

15. PIWNICZNA ZDRÓJ – MUSZYNA



The Piwniczna – Muszyna section of the VeloNatura route was designed to run mainly along the left side of the Poprad river, for the reason of Cyclist Service Pointse gentle uphill drives. However, it is necessary to reckon with local mounds. The direction towards Piwniczna is definitely less demanding than the opposite one to Muszyna and on along the AquaVelo route to Krynica. Following the VeloNatura/EuroVelo 11 route section along new overcrossings for pedestrians and cyclists over the Poprad river, as well as tourist attractions of the Polish-Slovakian borderland, including access to numerous water springs of the local mineral water, ensure interesting bicycle touring.

Sights worth seeing:

- » Krynica Zdrój – promenade with mineral water pump rooms, observation tower, Bike Park Stowiny Arena in Krynica-Zdrój.
- » Muszyna – the old health resort district called Zapopradzie, Gardens of the Senses, observation tower on the Malnik Mountain, reconstructed castle on the Baszta Mountain in Muszyna.
- » Canoeing or pontoon trips along the Muszyna – Żegiestów section of the Poprad river.
- » Piwniczna Zdrój - www.piwniczna.pl

Bicycle trails:

- » VeloKrynica / AquaVelo – the route connects health resorts of the borderland (www.aquavelo.eu).
- » Mineral Water Bicycle Route – it is possible to visit the most impressive places of health resorts on the Poprad river
- » Carpathian Bicycle Route – the route runs through the most beautiful nooks of the Sądecki and the Low Beskids

- » Cross-Border Bicycle Route
- » Krynica MTB bicycle routes - www.krynica.org.pl

Interesting fact:

In Muszyna, at the regional resting place for cycling tourists, apart from the standard facilities, there is also an intake of the 'Anna' healing water. Similar intakes of healing water can also be found in Milik (it is necessary to leave the route to get to the Cyclist Service Points Bicycle Service Station), as well as in Sulin and Legnava, just by the route.

Tips:

It is advisable to pay attention to regulations concerning cyclists in Slovakia, as for instance the obligation of wearing helmets out of built-up areas. Along the whole Poprad river valley there is a railway line (Stary Sącz – Krynica) which can be used for modification of bicycle trips.

Tourist information:

PIT Krynica-Zdrój, Zdrojowa 15/2, 33-380 Krynica-Zdrój, tel. +48 184725577, tel. +48 184725588
it.krynica-zdroj@msit.malopolska.pl
www.krynica-zdroj.pl
 CIT Muszyna, Rynek 34, 33-370 Muszyna
 tel. 18 534 91 61, cit@muszyna.pl, www.muszyna.pl

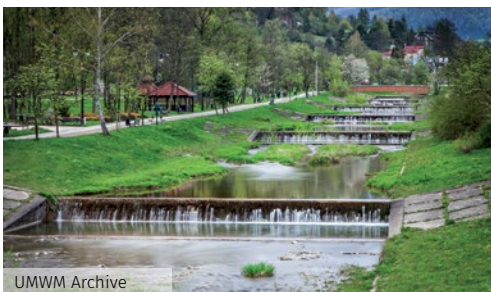
Maps:

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

Download from the website:

narowery.visitmalopolska.pl/mapy

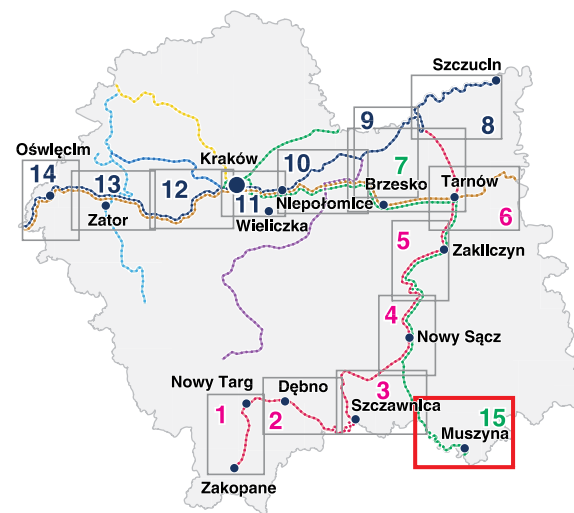
If you have any comments regarding damaged bicycle infrastructure on VeloMałopolska routes, please report them to the following email address: narowery@umwm.malopolska.pl



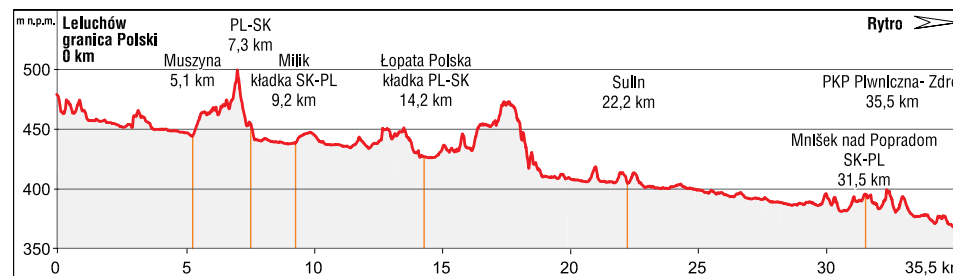
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- EXISTING and planned VeloMałopolska routes**
- Vistula Bicycle Route
 - VeloDunajec
 - VeloMetropolis
 - VeloNatura
 - VeloRaba
 - VeloPrądnik
 - VeloRudawa
 - VeloSkawa



