



Gdańsk

for the fit



GDAŃSK

www.gdansk.pl



Space of freedom

A city stretching between the blue of the sea and the green of the woods, gilded by a ribbon of sandy beaches, cut through by the waters of the Vistula, the queen of Polish rivers, surrounded by a ring of hills; a city with both architectural gems and wildlife reserves... Gdańsk is a unique place. It is its unusual location, beautiful landscapes and closeness to nature that have been shaping the characters of its inhabitants for centuries, strengthening their determination, independence, openness and – obviously – solidarity.

Gdańsk says to everyone: you are welcome. Share our enjoyment of the treasures of nature and masterpieces of Gdańsk artists that can be found here. And enjoy an active life which can be infectious here. We encourage you to pursue various leisure activities: walking, cycling, sailing, canoeing and horse riding... And any other forms of recreation and relaxation made possible by the generous Nature and the ever-developing amenities. You are welcome to explore the numerous tourist trails, the network of cycleways (the largest in Poland), marinas and modern sports facilities. We hope that you will find this brochure helpful as you plan your stay in Gdańsk. Further information under For Tourists at www.gdansk.pl and www.gdansk4u.pl.

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A Paradise for walkers

Gdańsk is a paradise for ramblers. Tourists who fancy outdoor exercise will find here vast sandy beaches, coastal islands with wildlife reserves and moraine hills covered with forests – all these within city limits, easily accessible by public transport.

Gdańsk has a number of marked hiking trails. Traditionally, the city's beautiful beaches are a popular place for walks.

The following pages present 3 walking routes; they are all perfect for both traditional and Nordic walking.



O N F O O T

O N F O O T

Practical information:

Marked tourist trails in Gdańsk:

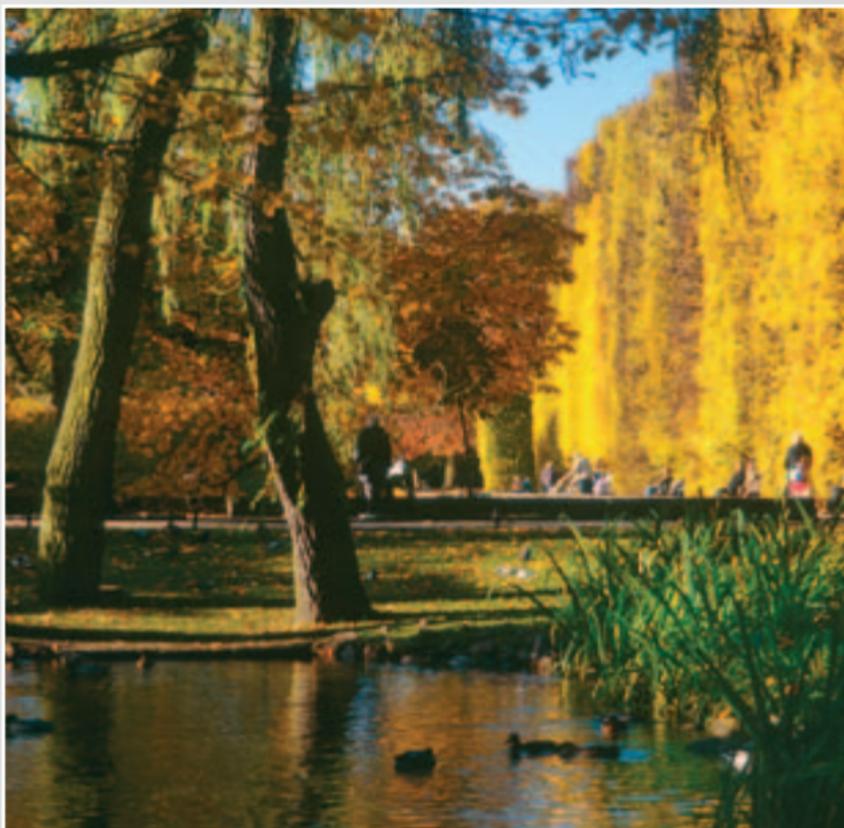
www.pomorskie.pttk.pl

Bus/tram timetables:

www.ztm.gda.pl

Urban rail (SKM) timetables:

www.skm.pkp.pl





The Beach

A walk from Brzeźno to Jelitkowo along the shore

Distance: 4 km (one way)

Walk beginning: Brzeźno tram stop (Lines 3 and 5)

Walk end: Tram terminus at Jelitkowo (Lines 2, 8 and 11)

Marked on the map: 

This is one of the most popular walking routes in Poland. All year round, both tourists and Gdańsk residents can enjoy a stroll along the beach, breathing the crisp air rich in iodine. The magnificent view of the Gulf of Gdańsk is a memorable experience. The 130-metre pier at Brzeźno is an attraction in its own right. From there you can see how charming Gdańsk, Sopot and Gdynia look from the sea. When the visibility is good, you can see as far as the Hel Peninsula. The pier was built in the early 1990s, which gave rise to the process of transforming the whole coastal belt between the districts of Brzeźno and Jelitkowo into a recreational area called the Ronald Reagan Park. Now the place, with its numerous walking alleys, cycleways, children playgrounds, bike and skateboard tracks, as well as picturesque ponds with aquatic plants, is extremely popular with both visitors and residents. Jelitkowo – the destination of the walk – is a bathing resort dating back to the mid 19th century. There used to be a spa house here, and a pier for pleasure boats to moor at. They were both destroyed in a violent storm in 1914.

