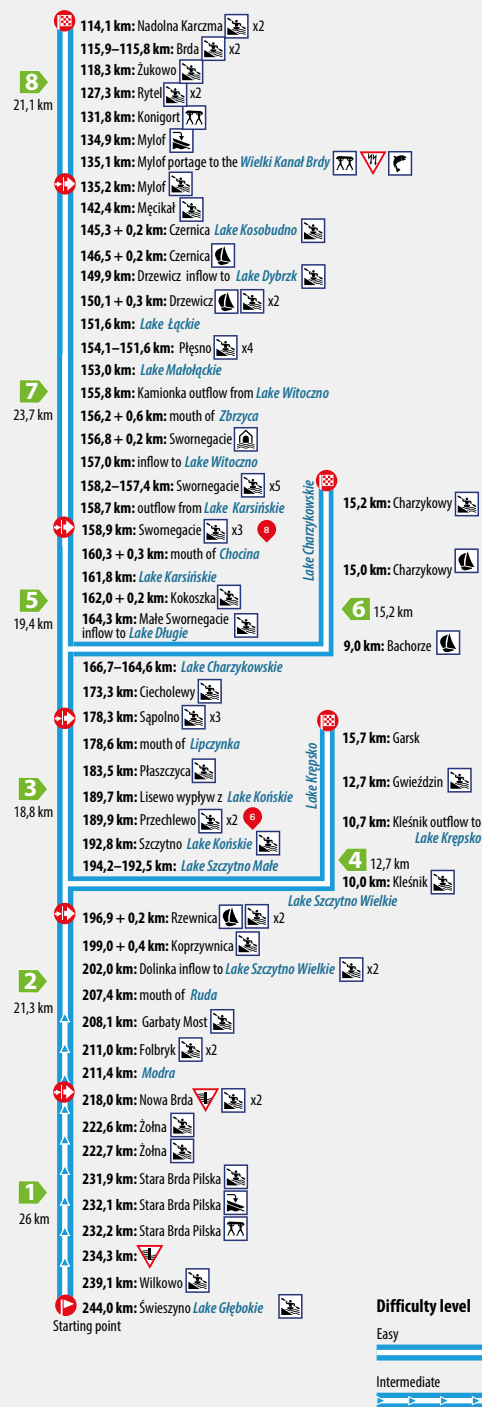
Suggestions for kayaking stages:

1. Świeszyno – Nowa Brda (26 km; 10.5 h)
2. Nowa Brda – Rzewnica (21.3 km; 6.0 h)
3. Rzewnica – Sępólno (18.8 km; 6.0 h)
4. Lake Szczytno – Lake Krępsko (12.7 km; 3.5 h)
5. Sępólno – Swornegacie (19.4 km; 5.5 h)
6. Lake Charzykowskie – Lake Karsińskie (15.2 km; 4.0 h)
7. Swornegacie – Mylof (23.7 km; 6.5 h)
8. Mylof – Nadolna Karczma (21.1 km; 6.0 h)

The Brda River is one of the most renowned and popular kayaking destinations in Poland. It is particularly well-suited for beginners, offering a gentle current and a lack of obstacles in the water. The primary attraction is the stunning natural beauty of the Tuchola Forest. The river's allure lies in its diversity: it lazily meanders through meadows and forests, only to transform into a swift stream surrounded by steep banks.

In the upper section, which almost entirely flows through vast, wild forests, easily surmountable obstacles occasionally appear. The current is faster here as the river flows through a narrow bed. A unique attraction is the Brda Gorge within the Przytoń Nature Reserve. Before reaching Lake Szczytno, one can observe herons and cormorants, which are abundant in the area. The middle section, between Przechlewo and Mylof (Dam), which is very popular during the season, is ideal for family trips and a leisurely time on the water. Here, the river flows wide and slow, traversing six charming lakes. The final stage of the journey, due to a greater river gradient, features a slightly faster current, but it is still considered an easy section.

The Brda River is well-marked and boasts an excellent tourist infrastructure, including accommodation facilities. It is one of the best-developed rivers in Poland. Its numerous tributaries can serve as a complementary element to the main journey or as a challenge for a separate kayaking expedition. The most interesting include: Lipczynka, Chocina, Modra, Ruda, and Zbrzyca.



Worth seeing on the trail:

- 1 **Lake Głębokie**, almost entirely surrounded by forests and picturesque hills, is an excellent starting point not only for kayaking on the Brda River but also for relaxation. The only village located on its shores, Świeszyno, boasts a developed, guarded municipal beach.
- 2 **Nowa Brda** is a settlement where, on the banks of the Brda River, stands an obelisk dedicated to John Paul II, commemorating Karol Wojtyła's participation in a kayaking trip on the Brda in 1953. The obelisk was erected on the 50th anniversary of this trip and marks the beginning of the Papal Kayaking Trail of the Brda River.
- 3 The **"Przytoń" nature reserve** protects a natural stand of beech forest, covering the slopes of the Brda River, which flows through a deep gorge at this point. The view is impressive due to the enormous size of the trees.
- 4 The **"Osiedle Kormoranów" nature reserve** was established in 1956 when one of the largest cormorant colonies in Poland nested here. By the 1980s, the birds had left the area, but the reserve remained. It protects an old beech forest of a fairly natural character.
- 5 The **Szczytno Lake Group**, consisting of Wielkie Szczytno with Końskie, Krępsko, and Małe Szczytno lakes, is part of the Krajeńskie Lakeland. These waters are a paradise for anglers and a place for rest and recreation. Only the northern part of Wielkie Szczytno Lake, through which the Brda River flows, is frequently visited by kayakers.
- 6 **Przechlewo** is an old village whose history dates back to the 14th century. Today, it serves as a local service center and a tourist base for the Brda kayaking trail. While here, it is worth seeing the half-timbered church of Saint Anna and the neo-Gothic church of Our Lady of Częstochowa. In the western part of the village, on the shore of Lake Przechlewskie, there is a walking promenade and a beach.
- 7 **Lake Charzykowskie**, also called Łukomie, together with the neighboring Lake Karsiańskie, forms the second largest water body in the Tuchola Forest. Ideal conditions prevail here for water sports, including sailing.
- 8 **Swornegacie**, located in the heart of the Tuchola Forest, is a well-known tourist destination. Its funny name comes from Kashubian words meaning "strengthening the riverbanks with branches." The village's main attraction is its unique location. On the bank, around the bridge and further along the Brda, there are about a dozen marinas and kayaking companies, numerous water sports and bicycle rentals. For this reason, Swornegacie is called the "kayaking capital of Poland". For kayakers, Swornegacie is a stage point for trips on the Brda and the end point for trips on the Chocina and Zbrzyca. In the village, there is a brick church from 1916. Nearby is a charming, wooden, arched "Goat Bridge", which is one of the symbols of the village. In the Kashubian Folk Crafts House (a branch of the Chojnice Municipal Culture Center), designed in a regional style, there are exhibits and



Małe Swornegacie | Photo: Paweł Dmochewicz

remnants of the material culture of the Kashubian village. You can see everyday objects and purchase regional souvenirs made by Kashubian artists. On "Psia Góra" there is a beach and a recreational area.

9 **Męcikał** is one of the southernmost settlements where the Kashubian language and traditions are still alive. Here you can see the characteristic village architecture from the 19th century and houses with a small-town character.

10 **The dam in Myłof** is a work of Prussian engineering technology created in 1848 to raise the waters of the Brda by 12 meters. Today, it is the only step dam in Poland, and the waters it dams drive the turbine of a hydroelectric power plant and supply the largest trout farm in Poland.

11 **Rytel** is a large village with a central neo-Baroque church. There is a rich base of accommodation, catering, and services available for tourists. On the Brda and the Great Brda Canal, there are kayak marinas, and along the Brda, on a section of about 400 meters, a walking promenade has been built along with accompanying small architecture.









On a kayak route | Photo: Jacek Zdrojewski



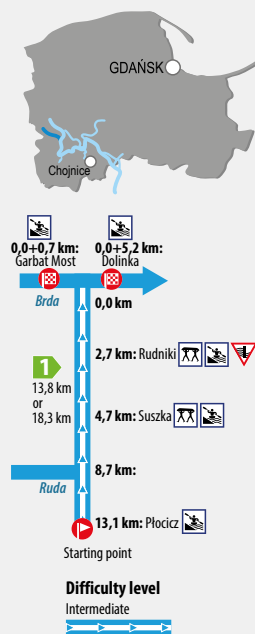
The Myłof Dam | Photo: Paweł Dmochewicz

Among the wild forests of Pomerania

-  The length of Ruda trail:
13.8 km (Płocicz – Garbaty Most)
or **18.3 km (Płocicz – Dolinka)**
-  Number of days:
1
-  Number of portages:
2
-  Number of kayak marinas:
3
-  Recommended kayaking route:
Płocicz (km 13.1) – Garbaty Most
(km 0.0 + 0.7 rzeka Brda)
or **Dolinka (km 0.0 + 5.2 on the Brda)**
-  Difficulty:
trail **moderately difficult and strenuous**

 Suggestions for kayaking stages:

Płocicz – Garbaty Most (13.8 km; 6.5 h)
/ Dolinka (18.3 km; 7.0 h)









Kuśnia and Ruda are two small rivers, right-bank tributaries of the Brda. Kuśnia originates from Lake Dymno and, from the clearing called "Dwa Mostki" (Two Bridges), joins the other river, called Ruda. For centuries, this area has been a borderland, thus constituting a periphery of civilization. Thanks to this, the local nature captivates with its pristine character, and the trail itself, like the nearby trail of the Modra River, is one of the least popular kayaking routes in Pomerania. The Kuśnia and Ruda rivers are navigable from the village of Płocicz. Kuśnia flows through a narrow gorge of pine forests amidst steep, sandy banks, and in the current, one can often encounter charming islets overgrown with dense underwater and above-water vegetation. Below the mouth of the Ruda, the river valley widens, but the surrounding landscape of the trail remains a picturesque, vast expanse of forests and fields. The final section, in turn, is a vast, reed-covered, waterlogged delta.

The kayak trip can be concluded on the Brda in two places: either 5 km downstream at the marina in Dolinka, or by paddling a kilometer upstream to the "Garbaty Most" (Humpbacked Bridge), which, however, is quite a strenuous effort, as the current of the Brda is quite strong.



The Ruda | Photo: Paweł Dmochewicz

Supplement to the Zbrzyca River kayaking trip

-  The length of Zbrzyca trail:
4.2 km
-  Number of days:
1
-  Number of portages:
0
-  Number of kayak marinas:
2
-  Recommended kayaking route:
Leśno (km 3.6) – Kaszuba (km 0.0 + 0.6)
-  Difficulty:
easy and unobtrusive route

 Suggestions for kayaking stages:

Leśno – Kaszuba (4.2 km; 1.5 h)



The Młosina is a short yet water-rich river that serves as the left-bank tributary of the Zbrzyca River, providing an excellent starting point for kayaking expeditions. The most convenient place to begin a kayaking trip is the village of Leśno, as the upper section of the Młosina is somewhat overgrown and traverses numerous lakes. This section of the trail is only three kilometers long and is typically included as part of a longer kayaking trip down the Zbrzyca River. The advantage of this option is the ability to bypass a shallow and rather inconvenient section of the Zbrzyca above Kaszuba.

In Leśno, the kayak launch site is located near a historic wooden church from the mid-17th century, constructed of larch wood. The church boasts the tallest wooden tower in Poland and is a distinctive landmark in the area. The trail then primarily follows fields, and upon meeting the Zbrzyca River, both rivers flow together to a floodplain near the old wooden mill in Kaszuba. From there, you can continue down the Zbrzyca to Laska, extending the trip by an additional 17 kilometers.



The Młosina River – Leśno | Photo: M. Grzempa

Kayak prelude for Brda



The length of Zbrzyca trail:
42.2 km



Number of days:
3



Number of portages:
3



Number of kayak marinas:
7



Recommended kayaking route:

Sominy (km 41.2) – Swornegacie on Lake Witocznno (km 0.0 + 1.0)



Difficulty:
easy, not strenuous or moderately strenuous route



The meanders of the Zbrzyca River in Zaborski Landscape Park
Photo: K. Pietkiewicz

The Zbrzyca, considered the most beautiful tributary of the Brda River, enchants with its forest landscapes and remarkable diversity. The trail leads into a magical world of wild, pristine nature, protected within the Zaborski Landscape Park. Along the river's course, picturesque forests occasionally give way to long and narrow lake basins. The Zbrzyca valley suffered significantly in August 2017 when a violent storm felled millions of trees in the Tuchola Forest. The areas around Sominy and Przymuszew were particularly affected by the catastrophe, and forest restoration efforts will continue for many years.

The best place to start a kayaking trip is in the village of Sominy on Lake Somińskie or in Parzyn. The upper section of the river (above Kaszuba) is somewhat challenging due to its narrow channel, numerous portages, and extensive shallows. In low water conditions, problems may arise, and it may be necessary to drag kayaks over short distances. The section from the village of Parzyn is breathtaking, as is its final section where the Zbrzyca flows through very wide forest corridors into Lake Witocznno, connecting with the Brda River. This section of the river, running through vast pine forests, is one of the most beautiful kayaking routes in Poland. The Zbrzyca kayaking trip can be concluded at the kayaking station on Lake Witocznno or on the Brda River in Swornegacie, Płesno, or Drzewicz.

Suggestions for kayaking stages:

1. Sominy – Kaszuba (14.5 km; 4.0 h)
2. Kaszuba – Laska (13.6 km; 4.5 h)
3. Laska – Swornegacie on Lake Witocznno (14.1 km; 4.5 h)

Worth seeing on the trail:

1 Sominy is a village situated on the northern shore of the expansive, shallow Lake Somińskie. The village's most prominent landmark is the wooden church of the Mother of God, Queen of Poland. Constructed in the mid-18th century as an Evangelical church, it stands as a fascinating example of rural Kashubian sacred architecture. Since medieval times, Sominy has been inhabited by Kashubians engaged in fishing, agriculture, and livestock farming. Well-preserved examples of traditional wooden rural architecture from the first half of the 19th century form a mini-open-air museum, the "Shepherd's Homestead," open to visitors during the summer months. Sominy offers a range of tourist facilities, including shops and restaurants. A tree-lined promenade has been built along the shore of Lake Somińskie, and nearby there is a recreational area with a pier, a playground, and a village hall housed in a historic school building.

2 Lake Somińskie, with an area of 433 hectares, is the second largest body of water on the Zbrzyca kayaking trail. Unlike most large lakes in Kashubia, Lake Somińskie is of glacial origin. It was formed in a depression where a large block of ice remained after the glacier retreated, and the resulting depression was filled with water. The lake is shallower than the typical glacial lake (maximum depth 14 meters) and has a highly varied shoreline. Surrounded by cultivated fields, the lake has relatively low, although wooded and reed-covered, shores. Only the northern shore is developed, with the village of Sominy and the settlements of Sominki and Skoszewo located there. The lake is oval in shape but is indented in the northern part by peninsulas and bays. Five small, wooded islands emerge from the lake's waters. The Zbrzyca kayaking trail runs through the lake for approximately 4 kilometers.

