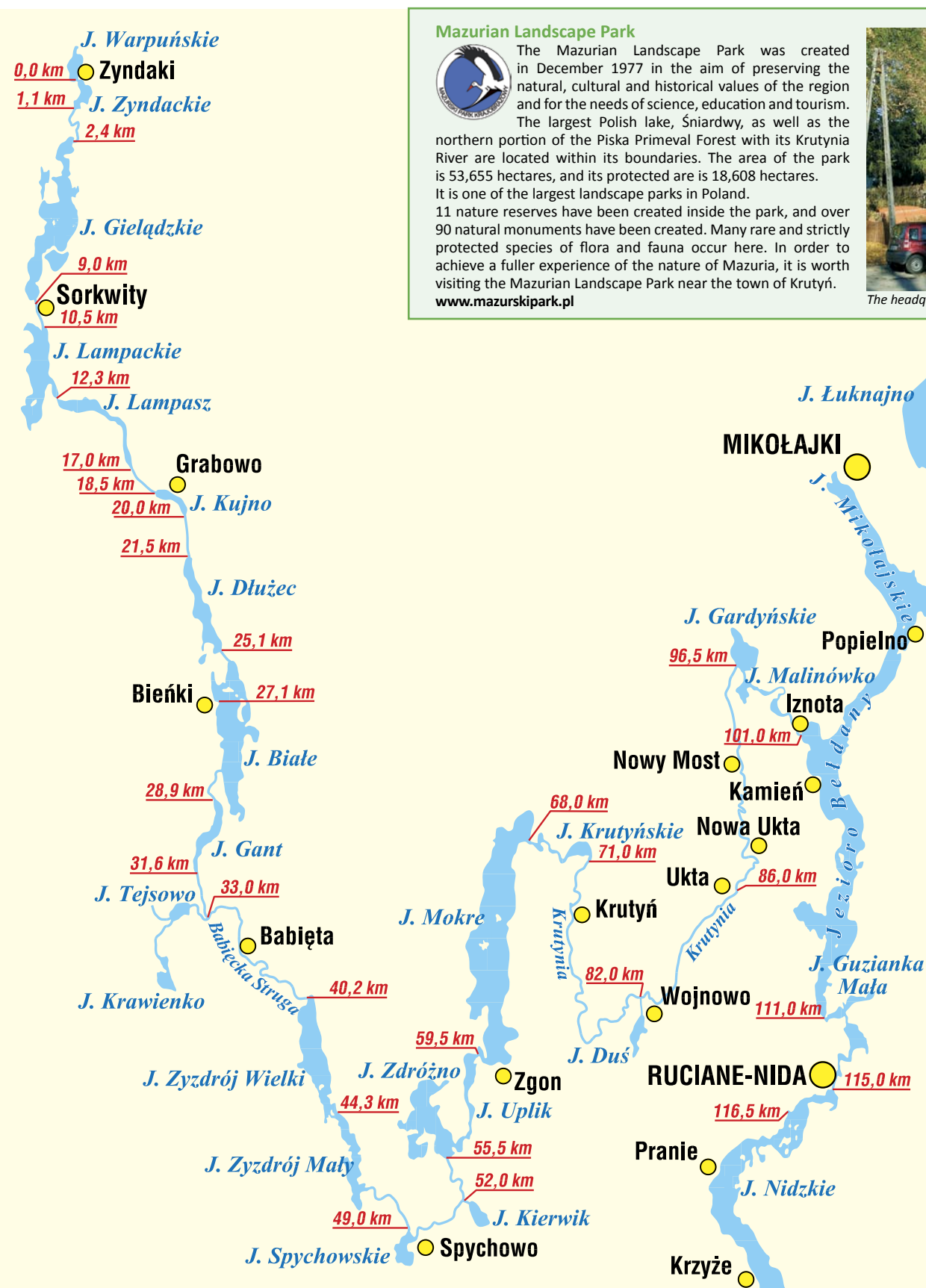




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Mazurian Landscape Park

The Mazurian Landscape Park was created in December 1977 in the aim of preserving the natural, cultural and historical values of the region and for the needs of science, education and tourism. The largest Polish lake, Śniardwy, as well as the northern portion of the Piska Primeval Forest with its Krutynia River are located within its boundaries. The area of the park is 53,655 hectares, and its protected area is 18,608 hectares. It is one of the largest landscape parks in Poland. 11 nature reserves have been created inside the park, and over 90 natural monuments have been created. Many rare and strictly protected species of flora and fauna occur here. In order to achieve a fuller experience of the nature of Mazuria, it is worth visiting the Mazurian Landscape Park near the town of Krutyń. www.mazurskipark.pl



