



The Warmia and Mazury region

Olštyn, the capital of the region, was founded in 1353. At present, its population is 174,000 inhabitants.

Elblag, with the population of 122,000 and Elk with the population of 60,000, are the largest cities in the region.

The total population of the entire region is 1,444,000, where 59% of residents live towns. Population density is 60 people per km2.

The region - 24,200 km2 in total - is covered by forests (32%), bodies of water (5%) and arable land (54%).

The biggest woodland areas include the Piska Forest, Romincka Forest and the Borecka Forest. There are also 8 landscape parks, 110 nature reserves and 2,576 natural monuments.

Warmia and Mazury is an incredible region, full of charm and unique beauty. What makes it so unique is the diversity of the landscape – plains, uplands, fields abundant in erratic boulders, numerous lakes, rivers, streams and canals which create a gigantic water network attracting active tourism lovers. However, the unusual flora and fauna are not the only lures visitors cannot resist. The long and eventful history, reflected in the number of old historic sites, such as tumuli, Old Prussian and Yotvingian strongholds, mysterious sacrifice altars and so-called "stone ladies" dating back to pagan times and numerous monuments of the Middle Ages, the Renaissance and the Baroque also greatly contribute to the character and charm of the area.

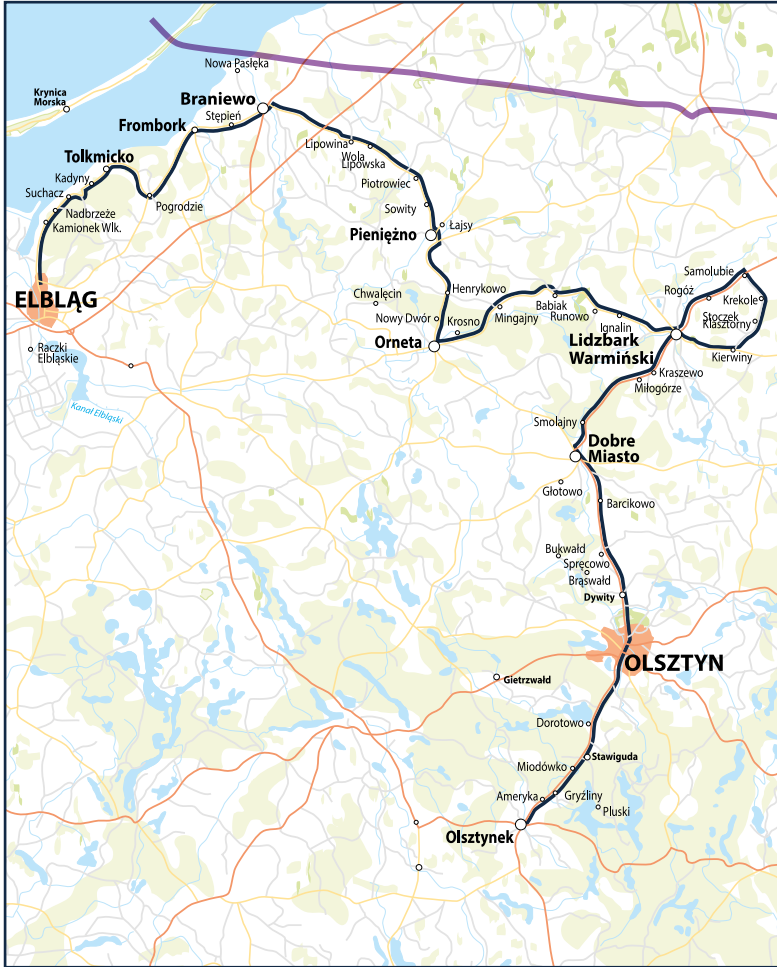
The Elbląg Canal Trail

The Elbląg Canal built between 1844-1860, is a world-famous achievement of hydrotechnical engineering. It was designed by Georg Jacob Steenke to link the cities of Elblag, Ostróda and Iława. Nowhere else in the world can you see ships moving on the grass, covering the difference of water levels, sometimes as high as 99.5 m. The car route of the Elbląg Canal was designed to allow tourists to admire the Canal with all its attractions and the beauty of its surroundings. The most interesting part of the Canal lies in the vicinity of Pasłęk. There are five slipways - Bucznice, Katy, Oleśnica, Jelenie and Caluny, which consist of two parallel rail tracks, where ships are pulled on the rails. The longest distance for ships to move on the land is 490 m (it is the slipway Bucznice, where the Museum of the Elbląg Canal and the monument of its architect are located). The slipway Oleśnica is unusual due to the 24.2 m difference in levels; it is where you can admire the beautiful panorama of the Żuławy area. The last slipway, Caluny, is the smallest and the newest (1874-81). It was constructed to replace five locks and it is powered by a Francis turbine. Ostróda is a perfect starting point of the trip along the Elbląg Canal Route. The station of the Ostróda – Elbląg Navigation is located by Lake Drwęckie. One of the greatest attractions of the town is the 14th century Teutonic castle, where in 1807 Napoleon Bonaparte resided for a couple of weeks. The next place on the way is Miłomłyn, with the first lock of the Elbląg. Built in 1861, it is the biggest lock with the level difference of 2.8 m. There is a plaque in Miłomłyn commemorating the visit of Bishop Wojtyła, the later Pope John Paul II. Leaving Bucznice behind, we make for Morąg with its newly renovated Gothic town hall with two cannons sitting in front, the Teutonic castle, the palace of the Dohn Family and the monument of philosopher Johann Gottfried Herder, who was born here in 1744. In Małdyty

The Grunwald Loop