3 Lake Kruszyńskie. With an area of 460 hectares, Lake Kruszyńskie is the largest lake on the trail. This is also a glacial meltwater lake (depth up to 10 meters) with an oval shape and a varied shoreline. In the northwestern part, there is a large bay. The lake is surrounded by cultivated fields and low, wooded, and reed-covered shores. There are several small settlements on its shores. The Zbrzyca River flows into the lake in the north near Peplin and exits at the southeastern edge near the settlement of Windorp.

4 Laska. is a charming village in the middle of the forest. A notable attraction of the settlement is the nearly 400-year-old "Łokietek Oak." The Zbrzyca kayaking trail passes through the village, and nearby there are small, backwater lakes with exceptionally clean water: Gluche, Zmarle, and the "Nawionek" nature reserve.





Difficulty level


Easy





River for the persevering


 The length of Kłonecznica trail:
26 km

 Number of days:
1 - 2

 Number of portages:
2

 Number of kayak marinas:
0

 Recommended kayaking route:
Studzienice – Laska (28 km)

 Difficulty:
The trail is difficult, rather inconvenient due to numerous obstacles in the current and shallows.

Suggestions for kayaking stages:

1. Studzienice – Hamer-Młyn (9 km; 4.0 h)
2. Hamer-Młyn – Laska (19 km; 8.0 h)
(including 2 km through Lake Laska and a section of the Zbrzyca River)


The Kłonecznica is a relatively unexplored kayaking route, serving as a right-bank tributary of the Zbrzyca River. Due to its narrow width and moderate water levels, it is most suitable for single-person kayaks. The trail can be initiated in Studzienice, situated on the northern shore of the 6-kilometer-long glacial Lake Studzieniczne. The river meanders through sparsely populated regions, traversing expansive, pristine forests and meadows. In forested sections, wind-blown or beaver-felled trees often pose both obstacles and points of interest. Near the village of Hamer-Młyn, approximately halfway along the trail, a portage is necessary at an old sawmill. The kayaking expedition can conclude at the fish farm adjacent to the forest ranger's lodge in Laska (requiring another portage) or at Lake Księżę, from where paddlers can navigate upstream for approximately 500 meters on the Zbrzyca to reach Laska, the recommended endpoint for the trip.





Difficulty level





Hydrotechnical Monuments Trail


 The length of the Grand Brda Canal trail:
13.5 km (in the Pomorskie Voivodeship),
total approx 28 km

 Number of days:
1

 Number of portages:
0 (in the Pomorskie Voivodeship),
1 (in the Kujawsko-Pomorskie Voivodeship)

 Number of kayak marinas:
3

 Recommended kayaking route:
Konigort (km 27.4 a kayak station located
downstream from the weir) – Fojutowo
(km 13.9 at the inn, the end of the trail
in the Pomorskie Voivodeship)

 Difficulty:
an easy and undemanding trail

Suggestions for kayaking stages:

Konigort – Fojutowo (13.5 km; 3.5 h)



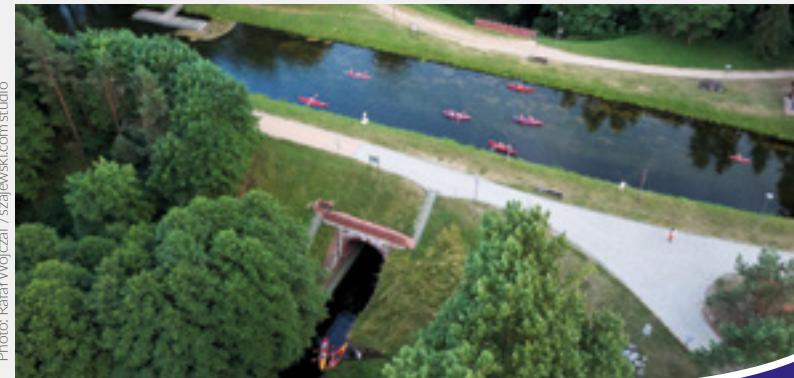
Difficulty level



The best starting point for a kayaking trip on the Great Brda Canal is Konigort, just below the portage and trout farm in Mylof, and ending in Fojutowo at the aqueduct. This route covers a distance of 13 km. The history of the canal itself is quite interesting, as it was built in the mid-19th century by Prussian authorities to irrigate the dry areas of the Tuchola Forest. The route is very easy, and its main attractions are unique hydraulic engineering monuments. Here you can see the oldest dam in Poland, built in 1848, which raises the water level of the Brda River by 12 meters, as well as the largest trout farm in the country located nearby. The aqueduct in Fojutowo, built in 1849, which carries the water of the Brda Canal above the Czerska Struga, is also unique. A large tourist complex and a viewing tower have been built near the aqueduct. The area suffered greatly as a result of the storm in August 2017. The beautiful pine forests around Rytel were almost completely destroyed and it will take many years to restore and clean them up.



Obstacles on a kayaking trail | Photo: Paweł Dmochewicz



Fojutowo - aqueduct
Photo: Rafał Wojczal / szajewski.com studio

The Thousand-Bend River



The length of Chocina trail:
24.2 km



Number of days:
1 - 2



Number of portages:
1 (3 for beginner kayakers)



Number of kayak marinas:
7 - 8



Recommended kayaking route:
Zielona Chocina (km 22.7) – Swornegacie (km 0.0 + 1.7)
or Kokoszka (km 0.0 + 1.5)



Difficulty:
an easy and gentle trail



The twisting Chocina River | Photo: Rafał Wojtczak / szajewski.com studio

The Chocina trail offers an unexpected experience. At first glance, nothing particularly striking seems to occur; however, the river and its surroundings possess a certain quality that must be felt, experienced, and understood. The tranquil current carries kayakers primarily through meadows and fields, with only small groups of trees and curious cows lining the riverbanks. Wooden footbridges and bridges often overhang the water's surface, breaking the monotony of the journey and, in most cases, can be crossed with minimal effort, without leaving the kayak. Those moments when the trail winds through forested sections are breathtaking and evoke admiration even in experienced kayakers who have seen much in their time. The lower section of the trail is also exceptional, where it is easy to lose one's bearings and feel disoriented. The river meanders so intensely that while paddling through fields with fellow kayakers, one may get the impression that each kayak is heading in a different direction.

It is best to begin the journey in Zielona Chocina, as the upper section of the river is quite monotonous. In the middle of the route, there is a portage near the old sawmill in Chociński Młyn, which is a good place to rest. The final section of the trail leads through Lake Karsińskie, and it is advisable to end the trip on the Brda River, in the village of Swornegacie.

Suggestions for kayaking stages:

Zielona Chocina – Swornegacie (24.4 km; 7.0 h) /
Kokoszka (24.2 km; 7.0 h) lub

1. Zielona Chocina – Chociński Młyn (12.6 km; 3.5 h)
2. Chociński Młyn – Swornegacie (11.8 km; 3.5 h) /
Kokoszka (11.6 km; 3.5 h)

Worth seeing on the trail:

- 1 Established in 1990, the **Zaborski Landscape Park** adjoins the "Bory Tucholskie" National Park and, since 2010, has been part of the Bory Tucholskie Biosphere Reserve. Within its boundaries, there are around 50 glacial lake basins, primarily flow-through lakes, with the largest and deepest being Lake Charzykowskie. Their origin is linked to the Baltic glaciation. There are also characteristic oligotrophic lobelioid lakes with rare aquatic plants, low in nutrients, and with very clean water. Additionally, there are small dystrophic lakes with water rich in humus compounds. The Brda, Chocina, Zbrzyca, Kulawa, and Kłonecznica rivers flow through the park, coursing through deep, forested valleys. The diversity of plant life is due to the varied terrain and extensive hydrographic network. Pine forests and deciduous forests are present. Peat bogs are also of interest, ranging from low bogs with peat mosses to transitional and raised bogs.
- 2 **Chociński Młyn** is a village that serves as a hub for the "Kaszubian Route" cycling trails. Previously, there was a wooden sawmill in the village, the ruins of which can be seen near the road bridge, under which there are remnants of a dam that raised the water level and the remains of the sawmill's wooden mechanisms. The village has preserved old wooden cottages of forest workers and an enclave of the "Bory Tucholskie" National Park with a Nature Education Center and an emerging Natural History Museum. There is also a kayak marina equipped with shelters and information boards.
- 3 **Lake Karsińskie** is a flow-through glacial lake with a depth reaching 27 meters. Its eastern shore forms the boundary of the "Bory Tucholskie" National Park. It can be admired from a 1.5 km long ornithological and nature trail, starting near the Kokoszka forest ranger's lodge.



The mouth of the Chocina River
Photo: Paweł Dmochewicz

Kayaking through the Kashubian Sea and the Tuchola Forest



The length of Wda trail:
137.1 km in the Pomorskie Voivodeship
(whole trail 204.5 km)



Number of days:
9



Number of portages:
10 in the Pomorskie Voivodeship (all 15)



Number of kayak marinas:
31 (+ 41 campsites)



Recommended kayaking route:

Lake Wieckie (km 204.5) – Błędno (km 66.6 in the Pomorskie Voivodeship)
– the confluence of the Wda River into the Wisła River in Świecie (km 0.0
in the Kujawsko-Pomorskie Voivodeship)



Difficulty:
an easy and gentle trail



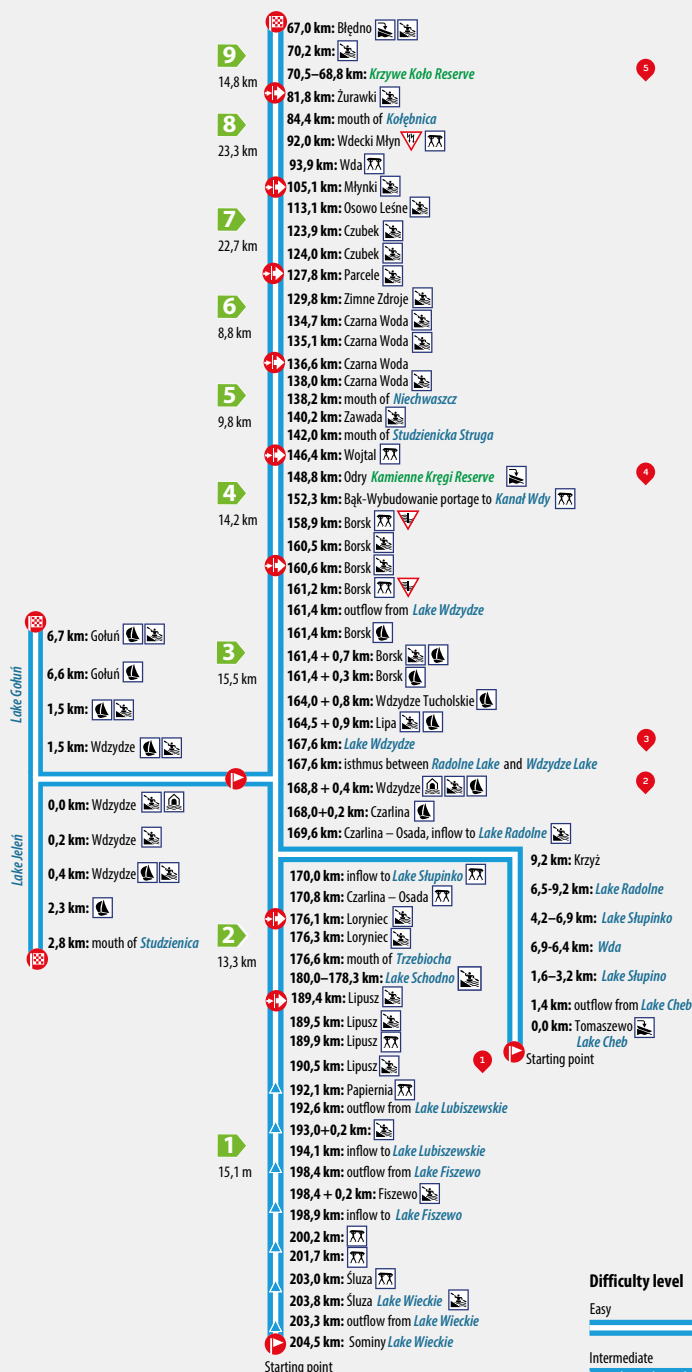
➔ Suggestions for kayaking stages:

1. Sominy – Lipusz (około 15.1 km; 5.5 h)
2. Lipusz – Loryniec (około 13.3 km; 4.5 h)
3. Loryniec – Borsk (około 15.5 km; 5.5 h)
4. Lake Cheb – Lake Stupino – Lake Stupinko – Lake Radolne (9.2 km; 3.0 h)
5. Lake Jelenie (2,8 km) i Gołuń (6.7 km; 2.5 h)
6. Borsk – Wojtal (14.2 km; 4.5 h)
7. Wojtal – Czarna Woda (9.8 km; 3.0 h)
8. Czarna Woda – Parcele (8.8 km; 2.5 h)
9. Parcele – Młynki (22.7 km; 7.5 h)
10. Młynki – Żurawki (23.3 km; 8.0 h)
11. Żurawki – Błędno (14.8 km; 4.5 h)

The Wda River is one of the most popular kayaking routes in Poland. It is exceptionally well-suited for novice kayakers and families with children. Its considerable width, absence of challenging obstacles in the riverbed, and gentle current contribute to a serene and contemplative experience, allowing paddlers to immerse themselves in the beauty of the surrounding natural landscape.

The Wda trail is excellently marked and boasts a well-developed tourist infrastructure. Along its course, one encounters the Wdzydzki and Wdecki Landscape Parks, as well as numerous tourist attractions. Only the upper section of the river, from Lake Wieckie to Lipusz, is more demanding and recommended for experienced kayakers. The most popular and easiest section of the trail, requiring approximately seven days, runs from Lipusz to Tleń. It traverses the "Kashubian Sea" – a chain of glacial lakes known as the Wdzydzkie Lakes – and the extensive forest complex of the Tuchola Forest. From Tleń, it takes another two days of paddling to reach the river's mouth in Świecie, from where one can continue down the Wisła River.

The Wda has several interesting tributaries, the most notable of which are the Pilica, Graniczna, and Trzebiocha, located in its upper course. These rivers form part of the Wda trail or independent kayaking routes. In the middle section of the river, an interesting hydraulic structure has been built – the Wda Canal, which irrigates the dry areas of the Tuchola Forest and can also be a fascinating kayaking destination.



