

## for Chinese Tourists

- Hiiumaa | Estonia
- Karhuseutu | Finland
- Knyszyn Forest | Poland

ePublication | February 2019



## “One Belt One Route – Baltic Silk Route” (OBORoute) by





## 5

## Co-operation Project of Three Baltic Countries

7

## 15

## 21

# Knyszyn Forest

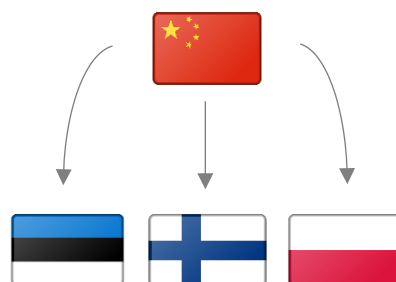


# Rural Tourist Attractions for Chinese Tourists

With this publication we wish to present some unique, rural – “countryside” – tourist attractions of three Baltic country locations:

- Hiiumaa (Estonia)
- Karhuseutu (Finland)
- Knyszyn Forest (Poland)

This ePublication is addressed especially for the travelling agencies operating in Europe.

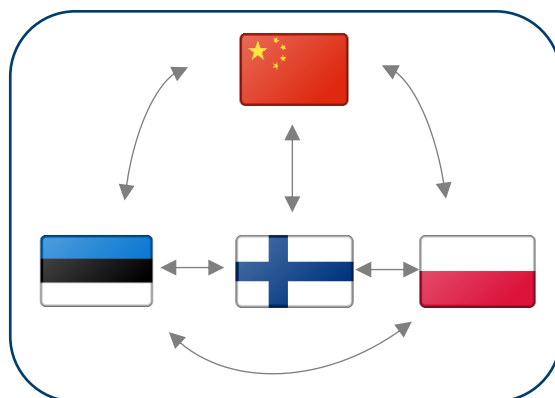


## The mutual co-operation project “OBORoute”

### What is OBORoute?

“One Belt One Route – Baltic Silk Route” is a project of three Baltic Leader-organizations: LAG Karhuseutu (Satakunta, Finland), LAG Hiiumaa (Estonia) and LAG Puszcza Knyszynska (Poland).

The project has been led by Prizztech Oy (Pori, Finland).



Three networking seminars were arranged in all participant locations (Estonia, Poland and Finland), in order to develop a mutual understanding of the Chinese tourists' needs. Based on those three seminars we have built up this specific ePublication, in co-operation with China experts and the local micropreneurs and institutions.

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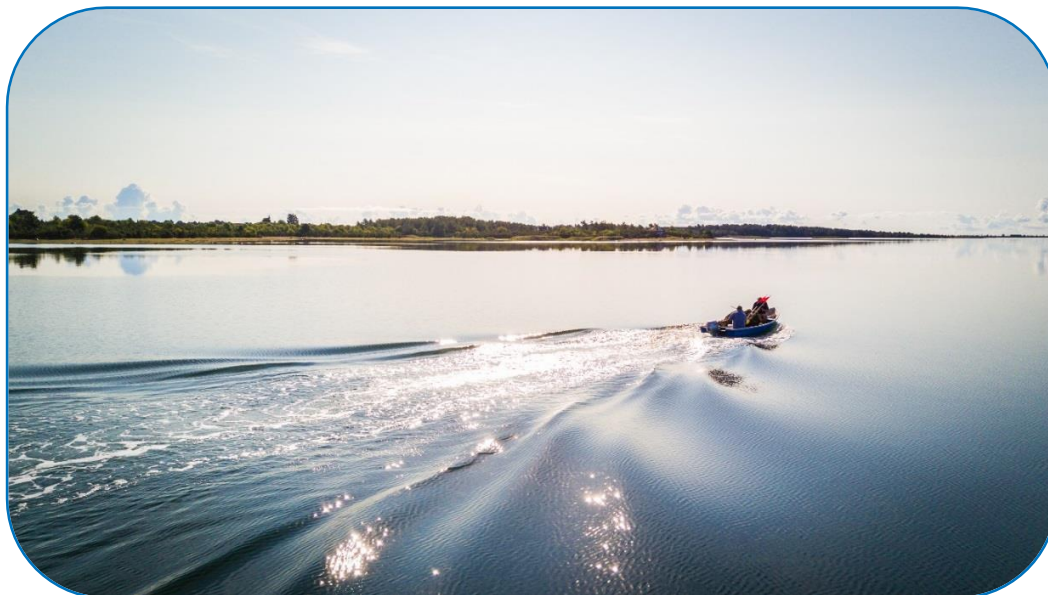
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- Finnish materials | Merja Lehtonen (Prizztech Oy, Finland)
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- Lay-out of the publication | Merja Lehtonen (Prizztech Oy, Finland)



## HIIUMAA ISLAND (Estonia)

Enjoy fresh air and wild nature



This beautiful isolated **Hiiumaa Island** belongs to the **UNESCO Man and Biosphere** reserve because of the authentic setting, tranquillity and sustainable way of life. Welcome to a treasured islandic destination. Situated in the Baltic Sea, it is the northernmost of the three larger islands forming the archipelago.



Over 70% covered with forests, mostly pine, birch, spruce and juniper, beautiful uncrowded natural sandy beaches, endless sea, lots of authentic spots to visit like lighthouses, rural architecture and natural fountains called **artesian aquifers** whose water is pressurized. Water flows out of an artesian well without pumping and it is extremely pure.

## Hiiumaa location



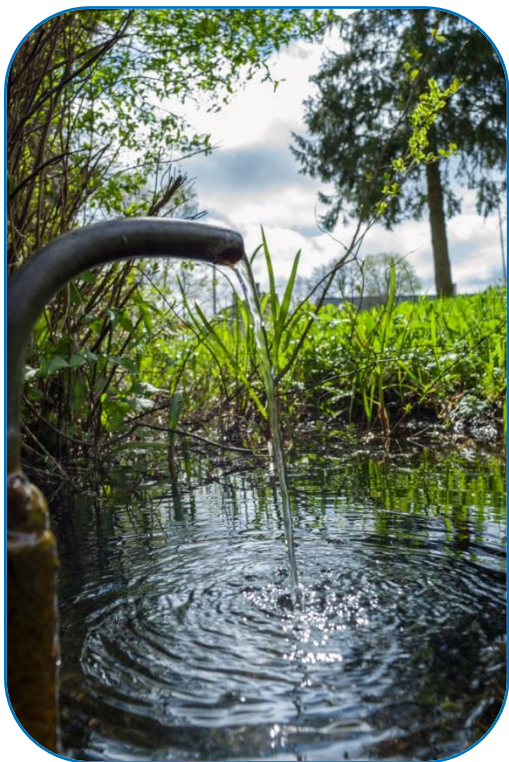
About 455 Million years ago a huge meteorite hit the waters in Baltic Sea resulting the rising of a new island, nowadays called the Hiiumaa island.

It is located in West Estonia, 22 km from mainland and includes the islands of Hiiumaa (ca 980 km<sup>2</sup>) and Kassari (19 km<sup>2</sup>) and about 200–400 surrounding islets.