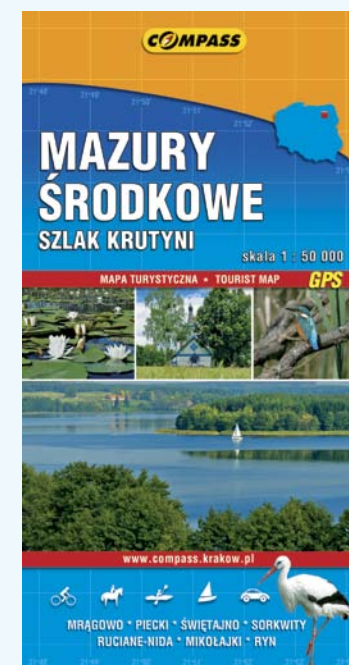
The headquarters of the Mazurian Landscape Park in Krutyń

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More information, full offer:
www.compass.krakow.pl

Sorkwity Polish Tourist and Sightseeing Society water lodge – the first on the Krutynia route

Stanica wodna PTTK Sorkwity

ul. Zamkowa 13, Phone: +48 89 742 81 24, Mobile: +48 606 627 503
www.sorkwity.pttk.pl sorkwity@mazurypttk.pl

Prijon Criuser 430



Features – single-person kayak with a storage compartment in the stern and webbing on the bow. Skirt rental 5 PLN / day, weight about 23 kg, capacity 140 kg.
Rental price – 45 PLN/ day – Discount for multi-day rental.

Prijon Criuser II



Features – two-person kayak with a storage compartment in the stern and webbing on the bow. Apron rental 5 PLN / day, weight about 37 kg, capacity 240 kg.
Rental price – 45 PLN / day – Discount for multi-day rental.

Necky Gannet II



Features – two-person kayak with a rudder and spacious, open cockpit. Baggage netting on bow, weight about 33 kg, capacity 230 kg.
Rental price – 40 PLN / day – Discount for multi-day rental.

Lettmann Summerwind



Features – three-person kayak for parents with a child. Without middle seat it has significant baggage space, weight about 41 kg., capacity 330 kg.
Rental price – 40 PLN/ day – Discount for multi-day rental.

Kanu Lettmann Micmac



Features – three-person canoe intended for long trips. Large baggage space, weight about 35 kg. capacity 320 kg.
Rental price – 40 PLN / day – Discount for multi-day rental.



Kayakers in groups of about 20 travelling about 8 to 16 km a day, staying overnight in attractive Polish Tourist and Sightseeing Society water lodges. Each trip is led by a guide who looks after the safety of the group on the water and organizes activities for free time. We guarantee a pleasant family atmosphere.

Included in trip price: food – 2 meals + dry provisions, accommodations in cabins, baggage transport, two-person polyethylene kayaks (single-person available on request), guide supervision, accident insurance.

Trip dates from late June to the end of August, with various trip stages:

- 9-day trip from Sorkwity to Nowy Most beginning every Saturday – price from 1100 PLN
- 10-day trip from Sorkwity to Ruciane-Nida beginning every Sunday – price from 1150 PLN
- 5-day trip from Sorkwity to Zgon beginning every Monday – prices from 650 PLN
- 5-day trip from Zgon to Kamień beginning every Friday – prices from 650 PLN

We also organise trips according to individual group itineraries at any time.

Mazurian Polish Tourist and Sightseeing Society - trip organiser

10-950 Olsztyn ul. Staromiejska 1
Phone: +48 89 527 40 59, 89 527 51 56
www.mazurypttk.pl info@mazurypttk.pl