Difficulty level

Easy

Intermediate





Lake Wdzydze, the Kashubian Sea | Photo: Paweł Dmochewicz

Worth seeing on the trail:

- 1 **Lipusz** is a large rural village with a history dating back to the Teutonic Knights. Of particular interest are the small but fascinating Museum of Rural Life housed in a former Evangelical church, the Neo-Gothic church of Saint Michael the Archangel from the late 19th century, the former Evangelical cemetery, several townhouses from the early 20th century, and a 19th-century wooden mill on the Wda River, where visitors can see traditional milling equipment and taste bread made from the flour ground there.
- 2 **Wdzydze** is a Kashubian village, whose main attraction is the open-air museum, the Kashubian Ethnographic Park named after Teodor and Izydora Gulgowscy. On a vast area overlooking Lake Wdzydze, there is a collection of historic wooden cottages, churches, and farm buildings from all over Kashubia. Here, visitors can learn about Kashubian traditions and culture and taste traditional Kashubian cuisine. The post mill, along with the nearby observation tower at the marina, is one of the two most distinctive landmarks in the area.
- 3 **Wdzydze Landscape Park.** Located in the northwestern part of the Tuchola Forest, Wdzydze Landscape Park, together with the Tuchola, Wda, and Zaborski parks, forms part of the "Tuchola Forest" Biosphere Reserve. It primarily encompasses an area of forested outwash plain, and a characteristic feature of its landscape is the presence of numerous lakes (53 over one hectare in area), ponds, and larger and smaller watercourses. The largest body of water is the Wdzydze Lake Complex, which constitutes 76% of the park's total water surface area and is often called the "Kashubian Sea" or "Great Water". It includes four connected lake basins through which the Wda River flows: Wdzydze, Radolne, Gofuń, and



By the Wda River | Photo: Paweł Dmochewicz



The Wda - Błędno area | Photo: Paweł Dmochewicz


Jelenie, which form a remarkable shape of a giant cross, hence the alternative name of this water body, the "Cross of the Wdzydze Lakes". The largest and deepest is Lake Wdzydze, with a highly varied shoreline and numerous islands.


- 4 **The Kamienne Kręgi Nature Reserve** in Odra is a well-known archaeological site, a place of worship and burial for the Gothic people during the Migration Period, dating back about 2000 years, and one of the most mysterious places in Poland. There are several stone circles, about 30 burial mounds, and several hundred graves. These are relics of the Germanic Goths, who inhabited the area for some time in pre-Slavic times. The reserve is picturesquely located on a flat terrain amidst a pine forest and is the best-preserved and largest cemetery of its kind in Pomerania. It is worth visiting during a canoe trip down the Wda River as a unique cultural attraction. Archaeological festivals are held here during the season.
- 5 **The Krzywe Koło Nature Reserve** in the Wda Loop encompasses a forest complex of the Tuchola Forest, where stands of subcontinental oak forest and rare, endangered plant species are protected. The reserve is located in a narrow isthmus in a meander of the winding Wda River. It can be visited via a designated trail.





The Wda - Błędno area | Photo: Paweł Dmochewicz



By kayak through the Tuchola Forest


 The length of Wda Canal trail: **20.1 km**

 Number of days: **1**

 Number of portages: **1 (optionally 2)**

 Number of kayak marinas: **6**

  Recommended kayaking route: **Borsk (km 20.1) – Cegielnia (km 0.0; the bridge after the aqueduct over the Studzienicka Struga)**

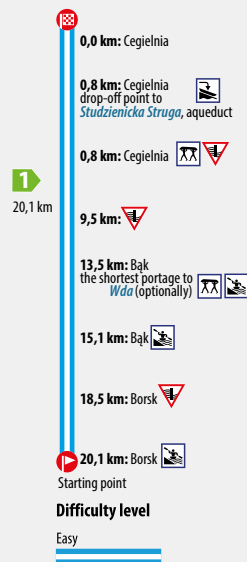
 Difficulty: **an easy and gentle trail**

Suggestions for kayaking stages:


Borsk – Cegielnia (20.1 km; 5.0 h)


The Wda Canal Trail offers an interesting alternative to paddling down the Wda River. Constructed in 1840, it is the oldest of a system of drainage canals irrigating the dry areas of the Tuchola Forest. This is an easy and picturesque kayaking route, free of obstacles on the described section, suitable for family outings. Throughout the entire route, kayakers will be accompanied by beautiful pine forests.


The best place to start a kayaking trip on the Wda Canal is in Borsk. After about 2 kilometers, you will pass a weir that separates the waters of the canal from the natural Brda River. When passing the weir, it is advisable to stay closer to the opposite bank of the canal. The route leads through villages well-known, especially among mushroom pickers, in the Tuchola Forest - Bąk and Wojtal. It is recommended to end the trip in the village of Cegielnia, at the aqueduct. Further on, the canal branches out, gradually disappearing among fields and meadows. Persistent kayakers can portage their kayaks to the Studzienicka Struga and paddle back to the Wda, but this is a rather difficult and inconvenient route.






Two-way river


 The length of Niechwaszcz trail: **28 km**

 Number of days: **1 - 2**

 Number of portages: **1**

 Number of kayak marinas: **0**

  Recommended kayaking route: **Chłopowy - Czarna Woda (30 km)**

 Difficulty: **An easy and undemanding route to Mniszek (12 km), of medium difficulty and physical exertion beyond Mniszek, including portages over weirs and debris.**

Kayaking route proposal:

1. Chłopowy - Dębowiec (16 km; 4.0 h)
2. Dębowiec - Czarna Woda (13.5 km; 5.0 h)

The Niechwaszcz is a small river, a right-bank tributary of the Wda River. In its upper course, between Zbrzyca in Leśno and the village of Chłopowy (on the Brusy-Czersk road), the kayaking trail is inaccessible. The kayaking trip can begin in Chłopowy and end in Czarna Woda. From Chłopowy, the river is regulated and is wide, measuring approximately 10-20 meters. We paddle through a wide valley between extensive meadows. We pass under the bridge on the Mokre-Zamość road. We are halfway through our journey to the end of our trip. We pass under the railway bridge on the Czersk-Bąk route, and a few hundred meters further, another, this time a road bridge on the Czersk-Wiele route. In the distance, we can see the settlement of Dębowiec. Gradually, the current in the river becomes faster, and we enter forested areas that will accompany us with small interruptions all the way to Czarna Woda. On the way, we encounter a weir near the village of Mniszek, where the river deepens. After the forest, we reach the village of Pustki, and the bridge on the Mokre-Odry road. A short section after the village of Mniszek is heavily littered with debris due to beavers. Further on, there is another bridge, this time between the villages of Gotelp and Wojtal, a beautiful section of the river, the current becomes fast, and we flow through the valley. We approach the village of Zawada, passing under the railway bridge on the Kościerzyna-Bydgoszcz route, and enter a mill pond. The river forks here. There is a portage over a weir here, next to a hydroelectric power plant. The final section to the mouth above Czarna Woda is the most interesting on the entire trail, strongly meandering with a large drop, stony, and very narrow in places. The current is very fast, there are underwater rocks, rapids, and fallen trees in the water. Ahead of us is the mouth of the Niechwaszcz into the Wda. We then continue on the Wda for about 1.5 km to Czarna Woda.



Time for family kayaking
Photo: Rafał Wojtczak / szajlewskistudio

the Niechwaszcz | Photo: Rafał Wasil



One trip, three rivers



- Length of Pilica trail: **17.7 km**
- Number of days: **1**
- Number of portages: **1**
- Number of kayak marinas: **3**

Recommended kayaking route: **Korne (km 17.2 Old Mill kayak station) – Loryniec (km 0.0 + 0.5)**

Difficulty: the trail is of easy difficulty from Łubiana, increasing to moderate difficulty beyond

Suggestions for kayaking stages:

Korne – Loryniec (17.7 km; 5.5 h)

- Length of Graniczna and Trzebiocha trail: **17.7 km**
- Number of days: **1**
- Number of portages: **2**
- Number of kayak marinas: **7**

Recommended kayaking route: **Wieprznica (km 16.7) – Loryniec (km 0.0 + 0.5)**

Difficulty: an easy and gentle trail

Suggestions for kayaking stages:

Wieprznica – Loryniec (17.2 km; 5,5 h)

The Pilica, Graniczna, and Trzebiocha are three small tributaries of the upper Wda River, flowing in the vicinity of Kościerzyna. Each of these rivers offers an intriguing kayaking experience.

The narrow and winding, yet charming Pilica River, also known as Borowa in its upper reaches, is navigable for kayaks from the old mill in the village of Korne. It flows past the village of Łubiana, near the Lubiana Porcelain Factory, before joining the Graniczna River just beyond this locality. The kayaking trail along the Pilica spans 7 kilometers from Korne to its confluence.



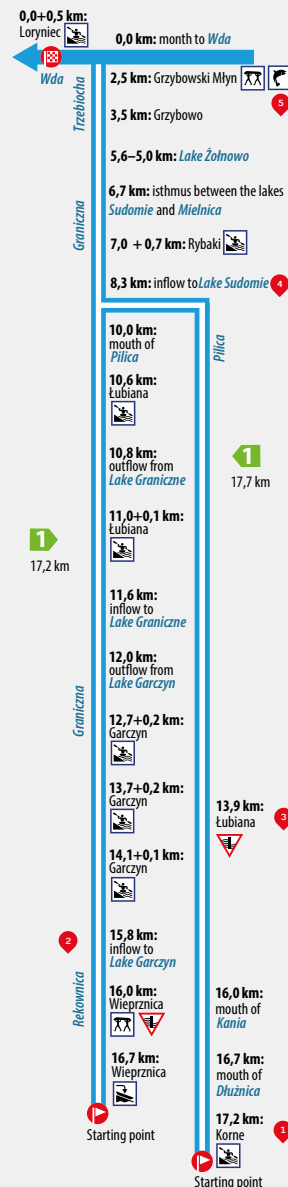
The Pilica | Photo: Rafał Wasil

The Graniczna, which originates near Gostomia, flows through several lakes in its upper course. It is navigable for kayakers from Wieprznica, located on the shores of the large, forest-surrounded, glacial Lake Garczyn. A narrow culvert under the railway tracks and road at the lake's outlet presents a minor challenge. Further downstream, the Graniczna meanders lazily through meadows, receiving the waters of the Pilica near Łubiana, and then concludes its course in Lake Sudomie. Continuing downstream, the river, now known as the Trzebiocha, traverses two isthmuses on Lake Sudomie near Sycowa Huta before flowing south towards the Wda. From Lake Żołnowo, the river flows rapidly through a picturesque valley, where field and forest landscapes alternate. A fish farm in Grzybowski Młyn offers a chance to rest and enjoy smoked trout.

The Trzebiocha flows into the Wda River not far from here, where kayakers can conclude their adventure at the marina in Loryniec. Depending on the starting point, the total distance is between 16 and 17 kilometers. Alternatively, the journey can be extended by continuing on the lazily flowing Wda and through the vast Lake Wdzydze to reach the kayaking station in Wdzydze, adding approximately 8 kilometers to the trip.



The mouth of the Graniczna River into Lake Schodno | Photo: Rafał Wasil



Difficulty level
Easy



Launching | Photo: Rafał Wojczal / szajewski.com.studio

Worth seeing on the trail:

- 1 **Korne** is an old Kashubian village where a mill on the Pilica River has stood in the same place since the 15th century. Originally a fulling mill for producing cloth, it was later used to grind grain, and a residential part was added even later. The mill occupies an important place in the historical layout of the village and is a component of its cultural landscape. Visitors can explore the architecture of a 19th-century industrial building, and its unique and complete equipment of milling machines and devices from before 1945 is a testament to the history of technology and agriculture. A kayak landing is located next to the mill. Another attraction of the village is a glider airfield and a monument at the roundabout on national road no. 20, commemorating a skirmish in 1944 between units of the "Gryf Pomorski" partisans and German troops.
- 2 **Lake Garczyn** has a "Devil's Island" in its middle, connected to the land by a reed-covered shallow. The shores of this long, narrow, glacial lake are mostly steep and rather inaccessible. Between the wars, there was a scouting sailing center on the lake; today, there is a hotel and youth center in its place.



The Trzebiocha | Photo: Rafał Wojczal / szajewski.com.studio



The Trzebiocha | Photo: Rafał Wojczal / szajewski.com.studio

- 3 **Łubiana** is a large Kashubian village located west of Kościerzyna, on the Pilica and Graniczna rivers. It has over 2,300 permanent residents. It is famous for the Łubiana Tableware Factory, established in 1969, thanks to which the village developed, and local products decorated with Kashubian elements have made Polish ceramics and Kashubia famous worldwide. The factory still operates today, and after taking over factories in Chodzież and Ćmielów, it is the largest tableware ceramics producer in Europe, with very high production capacity thanks to the use of modern equipment and technologies. The factory can be visited by prior arrangement. On Lake Graniczne, in the village and at the "Worzałówka" center, there is a complex of recreational facilities with a nice beach, sports fields, and a playground.
- 4 **Lake Sudomie** is the largest lake on the trail, a glacial lake, quite shallow, elongated, with a varied shoreline and inaccessible forested shores surrounded by a belt of reeds. Only in its western and northern parts do cultivated fields reach the shores.
- 5 **Grzybowski Młyn** is a small village located in the picturesque valley of the Trzebiocha River, resembling a mountain village in its location. There used to be a mill here, on the site of which there is now a large trout farm, where you can relax and try delicious smoked fish.



Grzybowski Młyn kayak portage | Photo: Rafał Wasił

Nature's currents, culture's currents



Length of Wierzyca trail:
154.6 km



Number of days:
8



Number of portages:
15



Number of kayak marinas:
21



Recommended kayaking route:
Kościerzyna (km 153.8) – Gniew (on the Wisła River, km 0.0 + 0.8)



Difficulty:
a trail of medium difficulty and inconvenience



The Wierzyca River - Zamek Kiszewski | Photo: Paweł Dmochewicz

After many years of obscurity, the Wierzyca river trail is being rediscovered. Originating in the central part of the Kashubian Lake District, the river is suitable for kayaking from Lake Wierzycko near Kościerzyna. Its upper course winds through Kashubia, while the middle and lower sections flow through the picturesque Kociewie region. The trail ends in the historic town of Gniew, located on the Wisła River.

Due to its wild and sparsely populated surroundings, with high, overgrown, and inaccessible banks, this trail is recommended for more experienced kayakers. The Wierzyca meanders beautifully and frequently changes direction, but it can also be treacherous. One should not be deceived by its calmer stretches, where many fallen trees and numerous submerged rocks can be encountered. It is best to start the trip in Kościerzyna, one of the so-called "Kashubian capitals". As you travel downstream, the river reaches Starogard Gdański, the capital of Kociewie. Further on, through a beautiful valley amidst forests, fields, and meadows, the route leads to the post-Cistercian Pelplin, passing the reconstructed fortified settlement in Owidz along the way.

There are several portages on the Wierzyca trail at historic hydroelectric power plants, which provide an additional attraction for kayakers. It is worth stopping for a moment in Owidz, Kolincz, Stocki Młyn, or Czarnocińskie Piecy to see how electricity has been generated from the river's energy for over a hundred years.