Start off at Brzeźno, where after walking across a 19th-century park you get to the beach. The remains of a pier are a reminder of the days before World War 2 when Brzeźno was a popular summer resort with a spa house. Stroll along the beach, enjoying the vast view and soon reaching the new pier.

Here you can choose to walk either along the beach, or down the seaside promenade, or through Ronald Reagan Park. If you have a few hours to spare, you should take a walk to Jelitkowo and back, for example going one way along the beach and back to



Brzeźno along the Park alleys. You can also end your hike (or begin it) at Brzeźno Pier, from where you can walk down the alley to a bus stop in the street of Czarny Dwór. If you are a strong walker, you can walk along the beach or down the seaside promenade all the way to Sopot.





The Oliwa Forest

Exploring moraine hills and the old part of Oliwa

Distance: 6 km

Walk beginning: Abrahama tram stop (Lines 5, 6, 9, 11 and 12)

Walk end: Tram terminus in Oliwa / SKM station Gdańsk Oliwa

PTTK trails: Green, blue

Marked on the map: 

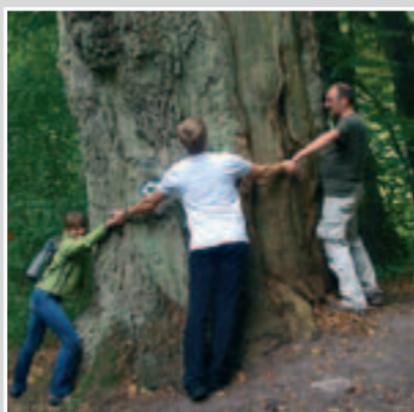
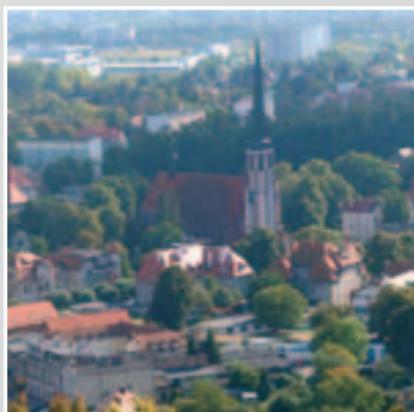
The hiking trail leads through the forest overgrowing the moraine hills, part of the 20,000-hectare Tri-City Landscape Park (Trójmiejski Park Krajobrazowy). A variety of postglacial landforms can make you think you are in the mountains. The area boasts unique landscapes and wildlife: here you can find many rare plant species and wild animals like boars, roe and red deer, foxes and hares. The unusual closeness of the wildlife and the large conurbation make the two penetrate each other; people are close to nature, and wild animals enjoy the advantages of urban environment – this is why boar families on city lawns are not an unusual sight.

Begin in the street of Polanki, beside the mosque built in 1989, with its tall and slender minaret. This is one of the four Muslim temples used in Poland today. Then walk to the bottom of Abrahama street. After passing a wooden cross commemorating the shipyard workers killed in December 1970, you enter a big valley of Samborowo, with a huge, 300-year-old oak tree. It is 25 metres in height and 5.5 metres in perimeter. Following the signpost beside the oak turn right, thus entering the Oliwa-bound Green Trail. This is where a „mountaineering” part of the trip starts: a few climbs up steep hills (including the highest Głowica hill, 122 metres a.s.l.) separated by little valleys descending towards the built-up area of the city. After an hour’s walk, you come out of the forest into beautiful cobbled streets of the old Oliwa. Go as far as Kwietna street, then turn left off the trail and follow the Potok Oliwski (the Oliwa Brook) to get to the historical Water Forge built in 1597, now a museum. From here you can follow

THE OLIWA FOREST

THE OLIWA FOREST

the Blue Trail up the hill called Pacholek (101 m). Another climb up the 15-meter-high tower will let you admire a gorgeous panorama of Gdańsk. Then take the stairs down the hill, towards the landmarks of Oliwa: the medieval Cathedral with its famous 18th-century organ and the beautiful Park Oliwski. There are many places around where you can have a well-deserved meal. The trip ends at a tram stop or at the SKM station of Oliwa. Other hikes along the marked trails in the Forest of Oliwa are strongly recommended – see the map at the end of the book.





Birds' Paradise

Wildlife Reserve in the Isle of Sobieszewo

Distance: 6 km

Walk beginning: Bus terminus Górki Wschodnie in Nadwiślańska street (Line 186)

Walk end: Bus stop in Nadwiślańska street (Line 186)

Markings: Duck image

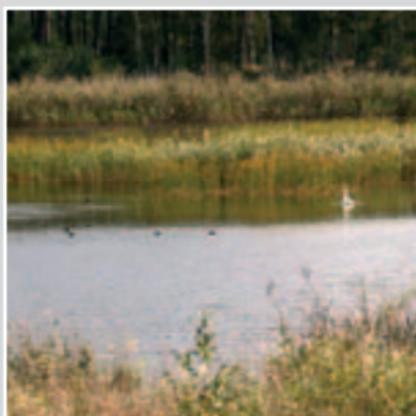
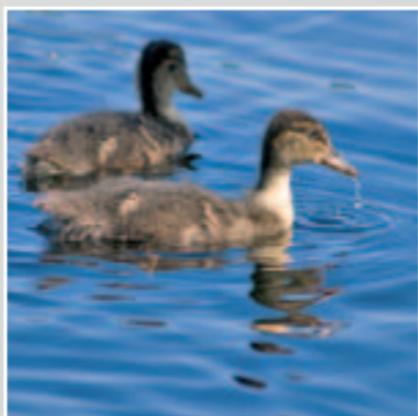
Marked on the map: 