The Grunwald Loop is a road tourist route stretching across the area related to the battle of Grunwald (15 July 1410), one of the greatest battles in medieval Europe between the alliance of Polish, Lithuanian and Russian forces and the Teutonic Order. The route makes it possible for tourists to reach historically interesting places in the vicinity of the battlefields. The starting point of the trip is Dziąldowo, a town located upon the Wkra River, founded in 1344. Dziąldowo was conquered by the army of King Władysław Jagiełło in 1410 on his way towards Grunwald. In accordance with the provisions of the Treaty of Versailles (1919), Dziąldowo remained the only Mazurian town within the Polish borders. The town prides itself on the elements of Teutonic castle from the early 14th century. One of the most popular places among tourists is the Teutonic Order Interactive Museum located in Town hall. West of the town you will find Płosnica with its interesting Gothic church. The next point on the way is the village Uzdowo. A legend has it that the name refers to the Polish word 'uzda' - a bridle which Teutonic Knights hung on the church tower after the pacification of the rebellion stirred up by peasants. In 1931 the Polish village of Uzdowo (at that time Grunwald belonged to East Prussia) organised a patriotic event during which the Grunwald Monument was unveiled. The town of Lidzbark, referred to as Dziąldowski or Welski, was founded in 1301, conquered by King Jagiełło during his march to Grunwald. Throughout the ages, the tumuli, Old Prussian and Yotvingian strongholds, mysterious sacrifice altars and so-called "stone ladies" dating back to pagan times and numerous monuments of the Middle Ages, the Renaissance and the Baroque also greatly contribute to the character and charm of the area.

Stork Turret. Warmia Calvary in nearby Głotowo and the summer mansion of Bishop Ignacy Krasiński in Smolajny are also worth visiting. Just before you reach Olštyn, do not forget to stop at Dywity, where Copernicus made inspections around the chapter land estates and conferred land to peasants as an administrator of the property belonging to the Chapter of Warmia. The church in Dywity was built at the end of the 19th century; the spire, however, is partially constructed on its Gothic predecessor. In Bąsgwałd, situated within a short distance, there is a hydroelectric power plant on the Lyna River, built in the 1930s. The 14th century Castle of the Warmia Chapter in Olštyn is another significant site on the Copernicus Trail. Copernicus resided here between 1516–1521. It was here that he wrote his study on the value of money, carried out observations of the movement of the planets and established the date of equinox – the most precious reminder of this research is an astronomical chart made by Copernicus on the wall of the arcaded corridor. Copernicus visited the castle again in 1524, 1531, 1535 and in 1538 as an inspector of the property belonging to the Warmia Chapter. At present, the castle is the seat of the Warmia and Mazury Museum. Other historic sites associated with Copernicus in Olštyn are the Planetarium and the Astronomical Observatory. Olštyn, however, is not the final point on the route. Going in the direction of Warsaw, you will pass Lake Wulpińskie; it is worth stopping at the lakeside – on the biggest islands you can see remains of the pre-war holiday centre "Herta". Next, in Olštyn tourists will appreciate a visit to the Folk Architecture Museum which has been removed here from Königsberg. In the nearest vicinity there are other attractions, such as a Gothic church with a wooden tower in Gryżliny, a holiday centre in the village Pluski by Lake Pluszne and a picturesque canoeing route along the Maróška River.