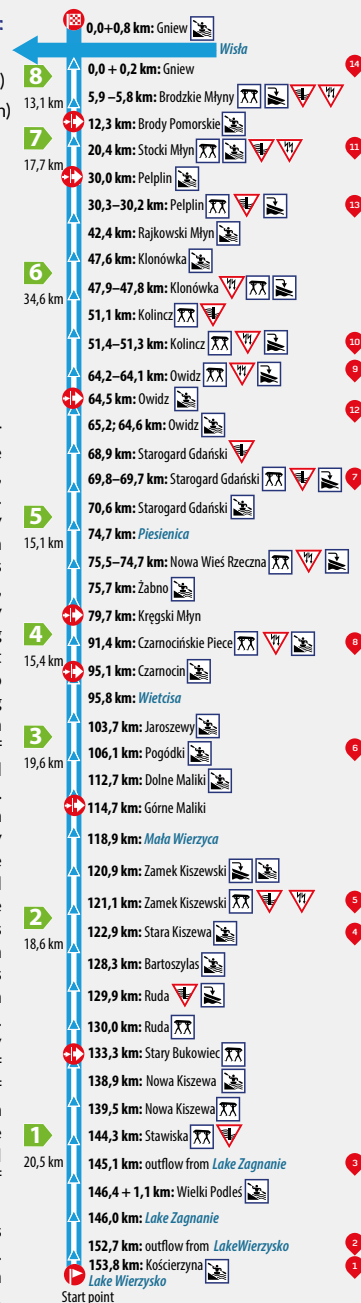
Suggestions for kayaking stages:

1. Kościerzyna – Stary Bukowiec (20.5 km; 7.0 h)
2. Stary Bukowiec – Górne Maliki (18.6 km; 7.0 h)
3. Górne Maliki – Czarnocin (19.6 km; 6.5 h)
4. Czarnocin – Kregski Młyn (15.4 km; 6.0 h)
5. Kregski Młyn – Owidz (15.1 km; 5.0 h)
6. Owidz – Pelplin (34.6 km; 14.0 h)
7. Pelplin – Brody Pomorskie (17.7 km; 5.5 h)
8. Brody Pomorskie – Gniew (13.1 km; 4.5 h)

Worth seeing on the trail:

1 **Kościerzyna**, a cultural and tourist center of southern Kashubia, holds a significant place on the map of European pilgrimage routes, technical monuments, and unique museums. Nestled among forests and lakes, the city traces its roots back to medieval times. In 1284, Kościerzyna was granted to Princess Gertrude, whose name graces the city's hill, offering a picturesque panorama. The history of the city can best be explored by visiting the Kościerzyna Regional Museum. A visit to the Kashubian Cultural Center is also worthwhile. The Neo-Gothic town hall, dating back to 1843, houses the only Accordion Museum in Poland, showcasing a collection of over 130 beautiful instruments from around the world, some dating back 200 years. Railway enthusiasts flock to Kościerzyna to admire the largest collection of railway vehicles in northern Poland, exhibited at the Railway Museum. Lovers of amber-colored beverages will not be disappointed, as the Kościerzyna Brewery awaits them. The city's sacred monuments, including two Marian sanctuaries, are truly awe-inspiring. This is the only place in Europe where two such sanctuaries coexist within a single parish. The Neo-Baroque Church of the Holy Trinity is renowned for its 17th-century painting of the Mother of God of Kościerzyna, Queen of Families. Another object of veneration is a masterpiece of Pomeranian stone sculpture - a Pietà dating back to around 1430, located in the chapel of the Immaculate Conception of the Blessed Virgin Mary, built in 1871.

2 **Lake Wierzycko**, a small glacial lake, fills an elongated basin in the Wierzyca valley. The Wierzyca River flows into the lake from the east and out of it on the southern shore. The lake is slightly over 2 km long, up to 250 m wide, and has a maximum depth of 6 m. Its southern shores are lined with a pine forest, the northern edge of the vast Tuchola Forest complex.



Difficulty level

Intermediate



3 **Lake Żaganie**, also known as Żaganie, is a large lake located south of Kościerzyna. It has a length of 2.3 km, a width of up to 800 m, and a considerable depth of about 20 m. The village of Wielki Podleś lies on the shore of this kidney-shaped reservoir, overlooking a large bay in the northern part.

4 **Stara Kiszewa** is a large village located on the border of the cultural regions of Kociewie and Kashubia. Its history dates back to the Middle Ages. It is home to an interesting Neo-Gothic church of Saint Martin, built at the end of the 19th century.

5 **Zamek Kiszewski** is a village with the ruins of a Teutonic castle, beautifully situated on the Kashubian Lake District, right on the Wierzyca River, the oldest Teutonic fortress built in the early 14th century on the site of an earlier wooden stronghold. The castle and its manor buildings were destroyed during the Swedish Deluge and were never rebuilt. From the Middle Ages, only the defensive walls and two towers have survived, including the most interesting one with the main entrance gate. In the mid-19th century, a magnificent manor house and farm buildings were erected on the site of the former castle complex. Today, after years of neglect, they are beginning to look attractive again, and their owner is carrying out renovation work as far as possible.

6 **Pogódki** is an old Kociewie village founded by Cistercians who arrived here in 1258 and only a dozen years later moved to nearby Pelplin. Picturesquely located among forests and high hills, it is famous for its Baroque church built in the 18th century on the site where the Cistercians built their own temple in the 12th century. There is also an Evangelical church from the late 19th century and many historic village cottages, a manor house, and a mill from the 19th century. A kayak marina has been built on the Wierzyca River, and part of the nearby forests is protected as the "Brzęczek" nature reserve, where 170-year-old beeches grow.

7 **Starogard Gdański**, the capital of Kociewie, is one of the oldest cities in Pomerania. Once situated on the amber trade route, the city boasts a rich history, evidenced by its Gothic cathedral dedicated to Saint Matthew, dating back to the 14th century. The city's other significant church, dedicated to Saint Catherine and built on medieval foundations in the early 19th century, is also renowned for its rich collection of sacred art.

The oldest part of the city is the market square, which has preserved traces of its medieval layout and architecture. At its heart stands the town hall, now home to the Kociewie Regional Museum, where visitors can learn about the history and culture of the region. Sections of the city's former defensive walls, including the northwestern and northeastern stretches and three towers – Gdańska (also known as Szewska), Książęca (also known as Narożna), and Młyńska (also known as Tczewska) – still survive. The first two house exhibits of the Kociewie Regional Museum, while the latter is now a residential building.

Among the city's many attractions, notable examples include the eclectic Wiechert Palace from the late 19th century, located near a complex of former mills; the Museum of the 2nd Rokitniański Lancers Regiment, dedicated to these legendary Polish cavalymen; and a historic stud farm housed in a neo-Gothic complex from the late 19th century, where the film adaptation of "Knights of the Cross" was shot in 1959. It is also worth mentioning the Hill of the Knights Hospitallers on the left bank of the Wierzyca River, the site of the original Starogard settlement and the former headquarters of the order.

Hydroelectric power plants on the Wierzyca River were constructed at the beginning of the 20th century, primarily on the sites of former mills. Four of them are particularly noteworthy.

8 **The Czarnocińskie Piece** hydroelectric power plant, is one of the oldest, built in 1906.

9 **The Owidz** hydroelectric power plant, the Wiechert family from Starogard built it in 1910.

10 **The Kolincz** hydroelectric power plant, it was established in 1911, and most of its equipment is still operational.

11 **The Stocki Młyn** hydroelectric power plant, built in 1908, is one of the most powerful in Pomerania

12 **Owidz** is a small village where a small hydroelectric power plant has been operating since 1910. However, its greatest attraction is the early medieval settlement reconstructed in 2012. This Slavic fortified settlement existed as early as the 11th century. Today, the place is bustling with life once more. The complex includes houses, a tower, a gateway, an amphitheater for 400 spectators, a playground, a campsite, a kayak marina, an inn, and the

The Wierzyca – Mouth of the river into the Wisła | Photo: Paweł Dmochewicz



first and only Museum of Slavic Mythology in Europe.

13 **Pelplin** is deeply intertwined with the Cistercian order. As the spiritual capital of Kociewie, dominated by the Gothic cathedral basilica adorned with Herman Han's painting of the Coronation of the Blessed Virgin Mary, it stands as a paramount destination on the Wierzyca River trail. It is the second largest church in Poland, after the Church of the Blessed Virgin Mary in Gdańsk, and is considered one of the most monumental structures of brick Gothic architecture. Nestled in the enchanting Wierzyca valley, the Pelplin monastery was established between the 13th and 16th centuries. The church itself was erected in the 13th century, but its oldest furnishings date back to the 15th century. These include oak stalls richly adorned with ornamentation. The ensemble of 23 altars from the 17th century and the magnificent Baroque pulpit from 1682 are of exceptional value. On the grounds of the former abbey, there is also the Church of the Body of Christ from the first half of the 14th century. A particularly special place is the Diocesan Museum, which houses one of the world's most valuable books - the only copy of the Gutenberg Bible in Poland. A unique attraction of the abbey is the Cistercian scriptorium, operational since 2012, where calligraphy workshops are organized. It should be noted that the Pelplin Cistercian calligraphy workshop was one of the best and most renowned of its kind in Poland during the Middle Ages. In Pelplin, it is also worth taking a walk to the Hill of John Paul II, from the top of which a beautiful panorama of the surrounding area unfolds. The dominant features of the city's skyline are the massive brick buildings and chimneys of the former sugar factory.

14 **Gniew**, picturesquely situated on the edge of the Kociewie Lakeland, has preserved monuments dating back to the Middle Ages. Its symbol is the Castle Hill complex located on the Wisła River escarpment, the most important part of which is the Gothic fortress from the turn of the 13th and 14th centuries. Here, the Teutonic Komtur had his seat, and several centuries later, the Starosta and King of Poland, Jan III Sobieski. Today, the Gniew castle is once again teeming with life. Tournaments, reenactments, and historical performances held here have made the city famous throughout Europe. The complex also includes hotels, the atmospheric Marysierka Palace, built by Jan Sobieski in the 1670s, and the modern Knights' Hotel. From the Middle Ages, a part of the city's fortifications from the 14th and 15th centuries has survived, as well as the Gothic Church of St. Nicholas, where the highlight is a crypt accessible to visitors, with archaeological finds on display. The old town square, with its preserved urban layout, beautiful arcaded tenement houses, and town hall, also recalls bygone times. The unique and absolutely charming Sambor Street is an example of small-town development located outside the main town square. The one-story houses here, dating from the 19th century, have a fairytale-like appearance. The street, often compared to the Golden Lane in Prague, also features the Garden of History, which presents nine of the most important events in the history of Gniew.

In Kociewie, almost as if on a mountain river



Length of Wietcisa trail:
12.4 km



Number of days:
1



Number of portages:
2



Number of kayak marinas:
2



Recommended kayaking route:
Wolny Dwór (km 11.8) / Skarszewy (km 6.2) - Czarnocin (km 0.0 + 0.6 kayaking station on the Wierzyca River)



Difficulty:
a trail of moderate difficulty and inconvenience



The Wietcisa is a lesser-known river in the Kociewie region, serving as the largest tributary of the Wierzyca. Originating from Lake Przywidzkie, it winds its way through the picturesque borderland between Kashubia and Kociewie. In its upper course, it flows through deep ravines, is very narrow, and has a low water volume, making it unsuitable for recreational kayaking. While the bold may venture from Stary Wiec, the most advisable starting point for a kayak trip is Wolny Dwór, located upstream from Skarszewy. From this point, kayakers have approximately 12 kilometers of a highly challenging and interesting route. The river has a swift current, numerous rapids, shallows, and logjams, making it suitable only for experienced kayakers in single-person, preferably whitewater, kayaks. A unique feature is the old railway bridge of the dismantled Kościerzyna-Pszczółki line before Skarszewy. In this town, near the mill complex, there is a long portage, below which a kayak landing is located. The river flows into the Wierzyca approximately 500 meters before the landing in Czarnocin, where the trip can conclude.

Worth seeing on the trail:

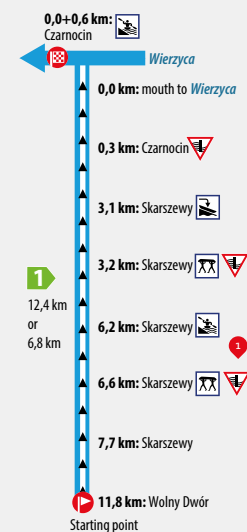
1 The territory of present-day **Skarszewy** was already inhabited by the Wierzyccanie tribe in the 10th century. The development of the town, first mentioned in 1198, is closely tied to the Order of Saint John of Jerusalem. In the 14th century, the Teutonic Knights acquired Skarszewy. After the Thirteen Years' War (1454-1466), the town became part of the Polish Kingdom. In the 16th century, crafts flourished here.



The Wietcisa | Photo: Paweł Dmochewicz

Suggestions for kayaking stages:

Wolny Dwór - Czarnocin (12.4 km; 6.0 h) or
Skarszewy - Czarnocin (6.8 km; 3.0 h)

The Wietcisa River in Skarszewy
Photo: Rafał Wasil

Skarszewy has preserved its medieval urban layout. Among its most important landmarks is the castle of the Knights Hospitaller, which the Teutonic Knights built between 1305 and 1320 as a small fortress on the site of a Slavic stronghold. Fifty years later, the knights further fortified the castle, which overlooked a bend in the Wietcisa River, with a wide moat. Fragments of the original residential building and cellars have survived to this day. The part of the castle that was rebuilt in the 1980s houses the Municipal Culture Center. According to legend, in the 13th century, the Hospitallers connected the castle to the stone church of Saint Michael the Archangel, which was expanded in the 14th century, via an underground passage. Today, this is a three-nave church with columns, topped by a tower with a metal spire, a feature unusual for Pomerania, and a porch with a Gothic gable. Inside, you can admire 18th-century altars, a pulpit, and a baptismal font.

Also dating from the Teutonic period are the town's Gothic defensive walls, the best-preserved of their kind in the Gdańsk Pomerania region. The first wooden, earthen, and stone ramparts were built by the Hospitallers. At the end of the 14th century, the Teutonic Knights erected stone and brick walls with two entrance gates and four towers. Fortunately, these medieval fortifications were not demolished, and although they were not protected, they survived both world wars, and in the 1960s they were conserved.

A stroll through the market square allows visitors to admire the town hall and townhouses from the turn of the 17th and 18th centuries. Worth noting is the "House of the Voivodes," possibly owned by Józef Wybicki, who served his clerkship in the local court. Also interesting is the Baroque "House under the Gutenberg."

The Neo-Gothic church of Saint Maximilian Kolbe, with its gable roof and a tower over 40 meters high, has a remarkable history. Its single-nave interior, with a separate chancel and a barrel vault, is adorned with friezes, cornices, and niches, as well as stained glass windows and a wooden gallery. It was built between 1879 and 1881 for the Evangelical community. After World War II, the building was used as a warehouse, and in 1947 it was taken over by the Catholic parish. Until 1981, grain warehouses continued to store grain there, and in 1987, the facility was renovated and handed over to the parish. At the foot of the city walls, there is another interesting, small half-timbered church, a replica of the church built in 1741 by the Lutherans living in the town, who, according to legend, built the church in just one day. In 2013, residents rebuilt the church in 23 hours and 48 minutes, setting a Guinness World Record.

A notable industrial monument is the Neo-Gothic mill built at the foot of the town in the Wietcisa valley, a massive brick structure from the end of the 19th century, larger than the castle on the hill. It is a reminder of the town's industrial development during the Prussian period, when the railway line from Tczew to Kościerzyna ran through here.