## Organic

The woods here are wild and organic, full of wild berries, different kinds of moss and mushrooms. Wildlife, birds, highland cattle and sheep wondering on the wild meadows. Free from pollution and traffic jams, no big factories nor plants, just you and the nature. Forests and most of agriculture are certified organic.



## Travelling program

**To arrive** to the island, you must take a ferry, or you can take a plane. An hour and quarter-long ferry trip is a nice way to relax and clear your mind while enjoying nice sea view and pure sea air. [|link|](#)

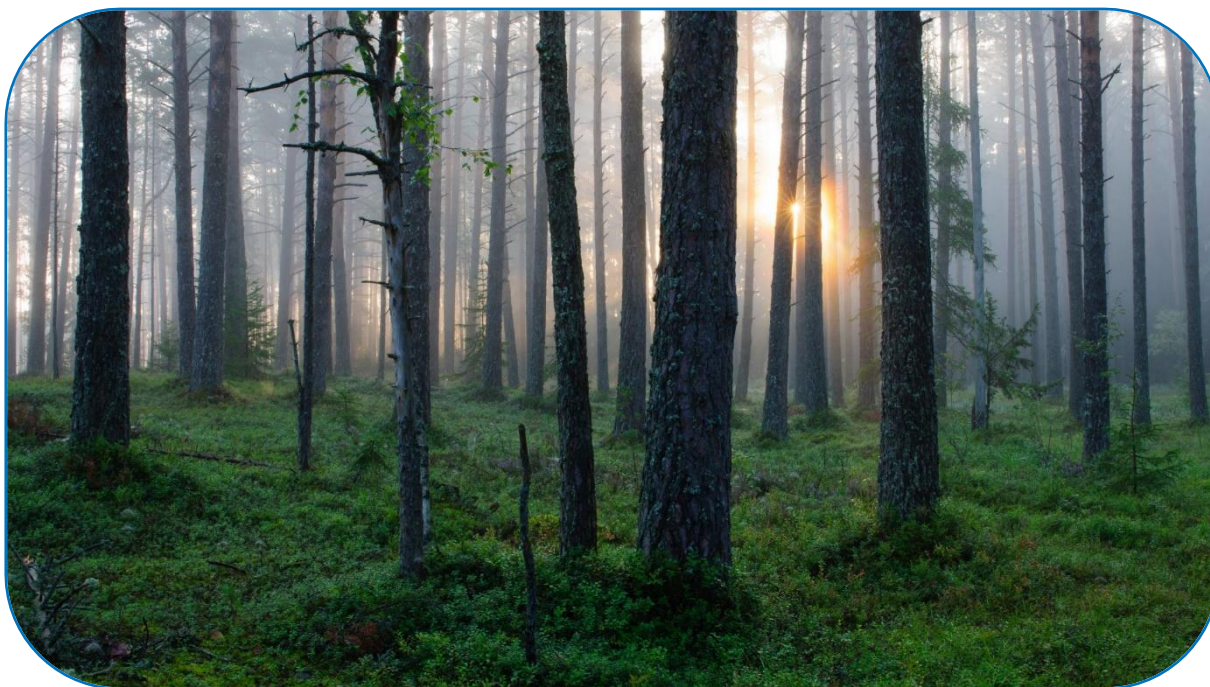
**Accommodation** on the island. Enjoy the local lifestyle by choosing a nice romantic countryside cottage or small hotel. In our accommodation we prefer natural materials, wood, stone, cotton, lambswool. etc. [|link|](#)

**Our food** on our island, is full of natural flavours, we eat a lot of fish, local vegetables, organic meat and fruits, berries from our gardens and woods. [|link|](#)

### Things to do

Our people appreciate our nature. We have lots of nice hiking trails in woods, we go out to sea, fishing, sailing or surfing, we do handicrafts by using natural materials like wool or wood etc, we have authentic and high cultural level thematic festivals with local music, food and folk dance and lots of interesting things to discover.





Our woods are often called **fresh air spas** because of the extremely pure air quality and healing aromas from natural trees and plants. We are happy to show and share our stories and doings with our guests and you are welcomed to participate.



*Hiiumaa giant Leiger.*

*The world's oldest working lighthouse in Köpu, since year 1500.*



## EXAMPLES of tourism packages

We suggest from three- to five-day tours to the Hiiumaa Island. First and last days are for arrival and departure.

Each day has two different activities, one outdoors and the other indoors from the variety from sailing to soapmaking.

## Activities

### Outdoors

Fishing, sailing, sea-trips for seal watching, horse riding, hiking, picking berries and mushrooms, swimming, folk dancing, visiting lighthouses enjoying fresh air.





### Indoors

- felt making from local natural lamb wool
- pottery workshop
- glass bead workshop
- homemade cosmetics workshop ([soaps](#), balms etc.)
- local food traditions | [Mihkli farm museum](#) |
- organic and power food workshops, berries and nettle [link](#)
- smoke sauna and birch whisk treatment [link](#)



Estonian folk-art traditions dates back to ancient times when clothes, tools, footwear, utensils, cosmetics and toys were made by hand. As a part of our cultural heritage, crafts are still important for the local inhabitants.

Traditional ways and methods are highly valued among our people and our guests. You can find people proudly wearing cardigans, woollen sweaters, mittens, and socks knitted with elaborate and unique Estonian way and typical island patterns. Our guests are welcomed to try out some of these crafts on our island.

## Travel agency Tiit reisid

e-mail: [hiiumaa@tiitreisid.ee](mailto:hiiumaa@tiitreisid.ee), phone +372 46 32077

**WHITE NIGHTS PACKAGE**, for families, groups and couples

Colourful fall of Hiiumaa Island

or

EXAMPLE: Family package 4 days

**Arrival** BUS will pick you up in Tallinn on mainland, ferry to the island

**Accommodation** in a small private hotel or cottage with breakfast

1. Kassari puhkekeskus [link](#)
2. Dagen haus [link](#)
3. Roose puhkemaja [link](#)

### Eating out for lunch and dinner

1. Kassari puhkekeskus restaurant [link](#)
2. Padakonn restaurant [link](#)
3. Ungru resto [link](#)
4. Roograhu restaurant [link](#)
5. Köpu lighthouse cafe [link](#)

### ACTIVITIES

1. day, visiting the world's oldest working lighthouse, hiking and berry picking in Köpu [forest](#)
2. day, seal watching and fishing in Orjaku, soap making in Sarve
3. day Smoke sauna in Mihkli farm [museum](#) local products in Kärkla
4. day, sailing trip with traditional wooden sailing ships HiiuIngel or Lisette with sailor man stories and local food.