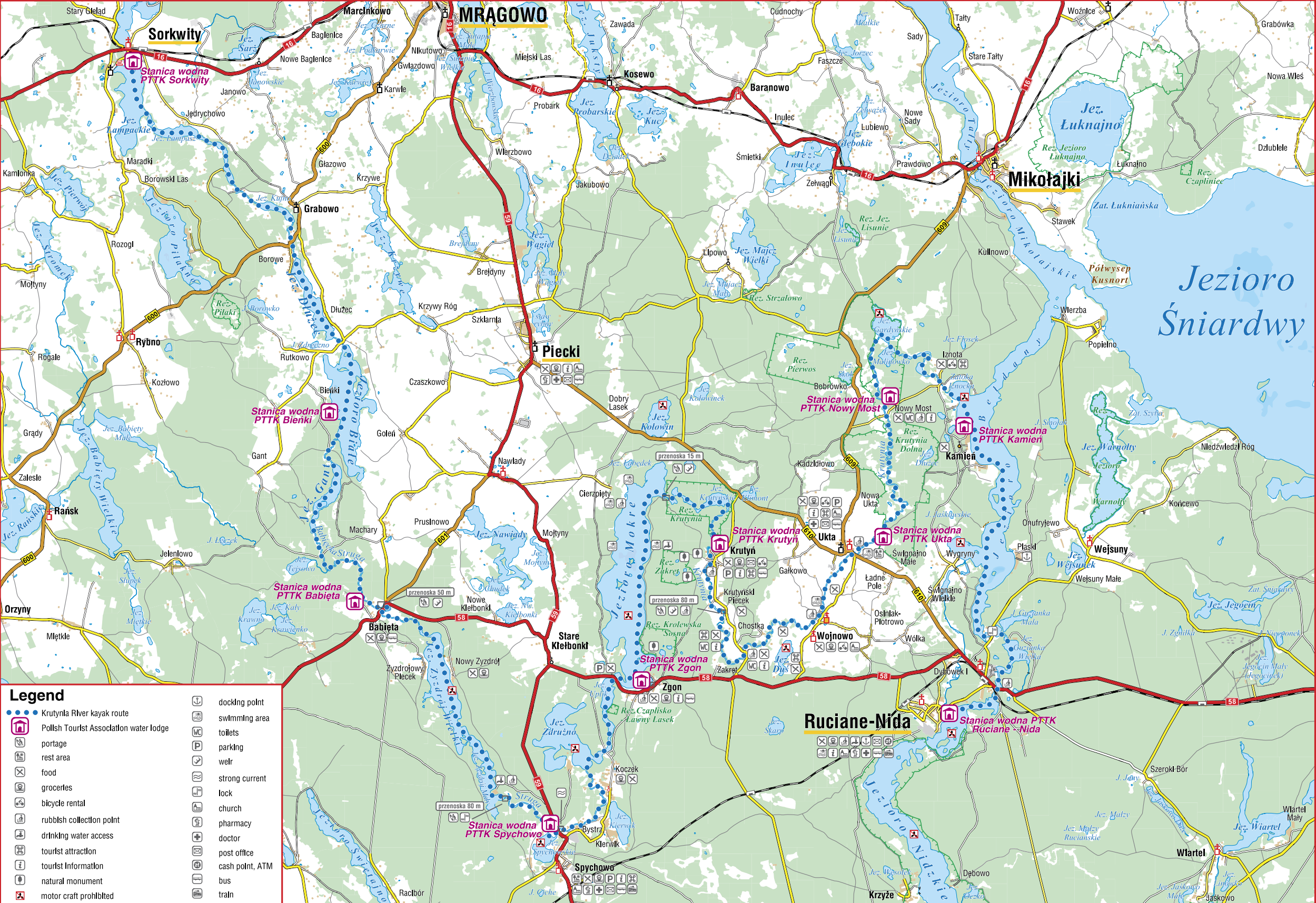


Krutynia River kayak route





The Krutynia River kayak route is 100 km long and runs through the most naturally precious lands of Mazuria. It begins its run in Sorkwity on Lampackie Lake, ending in the Great Mazurian Lakes in the towns of Ruciane-Nida. The route of the Krutynia consists of over a dozen lakes connected by streams. The longest of them is the 26 km Krutynia River from which the name of the route is taken. The landscapes of the route are highly varied. They are made up of picturesque lakes surrounded by forests and larger bodies of water such as Lake Mokre with uninhabited islands. The majority of the streams run through forested country. On the upper end of the route, they have significantly faster currents. In the lower part they become wider, lazily meandering to create perfect conditions for watching water fowl. The course of half of the route runs through the lands of the Mazurian Landscape Park. Many precious examples of flora and fauna can be found here. The bottom of the Krutynia and its upper shores are home to rare red algae and fresh-water sponges, which is a testament to the exceptional purity of its waters. The grey heron is an inseparable companion to the flowing waters, and it is particularly fond of the lands along the route. The history of tourism on the Krutynia begins in the early twentieth century. The first descriptions of the route can be found in the novel Na Tropach Smętki by author and journalist Melchior Wańkowicz, and the words of local Poet Karol Młajek are also notable: If one has not seen the Krutynia, one has not seen Mazuria. Aside from its fascinating natural setting, Krutynia and other kayak routes are notable for the network of Polish Tourist and Sightseeing Society water lodges. There are ten of them, located so that even a beginning kayaker can traverse the distances between them. All of the lodges feature overnight accommodations. Cabins and on the campgrounds also have small restaurants serving the specialties of local cuisine. The most popular on the Krutynia are travels between the successive lodges. In order to really experience the beauty of the route, it is best to set aside several days. The most convenient location to begin the journey is the first lodge in Sorkwity. The lodge has the best-equipped kayak rental point, and a scuba base is also located there. Krutynia is one of the best-known Polish kayak routes, and once you've been there, you're sure to be back.