Discovering the nature and monuments of Powiśle



Length of Liwa trail:
**Młyn Piekarniak (km 44.3) –
 Biała Góra (km 0.0)**



Number of days:
2



Number of portages:
2



Number of kayak marinas:
1



Recommended kayaking route:
Młyn Piekarniak – Biała Góra (44.3 km)



Difficulty:
an easy and comfortable trail from Białki, a very difficult and strenuous trail (rafting trail) above Białki



The Liwa River trail is diverse and interesting, especially above Kwidzyn. During periods of higher water levels, the Liwa River can be navigated starting from Prabuty, Szadowski Młyn, or Młyn Piekarniak. The upper section of the river, up to the dam in Białki, is narrow, winding, and full of boulders. The landscapes here create charming nooks, portages, and numerous trees and obstacles in the current. Additionally, there are often water shortages that force paddlers to tow their kayaks. Due to its significant difficulty and inconvenience, even experienced kayakers rarely navigate this section of the trail.

The lower section, from Kwidzyn to the mouth of the river, is essentially a regulated, monotonous, and embanked canal. Only before Biała Góra does the river begin to meander again, and the trail becomes interesting. As a reward for the persistent, there is an opportunity to see the historic lock and the Ulga Weir in Biała Góra, as well as the possibility of continuing the journey down the Nogat River towards Malbork.



The Liwa | Photo: Paweł Dmochewicz

Suggestions for kayaking stages:

1. Młyn Piekarniak – Kwidzyn (Mareza, 18.7 km; 8.0 h)
2. Kwidzyn (Mareza) – Biała Góra (25.7 km; 6.5 h)

Worth seeing on the trail:

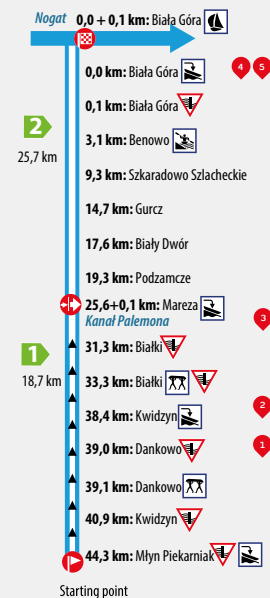
1 Since the 16th century, **Dankowo** has been a local industrial center. It once housed a copper forge powered by the waters of the Liwa and Struga Dankowska rivers, as well as a later paper mill and a water mill, whose abandoned buildings still stand today.

2 **Kwidzyn**, the capital of the Lower Wisła region, is a city situated on the border of the Lower Wisła Valley with a history dating back to the Middle Ages. In 1254, it was established as the seat of a bishopric, and between 1320 and 1345, the castle and cathedral complex was constructed, one of the most beautiful Gothic fortresses in Poland. The castle of the Pomezanian chapter is a pearl of medieval architecture, a structure connected to the mighty cathedral of Saint John the Evangelist and a characteristic sanitary and defensive tower known as the "Gdańsk". It houses the Castle Museum, a branch of the Malbork Castle Museum. The brick residential, barracks, and industrial buildings, built in the 19th century in the Neo-Gothic style, are noteworthy and bear witness to the time when Kwidzyn was an important railway junction and garrison town. The complex of buildings that once housed the Royal Non-Commissioned Officers' School now houses, among others, the Kwidzyn Cultural Center, the Kwidzyn Commune Office, the District Labor Office, the Social Welfare Center, and the Powiślańska Higher School. Also worth noting is the Neo-Gothic church of the Holy Trinity, built between 1846 and 1858, which takes the form of an early Christian basilica with a two-towered eastern facade. In addition to its rich history and interesting monuments, Kwidzyn is known for its paper factory. Established in the 1970s, the company is now an international pulp and paper mill.

3 **The Palemon Canal** is approximately 20 km long. It originates from the slopes of the Łosiowe Hills near Wielki Wetcz and flows south along the Wisła on the eastern side of its valley. For practically its entire length, it is a drainage canal without a current.

4 **Biała Góra Nature Reserve**. Located on the Wisła escarpment, the Biała Góra Nature Reserve encompasses a high (50-55 meters), partially forested slope situated between Biała Góra and Bliźnice. It provides favorable conditions for the development of xerothermic vegetation, which are the result of the local microclimate. In recent years, a decrease in their numbers has been observed. Compared to the 1960s, the area of sandy and xerothermic grasslands has been reduced. This is the result of the cessation of cattle grazing, which has led to forest encroachment.

5 **Biała Góra Lock**. A complex of hydraulic structures has been built here since the 16th century to divide the waters of the Wisła and the Nogat, which until then had been the main branch of the Wisła. The structures, destroyed during the Swedish wars, were rebuilt in the 19th century. At the same time, the river bifurcation was moved 4 km downstream to the village of Piekto. At the beginning of the 20th century, the system was expanded, and a lock, a weir, and floodgates were built between the Wisła Valley and the Nogat, as well as a smaller lock to divert the waters of the Liwa to the Nogat. The waterway thus created enabled the development of navigation. From the highest point of the Biała Góra lock, there is a beautiful panorama of the Wisła Valley.



Difficulty level

Easy

Advanced



Kajakiem z serca Kaszub do Gdańska



Length of Radunia trail:
50.6 km



Number of days:
3



Number of portages:
8



Number of kayak marinas:
13



Recommended kayaking route:
Ostrzyce (Jezioro Ostrzyckie, km 76.9) – Krępiec (The Motława outlet, km 0.0+1.3) / Gdańsk (The Optyw Motławy, km 0.0+4.8)



Difficulty:
easy trail (Ostrzyce – Trątkownica) And medium (Rutki – Łapino, Straszyn – Krępiec), moderately inconvenient (Ostrzyce – Trątkownica, Rutki – Łapino) and inconvenient (Straszyn – Krępiec)



The Radunia | Photo: Paweł Dmochewicz

The Radunia is a beautiful river that connects the Kashubian Switzerland with Gdańsk. Its upper, lake-rich section (above Ostrzyce) is described in guidebooks as a separate route, the "Radunia Lake Loop." For most kayakers, the Radunia is associated with extraordinary experiences, emotions, and the adrenaline rush provided by its middle, gorge-like section. However, since 2013, this part of the route has been inaccessible to kayakers due to the protection of the unique nature within the Radunia River Gorge Nature Reserve.

Another distinctive feature of the Radunia is the presence of numerous hydroelectric power plants in its lower course, earning it the nickname "the hardworking river." While these power plants add an attraction to kayaking trips, they also present challenges due to the many portages required. The section between Kolbudy and Rutki is closed to kayaking due to water power generation and the prohibition of boating on the Straszyn hydroelectric power plant reservoir, which is the main water supply for Gdańsk.

The Radunia, from Ostrzyce to Gdańsk, is therefore accessible in three kayaking sections. The first, between Lake Ostrzyckie and the marina in Trątkownica, is very picturesque. The river winds through hills and fields in typical Kashubian landscapes. After transporting the kayaks, the second stage can begin below the hydroelectric power plant in Rutki. On this route, you will pass through Żukowo, famous for its Gothic convent of Norbertine nuns (now the Church of St. Mary), and the first Radunia hydroelectric power plant in Łapino. From Kolbudy, another kayak transport is required to the Straszyn power plant. From there, the lower section of the route begins, leading through subsequent power plants and then to the Factoria in Pruszcz Gdański. From here, the Radunia flows into the Motława River, which can be followed to the center of Gdańsk.

Suggestions for kayaking stages:


1. Ostrzyce – Trątkownica (14.1 km; 4.0 h)
2. Rutki – Łapino (16.6 km; 6.5 h)
3. Straszyn – Krępiec (19.9 km; 5.0 h)


Worth seeing on the trail:


1. **The Radunia River Gorge Nature Reserve (Jar Rzeki Raduni)** protects a meandering section of the Radunia River.
2. **The Rutki Railway Bridge**, dating back to 1886, is an interesting example of railway engineering with an unusual inverted arch design. Nearby is the Rutki hydroelectric power station.
3. **Żukowo**, a former monastic village now a town, was founded in the 13th century by Norbertine nuns. The monastic complex, mills, and church are worth seeing.
4. **Łapino** is a village where it is worth visiting the Museum in the Old Paper Mill, housed in 19th-century paper mill buildings and a 1927 hydroelectric power station.
5. **Straszyn** is a large town with the Straszyn hydroelectric power station, one of the two oldest on the Radunia. Built in 1910, like the power station in Rutki, it is housed in an eclectic building. It was expanded in 1935 with the launch of a cascade of power stations in Łapino-Bielkowo.
6. **The Radunia Canal (The Kanał Raduni)** is a technical monument built by the Teutonic Knights in the 14th century and is 13.5 km long. Running parallel to the Radunia Riverbed, it carries water from the Radunia from the vicinity of Pruszcz Gdański to Gdańsk. It is not accessible to kayakers.
7. **Pruszcz Gdański** boasts the "Factoria," a reconstruction of a settlement of barbarian tribes who inhabited the Pomeranian lands at the beginning of our era. The reason for its construction was the discovery of coins and amber nuggets in the city, suggesting that there was a trading post on the Amber Road. A complex of buildings has been opened on meadows near the Radunia. Several huts, where multimedia exhibitions present finds from two thousand years ago. The Factoria is surrounded by a wooden palisade and is accessed by bridges modeled on Roman ones. Nearby is a large International Baltic Cultural Park, where festivals, theatrical performances, concerts, and outdoor events are organized. There is a covered amphitheater, a sensory garden, a children's playground, sports fields, and a sledding hill.





Kayaking through the Kashubian Switzerland Lakes


 Length of Raduńskie Lakes Ring trail:
38.8 km

 Number of days:
3

 Number of portages:
2

 Number of kayak marinas:
41

 Recommended kayaking route:
Stężycza (km 0.0/33.1) – Gołubie (Lake Patulskie, km 33.1/0.0)

 Difficulty:
an easy and gentle trail



“The Raduńskie Lakes Loop” is the colloquial name for a kayaking trail that winds through a chain of large, elongated glacial lakes in the so-called “Kashubian Switzerland.” This is the highest part of the Kashubian region, dominated by the elevations of Wieżycza (328.6 m above sea level), Złota Góra (235.1 m above sea level), and Góra Tamowa (224.1 m above sea level). These are terminal moraines formed during the last glaciation. The lakes are connected by numerous isthmuses and the Radunia River, forming a 37-kilometer-long trail accessible to kayakers. Characteristic of most lakes in the “Loop” are steep, difficult-to-access shores, making large sections of the trail sparsely developed and exceptionally wild. At the same time, there are many recreational centers, marinas, and popular tourist destinations, such as Ostrzyce, Chmielno, and Stężycza.

The best place to start a kayaking trip is in Stężycza, paddling north through two very long lakes - Raduńskie Dolne and Raduńskie Górne. Then, via a weir in Chmielonok, you can reach the smaller lakes around Chmielno (Kłodno, Rekowo, Białe). Further short sections of the Radunia river allow you to reach Ostrzyce, and then, paddling at the foot of Wieżycza, you can reach the end of the trail in Gołubie Kaszubskie.

Worth seeing on the trail:

1 **Stężycza** is an old Kashubian village boasting an 18th-century Baroque church dedicated to Saint Catherine of Alexandria, featuring medieval furnishings. A 19th-century former Evangelical church can also be admired. On the shores of Upper Raduńskie Lake, sailing and kayaking marinas can be found, while Lake Stężyczyckie is the highest point of the “Raduńskie Circle” lake district.

2 **The Kashubian Landscape Park** protects the natural and cultural heritage of the Kashubian Lake District. It comprises three regions: the lake district, including the group of Raduńskie Lakes, which form a picturesque trail of glacial lakes connected by the Radunia River, and the Potęgowo Lakes; the forested Szymbarskie Hills with Wieżycza, the highest peak in the North European Lowlands; and the complex of Mirachowski Forests. Twelve nature reserves have been established within the park. The park also encompasses the cultural heritage of the Kashubs, with a vibrant folklore, folk art, rural landscape, and language. Hiking, cycling, and kayaking trails, Nordic walking routes, ecological and educational nature trails, and viewpoints have been marked out. The Gołubień Botanical Garden features over 6,000 plant species.

3 **Lake Kłodno** lies at the foot of Góra Tamowa, on top of which a viewing platform has been built, offering views of the Chmielerskie Lakes.

Suggestions for kayaking stages:

1. Stężycza – Chmielonko (16.0 km; 4.0 h)
- 2-1. Chmielonko – Złota Góra (7,3 km; 2.0 h)
- 2-2. Złota Góra – Gołubie (9.8 km; 2.5 h)
3. Gołubie – Lake Lubowisko (5.7 km; 2.0 h)



The Raduńskie Lakes Ring | Photo: M. Zieliński

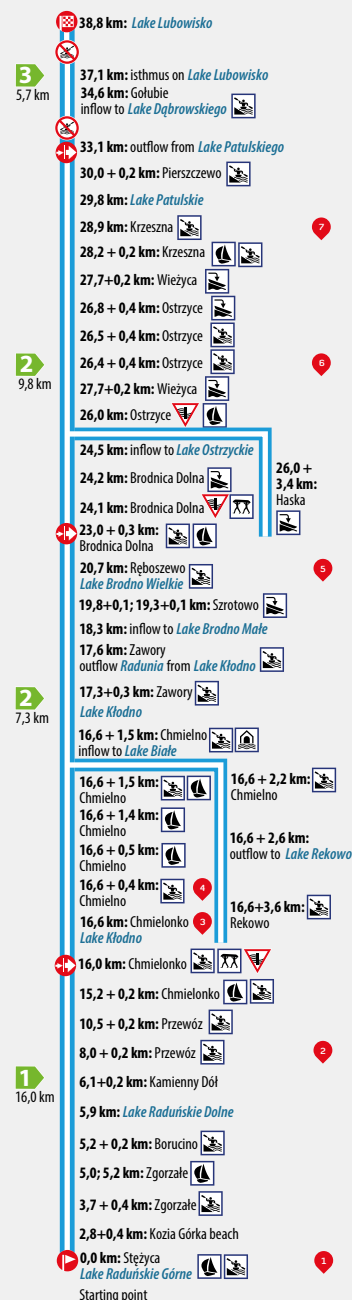
Worth seeing on the trail:

4 **Chmielno** is a tourist resort located on the shores of Lake Białe. On the isthmus between Lakes Kłodno and Białe, there once stood a castle, the seat of the Kashubian castellany and the residence of the legendary Princess Damroka. The center of the village features the Church of Saints Peter and Paul and reconstructed Kashubian cottages. A promenade along Lake Białe ends at “Duck Market”. The Museum of Kashubian Ceramics by the Necel family is also worth a visit. On the high bank of Lake Kłodno, there is a viewpoint called “Stone Park”.

5 **Lake Brodno Wielkie** can be admired from a viewpoint on Złota Góra (Golden Mountain), where a monument to the Heroes of the Pomeranian Resistance Movement stands. On the shore of the lake, a water sports center has been built with a marina, a kayak dock, a beach, an amphitheater, and boat and yacht hangars.

6 **The “Ostrzycki Las” nature reserve** protects the wildlife of the uninhabited shore of Lake Ostrzyckie. In the natural forest, there are monumental beeches and many rare, protected plant species.

7 **Krzeszna** is a tourist village located on the shores of Lake Ostrzyckie, at the foot of Wieżycza. There are three ski resorts and several holiday centers, as well as many holiday homes and a stud farm. Nearby is Szymbark with the Center for Education and Promotion of the Region. In the center of the village stands the former Evangelical church, now a Neo-Romanesque church of Saint Teresa of the Child Jesus. There is a viewing tower on Wieżycza.