The Isle of Sobieszewo lies at the mouth of the River Vistula; its shores are washed by the waters of the Vistula Delta on the one side, and by the waters of the Gulf of Gdańsk on the other. Although still within city limits, the Isle is a different world; a wildlife sanctuary insulated from the impact of civilization by water. Its greatest treasure is the 300 bird species you can find here. Some of them hatch here, some winter on the surrounding waters (up to 100,000 seagulls and wild ducks), and some just take a rest during their migrations – these are most likely to be seen in Spring and Autumn. There are two wildlife reserves on the Isle. One of them is the Birds' Paradise, covering an area of nearly 200 hectares at the western end of the Isle and including two coastal lakes surrounded by a belt of reeds, a pine forest, meadows and sand dunes.

This route is along a Nature Trail marked with a duck image. As it begins not far from the bus terminus, you will find an information board and there are ten more along the trail, describing the wildlife in the reserve. The trail goes along Lake Karaś, barely visible behind the reeds, then reaches Lake Ptasi Raj, separated from the branch of the Vistula (called Wisła Śmiała) by the 19th-century

Birds' Paradise

stone dyke, and takes you to a secluded, unpatrolled beach. Each of the lakes has a well-hidden bird-watching tower on the shore. A short walk along the beach and then a forest path will take you to the bus stop. The tour takes at least two hours, but much longer if you stop here and there to enjoy the birds' show. Remember to take binoculars and a sandwich lunch.





Hail Hill

The capture of the Gdańsk Fortress

Distance: About 1 km

Walk beginning/end: Gdańsk Główny Railway Station

Marked on the map: 

Today it is undoubtedly one of the easiest hills to climb (46-metre high, right in the centre of Gdańsk), but it was not easy to capture in the past. The first fort was built here in 1655 by two Gdańsk architects, Jan and Jerzy Strakowski. It was designed to protect the city from the approaching Swedish invasion and served this goal perfectly. Gdańsk was never captured until 3 May 1660, when a peace treaty was signed in the nearby town of Oliwa. In the early 19th century, the fort was totally rebuilt in preparation for the attack of Napoleon Bonaparte's troops. What can be seen today is the fortifications, together with a park, the buildings of former Corpus Christi Hospital with a historical church, and a closely built up prison compound in Kurkowa



H a i l H i l l

H a i l H i l l

street. One of the most fascinating structures is the Napoleonic Réduit, a massive pentagonal building with artillery positions dating from the early 19th century (the oldest brick structure of the fort). Other interesting structures include three caponiers – designed to give firearms and artillery protection to the bottom of the moat. The Grodzisko Fortress took its final shape during the modernization carried out in the late 19th century.

The highest point of the Hail Hill is the Jerusalem Bastion, with the Millennium Cross commemorating the 1000 years since Bishop Adalbert baptized the inhabitants of Gdańsk. From the top of the Jerusalem Bastion you can admire a picturesque panorama of Gdańsk – no wonder generations of painters have been coming here to portray the city.

Recently, the fortification buildings became home to Centrum Hevelianum – a modern, visitor-friendly educational facility, where you can learn physics, astronomy, history and biology in an entertaining way.



BY BICYCLE



Gdańsk

cyclist-friendly

Gdańsk has a reputation of being the most cyclist-friendly city in Poland. Recently, a dense network of cycleways and cycle paths has been built totalling 75 kilometres, suitable both for recreation and commuting. The most modern paths have comfortable surfaces and numerous facilities for safe and comfortable riding. You can get to most of the tourist spots by bike. The Gdańsk-Sopot route along the seashore had become so popular that it had to be widened and upgraded. When planning a visit to Gdańsk you should consider taking your bike with you. There is also a possibility of renting a bike here.

Practical information:

Bikes can be transported free of charge on specially-marked low-floor buses and trams provided they do not pose a threat to passengers' safety. The SKM trains have bike-dedicated compartments at car ends. Current fare information at: www.skm.pkp.pl







Gdańsk in a Nutshell

A funky day of attractions

Distance: About 40 km

Ride beginning/end: Gdańsk Główny Railway Station

Marked on the map: 

A long sightseeing tour of the landmarks of Gdańsk. It starts in the historical city centre, running through the districts of Wrzeszcz and Nowy Port to Wisłoujście and Westerplatte, and then to the seaside promenade.