Krutyn Polish Tourist and Sightseeing Society water lodge

Sorkwity Polish Tourist and Sightseeing Society water lodge – kayak base
Phone: +48 89 742 81 24
www.sorkwity.pttk.pl sorkwity@mazurypttk.pl

Bienki Polish Tourist and Sightseeing Society water lodge
Phone: +48 89 742 10 59
www.bienki.com.pl stanica.bienki@wp.pl

Babięta Polish Tourist and Sightseeing Society water lodge
Mobile: +48 608 509 498
www.mazurypttk.pl stanica@skrzynka.pl

Spychowo Polish Tourist and Sightseeing Society water lodge
Phone: +48 89 622 52 78
www.stanicaspychowo.pl stanica.spychowo@gmail.com

Zgon Polish Tourist and Sightseeing Society water lodge
Phone: +48 89 742 01 14
www.wodan-pttk.webpark.pl wodanstanica@wm.pl

Krutyn Polish Tourist and Sightseeing Society water lodge
Phone: +48 89 742 12 93
www.kajaki-krutynia.pl stanica.krutynia@wp.pl

Ukta Polish Tourist and Sightseeing Society water lodge
Phone: +48 87 425 70 46
www.stanicaukta.com.pl

Nowy Most Polish Tourist and Sightseeing Society water lodge
Phone: +48 87 423 60 45
www.nowymost.pl biuro@nowymost.pl

Kamień Polish Tourist and Sightseeing Society Water Tourism Centre
Phone: +48 87 423 60 22
www.kamien.org

Ruciane-Nida Polish Tourist and Sightseeing Society Water Tourism Centre
Phone: +48 87 423 10 12
www.uandrzeja.pl kontakt@uandrzeja.pl

Piecki Polish Tourist and Sightseeing Society Resort
Phone: +48 89 742 10 25
www.pttk.mazurski.pl owpttk@post.pl

Kayak trips, accommodations reservations on the route
Mazuria Polish Tourist and Sightseeing Society
10-950 Olsztyn, ul. Staromiejska 1
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www.mazurypttk.pl info@mazurypttk.pl

The ten commandments of kayaking

- Board and exit the kayak with the bow pointing upstream
- Always land heading upstream
- After capsizing in deep water haul the kayak ashore without turning it back over.
- When capsizing, save the person first and deal with the gear later.
- Items carried in the kayak should be secured against water (put into a waterproof bag) and from loss in the water (tie it to the kayak).
- Travelling on the river, always be aware of the surface of the water ahead of the kayak, paying careful attention to all ripples, waves and whirlpools, as these are as usually signs of underwater obstacles that you should avoid.
- Observe changes in weather carefully.
- Do not board the kayak under the influence of alcohol and do not drink alcohol while kayaking.
- Pay attention to others and give assistance when needed.
- Measure your intentions according to your abilities, not the other way around. Do not be rash.



Babięta Polish Tourist and Sightseeing Society water lodge

10 Golden Rules of kayaker behaviour in nature

- Avoid kayaking into reeds, bulrushes or other riverbank plants. Avoid gravelly, sandy or rocky mulish shoals (bird feeding and resting areas).
- Maintain a sufficient distance from reeds, bulrushes and other riverbank plants – in open water about 30 to 50 metres. Maintain a sufficient distance from bird breeding and nesting areas in the water, where possible at least 100 m.
- Follow all applicable laws within the preserve. Water sports are often prohibited within the preserve year round, or at least for periods, or may be permitted only under particular rules. Be familiar with these rules.
- Exercise particular caution when using “water areas with international significance” For water sports. These areas are habitat for rare species of animals and plants and are subject to special protections for these reasons.
- When walking on land and mooring boats, use only designated areas or those that are not subject to damage.
- When on land, do not approach reeds, bulrushes or other riverbank plants in order not to threaten bird, fish, small animal or plant habitats.
- Maintain a distance of at least 300-500 metres distance from bird flocks and remain on the marked trail. Paddle slowly.
- Observe and photograph animals only from a significant distance.
- Help keep the water clean. Do not throw garbage into the water.
- Treat these rules as your own, know the law concerning the area you are travelling in before you depart. Ensure that this information and your own behaviour are the example for young people and, foremost, for any non-organised tourists.