Difficulty level


Easy


By kayak through the Żuławy to Gdańsk






 Length of Motława trail:
24.2 km (during the spring 28.1 km)

 Number of days:
1 – 2

 Number of portages:
0 or 1

 Number of kayak marinas:
8

  Recommended kayaking route:
Krzywe Koło (during the spring, km 27.2) or Suchy Dąb (km 23.8) – Gdańsk (km 3.1; Kamienna Grodza) or Gdańsk Shipyard (km 0.0 + 0.3)

 Difficulty:
an easy and gentle trail, the trail in the upper reaches may become overgrown from time to time

The Motława is a river of the Żuławy region, originating near Tczew. Due to its very slow and almost imperceptible current, it can be navigated in both directions, allowing for kayak trips from Gdańsk to Suchy Dąb and back. In its initial section, the Motława, branching into the Old and New Motława, the Stępka Canal, and the Optyw Motławy, surrounds the historical landmarks of Gdańsk, forming Granary Island and Otowianka Island. This part of the route constitutes a separate described section, the Gdańsk Loop.

The actual Motława begins at the former mill (Kamienna Grodza) in Gdańsk, beyond the floodgates that open and close depending on the water level and wind direction. Therefore, it is necessary to consider the possibility of carrying kayakers at this point. From this point on, the river flows surrounded by flood embankments through the flat, agricultural lands of the Żuławy Gdańskie. In Krępc, it is joined by the waters of the Radunia and continues southwards, passing through Żuławy villages such as Wiślina and Łędowo. The trip is best concluded at the charming, historic church located right on the water in Wróblewo or in Suchy Dąb. Near the churches, by the river, there are intimate resting places.






Kamienna Grodza Dam | Photo: Rafał Wojczal / szajewski.com.studio

 Suggestions for kayaking stages:

1. Suchy Dąb - Wiślina (11.3 km; 3.0 h) or during the spring Krzywe Koło - Wiślina (14.7 km; 4.0 h)
2. Wiślina - Gdańsk Shipyard (12.8 km; 3.5 h)

Worth seeing on the trail:

-  **Kamienna Grodza Dam.** This is a historic hydraulic structure from the early 17th century that separates the inner waters of Gdańsk from the Optyw Motławy. It served to direct the waters of the Motława River into the moats surrounding the city from the south, allowing the foreland to be flooded in the event of a siege.
-  **Optyw Motławy.** This unusually shaped, artificial channel is nothing more than the former city moat of the monumental fortifications that effectively defended Gdańsk for nearly two centuries. The first two bastions remain, their massive, green mounds dominating the city skyline.
-  **Wróblewo.** A village located on the Motława waterway. On its banks stands a charming timber-framed church dedicated to the Assumption of the Blessed Virgin Mary, dating from the late 16th century. It is one of the most beautifully located churches in the Żuławy region.



The Motława | Photo: Rafał Wasił



The New Motława River | Photo: Paweł Dmochewicz

0,0 + 0,3 km:   **Martwa Wisła**

0,0 km: mouth of *Motława* to *Martwa Wisła*

0,8 km:  

0,8 km: connection of *Motława* and *Kanał na Stepcie* at the northern end of the *Ołowianka* Island

1,1 km: 

1,7 km: connection of *Kanał na Stepcie*, *Stara Motława* and *Nowa Motława* 

2,2 km: 

3,1 km: Gdańsk – Kamienna Grodza   

Optyw *Motława* 

7,9 km: mouth of *Raduna*

7,9 km: mouth of *Czarna Łacha*

9,1 km: *Krepcie* 

10,2 km: mouth of *Kanał Wielki*

11,0 km: *Dziewięć Włók* 

12,4 km: *Mokry Dwór* 

12,5 km: *Wiślina* 

14,8 km: *Łędowo* 

17,0 km: *Wróblewo* 

19,8 km: *Grabiny-Zameczek* 

19,9 km: mouth of *Kłodawa*

23,8 km: *Suchy Dąb* 

27,2 km: *Krzywe Koło*

Starting point

 12,8 km

 11,3 km (14,7 km)

Difficulty level

Easy



From the Żuławy to Gdańsk



Length of Martwa Wisła trail: **22.6 km**

Number of days: **2**

Number of portages: **0**

Number of kayak marinas: **8**

Recommended kayaking route: **Przegalina Lock (km 0.8) or Błotnik (km 1.1 +2.5) – Polski Hak (km 20.5) or the marina in the Stocznia Cesarska (km 20.5 + 0.3)**

Difficulty: **an easy and gentle trail**

Suggestions for kayaking stages:

1. Błotnik – Gdańsk Sobieszewo (10.4 km; 3.0 h)
2. Gdańsk Sobieszewo – Gdańsk Stocznia Cesarska (11.8 km; 3.5 h)

The Martwa Wisła River Trail

The Martwa Wisła, formerly known as Leniwna, is the western arm of the Wisła River delta, flowing into the Baltic Sea between Brzeżno and Westerplatte. It is an inland waterway and part of the inner waters of Gdańsk. In its coastal section, at the mouth of the Motława River, the medieval town and port of Gdańsk was established. The river flowed here from its bifurcation with the Nogat until the ice flood of 1840, when a new outlet, the Śmiała Wisła, was formed. The Wisła Canal and the Przegalina lock, since 1895, have cut off the Martwa Wisła from the main current.

A long-distance route for experienced water sports enthusiasts is a trip down the Martwa Wisła from Błotnik or Przegalina to Polski Hak. Particular caution must be exercised due to heavy ship traffic and waves, especially in bad weather and strong winds, when swimming is



The Martwa Wisła | Photo: Paweł Dmochewicz

Length of Wisła Śmiała trail **3 km**

Number of days: **1**

Number of portages: **0**

Number of kayak marinas: **2**

Recommended kayaking route: **Górki Wschodnie (km 3,0; branch of the Martwa Wisła) – the mouth of the Wisła Śmiała into the Baltic Sea (km 0,0)**

Difficulty: **an easy and gentle trail**

not recommended. Sailing from the marina in Błotnik along Sobieszewska Island, one passes the Przegalina lock and further on, on the increasingly wide river, the bridge in Sobieszewo, the mouth of the Wisła Śmiała, and then the refinery and shipyards.

The currentless Martwa Wisła can be navigated in both directions. A trip allows you to explore the area around Gdańsk from a water perspective. Along the river, there are marinas, sailing and kayaking harbors. Some of the old wooden fishing houses have also been preserved. It is forbidden to sail the Wisła from Polski Hak towards Westerplatte due to heavy ship traffic, the work of shipyards and port units, and waves.

The Wisła Śmiała Kayaking Trail

The Wisła Śmiała is a mere 3-kilometer waterway of the Wisła River outlet, starting in Górki Wschodnie at the bifurcation of the Martwa Wisła and leading to the sea. It is most often a part of a trip down the Martwa Wisła. Particular caution must be exercised here. Along the left bank, there are several yacht marinas and a new kayak marina on the site of the former water tram stop. On the right bank in Górki Wschodnie, there is a small, private marina located in a restaurant next to the Ptasi Raj nature reserve. Further on, a stone embankment on the right bank separates the river from the floodplains, protected as the Ptasi Raj nature reserve.

The banks are not convenient for disembarking, it is deep, the river flows quite fast and is wide, and especially in strong winds, the nearby sea causes large waves. The waterway is used by yachts, seagoing vessels, and inland vessels. Only experienced kayakers can enter the trail and the sea. Kayaking on this route requires the permission of the Gdańsk Port Authority.



Top attractions

- 1 Błotnik** is a village where an old riverbed, a former course of the Wisła River, cut off from the current flow by the Przekop Wisły dykes, stretches.
- 2 The Przegalina lock**, constructed in 1895, 6 km from the main mouth of the Wisła, is one of the largest in the Żuławy region. It is an element of the artificial Przekop Wisły, which shortened the river's course and directed it directly into the sea. The brick buildings of the lock and the icebreakers, which protect the Żuławy from floods in winter, are worth seeing.
- 3 Wiślanka** is a village with the highest point in the area, a 50-meter-high reclaimed phosphogypsum heap on the former dumpsite of the Fosfory factory. The landfill was closed in 2010.
- 4 Sobieszewska Island**, part of the Mierzeja Wiślana, has been an artificial island belonging to Gdańsk since 1973. To the south, it is separated from the Żuławy Gdańskie by the Martwa Wisła river, to the east by the Przekop Wisły, and to the west by the Wisła Śmiała. The northern tip of the island is a Baltic beach, along which stretches a wide, sandy dune ridge covered in pine forest. Some of the dunes reach a height of 30 meters. In the south, reclaimed marshes are used for agriculture. In the former settlements of Sobieszewo, Świbno, Przegalina, and Górki, old fishing huts and houses with porches have been preserved. Sobieszewo is a resort area with a tourist base and residential estates. In 2018, the largest bascule bridge in Poland, the 100th Anniversary of Poland's Regained Independence Bridge, was built here.
- 5 Górki Wschodnie** is a part of the former fishing village of Górki that was divided into two parts by the Wisła River during a flood in the winter of 1840. The pre-war seaplane base now houses a Polish Academy of Sciences ornithological station. The "Bird Paradise" reserve (Ptasi Raj) is located here, protecting the mouth of the Wisła Śmiała, shallow floodplains, reed beds, dunes, and seabird breeding grounds. A sandbar with dunes stretches from the sea. A nature trail with observation towers runs through the reserve.
- 6 Górki Zachodnie** on Stogi Island is a district of Gdańsk, part of the village of Górki that was separated from the eastern part by the Wisła Śmiała after the 1840 flood. There are shipyards, marinas, and the Gdańsk Refinery. Górki Zachodnie is a center for sailing with several yacht harbors.
- 7 Stogi** is a district of Gdańsk on Stogi Island, cut off from the mainland by the Wisła Śmiała in 1840. Sandy, forested dunes stretch along the beach. The western part is occupied by the port, a new container terminal, and a logistics center, while the southern part is a residential district. Old houses stand along the Martwa Wisła, and the forest contains tourist facilities as well as pre-war and post-war bunkers. At the mouth of the Martwa Wisła are the Wisłoujście Fortress and Westerplatte.



Gdańsk viewed from a kayak | Photo: Rafał Wasil

Kayaking tour of Gdańsk



Trail length:
Great Gdańsk Loop 9.5 km
Small Gdańsk Loop 4.6 km

Number of days:
1

Number of portages:
2 (optionally relates to the Great Gdańsk Loop)

Number of kayak marinas:
6

Recommended kayaking route:
Small Gdańsk Loop:
Żabi Kruk – Stara Motława – Kanał Na Stępcę – Nowa Motława – Żabi Kruk
Great Gdańsk Loop:
Żabi Kruk – Stara Motława – Motława – Polski Hak – Martwa Wisła – Opiływ Motławy – Nowa Motława – Żabi Kruk

Difficulty:
an easy and gentle trail

Suggestions for kayaking stages:

1. Great Gdańsk Loop (4.6 km; 1.5 h)
2. Small Gdańsk Loop (9.5 km; 3.0 h)

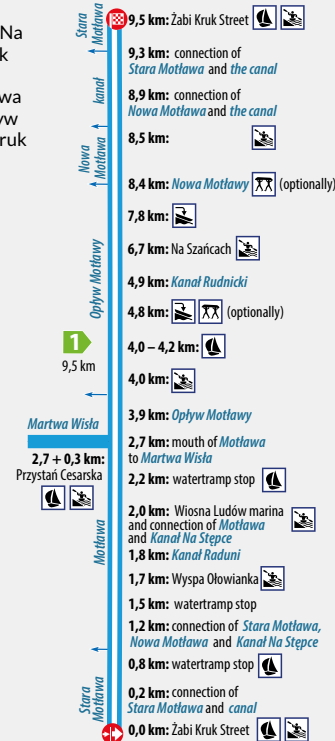


Gdańsk | Photo: Rafał Wojcizal / szajewski.com studio

SMALL GDAŃSK LOOP



GREAT GDAŃSK LOOP



Difficulty level

Easy

Small Gdansk Loop

The Small Gdansk Loop is best started from the Żabi Kruk kayak marina. The route is easy and undemanding. Along the way, you'll pass under the Popielny Bridge (under Toruńska Street). On your right, you'll see new buildings, and on your left, historic granaries. The Archaeological Museum is housed in the "Blue Lamb" granary. Further on, you'll pass under the wide bridge (Podwałe Przedmiejskie Street) and pass the Krowi Bridge, from where you can see the facades of the granary complex and the boat rental. At this point, you can go to the Old Town for a meal. Next, you'll pass under the Zielony Bridge, an extension of Długi Targ, and a view of the Long Embankment with its cruise ship marina and the Żuraw (Crane) will open up before you. From this point on, boat traffic intensifies. Along the way, you'll pass a rotating pedestrian footbridge that connects the Long Embankment with the Granary Island and its modern buildings. At the height of the Żuraw, you'll pass the connection to the New Motława. Further on, you'll sail around Ołowianka Island with the Baltic Philharmonic Hall and the moored ship *Sołdek*. This was the first merchant ship built in Poland after World War II, and since 1981, it has been a museum ship. On the right, you can see the National Maritime Museum and the Fish Market. You'll pass under a lifting bridge and leave the center of Gdansk. On your right, you can enter the Radunia Canal under the Wapienniczy Bridge, from where you can see the World War II Museum. Continuing for another 200 meters along the Motława, you will reach the Wiosny Ludów kayak marina. At this point, the river joins the Na Stępce Canal. The Great Gdansk Loop route continues from here. To continue the Small Loop, you should enter the Na Stępce Canal. You'll pass the Sienna Grobla sailing marina, pumping stations, and a road bridge to Ołowianka Island. After sailing 400 meters through the canal, you'll reach the Kamienny Bridge. You'll enter the waters of the New Motława. On the left, you'll pass the piers of the Gdańsk Marina, and on the right, the modern buildings of Granary Island. You'll pass under the lifting Stągiewny Bridge, which allows yachts and boats to reach the Southern Marina. Behind it, you can see the remains of the old Rogoźniki Bridge, and then you'll pass under two road bridges on Podwałe Przedmiejskie. You'll enter the wider waters of the New Motława, where on the right you can see modern buildings, and on the left, there is a kayak marina and steps to the New Motława. You'll reach the junction of the New Motława and the canal in the southern part of Granary Island. You'll sail 400 meters through the canal, passing three bridges along the way. You'll return to the Old Motława and head towards the Żabi Kruk marina, where you started your trip.