one of the most crucial resistance points of the Giżycko Field Position and the Giżycko Fortified Region as early as in 1914. Next, we make for the town Goldap. During WWII field headquarters of the General Command of Air Forces 'Robinson' were located in the vicinity and it was here that Marshal H. Göring's train was deployed. Near the Polish-Russian border, tourists can admire railway bridges in Stańczyki – 36.5 m high and 180 m long. One of the most significant elements of the route is the Boyen Fortress in Giżycko, built between 1844 and 1855 in the area of the so-called Giżycko Island. The fort was erected on the plan of an irregular star with six bastions: Sword, Law, Light, Hermann, Leopold and Ludwig, as well as a centrally placed courtyard and donjon. The whole site is surrounded by Carnot's wall and a dry moat. Communication between the fortress and the town was possible via the swing bridge. Going southwards, we reach Ryn, with a magnificent castle which used to be the seat of Teutonic commanders and now functions as a hotel. Mikołajki is another town with impressive military objects, such as two bunkers which made the abutment of an old road bridge. Similar fortifications were created at the end of the 19th century in Ruciane-Nida in order to defend two road bridges and a railway bridge on the isthmus between the lakes Beldany and Nidzkie. There are also German bunkers in Pisz.

The World War I Eastern Front Trail

Outlined on the occasion of centenary of the outbreak of WWI, the trail runs across eight provinces. Its Warmia and Mazury section is approx. 580 km long and connects the places associated with the military operations at that time, in particular the Battle of Tannenberg played in the triangle of Olštyniec - Nidzica - Dąbrówno (23-31 August 1914) and campaigns in the area of the Great Mazurian Lakes (8-15 August 1914, 7-18 February 1915), in which the German side was the winner. In addition to the battlefields and the remains of the fortifications, the trail also leads to the war cemeteries, where tourists can see plaques commemorating the fallen together with obelisks and memorials associated with the war. This makes traversing the trail both a memory lane and an adventure, replete with learning and reflection. It also allows you to know the monuments of earlier times, values of nature and modern attractions of the Mazury region. Regional part of the trail begins in Kanigowo. The first town on the route is Nidzica, with a preserved Teutonic castle, and the next, Dziąldowo - with remnants of the castle and the Baroque town hall, which houses Interactive Museum of the Teutonic Order. Then we go to Frygnowo, where the High Command of the Tannenberg battle was located, and Stębark, (German Tannenberg) after which the battle took its name. In Olštyniec, we can visit the reconstructed castle, the Folk Park Museum with the Ethnographic Exhibition and Salon in the former Evangelical church. In the nearby Jagielek forester's lodge, we can find traces of the destroyed mausoleum of the Battle of Tannenberg (1924-1927). A reminder of the mausoleum is a stone lion in front of Olštyniec town hall, which houses a Multimedia Museum of the POW Camp Stalag IB and History of Olštyniec. Going further, we reach Wielbark, nearby which (forest supervisor's post Karolinka) stands a monument commemorating the death of Gen. Samsonov who commanded the Russian troops in battle. The next towns along the route are: Szczytyno (the ruins of the Teutonic Castle, The Mazurian Museum) and Ruciane-Nida, where in the vicinity of the lock Guzińska, we can find three preserved tower bunkers of the Mazurian Lakes defense node. The remains of the fortifications can also be found in the nearby Mikołajki. The next phase of our journey leads to Giżycko, where edifices like the church of St. Bruno of 1938, originally commemorating the German war theatre, remind us of the war. Visiting the fortress Boyen, which played a key role in the battles of the Mazurian lakes, is a must. To commemorate these events, historical scenes are reenacted annually in