**You are welcome**, fresh air vacation and fishing rods are ready for you!

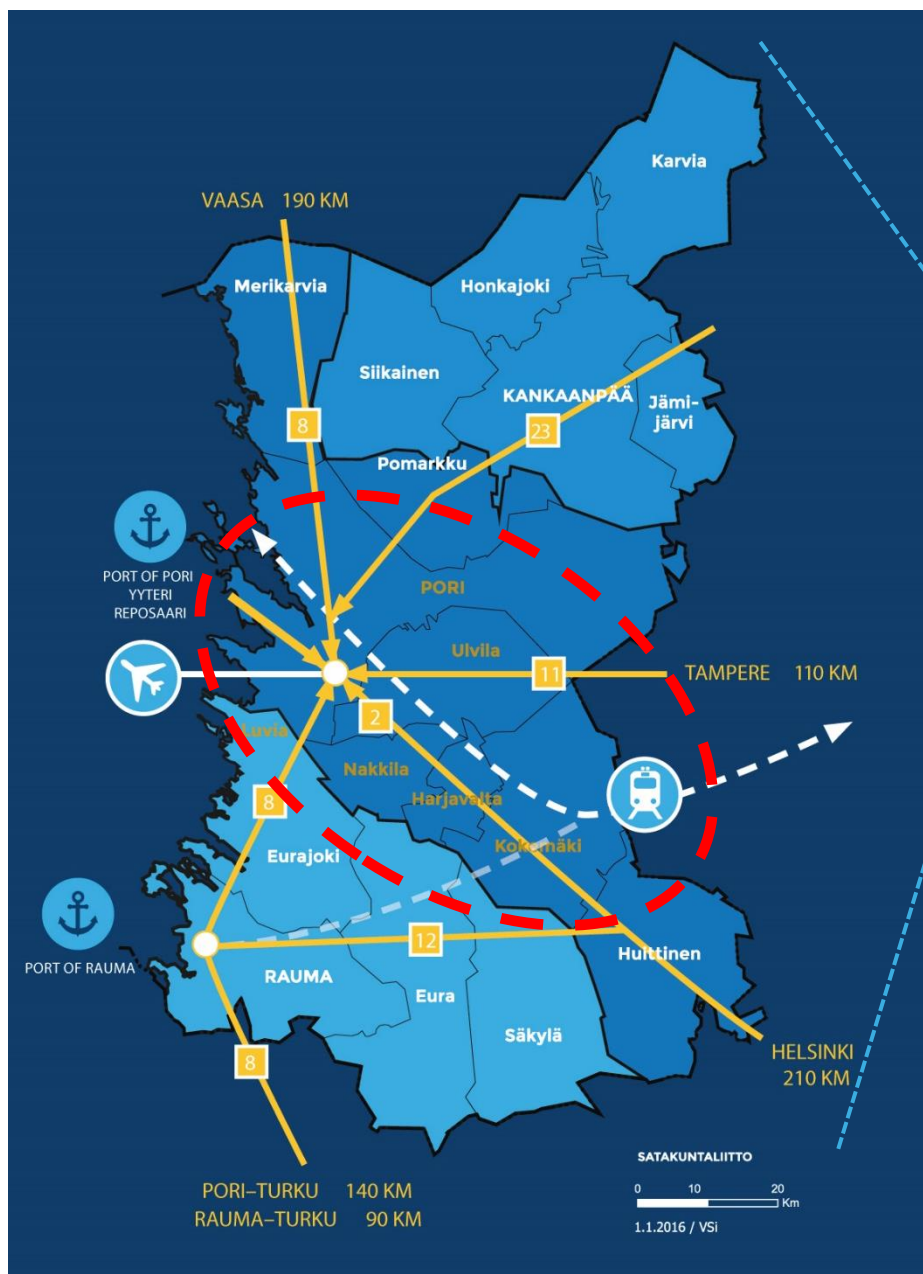
**Tourist services** [hiiumaa@visitestonia.com](mailto:hiiumaa@visitestonia.com) | Tel. + 372 504 5393



Rural Journeys in Karhuseutu region

**Create your own experience with nature,  
fresh air and water (river, sea and lakes)**

Pori | Ulvila | Nakkila | Harjavalta | Kokemäki | Luvia



**Satakunta Region | Finland**

**CREATE YOUR  
own experience  
IN SATAKUNTA**



## Karhuseutu

### The Region of the River, the Seaside, Lakes and Fresh Air

**Karhuseutu** is a part of the Satakunta Region in Western Finland, with plenty of things to see and lot to explore by the River Kokemäjoki and by the Bothnian Sea, a part of the Baltic Sea.



Yyteri Beach (Pori)  
watch. [live web camera](#).

River Kokemäenjoki is one of the largest rivers in Finland. In Karhuseutu Region the river floats through five towns: Kokemäki, Harjavalta, Nakkila, Ulvila and Pori. The river ends at the seaside, to the gulf of Pihlava (Pihlavanlahti), where the river meets the Bothnian Sea.

PS. You can take [a panorama photo tour](#) at the River Kokemäenjoki in Pori, Ulvila and Nakkila. Check also [the panorama river view of the center of Pori](#).

### Activities by the river and by the seaside

#### Bothnian Sea National Park & Preiviikinlahti Bay in Pori

National Park & Bay, e.g. for bird watching [\[link\]](#)  
 Nature Observation Towers [\[link\]](#) [\[link\]](#)  
 Säppi, a Signpost Island [\[link\]](#)  
 Ahlainen, idyllic village near the sea [\[Activities\]](#) [\[Photos\]](#)  
 River & Sea Cruises [\[link\]](#)  
 Boat Cruises, Ulvila-Pori-Reposaari [\[link\]](#)  
 Galeas Ihana Seiling Ship [\[link\]](#)



Galeas Ihana (Luvia)

#### Explore the sea by the seaside in Yyteri, Kallo and Reposaari

Yyteri	Lovely sand Beach <a href="#">[link]</a> , <a href="#">[Outdoor activities]</a> <a href="#">[Viewing Tower]</a> Adventure Park Huikkee <a href="#">[link]</a> Accommodation <a href="#">[Spa Hotel &amp; Villas]</a> <a href="#">[Resort &amp; Camping]</a> <a href="#">[Yyteri Beach Resort]</a>
Kallo	Roaring Waves & Lighthouse <a href="#">[link]</a>
Reposaari	Idyllic, small town district by the Bothnian Sea <a href="#">[link]</a> <a href="#">[Anttoora Cottages]</a>

**Accommodation** in Pori area [\[link\]](#)

**PS.** You can also take walking and hiking tours at the Town Park of Pori, in Kirjurinluoto [\[link\]](#)





*Puurijärvi and Isosuo National Park (Kokemäki). Photos: Ari Ahlfors, Sanna-Mari Rivasto and Evgeni Usov.*

## Boat trips, canoeing, paddling and national parks

**Boat trips** [watch videos](#) of the Kokemäenjoki boat routes

**Fishing in River Kokemäenjoki** [link](#)

- Nakkila Rapids [Instagram](#)
- Lohijoki, fishing packages & services [link](#)
- Avec Marja [link](#) | [other service providers](#), contact info in Finnish