VeloNatura is a section of the EuroVelo 11 route, located in the Małopolska region. It runs through the most attractive terrains of the Dunajec and the Poprad river valleys, in the surroundings of the Beskid Sądecki and Pogórze. In the south, in Stary Sącz, the route runs along the VeloDunajec, and in the southern part of the province, in Ostrów, it runs away to the west, heading towards Cracow along the VeloMetropolis. Alongside all the VeloMałopolska routes there are **Cyclist Service Points** (Cyclist Service Points) with such amenities as for instance maps of the sur-

roundings, sheds where it is possible to take shelter in case of rain, service tools, grilling equipment, or toilets.

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

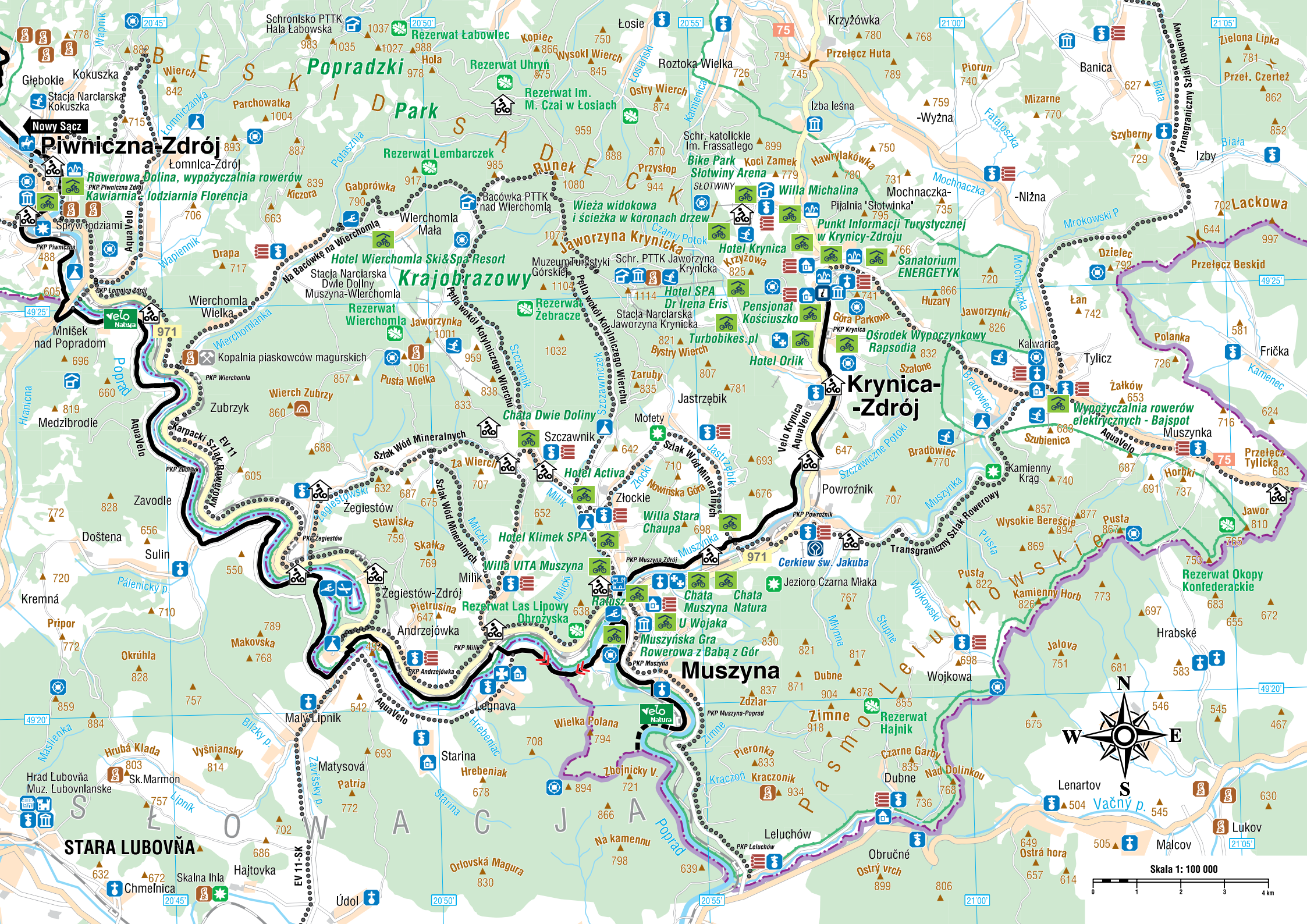


- VeloMałopolska
- VeloMałopolska - planned route
- Other bicycle trails, steep inclines
- Cyclist Service Points (MOR), Shelters for rest breaks
- Cyclist-Friendly Places

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

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

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



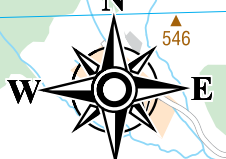
Popradzki Park

Krajobrazowy

Krynica-Zdrój

Muszyna

STARA LUBOVŇA



Skala 1: 100 000
0 1 2 3 4 km