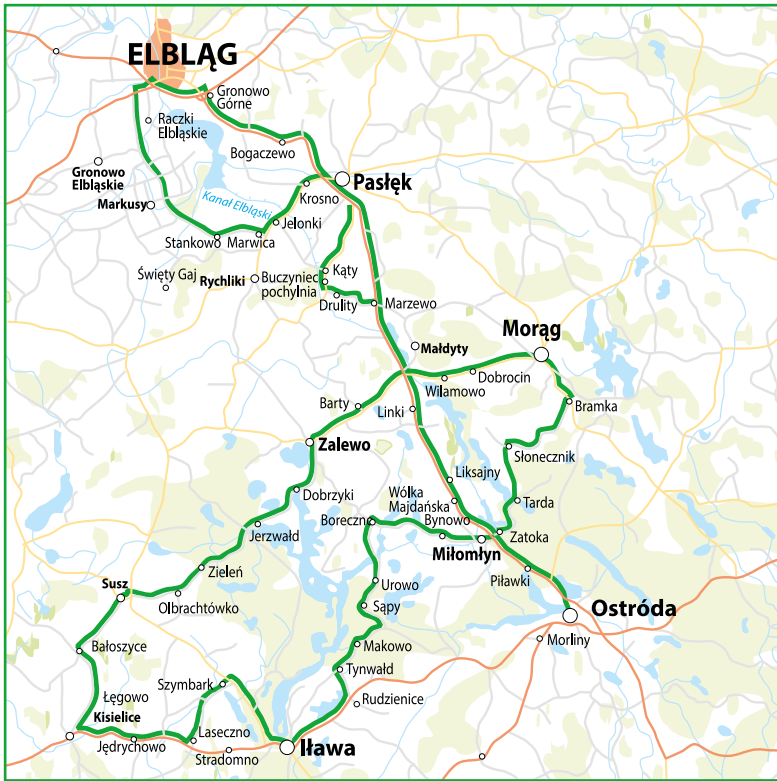
and Kisajno are part of the ornithological reserve). Upały is the biggest island on Mamry (67 ha). The lake gives rise to the Węgorapa River. The sailing route from Węgorzewo through Giżycko, Mikołajki to Pisz and Ruciane-Nida leads through the waters of Mamry. The third biggest Mazurian lake is Niegocin (26 km2), with a poorly diversified coastline and a rich bottom formation. There are three small islands on Niegocin. In its northern part, Niegocin links with another lake, Kisajno, through several canals. In the south it is possible to reach Lake Tały, further Lake Mikołajskie and finally Śniardwy through the network of lakes and canals. On the northern lake-side of Niegocin, tourists will find Giżycko, and on the western - Wilkasy. A sailing route from Giżycko to Mikołajki, Ruciane-Nida and Pisz goes through the waters of Lake Niegocin. The biggest bays of the lake are considered as separate lakes - Bocznice and Nialk Duży. West of Giżycko, in the basin of the Węgorapa River, there is another lake - Dejguny, divided into two parts by a railway embankment - Dejguny (7.7 km2) and Dejgunek (0.43 km2). The lake is 6.5 km long and its maximum width is 2.4 km. Its only island covers an of 3.8 ha. Waters from Dejguny flow below the embankment to Dejgunek and further through a stream to the lake near the town of the same name. The lake has a diversified coastline with numerous bays, capes and ten islands; the biggest one - Wyspa Róż (the Island of Roses) covers an area of 54 ha and links with the edge of the lake. In the southern part of the lake there is an elongated bay separated from the adjacent Lake Wierzbnińskie (70 ha) with a long and winding peninsula called America.