**Fishing at sea** [Anttoora](#)

### Rent a boat

- Silvery Gold Fishing | p. +358 44 3070 506, [silverygoldfishing@gmail.com](mailto:silverygoldfishing@gmail.com)
- Kai Passi | tel. +358 400 449 305 | [kai@passi.net](mailto:kai@passi.net)
- Lohijoki | tel. +358 50 373 6361 [link](#)
- Viikari Ranch | tel. +358 50 557 8334
- Rent a "kirkkovene", tel. +358 40 561 0610, + 358 40 588 2170

**Puurijärvi and Isosuo National Park** [link](#) | [link](#)

### Attractions in Harjavalta

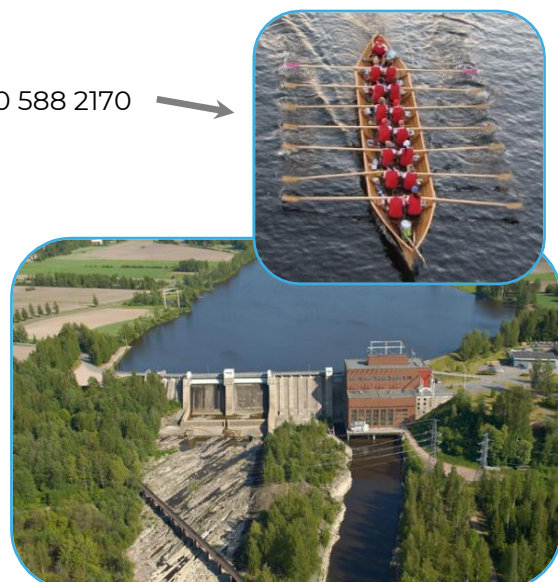
Paratiisilehto [link](#), [explore plants and birds](#)

Water Power Plant

- [watch a panorama view](#)
- [watch a video](#) by Harri Järvi

Emil Cedercreutz Museum [link](#)

*Water Power Plant in Harjavalta  
(Photo: Kokemäenjokilaakso.fi 2014).*





## Hiking by the Lake Joutsijärvi

**Lake Joutsijärvi** (Kullaa, Ulvila)

| [Map \(pdf\)](#) |

- hiking and camping
- explore the Finnish nature around the Lake Joutsijärvi
- >> [photos](#)
- >> [watch a video](#) by Ali Leiniö on YouTube (duration 22:31)
- camping in tents, in "laavu" or in small cottages (no facilities)

**Tammi Camping Center**, room for 32 persons in 3 cottages, with basic facilities (also sauna + swimming at the lake) [link](#)

**Silokallio Center**, accommodation & services for 220 persons (also sauna + swimming at the lake) [link](#)

**Kylmälahti**, accommodation for 20 persons (also sauna + swimming at the lake) [link](#)

**Other accommodation** in Ulvila/Kullaa [link](#), info in Finnish|

**Contact person:** Eija Kannisto, tel. +358 400 134 866, [eija.kannisto@ulvila.fi](mailto:eija.kannisto@ulvila.fi)



"Tammen tila"  
Tammi Camping Center  
in Lake Joutsijärvi  
(photo: Retkipaikka /  
Marko Hämäläinen).



"Laavu" and the fire place by the hiking  
route in Lake Joutsijärvi (photo: Retkipaikka  
/ Marko Hämäläinen).



Small cottage for sleeping by the hiking route in Lake  
Joutsijärvi (photo: Retkipaikka / Marko Hämäläinen).

**Leineperi Ironworks** [\[link\]](#) [\[link\]](#)  
- 1800's ironworks milieu in Ulvila  
- blacksmith's, workshops, exhibitions, etc.  
[Panorama Photo of the Leineperi Iron Mill](#)  
tel. +358 400 135 190  
[info@leineperinruukki.fi](mailto:info@leineperinruukki.fi)

**Noormarkku Ironworks** [\[link\]](#)  
Large, historical and impressive ironwork area in Pori. Also accommodation, culture, celebrations, meetings, etc.

**Villa Mairea** [\[link\]](#), a house designed by famous Finnish architect Alvar Aalto



Old Iron Mill in Leineperi (Ulvila)

**Villilä Studios** movie studio located in Nakkila [\[link\]](#), services by **Villilä Manor** [\[watch video\]](#) [\[link\]](#)  
[Other food services and accommodation](#) in Nakkila

**Pitkäjärvi** (Kokemäki), Recreational Center [\[link\]](#) [\[watch a video\]](#)  
Accommodation, food, hiking, events, sauna & swimming, sports activities (ice hockey, baseball, golf, etc.), tent camps. Nearby also a horse race arena.

## Tourist Info | Karhuseutu Region



The sign of the  
Satakunta  
Region

### Towns/Municipalities located in Karhuseutu area

Harjavalta	<a href="#">Contact information</a>
Kokemäki	<a href="#">Contact information</a>
Nakkila	<a href="#">Contact information</a>
Pori	<a href="#">Contact information</a>
Ulvila	<a href="#">Contact information</a>

**Visit Pori** (tourist info) [\[link\]](#)  
tel. +358 2 621 7900 [info@visitpori.fi](mailto:info@visitpori.fi)  
Itäpuisto 7, 28100 Pori [Contact information](#)

### Karhuseutu is a part of the Satakunta Region

Satakunta Region	<a href="#">[link]</a>
Visit Satakunta	<a href="#">[link]</a>

<b>Rental a car</b>	Porin Citycar   tel. +358 40 5281 345, <a href="mailto:elina@porincitycar.fi">elina@porincitycar.fi</a> <a href="#">[link]</a>	<a href="#">[link]</a>
	Europcar Pori   tel. +358 403 062 830, <a href="mailto:pori@europcar.fi">pori@europcar.fi</a> <a href="#">[link]</a>	<a href="#">[link]</a>

**Factory Outlet Shops** in Karhuseutu and all Satakunta Area [\[link\]](#)

**Events** in Karhuseutu and all Satakunta Area [\[link\]](#)

Satakunta is also known as the Coast of Robotics, "Robocoast" [\[link\]](#)