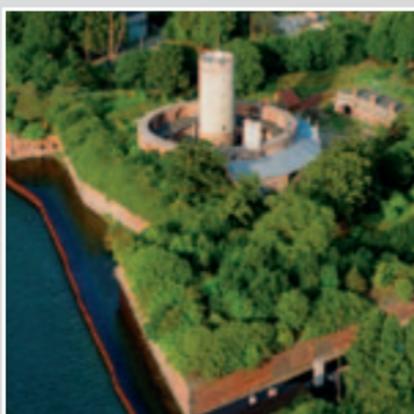
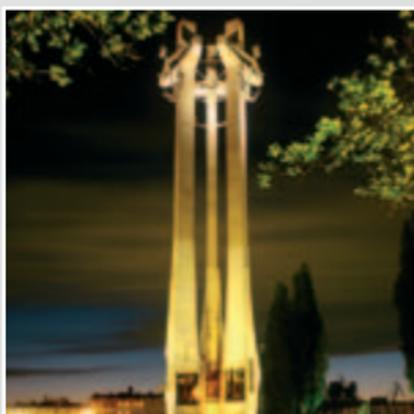
Start by going to the Fallen Shipyard Workers Monument and the historic shipyard gate not far from the railway station. Go back to the comfortable cycle lane along the city arterial road and follow it towards Wrzeszcz. At the Baltic Opera House turn right into Hallera, then right again into Reja, which will take you to Marynarki Polskiej street. Follow a newly built cycle path straight on for a few kilometres, then turn left into Żaglowa street. From an observation platform there you can assess the progress of construction work at UEFA EURO 2012™ stadium. Go back to Marynarki Polskiej and take the „Wisłoujście” ferry (weekdays only) getting to the district of Stogi and the Wisłoujście Fortress. This 500-year-old structure used to guard Gdańsk against naval attacks. After visiting the Fortress go to Westerplatte – the place the German battleship Schleswig-Holstein began shelling at 4.45 a.m. on 1 September 1939, in this way starting World War 2. A memorial to the defenders of Gdańsk erected here resembles a sword with its hilt sunken into the ground and seems to be emerging from the big green mound at the harbour entrance. These memorable days are documented by an exhibition in the nearby Sentry Post (Wartownia) No 1, which is now a division of the Gdańsk History Museum.

Take the route back to Nowy Port, where you can visit a historical lighthouse (open in high season). Then along the harbour area to Brzeźno, where a beautiful cycle path along the shore will

G D A Ń S K in a nutshell

A Ń S K in a nutshell

take you to Jelitkowo (see Walking Routes). If you are tired with pedalling, you can end your trip at Gdańsk-Żabianka SKM station, taking a glimpse of a modern arena on the boundary between Gdańsk and Sopot. If you are not – ride back to the city centre along a comfortable cycle path through the districts of Żabianka and Przymorze; on your left you will see the famous residential building in Obrońców Wybrzeża called „Falowiec” („the wavy house” – because of its shape), 830 m in length, inhabited by about 6 thousand people.





Around the Isle of Sobieszewo

For nature and maritime landscape lovers

Wincenty Pol Cycling Trail
(marked blue)

Distance: About 24 km

Ride beginning/end: Nadwiślańska street,
bus stop in Sobieszewo (Line 182)

Optional: The route may include a trip to the Birds' Paradise Reserve

Marked on the map: 

An attractive route along the branches of the River Vistula (Martwa Wisła and Przekop Wisły – the Vistula's main outlet) and picturesque beaches of the Isle of Sobieszewo.

Get to the island by a pontoon bridge and this is where your trip will start. There is an interesting church nearby, built in 1995 – Our Lady of La Salette Sanctuary. The Wincenty Pol Memorial Hall in Turystyczna street is also worth visiting. Then go through Sobieszewo heading for Świbno and turn into Przegalińska street, which will take you onto the floodbank along the Martwa Wisła River. Go past an interesting old wooden house with stone underpinning (built in 1741) as far as the historical lock (1895) that links the two branches of the Vistula; what has survived is its original machinery that operated the gates. The lock is described in *The Tin Drum* by Günter Grass. The lock used today was built in 1980. Then go along the river (Przekop) passing an icebreaker harbour and a group of fishermen's houses. In Świbno go past a ferry crossing until you get onto a path running along

around the Isle of Sobieszewo
the Isle of Sobieszewo

the river. You will have a reserve in front of you, called Seagull Shallows (Mewia Łacha), where numerous little sandy islands give shelter to large flocks of birds. Go back to the marked trail and further on along the beach. You will get to Turystyczna street which will take you to the bus stop by the pontoon bridge.



BY CANOE



Up and down River Motława – to the Middle Ages The landscape of the old port

Distance: About 4 km (about 2 hrs)

Cruise beginning/end: Aquatic club, Żabi Kruk street

Optional: A round trip to the Martwa Wisła (about 4 hrs)

Marked on the map: 

A wonderful canoe trip that gives you a view of the city from the water level.

After leaving the club harbour turn left and go under the Green Bridge (Most Zielony). You can now enjoy the sights of old Gdańsk: the famous old Crane (Żuraw), a number of old granaries and historical gatehouses, which makes you think of all the ships from all over Europe that used to moor here. Further on you pass the first ship built in a Polish shipyard after World War 2 – m/s Soldek, mooring in front of the Polish Maritime Museum. You can also admire the buildings of old power station, now beautifully restored to house the Baltic Philharmonic. At this point you can turn back and, after passing the Soldek again, turn left into the New Motława. Take a look at the marina beautifully located close to the meticulously restored street of Szafarnia. After a while you get to the 17th-century Stone Lock (Kamienna Śluza), which protected the city from flooding. Turn left into a branch of the Motława called Opiływ Motławy where old Dutch-school city fortifications tower over the river. The fortifications consisted of bastion mounds linked by earthwork walls called curtains, surrounded by the waters of the Motława, and a flat green area stretching to the street of Na Szańcach. The whole system of bastions was surrounded by a double zigzag moat. In the course of years the outer moat was drained and what has survived till today is the inner moat, now called the Opiływ Motławy.