Along the Krutynia River across the Mazury region

Krutynia is one of the most beautiful lowland routes in Europe. Melchior Wańkowicz and his daughter enjoyed canoeing along the Krutynia before the war. His memories from the canoeing trips, were included in the collection of his reportages "Na tropach Smętki". It's hard to not be surprised that people who encountered Wańkowicz's work, such as Karol Wojtyła, later Pope John Paul II, felt encouraged to participate in canoeing trips along the Krutynia River. It is an extremely interesting and diversified route which runs through the Piska Forest and the Mazurian Landscape Park. Additionally, it attracts tourists with many other interesting sights, such as a unique opportunity to spot the white-tailed eagle, the golden eagle and many other species of animals at large. What draws canoeists' attention is also the underwater flora and fauna, such as sponges and red algae which form red stains on stones. Along the riverbanks, tourists can admire magnificent oaks and tall pine trees whose trunks were used to produce masts of sailing ships. The canoeing trips usually start in Sorokity, a place with a 600-year-old history. It is worth paying a visit to the local Evangelical church and the Neo-Gothic palace, which was rebuilt in the mid-19th century, when it was owned by the family of von Mirbachs. The Krutynia River flows through the area of the Magrowo Lake District, the Mazurian Plain and the Land of the Great Mazurian Lakes. The name 'Krutynia' comes from the old Prussian term 'a winding river'; the river is, in fact, winding in one segment, starting from Lake Krutyńskie. The total length of the route is 96 km, where still waters make 60 km. The river flows through the land of unspoiled nature and rich wildlife. It gathers waters from the area basin covering 710 km2. The initial part of Krutynia is small - the Warpunka, which has its source near the village of Burszewo. Krutynia flows through a very diversified landscape full of moraine hills and ribbon lakes and it cuts the zander plain of the Piska Forest. Its final part flows into Lake Beldany, near the village of Iznota. What tourists enjoy most in canoeing down the Krutynia River is the opportunity to "rough it" overnight somewhere and thus feel like a castaway. The greatest place for pitching a tent is the island on Lake Białe. There are six nature reserves on the way - Ławny Łasek, Królewska Sosna, Krutynia, Krutynia Dolna.



you can admire the architecture of a former grange, and in the nearby small towns and villages there are old mansions of renowned noble families, such as the palace and park in Dobrocin and the 19th century manor house which belonged to Georg Jacob Steenke. Małdyty is located halfway on the along the Elbląg Canal water route. Pasłęk is interesting because of its medieval urban layout with the original Dutch-style market square, almost completely preserved defensive walls and gates and a Teutonic castle dating back to the 14th century. Elbląg is the oldest town of the region, founded in 1237, which prides itself on the beautifully restored tenement houses and numerous historic sites. The region, which stretches southwards and westwards of Elbląg is called Żuławy Elbląskie. The land, reclaimed from the sea, is mainly a depression; the lowest point in Poland lies in Raczk Elbląskie (1.8 m below the sea level). The nearby Lake Drużno is a real paradise for ornithologists. The next point on the way is Żalewo, where the biggest tourist attractions are churches, the remains of the medieval defensive walls and the 19th century Jewish cemetery. The nearby Jerzwałd offers the Museum of Iławskie Lake District Landscape Park, a small botanic garden and the gravestone of a Polish novelist Zbigniew Nienacki in the local cemetery. Kamieniec is known for its ruins of the 18th century palace of von Finckenstein Family. It was here where in 1807, Napoleon Bonaparte stayed for a couple of months. Another interesting town, Szymbark, is situated on the way from Susz to Iława. It is famous for the ruins of the 14th century castle of the Pomezania Chapter, the second biggest castle in the region (the largest one is in Malbork). The route now leads to Iława, situated by Lake Jeziorak – the longest lake in Poland (27.5 km) with 16 islands, including Wielka Żuława (82.4 ha). The greatest tourist attractions in Iława include the Neo-Baroque town hall, churches and numerous picturesque tenement houses. Before the loop of the route is closed in Ostróda, it is worth paying a visit to Tynwald in order to relax by the picturesque local lake and then see a Gothic church in Boreczno.