Create your *own experience* in Karhuseutu – *Welcome!*



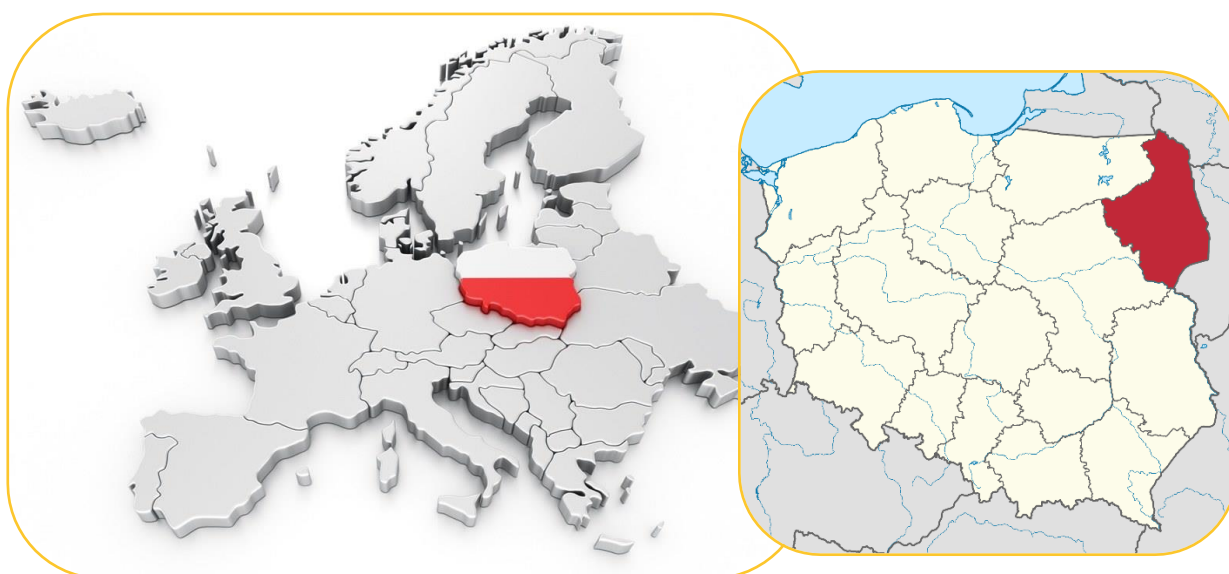


## Knyszyn Forest and Podlaskie Voivodeship

### Assumptions for the preparation of the tourism offer of Podlaskie Voivodeship:

- **Two days to visit** the most important tourist attractions;
- **Coach transfer** along the entire route
- The route includes **10 tourism products**
- Seasonal variants: Depending on the season – in spring, Biebrza backwater is a more interesting attraction while in winter, safaris with the search for bison.

**The Podlaskie Voivodeship** has got unique, rare and valuable tourist values of international and national importance enabling the development of selected forms of tourist activity.



*Poland as Heart of Europe.*

*Podlaskie Voivodeship on the map of Poland.*

### Most important tourist areas in the Podlasie region of international importance

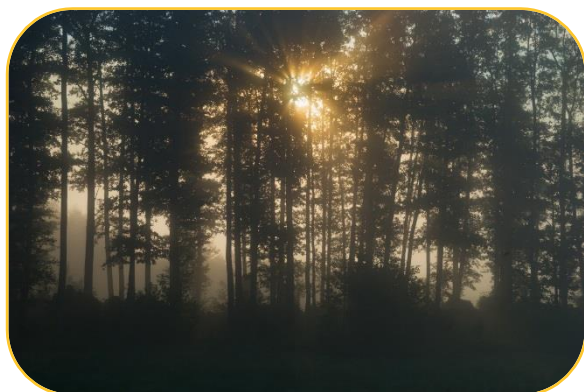
- Augustów Primeval Forest - with Wigry National Park, Augustów Canal, Czarna Hańcza - intended for active tourism, sightseeing, natural and cultural-ethnic tourism, sanatorium treatment and water sports.
- Biebrza Valley - with the unique Biebrza National Park, predisposed to the development of sightseeing, nature and cultural-ethnic tourism and recreation;
- Białowieża Forest - with the Białowieża National Park having the potential to develop sightseeing, nature and cultural-ethnic tourism and recreation. Recognised by UNESCO in 1977 as a World Biosphere Reserve;
- The crucible of the Bug Valley - Podlasie Nadbużańskie impresses with countless natural paths, bike paths, canoeing trails as well as historic buildings.

### Regional Tourist Information Center / Podlaskie Voivodeship and Białystok City

Odeska 1 Street; 15-406 Białystok (Podlasie Opera and Philharmonic)

mob. +48 503 356 482, tel. +48 85 732 68 31, e-mail: [biuro@podlaskie.it](mailto:biuro@podlaskie.it)

Natural values are a very important complement to the construction of tourism products. It is here that we have the largest and most famous Polish forests - the Knyszyn Forest, the Augustów Primeval Forest and the Białowieża Forest. It is the place where the last glacier left hundreds of lakes, on the other hand - the deepest in Central Europe, beautifully situated lakes in the Suwałki Landscape Park and the Wigry National Park.



*Podlaskie Voivodeship is famous for the largest forest in Poland.*

Podlaskie Voivodeship is mainly natural and landscape tourism. Nevertheless, the increasing attractiveness of this region is due to the fact that people more and more often seek escape from big cities in order to spend a few days in a more "secluded" place, where they can absorb nature with all their senses and admire beautiful places. Some call it offline or even digital detox. As there are still places where there is no GSM network range and no notification of another e-mail or event in social media interrupts our rest.

## 10 Tourism Products

The values of the tourism potential of Podlaskie Voivodeship are diversified in terms of type. It is usually difficult to build coherent tourism products on their basis. Of course, at the level of counties there are regions with high tourism potential. They are concentrated around the main tourist destinations.

### 1. Suwałki Landscape Park

[Tourist Information Center / Suwałki Landscape Park](#)

Malesowizna 24, 16-404 Jeleniewo

tel. +48 87 569 18 01, e-mail:

[turtulspk@gmail.com](mailto:turtulspk@gmail.com)

[www.spk.org.pl](http://www.spk.org.pl)

The Suwałki Landscape Park is the oldest park in Poland, and naturalists and local patriots believe that it is also the most beautiful one. It is worth seeing in three versions: spring, winter, and the most diverse - autumn. The best way to appreciate its values is by looking at it from Cisowa Góra, called "Suwałki Fujija". From there you can see the hollow of the Szeszupa River and several picturesque lakes. Films were shot here and books were written about this land.



*Early morning view of Suwałki Landscape Park.*

You can discuss the values of the Suwałki Region for a long time, using only the superlatives. There are the deepest and cleanest lakes as well as the largest forest complex in the whole Central European Lowland, the most beautiful lunar post-glacial landscapes with the largest concentration of erratic boulders, the harshest climate in the country, through which these areas gained the nickname "Polish Cold Pole".



*Post-glacial landscapes in Suwalki Landscape Park.*

The Hańcza Lake, the deepest not only in Poland but also in the central part of the continent, is a unique place on a global scale.



*Hancza Lake. The deepest lake in central and eastern Europe.*

## 2. Augustow Primeval Forest and the Augustow Canal

Tourist Information Center / Augustow Primeval Forest and Augustow City

Rynek Zygmunta Augusta 19, Augustow, gsm. +48 511 181 848, e-mail:

[it@urzed.augustow.pl](mailto:it@urzed.augustow.pl)

[www.augustow.pl](http://www.augustow.pl)

Augustów Tourist Organization

<http://www.infoturystyka.pl/podglad/augustowska-organizacja-turystyczna.html>



*Augustow - the unofficial summer capital of Podlaskie Voivodeship.*

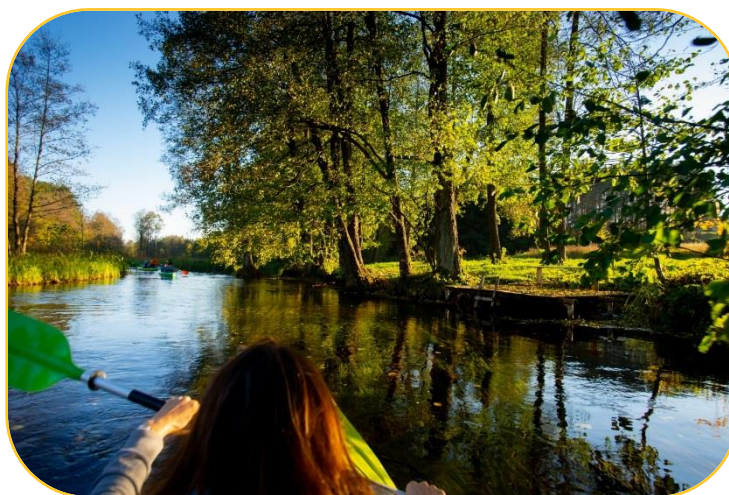
Augustow is the unofficial summer capital of Podlaskie Voivodeship. The clean fish lakes and fragrant mushroom forests surrounding the city not only provide relaxation and rest, but also satisfy the needs of those who prefer active rest.