The western stretch of the fortifications was pulled down years ago and their only remnant is St. Gertrude's Bastion. Others, bearing the names of the Wisent, the Wolf, the Leap, the Bear and the Rabbit,

up and down River Motława to the Middle Ages

Up and down River Motława to the Middle Ages

form the southern and eastern stretches. Now they are magnificent scenic spots. The area in this part of the River Motława has been designated to be a park.

Admiring the fortifications on one side and the landscape of Żuławy area beginning here on the other, turn back and after the Toruński Bridge turn left into a narrow canal, which will take you back to the canoe harbour.

More experienced canoeists might try a longer round trip as far as the Martwa Wisła. If you do, beware of large vessels in the harbour basin.



UNDER SAIL



Sea Adventure

Gdańsk, a city of long maritime tradition, has given its most beautiful place to sailors: a modern marina has been built in the heart of the city, on the River Motława, vis-à-vis the medieval Crane. It is worthwhile making a stop here to enjoy the immediate vicinity of the historical areas of the Old Town and the Main Town. In another part of the city called Górkki Zachodnie, the National Sailing Centre has been established. It is a modern, multi-function facility designed for sailors. You can rent a yacht or a motorboat to take a cruise around the Gulf of Gdańsk. The charming fishing harbours of the Hel Peninsula will be an ideal destination – they are close enough for you to be back in Gdańsk the same day and enjoy the nightlife of the port city.

The Motława waters turn white with sails during many sailing events. The highlights are vintage ships regattas and the international Baltic Sail held in July.

The Gulf of Gdańsk is also attractive for those who love smaller



S e a A d v e n t u r e

S e a A d v e n t u r e

vessels. Every year it is full of sailboards, as its shallow coastal waters are perfect for windsurfing. You can also take part in numerous races, as for example the one held off the Stogi Beach in September.

You are invited to Gdańsk waters by Mateusz Kuzniewicz – a recognised sailor and the Maritime Ambassador of Gdańsk.



ON HORSEBACK



Reins up!

Riding through the wilds

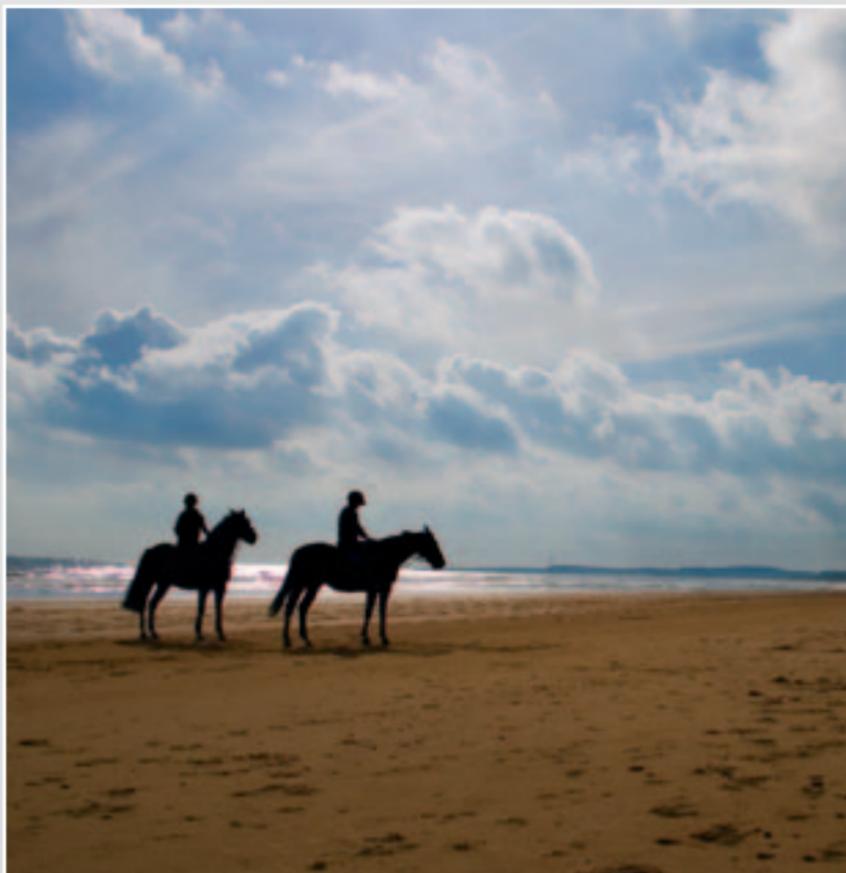
Gdańsk offers superb opportunities for riding. There are many places where you can enjoy galloping through the wilds. There are well-marked horseback trails in Oliwa Forest and some around Lake Otomin and in the Isle of Sobieszewo, all coupled with



R e i n s u p !

R e i n s u p !

stud farms where you can hire a horse or participate in a guided horseback trek. It is advisable to agree the route with stud personnel before an individual ride.