Great Gdansk Loop

The Great Gdansk Loop begins at the Żabi Kruk kayak marina. Alternatively, you can choose marinas located on Wiosny Ludów Street, Sienna Grobla on the Motława, Kamienna Grodza, or one of the basins of the Imperial Shipyard. Initially, the route overlaps with the Small Gdansk Loop. The shared section is 2 km long. Along the way, you'll pass under four bridges and a rotating footbridge, including the historic Krowi and Zielony bridges, which connect Granary Island with the Main City. You'll pass the Long Embankment and its landmarks, including the Żuraw (Crane). On the opposite side are Granary Island with its modern buildings and Ołowianka Island, where the branch of the National Maritime Museum is located, and where the *SS Sołdek* is also moored. This was the first merchant ship built in Poland after World War II, and since 1981, it has been a museum ship. On Ołowianka, in the former power plant from the 19th century, is the Baltic Philharmonic. Continuing on, you'll head towards the mouth of the Motława into the Martwa Wisła. Along the way, you'll pass the dragon boat club basin, the mouth of the Radunia Canal with a view of the industrial structure of the World War II Museum, the Sienna Grobla sailing marina, and the Wiosny Ludów kayak marina. You'll sail along the canalized Motława, passing former shipyard areas. After a bend, you'll see the Polish Hook peninsula, behind which the Motława flows into the Martwa Wisła. On the left bank is a sailing and kayaking marina in a former shipyard dock. Directly ahead, you can see the huge cranes and slipways of the Gdańsk Shipyard. Just behind the narrow strip of land called the Polski Hak, you'll turn right onto the calmer waters of the Martwa Wisła, where the surroundings change to industrial. You'll sail along the Flisaków Embankment, admiring the industrial scenery of the port: huge tugs and fishing boats dock here, for example. You'll pass the Siennicki Bridge, and after 100 meters, you'll enter the Optyw Motławy from the right, a remnant of a 17th-century water structure that regulated the water level in the moats surrounding the city. Along the moats, there are New Dutch-style bastions from the 17th century. In the summer, the Optyw



Optyw Motławy | Photo: Rafał Wasil

Motławy can be overgrown. Initially, you'll pass water marinas on both sides of the river and bridges. You'll reach the floodgates at Elbląska Street; if they are open, you can sail through. If the water levels are high, they may be closed. In that case, you'll need to portage through the pedestrian crossing behind the traffic lights. After the gates, the landscape changes. You'll enter the vegetation-rich waters of the Optyw Motławy, from which you can see the buildings of the Lower City, old tenement houses, and the Church of Our Lady of Sorrows. On your right, you'll pass the Automotive Schools Complex, and on your left, you can see the new recreational areas of Olszynki, located near the junction of the Rudnicki Canal with the Optyw Motławy and near Zawodników Street and Kapuściany Bridge. You'll continue sailing in a zigzag pattern through the remains of the old moat. You'll pass under bridges, including the road Kapuściany Bridge. On the right, you can see the Speedway Stadium. You'll pass under footbridges connecting the Lower City with Olszynka. The trail at this point flows as if through a village surrounded by lush greenery. On the right bank, there is a place to launch boats near Bastion Wyskok. In the area, recreational and park areas have been arranged, and the floodwalls of the Optyw Motławy are urban walking and cycling paths. At the end of the Optyw Motławy, you'll reach the Kamienna Sluice. The sluice was built at the beginning of the 17th century as a new element of the city's fortifications. Above the sluice, there was a lifting bridge, which was replaced by a fixed one in the mid-19th century. For defense, in 1668 and 1672, the sluice was equipped with two lunettes (so-called "Pig Heads"), between which there are two 100-meter-long stone groynes that direct the waters of the Motława towards the sluice. At the ends of the groynes, there are four watchtowers - "Four Maidens," which were intended to prevent enemy soldiers from passing over the groynes. The purpose of building the structure was to regulate the water level in the moats and enable the operation of the mill built near the sluice. The mill served as a backup in case the enemy disabled other city mills by closing the Radunia Canal. It was also possible to direct water towards the suburban area to flood it during the defense of the city and prevent access to the city from the south. If the gates are open, you can sail through boldly. You can try to sail under the mill passage gates located on the left, just lean over enough. If the gates and the sluice are closed, you'll need to portage, which has recently been equipped with platforms and pedestrian paths. After the sluice, you'll enter the New Motława, where on the right there is a publicly accessible kayak marina, Kamienna Grodza. After 400 meters, you'll reach the Toruński Bridge. Behind the bridge, on the left, you'll head towards the canal, and after passing three bridges, you'll re-enter the Old Motława. From here, you'll head towards the Żabi Kruk marina.

The Żuławy from a kayak perspective



Length of Nogat trail:
64.4 km



Number of days:
4



Number of portages:
0 (Attention: Three portages required after the Nogat locks closing hours.)



Number of kayak marinas:
9



Recommended kayaking route:
Biała Góra (kayak station km 0.0 + 0.1) – Ostonka (kayak marina on the Szkarpania River, km 62.1 + 2.3)



Difficulty:
an easy and gentle trail



A unique alternative to the typical kayaking trip can be a multi-day kayaking expedition on the Nogat River. This is a typical Żuławy river, often called the "little Wisła," with traces of pristine nature and unique historical monuments on both banks.

The best place to start the trip is at the historic lock complex and marina in Biała Góra. Passing through three locks (Szonowo, Rakowiec, and Michałowo), the majestic Malbork Castle, and new kayak marinas in Pogorzala Wieś, Malbork, Janówka, Ząbrowo, and Kępki, you reach the mouth of the Nogat. Instead of entering the Zalew Wiślany (which is very dangerous for kayaks and small boats), turn onto the Szkarpania towards Ostonka. The trip can then continue to Rybina or Drennica. Alternatively, you can also take the route through the Jagielloński Canal to Elbląg itself.

The Nogat is a Class II navigable waterway. The section from the Biała Góra lock to the Michałowo water level is fully regulated, while further downstream to the mouth of the Zalew Wiślany, it flows freely. Cargo ships, passenger boats, boats, and houseboats sail on the river. Kayaking can be practiced along the entire length of the river. Due to the high traffic of vessels, special caution should be exercised. An 18-kilometer route between Biała Góra and Malbork is recommended. The lower section is also suitable for kayakers, although the trail is quite monotonous here.

The width of the Nogat varies from 80 to 200 meters, while the width of the marked navigation channel is about 30 meters. When sailing with the current, leave the green buoys on your left and the red buoys on your right. On the banks, there are white boards with kilometer markings.

Worth seeing on the trail:

- Biała Góra.** Here, you can find a complex of hydraulic structures built from the 16th century to divide the waters of the Wisła and Nogat rivers, with the Nogat previously being the main course of the Wisła. It is worth climbing to the highest point of the structure, from where there is a vast panorama of the Wisła Valley.
- Małtawski Las Reserve.** This reserve protects one of the last remaining fragments of a natural, ancient alluvial forest in the Wisła Valley. The trees growing here - ash, oak, and alder - often exceed 150 years old and provide shelter for many rare bird species and a refuge for wildlife. It is also the largest forest complex in the entire Żuławy region and a reminder of the impenetrable, waterlogged thickets that once covered the valleys of the local rivers.
- Szonowo Lock.** This is one of three hydraulic structures that regulate the water level of the Nogat River. Built in 1914-1916, it has an original design. There is a lock and a modern hydroelectric power plant here.

Suggestions for kayaking stages:

1. Biała Góra – Malbork (18 km; 5.0 h)
2. Malbork – Ząbrowo (16.5 km; 4.5 h)
3. Ząbrowo – Kępki (16.2 km; 4.5 h)
4. Kępki – Ostonka (13.6 km; 3.5 h)



The Teutonic Castle in Malbork.
Photo: Rafał Wojcizal / szajewski.com.studio



4 Malbork - Castle and City. Malbork is primarily renowned for its monumental Teutonic Castle, which towers over the Nogat River and is particularly impressive when viewed from a kayak. It is the largest brick building in the world. Kayakers can moor directly below the castle on the Nogat River bank, or earlier at the city marina before the road bridge, or at the new North Park marina.

5 Rakowiec Lock. Located downstream from Malbork, this complex of hydraulic structures regulates the water level of the Nogat River. It consists of a lock, a dam, and a weir built between 1914 and 1916, as well as a hydroelectric power station from 1934.

6 Michałowo Lock. Along with the structures in Szonowo and Rakowiec, this is one of three hydraulic structures that regulate the water level of the Nogat River. It was built between 1912 and 1915 and still operates in its original form. Its only modern addition is a hydroelectric power station.

7 Jagielloński Canal. This is a historic waterway, built in the 15th century by the Teutonic Knights to shorten the waterway from Gdańsk to Elbląg. It is less than 6 km long and connects the Elbląg River with the Nogat.

8 Ostonka. Ostonka is one of the two most important drainage systems on the Żuławy. Without the pumps here, which have a capacity of 21,000 liters per second, the entire Żuławy area would be flooded. The noise coming from the facility indicates that the process of artificially pumping water flowing into the polders from neighboring, higher-lying rivers and canals back outside is underway.

Kayaking on the rivers of the Żuławy Loop



Length of Szkarpawa trail:
23.5 km or 26.0 km



Number of days:
2



Number of portages:
0



Number of kayak marinas:
9



Recommended kayaking route:
Gdańska Głowa Lock (km 0.0) – Ostonka (km 23.5)



Difficulty:
an easy and gentle trail



The Szkarpawa is one of the distributary arms of the Wisła River delta, formerly one of the river's outlets into the Baltic Sea. It is 26 kilometers long. Separated from the main course of the Wisła by the Gdańsk Głowa sluice, it is now practically devoid of a current. It winds lazily through the flatlands of the Żuławy region in a wide bed surrounded by flood embankments. It flows into the Zalew Wiślany through a deltaic mouth, shared with the Nogat River. At Rybina, it branches into two arms. The eastern arm is the actual Szkarpawa, also known as the Wisła Elbląska, while the northern arm is the Wisła Królewiecka, which flows into the Zalew Wiślany near Sztutowo.

The Szkarpawa is a waterway that is part of the Żuławy Loop. It is a Class II inland waterway of regional significance, accessible to ships or pushed convoys, as well as yachts, motorboats, houseboats, and kayaks. Due to the high traffic of vessels, special caution should be exercised on it. For kayakers, it is quite monotonous, although the hydrotechnical structures and the historic buildings of the villages passed along the way are interesting. An advantage of the river, due to the lack of a current, is the possibility of sailing in both directions.

Worth seeing on the trail:

1 The Gdańska Głowa lock plays an extremely important role, and its historic character and connection to history make it a significant attraction on the trail. Without the Szkarpawa lock, the Szkarpawa river would not be navigable, and the Great Żuławy located above it would be flooded by the Wisła. The lock was built in 1895 as part of a broader investment program to rebuild the Wisła estuary, which also included the construction of a canal between 1891 and 1895 and the cutting off of the Wisła Gdańska and the Wisła Elbląska. The name of the lock refers to the fortress that once stood at the fork of the Wisła



Mouth of the Szkarpawa river
Photo: Rafał Wojtczak / szajewski.com.studio

Suggestions for kayaking stages:

1. Gdańska Głowa – Rybina (15.1 km; 4.0 h)
2. Rybina – Ostonka (8.4 km; 2.5 h)

Rybina village: kayaking in three directions
Photo: Rafał Wojtczak / szajewski.com.studio



into the Szkarpawa and Leniwnka, which was an important defensive point for Gdańsk during the Polish-Swedish wars.

2 **Drewnica** is a large village in the Żuławy region, with origins dating back to the Middle Ages. It's worth stopping here to see the preserved Żuławy architecture, Dutch farmsteads, and farm buildings. An interesting wooden, Mennonite post mill from 1718, the only one of its kind in the Żuławy, is located here, and in the old park stands a historic brick manor house. An attraction on the trail is the drawbridge built in 2006 on the site of the old pontoon bridge connecting the villages of Drwenica and Żuławki.

3 **Żuławki** boasts a medieval pedigree. Founded in the mid-14th century by the Teutonic Knights, it was settled by Mennonites in the 16th century. The Dutch settlers left behind a unique legacy in the form of four half-timbered houses with carved porches and cornices. The most beautiful is the half-timbered house in the northern part of the village, standing by a cobbled road. On the main road in Żuławki stands a wooden house from the mid-19th century, one of the best-preserved of its kind in the Żuławy, beautifully decorated with cast-iron stairs and ornate doors. You can also see the Neo-Gothic church of the Nativity of the Blessed Virgin Mary with Baroque furnishings and a 19th-century evangelical cemetery chapel. The chapel and church are surrounded by stone and iron tombstones from the 19th and early 20th centuries.

4 **Rybina** is one of the most important water junctions in the Żuławy, where the Szkarpawa, Wisła Królewiecka, Linawa, and Tuga routes intersect. The village is known for the historic drawbridges from the early 20th century located on the Szkarpawa and Wisła Królewiecka. The biggest attraction is the manually operated rotary railway bridge of the Żuławy narrow-gauge railway.

5 The estuary of the Szkarpawa, together with the Nogat, forms a delta and does not flow into the Zalew Wiślany. Behind the pumping station in Ostonka, the waters of both rivers form a floodplain surrounded by vast reed beds, where numerous water birds live. This is a protected area, as the "Ujście Nogatu" nature reserve. Nearby, the Panieńska Łąka (Panieński Canal) flows into the Szkarpawa. It is here that the aforementioned pumping station in Ostonka, built in 1943, is located, which together with the station built in Chłodniewo in 1930, drains practically the entire central part of the Żuławy Wiślane. Their power and efficiency are evidenced by the fact that after they were damaged in 1945 by retreating German troops, areas as far as Tczew and Malbork were flooded. The Germans then assumed that it would take about 50 years to drain the area, but the pumping stations dealt with the problem in 3 years. This should not be surprising, as each station has three pumping units, which together can pump about 21,000 liters of water per second.



Difficulty level

Easy



Kayaking the Żuławy Loop rivers



Length of Wisła Królewiecka trail:
12 km



Number of days:
1



Number of portages:
0



Number of kayak marinas:
7



Recommended kayaking route:
Rybina (kayaking and sailing marina, km 0.0+0.2) – Sztutowo (sailing marina, 6.6 km) – The Zalew Wiślany (11.8 km)



Difficulty:
an easy and gentle trail (*) – risk of waves in strong winds



The Wisła Królewiecka | Photo: Rafał Wojczal / szajewskicom.studio

The Wisła Królewiecka is one of the tributary arms of the Wisła Delta. It is only 12 kilometers long. It branches off from the Szarpawa river, starting at the Rybina water junction and flowing eastward, emptying into the north-western end of the Zalew Wiślany. To the north of the Wisła Królewiecka, the forests of the Mierzeja Wiślana and the tourist town of Sztutowo extend. In the past, a communication route led from Gdańsk, through the Zalew Wiślany, to Königsberg, hence the name of the river.

Its calm nature with an almost imperceptible current and lack of obstacles makes it suitable for kayaking. Moreover, it can be navigated in both directions, between high banks overgrown with reeds. It flows through the drained part of the Żuławy, and embankments protect the depressed agricultural areas from flooding. It flows into the Zalew Wiślany among extensive reed beds. Today, the Wisła Królewiecka is an inland waterway of class Ia, with regional significance, accessible to yachts, motorboats, houseboats, and kayaks. Kayaking trips most often begin at the kayak marina in Rybina or in Sztutowo.