Everyone here will find something for themselves as the dynamically developing tourist industry in the region has a very diverse offer: from rafting down the Rospuda river for experienced canoeists to stylish gondolas for weekend guests. There are well-prepared horse and bicycle paths as well as hiking trails.



Six charming lakes around Augustów: Necko, Białe, Rospuda, Studzieniczne, Sajno and Sajenek together with the Netta River and the historic Augustów Canal form an impressive waterway. Augustów is an excellent starting point for trips to Lithuanian Vilnius and Kaunas, Hrodna in Belarus and Russian Kaliningrad.

*Rafting down the Rospuda River.*



### 3. Biebrza National Park

Regional Tourist Information Center

Lokalna Grupa Działania „Brama na Bagna” / Biebrza National Park

Łady Polne 11B, 18-300 Zambrów

gsm. +48 888 050 176, e-mail: [pawelzawady@wp.pl](mailto:pawelzawady@wp.pl)

[www.bramanabagna.org](http://www.bramanabagna.org)

In 1993, the largest Polish national park was established here. Two years later it entered the list of the international Ramsar Convention, which protects the world's most important habitats for water and mudbirds.



*In spring the Biebrza floodplains accumulate a lot of water.*



*Biebrza River backwaters - important habitats for water and mudbirds.*

Biebrza is the largest and the most primeval complex of marshes and peatbogs in Central Europe. The river valley is more than 100 km long, in the northern part it reaches a width of 30-40 km. In spring the Biebrza floodplains accumulate more water than the largest dams on large European rivers!

Specialised and active tourism has developed very well here. You come to Biebrza to be closer to nature, watch animals, spend time in silence interrupted only by bird singing.





With ecotourism in mind, excellent canoeing trails, cycling, walking and educational paths have been created.

*Crossing through Biebrza on special canoe-like boats.*

#### 4. Białystok and neighboring towns

Regional Tourist Information Center / Podlaskie Voivodeship; Białystok City  
Odeska 1 Street; 15-406 Białystok (Podlasie Opera and Philharmonic)  
mob. +48 503 356 482, tel. +48 85 732 68 31, e-mail: [biuro@podlaskie.it](mailto:biuro@podlaskie.it)  
[www.podlaskie.it](http://www.podlaskie.it)

The largest tourist space, due to its high attractiveness (recreational, sightseeing, international and national) can be outlined around the city of Białystok, in the following communes: Tykocin and Choroszcz, Michałowo, Gródek, Supraśl, Czarna Białostocka and from the western side of Białystok.

Białystok was established as a private town. It took shape in the 18th century thanks to Hetman Jan Klemens Branicki. In the city centre you can admire his baroque palace and the surrounding gardens. The great magnate also gave character to the city centre, built a town hall, utility buildings and a "house for fire props" - the eighteenth-century fire brigade. In nearby Choroszcz you can admire the suburban residence of the Branicki family. One of the most splendid manors in Poland in the 18th century attracted many outstanding artists, poets and scientists. "Versailles of Podlasie" - the Branicki estate was called.

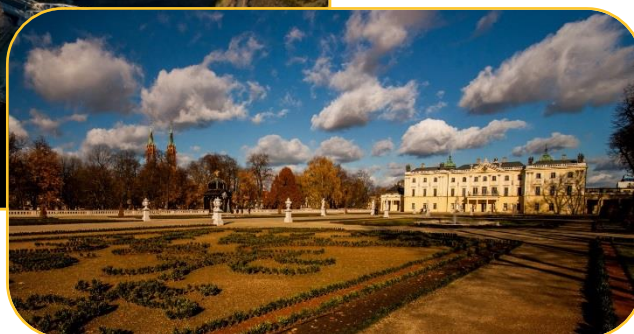


*Main square of the Białystok city.*

The city was changed by the 19th century industrial revolution, which made Białystok the "Manchester of the North". Palaces of factory owners were built. Ludwik Zamenhof, a native Białystok-born creator of Esperanto, called his city a veritable "tower of Babel". Different languages of nations living together overlapped each other's customs and religions.



*Tykocin city – is included in most package tour.*

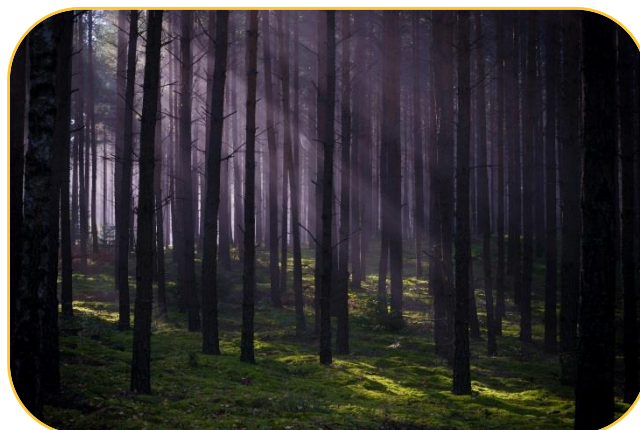


*Branicki Palace, Białystok - Versailles de la Podlachie.*

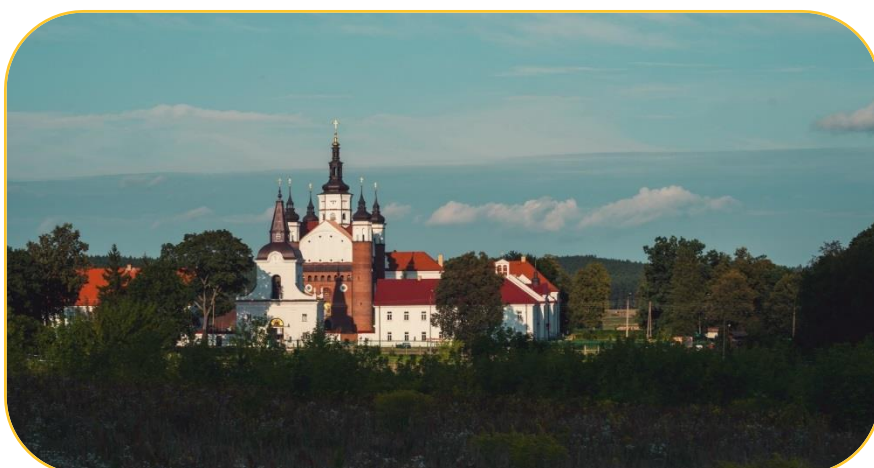
## 5. Knyszyn Forest

Regional Tourist Information Center  
Local Action Group Knyszyn Forest /  
Knyszyn Forest  
Piłsudskiego 17 Street, 16-030 Supraśl  
tel. +48 85 710 88 50  
e-mail: [puszczaknyszynska@gmail.com](mailto:puszczaknyszynska@gmail.com)  
<https://www.puszczaknyszynska.org>