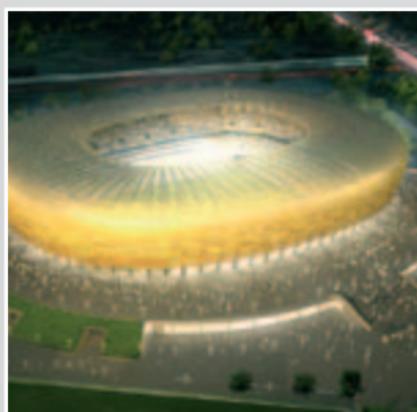
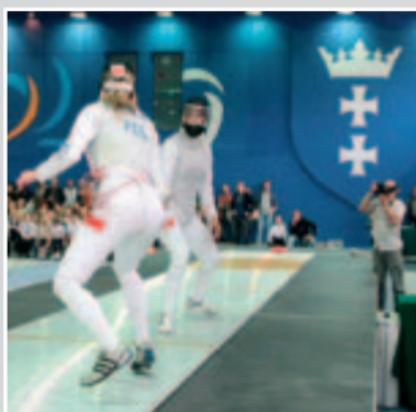
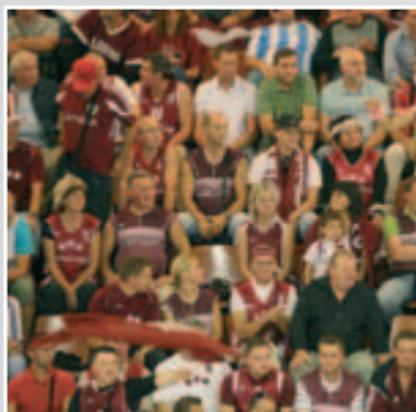
FOR SPORTS FANS



The Sporting Gdańsk

In Gdańsk, sport means not only promoting a healthy lifestyle and physical activity, but also the thrill of excitement from watching sports events. The city is proud of its athletes like Adam Korol (World rowing champion), Leszek Blanik (Olympic vault gold medal winner), Kamila Bałanda (World kick-boxing champion), Sylwia Gruchała (Olympic fencing bronze medal winner and World Championship multimedallist), and Bogdan Wenta (considered to have been one of the best Polish handball players ever).

Now we are all looking forward to the UEFA European Football Championships EURO 2012™. To provide a proper venue for the matches of Europe's best sides, a beautiful stadium for 44,000 spectators is being built in the district of Letnica. Its shape resembles



Stadium

Stadium

a lump of amber, and its structure bears a reference to traditional fishing boats. While planning a sightseeing tour of Gdańsk, you might consider a visit to the construction site.

An impressive modern arena has been built on the boundary between Gdańsk and Sopot. It is going to host major sports events, like the Table Tennis European Championship.

In Gdańsk, you can also watch the best international athletes competing in sports events like the Women's Foil World Cup, the Team Motocross European Championship or the Grand Prix MTB mountain bike races.

If you want more than just watch, you can participate in large public running events like St Dominic Race or the Westerplatte Race, or in the Lech Wałęsa Roller Skating Race held annually in August. Those who are keen on non-competitive cycling can take part in the Great Bicycle Parade held in June, which attracts thousands each year. The highlight of the parade is the best fancy dress and the best bike dressing competition. The Municipal Centre for Sports and Recreation organizes a series of Nordic Walking Grand Prix for those who love walking with sticks. And those who love extreme sports can look for a challenge in indoor climbing on an artificial wall called „Elevator”, one of the highest in Poland. If you decide to come to Gdańsk in winter, you can try ice swimming in the Baltic Sea.





Selected tourist and sports facilities

For a full list see www.gdansk.pl under **For Tourists**
and www.gdansk4u.pl



Canoes

Klub Wodny „Żabi Kruk”, ul. Żabi Kruk 15, www.zabikruk.yoyo.pl
Przystań wioślarska GKW „Drakkar”, ul. Sienna 37
tel/fax: (058) 304 22 66



Bicycles

Rowerownia rent-a-bike, ul. Fieldorfa 11/3
www: www.rowerownia.gda.pl



Horses

Agroturystyka i Klub Jeździecki Tabun, ul. Konna 29
www.tabun.kuznia.net

Lipce Ośrodek Sportów Konnych, ul. Trakt Św. Wojciecha 292
www.konie.itv.pl

Black HorseTeam, Owczarnia, www.bht.xt.pl
„Stajnia Owczarnia” Jazda Konna, tel.kom: 668 674 059