Warmia and Mazury Tourist map



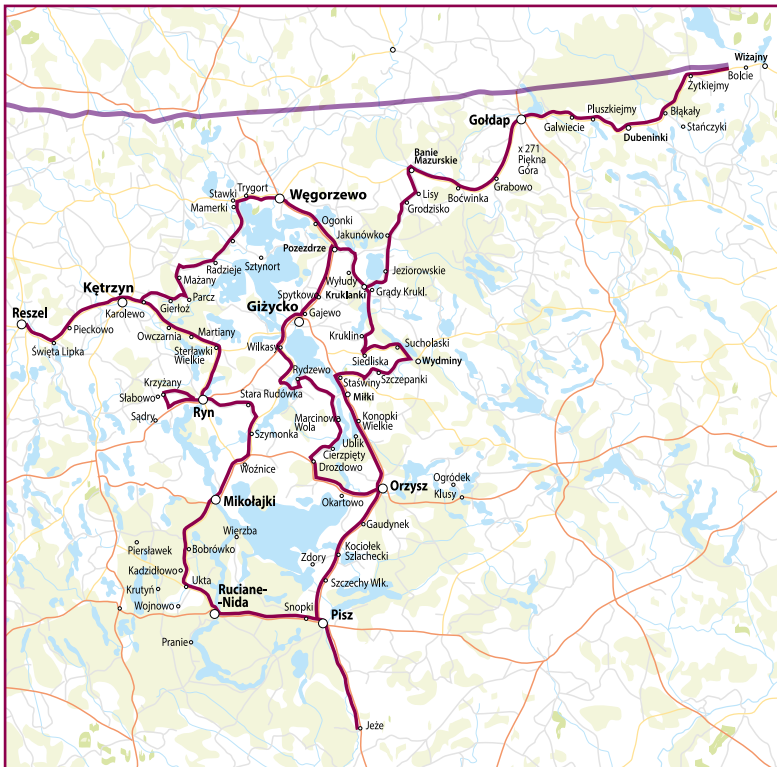
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The Mazurian Fortifications Trail

The route of the Mazurian Fortifications leads through old Prussian strongholds, medieval castles, city walls, defensive temples, forts, to the 20th century field fortifications and headquarters from WW II. A trip along this route will definitely be a great adventure and an unforgettable lesson of history. It is best to start in Reszel, where there is a castle from the second half of the 14th century, one of places of residence of the last Warmian bishop - Ignacy Krasiński. The castle was besieged and conquered many times either by the Polish or Teutonic forces. In the 19th century it was turned into a prison. Nearby in Święta Lipka tourists will encounter Sanctuary of Saint Mary considered to be one of the most precious monuments of the late Baroque in Poland. Another interesting church is in Kętrzyn – it is a Gothic church (the status of basilica minor) with fragments of defensive walls, built by Teutonic Knights. 8 km away from Kętrzyn, in Gierłoż, history lovers will be pleased to visit ruins of the so-called the Wolf's Lair, Hitler's headquarters covering the area of 250 ha, consisting of over 200 brick and reinforced concrete buildings, such as seven heavy bunkers blown up by the retreating German army. It was here that on 20 July 1944 an unsuccessful attempt on Hitler's life took place. In Mamerki, near Węgorzewo, where the Mazurian Canal flows into Lake Mamry, there is one of the best preserved complexes of German bunkers from WWII. The complex was built between 1940–1944 for 40 generals and field marshals as well as 1,500 Wehrmacht officers and soldiers. It consisted of 250 buildings, including 30 reinforced concrete bunkers, which have been preserved until our times. Węgorzewo is interesting because of its three-wing castle dating back to 1398; destroyed during WWI, it was rebuilt in 1923, but its original form has been considerably altered. The nearby village Pozezdrze, with a parish church from the 19th century, is famous for "Hochwald", i.e. Heinrich Himmler's headquarters, situated on the northern edge of the village. Krukanki, situated south of Pozezdrze, became