*Knyszyn Forest.*



The climate of the Knyszyn Forest is created by beautiful pine and spruce forests. The local pines, due to their existence and main purpose in the past, are also called suprasl or mast



*Supraśl is one of the most famous small city in the Podlaskie Voivodeship.*

piners. In the past they were appreciated all over the world for their usefulness in building masts on sailing ships. The forest has a very varied and very well-preserved nature, sometimes it even gives the impression of being a primeval forest. Its character was shaped as a result of glacier activity.



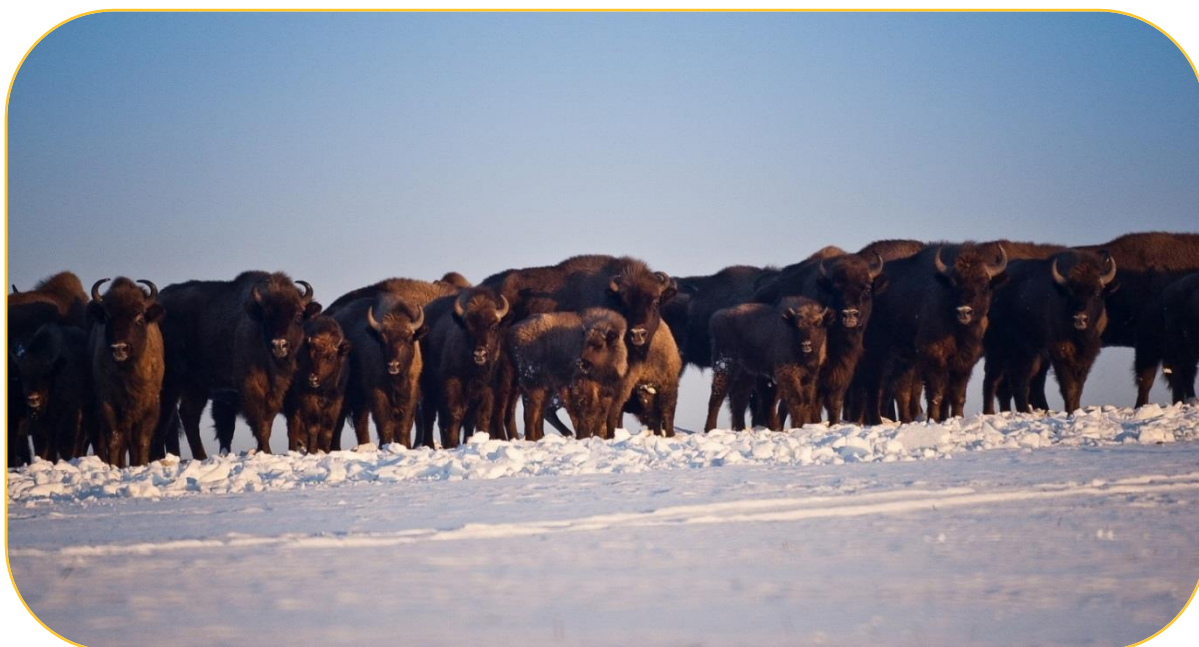
In 1988, the Knyszyn Forest Landscape Park was established here, covering an area of nearly 75 thousand hectares. The most valuable fragments of the forest are protected in 21 nature reserves. A dense network of rivers and streams with hundreds of forest springs additionally enriches the forest, creating a fabulous landscape with an exotic marshy forest growing on these wetlands. Suprasl is the main river of the Park, which connects all small rivers, creating a paradise for canoeists.



You should stay longer in Suprasl - a charming town with the status of a health resort with an impressive 16th-century monastery (defensive church) and the Icon Museum. It occupies the northern part of the 17<sup>th</sup> century Archimandrite Palace in the reconstructed monastery. Nearly half a thousand icons have been gathered here.

*Knyszynska Forest is exotic marshy forest growing on these wetlands.*

It is not surprising to see the king of the primeval forest, the European bison, who lives in the wild - they have been here for over 40 years, today the herd consists of more than 50 animals.



*European bison, who lives in the wild.*

## 6. Podlaskie Trail of Folk Handicraft

Contact: Podlaskie Trail of Folk Handicraft

tel. +48 85 710 88 50, e-mail: [puszczaknyszynska@gmail.com](mailto:puszczaknyszynska@gmail.com)

<https://www.puszczaknyszynska.org>

The fifty-kilometre-long route, mostly in the Knyszynska Forest, leads through the pottery and smithy in Czarna Wies Koscielna.



*Podlaskie Trail of Folk Handicraft.*

The traditional wooden spoon-making workshop in Zamczysku, the studio of the unique double-sided weaving in Janów and the surrounding villages, the folk sculptor's workshop in Sokółka and the Easter egg workshop, ritual arts and double-sided fabric workshops in Leipzig upon Biebrza. Many places organize workshops with the participation of tourists.

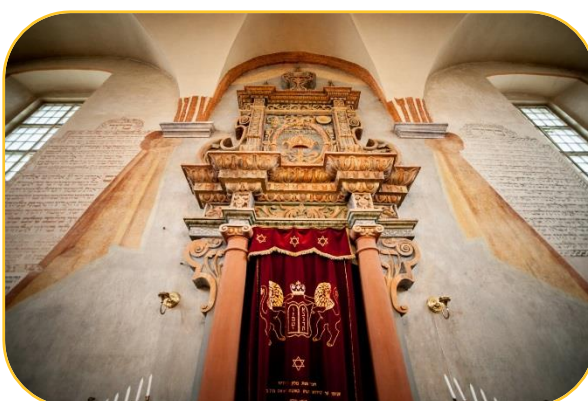
## 7. Narew Valley Landscape Park

Regional Tourist Information Center / Narew Valley Landscape Park

Kurowo 10, 18-204 Kobylin Borzymy

tel. +48 85 718 14 17, e-mail: [npn@npn.pl](mailto:npn@npn.pl) | [www.npn.pl](http://www.npn.pl)

The Narew Valley together with the Biebrza River separates the historical area of Mazovia from the lands located in the east, belonging to the Grand Duchy of Lithuania. The influences of many cultures, different traditions: Masovian, Lithuanian, Belarusian, Jewish combine and mix here.