Yachts

Narodowe Centrum Żeglarstwa AWFIS, ul. Stogi 20,
www.ncz.awfis.pl

Marina Gdańsk, ul. Szafarnia, www.marinagdansk.pl

Jachtklub Stoczni Gdańskiej S.A., ul. Przełom 9,
www.jachtklub.nsm.pl

Jachtklub Portowiec Gdańsk, ul. Śnieżna 1, www.portowiec.com

Princess Yachts Poland, ul. Elbląska 79b, www.princess-yachts.pl

Akademia Żeglarstwa Top Sail, ul. Stogi 20, www.topsail.pl

Yacht.net, ul. Przełom 9, <http://jacht.net.pl>



Tennis

Tennis courts at AWFIS, ul. K.Górskiego 1, www.awf.gda.pl

Gdańsk Tennis Association „Lechia”, ul. Traugutta 29
www.gttlechia.pl

Tennis court of AZS Gdańsk, ul. Uphagena 25, www.azsgdansk.pl

Court of OSIR, ul. Witosa, www.smchelm.pl

Tennis court „Podleśna”, ul. Podleśna, www.podlesna.logonet.pl

Court Body Club, ul. Subisława 37, www.bodyclub.com.pl

Tennis Centre Tenista, ul. Leszka Białego,
www.osrodektenisa.com.pl

KKS Gedania Arena, ul. Kościuszki 48, www.energa-gedania.pl

Municipal arena, ul. Kołobrzeska 63, www.mosir.gda.pl

Tennis court at Marina Hotel, ul. Jelitkowska 20,
www.novotel.com

Obiekt sportowy MOSiR, ul. Dąbrowszczaków 13, www.mosir.gda.pl



Swimming pools

Indoor swimming pool, MOSiR, ul. Chałubińskiego 13,
www.mosir.gda.pl

SKS START, ul. Wajdeloty 12/13, tel.: (058) 341 37 27
Bio-magic Club, ul. Jabłońskiego 28, tel.: (058) 303 78 57
SPA at Dwór Oliwski Hotel, ul. Bytowska 4, www.dwor-oliwski.pl
Indoor swimming pool, Marina Hotel, ul. Jelitkowska 20,
[www: www.orbis.pl](http://www.orbis.pl)
AQUA Centre (Posejdon Hotel), ul. Kapliczna 30, www.orbis.pl



Indoor climbing

Artificial wall „Elewator”, ul. Droszyńskiego 15,
www.elewator.com

„Wspinalnia Alfa”, ul. Kołobrzaska 41 C, www.alfacentrum.pl



Paintball

Paintball Wyspa, ul. Świbnieńska 162, www.paintballwyspa.pl

Speedball Pomorze, ul. Zielonogórska 4, www.speedballpomorze.pl



Skateparks: roller blades, BMX

Freedom Skatepark – Młode Miasto in Gdańsk Shipyard

ul. Doki 1, <http://deskorolka.org>

Skateplaza Przymorze, ul. Dąbrowszczaków

Skateplaza Dolne Miasto, ul. Śluza 6 przy Szkole Podstawowej nr 65

Skateplaza Suchanino, ul. Kamińskiego

Skatepark Chełm, ul. Zielonogórska



Skating rinks

Olivia Arena, ul. Grunwaldzka 470, www.stoczniowiec.org.pl

Municipal ice rink, Plac Zebrań Ludowych at Brama Oliwska,
www.scenamuzyczna.pl



Go-karts

Indoor Karting, Al. Zwycięstwa 14, www.indoorkarting.pl



Motocross

TMotocross track, ul. Borkowska, www.mosir.gda.pl



Table tennis

MRKS Gdańsk, ul. Meissnera 1, www.mrks.pl



Sea angling

Angling cruises on a motor yacht Beryl, tel. 500 045 636
www.dorsze-beryl.pl



Shooting and archery

Hunting Centre, ul. Jaśkowa Dolina 114, www.centrum.gda.pl

Archery course, MRKS Gdańsk, Al. Hallera 240, <http://www.mrks.pl>



Subjective Bus Line

A vintage Jelcz 043 bus, once called „cucumber”, takes its passengers for an hour’s tour of the Gdańsk Shipyard. The tour starts at Gate No 2, where in 1980 Lech Wałęsa announced the signing of the August Agreement (paving the way for the emergence of „Solidarność”). The guides are former shipyard workers. All the stops have information boards in Polish and English.

www.wyspa.art.pl



Gulf buses

From May 1 till August 31 you can go to Hel and Sobieszewo by boat departing from Targ Rybny Pier. Bicycles are allowed on board.

www.ztm.gda.pl/ferry.html



Activity Gdańsk

– routes and places of interest

Legend

PTTK trails

-  yellow – Tricity Trail
-  black – Wzgórza Szymbarskie Trail
-  blue – Kartuski Trail
-  green – Skarszewski Trail
-  green – Wyspa Sobieszewska Trail
-  red – Motłowski Trail

Recommended routes

-  The Beach
A walk from Brzeźno to Jelitkowo along the shore
-  The Oliwa Forest
Exploring moraine hills and the old part of Oliwa
-  Birds' Paradise
Wildlife Reserve in the Isle of Sobieszewo
-  Hail Hill
The capture of the Gdańsk Fortress
-  Gdańsk in a Nutshell
A funky day of attractions
-  Around the Isle of Sobieszewo
For nature and maritime landscape lovers
-  Up and down River Motława – to the Middle Ages
-  The landscape of the old port

Sites and buildings

- ① Central Railway Station
- ② Hail Hill
- ③ Monument to the Fallen Shipyard Workers
- ④ Football stadium
- ⑤ Wisłoujście Fortress
- ⑥ Lighthouse in Nowy Port
- ⑦ Gdańsk-Sopot Arena
- ⑧ Oliwa Park
- ⑨ Oliwa Cathedral
- ⑩ Pacholek Hill