The Copernicus Trail

The Copernicus Trail is a tourist route related to Nicolaus Copernicus (1473–1543), born in Toruń - the greatest ever astronomer who "stopped the Sun and moved the Earth". The route leads to many interesting places where Copernicus lived, created his works and conducted his versatile activity as a bishop's secretary, member of the Warmian Chapter, a doctor, land administrator and a brilliant astronomer. One of the most significant sites on the route is the Cathedral Hill in Frombork, where Copernicus created his epochal work On the Revolutions of the Celestial Spheres. He first came to Frombork in 1510 and it was here that he died in 1543 and was buried in the cathedral. One of the greatest tourist attractions in Frombork is Foucault's Pendulum, placed in the Tower of Radziejowski; first introduced in 1851 in Paris, the pendulum was a simple proof of the rotation of the Earth. The Hill is crowned with a real architectonic jewel – the Gothic Archcathedral Basilica of the Assumption of the Blessed Virgin Mary and Saint Andrew. In nearby Braniewo tourists can admire a Baroque church built on the plan of a Greek cross by the Jesuits who had been invited to Warmia by bishop Stanisław Hozjusz in 1564. Next, we get to Pieniężno, where we will find the Missionary and Ethnographic Museum of the Society of the Divine Word. The next point on our route is Ormeta with its Gothic Saint John the Baptist and John the Evangelist church. In nearby Krosno we can see the Baroque Sanctuary of Saint Mary. In Lidzbark Warmiński the greatest tourist attraction is undoubtedly the magnificent Castle of Warmian Bishops, situated at the meeting point of the two rivers – the Lyna and the Sysma; the castle is considered one of the most precious monuments of Gothic architecture in Poland. The work on the building started in 1351, a year after the capital of Warmia was moved from Ormeta to Lidzbark. In 1507 Nicolaus Copernicus came to Lidzbark where he was a secretary and a physician of his uncle, Lucas Wątenrode, the Warmian bishop. It was here that Copernicus made research on his heliocentric theory. On the way, south of Lidzbark, we go past Dobre Miasto, where there is the second biggest Gothic temple in Warmia (the Frombork Cathedral is the biggest), fragments of defensive walls with a 14th century Gothic tower, known as the



the area. The trail takes us further on, through Pozezdrze (WWII field headquarters) to finally reach Węgorzewo (late Gothic church, the Museum of Folk Culture), where we can find a war cemetery near Lake Święcayty. Many of the soldiers' burial places can be found in the Resort and SPA Goldap (WWII field headquarters). In Olecko, a monument shaped as half rotunda (1927), commemorating WWI, is now a part of the amphitheatre. The trail leads us to Elk, with its Elk Narrow-Gauge Railway dating back to WWI, then to Orzysz (Museum of Army and Military Art) and Pisz (Pisz Transom Defence Position, Museum of Pisz). The trail continues to Biała Piska, through Prostki (border post from 1545), and there it leaves the region.



The Great Mazurian Lakes

The trail of the Great Mazurian Lakes is the most popular sailing route in the entire region. It links the biggest lakes starting from the town of Pisz, through Mikołajki, Giżycko to Węgorzewo. The total length of the route is 132 km. The area of The Great Mazurian Lakes is located in the central part of the Mazurian Lakeside, covering an area of 1,700 km2, where 486 km2 is covered by lakes, including the biggest lakes in Poland - Śniardwy and Mamry, as well as Niegocin, Orzysz, Jagodne and Tały. The region is a real paradise not only for anglers but also for tourists and water lovers. Lake Śniardwy is situated in the area of the Mazurian Landscape Park. Together with smaller lakes (Tyрко, Białolawki, Seksty, Roś, Tuchlin and Łukajno, which is a swan reserve, Mikołajskie and Beldany), with which it is linked by canals and isthmuses, it creates a water complex of 113 km2. Śniardwy is a moraine lake, 23 m deep, with eight islands, including Czarczi Ostrów, Wyspa Pajęcza and Kaczor. On the forest-covered peninsula between Warnoty and Beldany there is an experimental station of the Polish Academy of Sciences (where the Polish dwarf horse is bred). Śniardwy is famous for strong winds, which can be dangerous for less experienced sailors. Lake Tały is the longest (12.5 km) and the deepest (51 m) ribbon lake on the route of the Great Mazurian Lakes. It connects with Lake Mikołajskie in the south and with Ryniskie in the north. Tały is rarely a final destination of Mazurian sailors, but rather a stage in their sailing expeditions from the north to the south (or the other way round). South of Węgorzewo there is a lake famous for its diversified coastline, several islands and an interesting formation of the bottom – Mamry. In some publications the term Mamry denotes the whole complex of six lakes (Mamry Północne, Kirsajty, Kisajno, Dargin, Święcayty and Dobskie), which covers an area of 105 km2 and includes 33 islands, with a total area of 213 ha (some islands on Lakes Mamry