*Tykocin City. Jewish Museum in Great Synagogue.*

*Michalowo City. Orthodox wooden church.*



At the southeastern part of the Narew River we can come across Orthodox wooden villages with carved shutters and decorative gables. In the higher part of the Narew River you will find places where the tradition of Polish nobility is still alive today, with preserved (unfortunately rarely) picturesque manor houses.

The Narew River, for the protection of which the beautiful Narew National Park was created, winds in zigzags and divides its streambed into ribbons to create strange labyrinths. It's a real adventure to venture into these labyrinths.



*Narew River. Zigzags and ribbons.*

The best way to sail is by a traditional boat called *pychowka*, which is controlled by pushing itself away from the bottom with a pole, of course a guide is necessary.

### 8. The Trail of Open Shutters

Regional Tourist Information Center / Podlaskie Voivodeship; Białystok City

Odeska 1 Street; 15-406 Białystok (Podlasie Opera and Philharmonic)

mob. +48 503 356 482, tel. +48 85 732 68 31

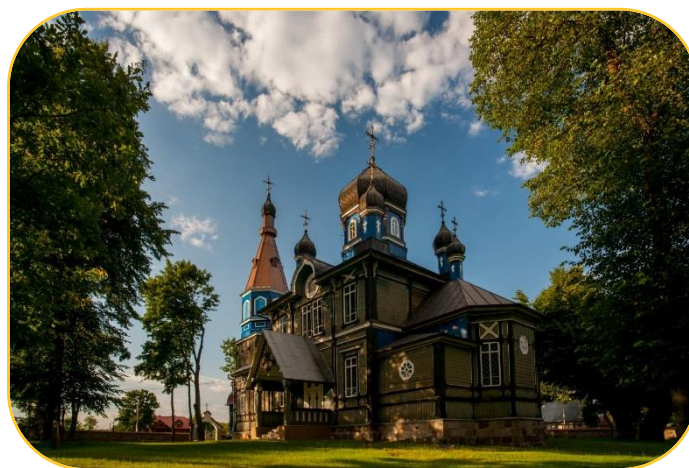
e-mail: [biuro@podlaskie.it](mailto:biuro@podlaskie.it) | [www.podlaskie.it](http://www.podlaskie.it)

Many tourists visiting Podlasie say that the most beautiful things here are the villages, quietly located on the edge of the forest, over small streams, with beautiful wooden, fabulously decorated houses. If you don't have the time to wander around the region, you can stop at the Białystok Village Museum. More than 9,000 exhibits have been collected there, including buildings and objects of everyday use: dishes, furniture, textiles, handicraft.



*Beautiful wooden houses with decorated shutters.*

South of Białystok, in a triangle between Orthodox villages: Puchly, Soce and Trzescianka, lies the Land of Open Shutters. You will see here beautiful wooden houses with richly decorated shutters and historic wooden churches and roadside crosses.



*Puchly. One of the most beautiful historic wooden Orthodox churches.*

## 9. Białowieża Forest

Białowieża Forest / National Park / Strict Nature Reserve

Park Pałacowy 11, 17-230 Białowieża

tel. +48 85 682 97 16, e-mail:

[infobpnbpn.com.pl](mailto:infobpnbpn.com.pl) | [www.bpn.com.pl](http://www.bpn.com.pl)

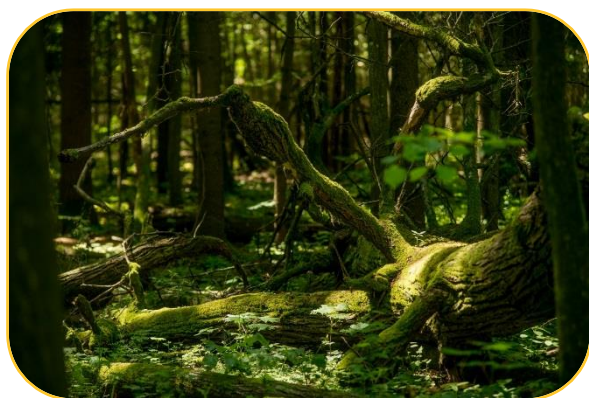
Białowieża Tourist Organization

tel: +48 85 682 43 81

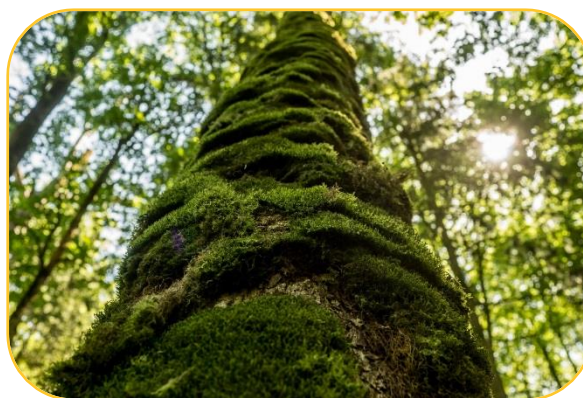
e-mail: [turystyka@powiat.hajnowka.pl](mailto:turystyka@powiat.hajnowka.pl)

[www.lot.bialowieza.pl](http://www.lot.bialowieza.pl)

The Białowieża Forest is the only Polish natural object on *World Heritage List*. Two most important points of the Białowieża tourist program include a trip around the Strict Nature Reserve (formerly strict reserve) and the European Bison Show Reserve.



*Strict Nature Reserve in Białowieża Forest.*



*Old Tree in Białowieża Forest.*

As if we have gone back thousands of years back to the primeval forest that once covered the vast areas of the European Lowlands. Nature does well here without human interference. In the reserve you can only navigate along the marked trails.



We can see about 8.5 thousand species from the world of fauna. In 1922, the forestry "Rezerwat" was established here, later transformed into the first national park in Poland. Today about 450 bison live in the Forest - every tenth individual in the world. In 1979, the Park was inscribed on the UNESCO World Heritage List.

## 10. The crucible of the Bug Valley

Regional Tourist Information Center / The Crucible of the Bug Valley

ul. Warszawska 51, lok. 7, 17-312 Drohiczyn

tel. +48 797 091 197, e-mail: [biuro@tygiel dolinybugu.pl](mailto:biuro@tygiel dolinybugu.pl) | [www.tygiel dolinybugu.pl](http://www.tygiel dolinybugu.pl)

Today, Southern Podlasie is situated outside the transit routes, but it was here that the history of the region and the Polish-Lithuanian Commonwealth was established, mostly the parochial, proud and patriotic one.

Drohiczyn upon Bugiem is the coronation city and the first capital of the Podlaskie Voivodeship. Between Niemirow and Drohiczyn is found the most interesting part of the Bug River valley, called the Podlaskie Bug River Gorge - a popular destination for weekend trips, especially among the inhabitants of the Polish capital.



*Drohiczyn city. Podlaskie Bug River Gorge.*

In the area there is the Holy Grabarka Mountain. It is the most important Orthodox sanctuary in Poland.



*Orthodox sanctuary in Podlaskie Voivodeship.*

“One Belt One Route – Baltic Silk Route” (OBORoute) by