Suggestions for kayaking stages:

1. Rybina – Sztutowo (6.8 km; 2.0 h)
2. Sztutowo – Przyłap (Zalew Wiślany; 5.2 km; 2.0 h)

Worth seeing on the trail:

- 1 **Rybina** is one of the most important water junctions in the Żuławy region, where the Szarpawa, Wisła Królewiecka, Linawa, and Tuga rivers converge. It is also known for its historic drawbridges from the early 20th century, located on the Szarpawa and Wisła Królewiecka. Interestingly, these massive, reinforced concrete structures are supported by oak piles driven into the riverbed. The biggest attraction in Rybina is a unique, manually operated rotary railway bridge of the Żuławy narrow-gauge railway, built at the beginning of the 20th century.
- 2 **The Żuławy polders**, among the largest in Poland, were once the beds of river floodplains. The Wisła Królewiecka flows through the most recently drained part of the Żuławy, surrounded by polders located in depressions, such as Grochowo between Rybina and Sztutowo, and Kobyla Kępa beyond Sztutowo. They are protected from flooding by a system of dikes and continuous drainage using pumps. One of the pumping stations is located in the village of Grochowo Pierwsze, near where the small Żuławy river Łaszka flows into the Wisła Królewiecka. It plays a significant role in the drainage system, collecting water from the entire Grochowo polder and protecting it from flooding.
- 3 **Sztutowo** is associated with the tragic history of World War II, as the Stutthof concentration camp, the first and longest-existing extermination camp in Poland, was located here. Today, in the surviving buildings of the camp in the coastal forest in the western part of the village, the Stutthof Museum is located. Of the village's historical buildings, it is worth seeing the church of Saint Wojciech, a former Baptist church from the second half of the 19th century, and the drawbridge of the Four Tankmen, built in the 1930s on the Wisła Królewiecka, which was featured in an episode of the cult series "Four Tankmen and a Dog". This fact is commemorated not only by its name but also by an exhibition of photographs from the film set organized inside. Near Sztutowo is the headland of the Mierzeja Wiślana, the point from which the spit is surrounded by the sea on both sides. A narrow-gauge railway line runs through Sztutowo, on which tourist trains with historic carriages and a Żuławy Railway locomotive operate during the season.
- 4 **The Mierzeja Wiślana** is a coastal dune ridge covered with pine forest, stretching 96 km from Sopot to Baltiysk (Pillau) in the Kaliningrad Oblast of the Russian Federation, divided by the mouths of the Wisła in Gdańsk, the Wisła Śmiała, the Przekop Wisły, and the Zalew Wiślany - Gdańsk Bay. It separates the flat, drained lands of the Żuławy from the sea. Its width varies from one to two kilometers. On the Russian side, it is practically uninhabited, with only military bases located there. In the Polish part, former fishing villages have turned into popular tourist destinations, the most famous of which is Krynica Morska. An attractive cycling route, R-10, runs through the forests covering the spit, from Gdańsk all the way to the border. In 2022, the Mierzeja Wiślana Canal was officially opened. The spit cut is located near the village of Skowronki and the former settlement of Nowy Świat, connecting the waters of the Vistula Lagoon with the Gdańsk Bay.



The quintessential Żuławy river



Length of Tuga and Świąta trail:
26.6 km



Number of days:
1



Number of portages:
0



Number of kayak marinas:
7



Recommended kayaking route:
Nowy Staw (km 24.9) – Rybina (km 0.0 + 1.7)



Difficulty:
an easy and gentle trail



The lazy waters of the Tuga River in Nowy Dwór Gdański
Photo: Rafał Wojczal / szajewski.com studio

Tuga, together with Świąta (Great and Small in its upper course), once formed one of the numerous branches of the Vistula estuary. The rivers flow through the heart of the Żuławy Wiślane. A trip along these rivers allows you to explore and understand this extraordinary land, wrested from the water, with its unique charm and mystery.

The Tuga and Świąta trail is winding, wide, calm, and incredibly picturesque. It abounds in wild corners, convenient places for camping, and historical monuments of architecture and technology. On the trail, it is worth stopping in Tujsk, Stobc, and Żelichów, and visiting the historical sites of Nowy Dwór Gdański and Nowy Staw. Rybina, Tujsk, Nowy Dwór Gdański, or Nowy Staw can be a base for trips. The weak current of the rivers allows kayaking in both directions. The upper section above the village of Marynowy can be quite overgrown in summer.

Worth seeing on the trail:

- Nowy Staw.** A small town, founded in the Middle Ages. Here, you can see a large, rectangular market square with two historic churches (a Gothic parish church and a former Evangelical church, whose slender tower is called the "pencil"), historic industrial plants, and half-timbered houses.
- Nowy Dwór Gdański.** The current capital of the Żuławy Wiślane. A county town with numerous historical monuments and a very interesting Żuławy Historical Park located near the river. The town's attractions also include footbridges and a drawbridge over the Tuga river.

Suggestions for kayaking stages:

- Nowy Staw – Nowy Dwór Gdański (14.1 km; 3.0 h)
- Nowy Dwór Gdański – Rybina (12.5 km; 3.0 h)



Crossing under the drawbridge
Photo: Rafał Wojczal / szajewski.com studio

- Żelichowo-Cyganeek.** Besides the old Mennonite cemetery, a lapidarium, and a historic church (currently used as an Orthodox church), you can see a reconstructed half-timbered house here - one of the few of its kind in the entire Żuławy region.
- Tujsk.** A village in the Żuławy region, where there used to be a large river port, due to the confluence of the Linawa and Tuga rivers with the Szkarpa near and the proximity of one of the bays of the Zalew Wiślany.



The Tuga river - Tujsk | Photo: Paweł Dmochewicz



Poganice - Hydroelectric power station | Photo: L. Duchnowicz

Water power has been harnessed by humans for centuries. In the Middle Ages, it powered millstones, forge hammers, fulling mills, and sawmill blades. The invention of the electric turbine in the 19th century made it possible to convert the energy of water directly into electricity. Pomerania was a pioneer in this field in Europe. By the 1930s, dozens of hydroelectric power plants had been built here, which were very modern for their time. Many of the facilities built almost 100 years ago are still in operation today, and some still have their original equipment, largely intact.

Most of the facilities are managed by Energa Wytwarzanie S.A. The Crisis Response Team of ENERGA Wytwarzanie S.A. has decided to close the facilities to visitors. The current reopening date for visitors is unknown.

Kayakers should remember that hydroelectric power plants are industrial facilities and access to them is restricted. It is forbidden to enter or enter their premises without the permission of the manager, so it is necessary to bypass the hydrotechnical facilities using designated portages. Access to the channels that supply water to the turbines, known as derivation channels, is also prohibited, and the kayaking stage should be completed before their beginning. In some cases (especially on the Słupia, Łupawa, and Radunia rivers), longer sections of rivers are closed, so it is necessary to use kayak transport in such places.



Poganice - Hydroelectric power station | Photo: L. Duchnowicz

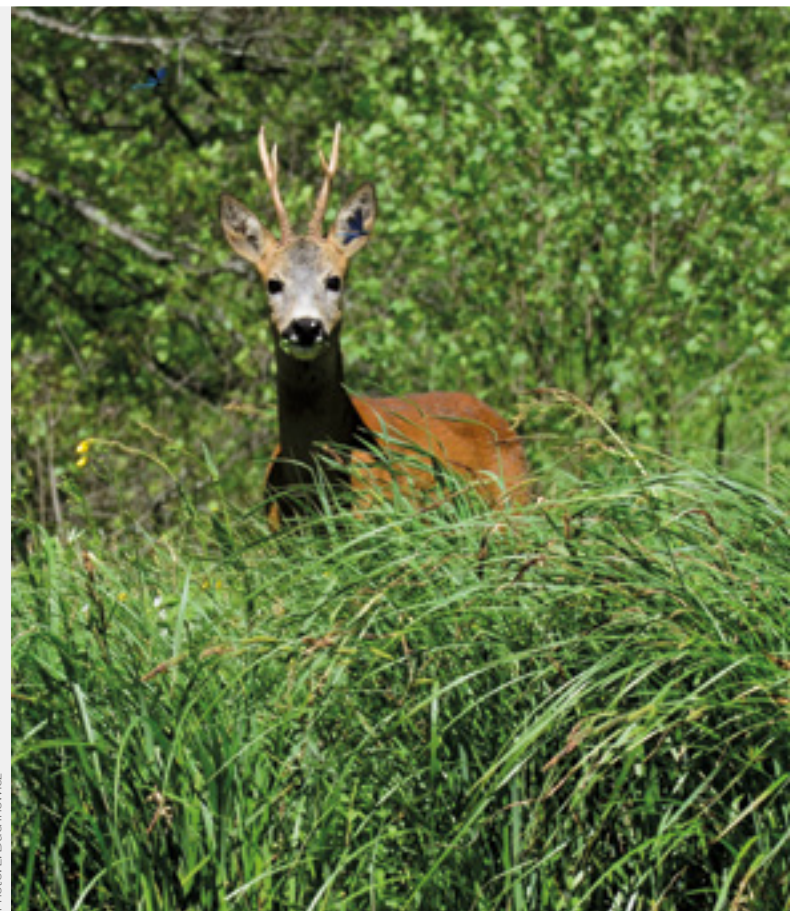


Photo: L. Duchnowicz

Rivers and their valleys are home to a vast array of plant and animal species. Riverine meadows, forests, and thickets create ecosystems with exceptional biodiversity and a relatively low degree of human alteration. Their natural inaccessibility, steep banks, marshes, thickets, and reed beds contribute to this. Especially in agricultural areas, river valleys serve as crucial ecological corridors and refuges for wildlife and birds. Some bird species exclusively inhabit riversides. Examples include the beautiful kingfisher and the sand martin, which nest in burrows on river banks. Similarly, semi-aquatic mammals like beavers and otters are inextricably linked to rivers.

Consequently, river valleys deserve protection and special treatment from humans. Kayakers, as the most frequent visitors to these rivers, should feel a particular sense of responsibility for preserving the natural values of the rivers they navigate. Especially during the spring and early summer, the bird nesting season (April to June), it is advisable to refrain from kayaking. This is the time when water birds hide their offspring, and the young are still clumsy and easily dispersed. Throughout the year, respect for nature should be maintained on rivers. Loud shouting and noise, littering, camping, and bonfires in unauthorized places are unfortunately the cardinal sins of kayaking tourism that should be avoided. Conscious tourists should monitor both themselves and other participants in kayaking trips in this regard. There are an increasing number of developed campsites and marinas on rivers where you can pitch a tent or rest, dispose of waste, etc. The permanent residents of Pomeranian rivers expect us, kayakers, to adhere to the principles of respect for nature—nothing more, nothing less. Remember, we are guests there, and for them, it is home —let us respect it!

Fundamental water safety guidelines

1. **Don't Overestimate Your Abilities!** Plan your route in advance and adjust it according to your skills and those of your group. Remember, you will be paddling at the pace of the weakest and least experienced participants.
2. **Watch the Weather!** Do not embark on a trip during strong winds or rain. Continuously monitor weather changes during your trip. During a storm, strictly avoid open waters and stopping under solitary trees.
3. **Safety First!** Regardless of your swimming abilities, always wear a life jacket. Beginners, non-swimmers, and children should be under the constant supervision of experienced kayakers throughout the trip.
4. **A Good Start and Finish!** Enter the kayak with the bow facing upstream, and always approach the shore against the current. Using the assistance of others when getting in and out of the kayak is a common practice during trips.
5. **Read the Water and Anticipate Dangerous Situations!** While paddling on a river, pay attention to ripples, waves, and eddies in the current. These can be signals indicating underwater obstacles that could capsize your kayak. Also, be wary of rapids, low-hanging branches, low bridges, and fallen trees.
6. **Kayaks Can Tip Over!** Never make sudden movements in your kayak or intentionally paddle into other participants' kayaks, even as a joke. After capsizing in deep water, tow your kayak to shore without turning it over.
7. **Never Paddle Alone!** It is important to have someone nearby in case of an accident who can assist you or call for help.
8. **Stay Connected!** Carry a waterproof mobile phone with the emergency service numbers for the area programmed in. Remember, many sections of the trails do not have places to recharge your battery, and deep river valleys often have poor signal coverage.
9. **A Clear Head!** Never consume alcohol or other intoxicating substances during a trip. This is a crime and poses a serious risk to your safety and that of other participants.
10. **Respect Nature!** Take care of the environment you are in, do not make noise, do not damage the riparian vegetation, and do not leave any litter behind.



Photo: L. Duchnowicz

Kayaking Basics

Planning Your Trip

Proper trip planning is crucial for a successful kayaking adventure. It is not advisable to embark on the most challenging river right away, especially if you are planning a trip with children. It is best to start with one-day trips on easier rivers. This will allow you to gain experience and prepare for more serious challenges and multi-day trips. A list of rivers categorized by difficulty level can be found in this guide.

Clothing

Your clothing should be adapted to the season and various weather conditions. A cap or hat, a fleece jacket, and a waterproof jacket and pants made of quick-drying material will come in handy. Even on a hot, sunny day, the weather can change rapidly, with cooling and rain. Rivers often flow through deep, forested valleys where there is shade and coolness, even in summer. Some sections are very sunny, so you should also be prepared for the heat. It is best not to wear jewelry on kayaking trips, as it can get caught on branches, and it is advisable to secure your glasses with a cord or strap. Water shoes are the best choice (they are inexpensive and can be purchased at any supermarket). Flip-flops or sandals are not recommended as they can easily be lost and may cause injury.

Equipment

A kayak and paddles are, of course, essential - these are usually provided by the trip organizer. However, you must absolutely remember to wear a life jacket (buoyancy aid or life jacket - the latter for non-swimmers). It is not meant to be placed on the seat; it should be worn at all times - this significantly increases safety. Additionally, it is worth purchasing or renting a dry bag - it can hold a change of clothes, documents, car keys, food, and drinks. When properly tied, it will ensure their safety in case of a capsize. Your phone should also be equipped with a waterproof case. It is advisable to bring an extra set of clothes (even socks and underwear). Such a set, placed in a waterproof bag, will help to minimize the effects of an unexpected swim. It is advisable to bring a large amount of snacks, including easily digestible carbohydrates such as sweets or fruit. A large amount of water is essential - at least 1.5 liters per person. This should be supplemented with sunscreen and insect repellent, as well as a first-aid kit. For longer trips, it is of course necessary to pack camping equipment, but for advice on this, it is best to consult experienced kayakers.



Photo: L. Duchnowicz

Prohibition signs



swimming ban



launching ban

Warning signs



dangerous place
(take special care)



hydroelectric power plant



weir

Information signs



trail sign with kilometers upstream



the outflow of the river, the trail from the lake



watershed



kayak marina



camping



portage (transport) of kayaks



kayaks launching point



tourist attraction



lake diagram



direction of the kayak route

Are you planning a kayaking trip on the rivers of the Pomorskie Voivodeship?

Are you looking for a rental equipment service? Do you want to check prices, terms of service, or get professional assistance in preparing for your water trip?

Use our up-to-date database of kayak tourism operators at:
www.kajaki.pomorskie.eu



A database compiled by the Pomorskie Voivodeship Authority, listing companies that rent out kayaks and other water sports equipment, enabling kayaking tourism on rivers in the Pomeranian Voivodeship.



The maps, diagrams, and distances included in the guide are for general guidance only.





MORZE BAŁTYCKIE

Zatoka Gdańska



Degree of difficulty of the trail:

- easy routes
- intermediate routes
- advanced routes
- unnavigable river
- other rivers
- Sections excluded from kayaking trips

Areas excluded from kayaking trips

Pomorskie





Zatoka Gdańska

Zalew Wiślany

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