The Yellow Trail
Gdynia-Gdańsk

The Black Trail Sopot
Sopot-Sierakowice

The Blue Trail
Sopot-Kartuzy

The Green Trail
Sopot-Skarszewy

Zatoka Gdańska

molo

Westerplatte

ZOO

KARMIENSKA

KOŚCIERSKA

KWIETNA

BIŁOWSKA

Lasy Oliwskie

VII Dwór

Złota

Karczma

SŁOWACKIEGO

SŁOWACKIEGO

MATEMBLEWSKA

SASIECZA

KARTUSKA

SIMEONOWSKA

Kielpino
Górne

The Green Trail
Sopot-Skarszewy

The Blue Trail
Sopot-Kartuzy

The Black Trail Sopot
Sopot-Sierakowice

Zabianka

Przymorze

Oliwa

Brzeźno

Wrzeszcz

Niedzwiednik

Suchanino

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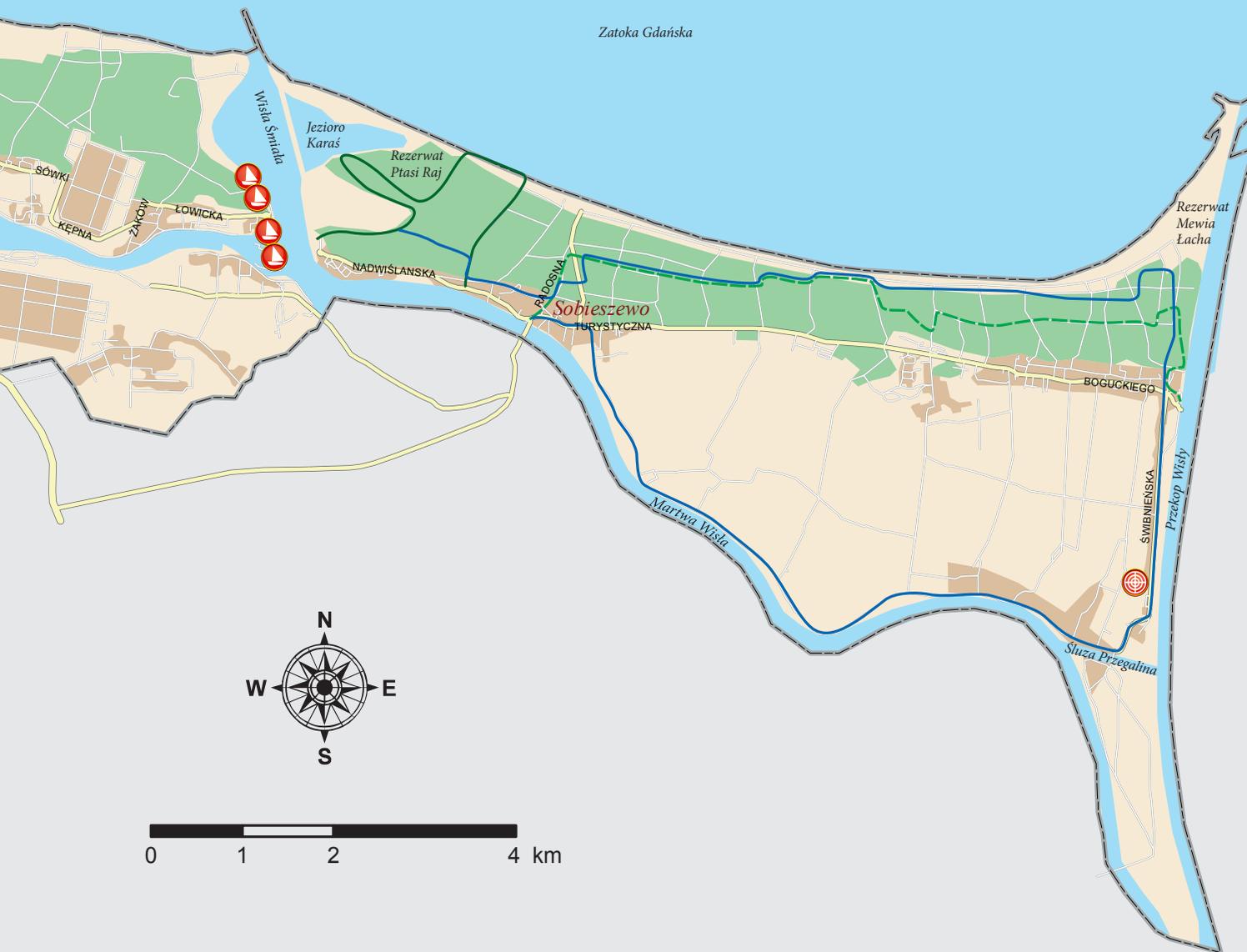
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Gdańsk – Tourist Information Offices

Gdańsk Tourist Information Centre
ul. Długi Targ 28/29, tel. 58 301 43 55
www.gdansk4u.pl

Lech Wałęsa Airport
ul. Słowackiego 200
tel. 58 348 13 68

PKP Railway Station (in the underpass)
ul. Podwale Grodzkie
tel. + 48 58 721 32 77

PTTK Office, Gdańsk, ul. Długa 45
tel. 58 301 91 51, 58 301 13 43, www.pttk-gdansk.pl

Tourist information about the Tri-city and Pomerania:
www.poznaj3miasto.pl
www.visit3city.pl
www.gdansk.pl
www.gdansk4u.pl

Published by:
City Hall of Gdańsk
Mayor's Bureau of City Promotion
tel. 58 323 71 00, e-mail: bppm@gdansk.gda.pl

Concept and editing by:
Abakart Travel Promotion, www.abakart.com.pl

Photos by courtesy of: PKFM „Twierdza Gdańsk”,
Gdańsk City Hall: (authors: Jerzy Pinkas, Maciej Nicgorski,
Przemysław Rot, Magdalena Szalachowska, Stanisław Składanowski,
Robert Kwiatek, MOSiR (author: Grzegorz Pawelec),
UMG/Rhode-Kellermann-Warowsky,
www.kajakiempogdanku.pl, Anna Kolečka – Abakart,
Maciej Blachowski

Graphic design:
www.artdesign.net.pl



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