Pierwos and Lake Nidzkie. Going in the direction of Ukta, tourists will encounter the monastery of Old Believers, situated by Lake Duś, near the village of Wojnowo. Old Believers settled down here in 1831. Inside you can admire icons, crucifixes and photos of Old Believers. From Ukta it is worth taking a walk or organizing a bike trip to the Wild Animals Park in Kadzidłowo (where you can see elks, beavers, bobcats and wolves), or the forester's lodge Pranie – a place of residence of the renowned Polish poet Konstanty Ildefons Gałczyński. Ukta was founded in the mid-18th century as a settlement, with a glass manufacture named Krutyńska Szklarnia (Krutynia Glasshouse); this name hadn't been changed until the Old Believers came to live in the vicinity. At present Ukta prides itself on its Neo-Gothic church with a Sauer organ from the late 19th century and an interesting belfry from 1846. The next part of the Krutynia canoeing route flows through the Melchior Wańkowicz Reserve. After several days in a canoe there is yet another task to complete – to go through the Guzińska lock in order to finish the trip in Ruciane-Nida. Say goodbye to the canoe and the Krutynia route, but not for long – you will come back here next year.

Along the Lyna River across Warmia

Lyna is the queen of all rivers of Warmia and Mazury. With the total length of 264 km (190 km in the Polish territory), it is the eleventh longest river in Poland. It is the major tributary of the Pregola River, to which it flows under the name Ława – near the Polish-Russian border crossing in the vicinity of Sepopol. The sources of the Lyna River are situated at the foot of the terminal moraine (155 m above the sea level) near the village of Lyna and not far away from Nidzica. In its upper course the river flows through several lakes: Małe Brzeźno, Duże Brzeźno, Mały Kiernoz, Wielki Kiernoz, Łańskie and Ustrych. The biggest tributaries of the Lyna are Maróška, Wadąg, Sysma, Elma, Pisa Północna and Guber. The canoeing route along the Lyna River is varied and interesting. In some parts (between Lake Ustrych and the village of Rus) the Lyna is wild like a mountain river and forms spectacular gorges. In other parts, if winds through picturesque forests and hills, it is a bit calmer, whereas through marshy meadows it moves slowly and lazily to finally cut through historic sites in many towns of Warmia. Experienced canoeists usually start the trip in Brzeźno Łyśskie, near the former forester's lodge. Here the riverbed is 10 m wide and the current is rather weak. Our destination is a small forest lake with the misleading name of Morze (Sea). Other canoeing routes start in the village of Kurki, where the Maróška flows into the Lyna, 16 km away from Olštyniec. Leaving Lake Łańskie behind, we get onto the waters surrounded by a nature reserve called Las Warmiński, with many species of fungi and lichens. Apart from common animal species the forest is home to the European otter, weasel, beaver, the European dewberry, bat and the European deer. The reserve is also a paradise for many protected species of birds such as the white-tailed eagle, the osprey, the black kite, the lesser spotted eagle and the black stork. In the brisk current of the Lyna River you can spot a rare species of the red algae. This part of the river is under special care of the Provincial Nature Conservancy. The canoeing route which runs through Olštyn is one of the most picturesque and interesting – it is possible to do sightseeing from your canoe as the river cuts through the old towns additionally, near the castle, where the water is dammed up, you need to carry your canoe. Later on, you go past tree trunks blown down by the wind and slowly move through the lovely gorges of the Municipal Forest to finally reach Las Warmiński, Bartszyce and Sepopol; then we get to the village of Stopki, where the wide riverbed touches upon the border of the country. In the Russian territory the river changes its name – now as the Ława River it links with the Pregola River and together they flow into the Baltic Sea.

