



Centrum  
Europejskich Inicjatyw  
Edukacyjnych

CEIE

# WALK GREEN STAY HEALTHY

## WALKING ACTIVITY NO 03

### INTRODUCTION:

In the middle ages Łódź was surrounded by woods and more than 10 rivers were flowing here. Because of this, in the XIXth century Łódź was developing as a cotton town. Nowadays within the borders of the city there are famous forests: Łagiewniki, Lublinek, Ruda Popioły. In city parks, one can find massive trees - nature monuments. Some of them are more than 200 years old. The whole area of city parks is 503,8 hectares. Some of them were founded by cotton manufacturers as private gardens and can be very attractive for tourists. Not only as recreation areas but also as a places of artistic performances and concerts. In Łódź one can also visit the Botanical Garden and the ZOO. Parks and green areas in the Łódź is not only a place of rest and recreation of the inhabitants, but also an important meeting place for outdoor. There are organized during the summer picnics, concerts, group activities (running, fitness, yoga, Nordic walking), games (tennis, chess) and play and film screenings in the open air. Lovers walking willingly choose to organize guided walks in the footsteps of Lodz monuments such as the rivers.

### THE ADVENTURE:

The third walking activity is planned to be the one related to **ENVIRONMENTAL WALK**. This activity aims to make participants aware of beauty of green Łódź and its surroundings.

The walking activity will start at the premises of Wyższa Szkoła Biznesu i Nauk o Zdrowiu which is situated in post-factory building on Piotrkowska street. Participant will be transferred by bus to visit and walk around the Wzniesienia Łódzkie Landscape Park which is one of forms of territorial nature protection in Poland. Within its area, "natural, historical and cultural values are protected, and the aim of its creation is to preserve, popularise and disseminate these values in conditions of balanced development".

The Wzniesienia Łódzkie Landscape Park has been created in 1996. It is located between Łódź, Brzeziny and Stryków, on an area of 13767 ha. Numerous hills in the southern part of the park offer wonderful vistas of some of the most attractive landscapes in the region. Diverse terrain relief, numerous springs and deeply incised river valleys as well as the abundance of various plant and animal species make this area rich and very attractive. The major part of the park territory is covered with farmland. Forests occupy 28% of its area. The Wzniesienia Łódzkie Landscape Park is characterized by rich flora (i.a. globe flower, mezeron, round leaved sundew, clubmosses, orchids) as well as diverse fauna (i.a. leisler's noctule, firebeiled toad, fisherking). The cultural heritage of the park includes: remains of an old settlement from the 6th century in Stare Skoszewy - the oldest relic of material culture within the territory of the park which had been the first centre of power and administration in this region, furthermore the baroque monastery in Łagiewniki, wooden church from the 17th century in Niesułków, many huts from 19th century roadside chapels as well as World War I and World War II cemeteries.

Our first stop will be at the **VIEW POINT in TEOLIN** where participants will have a chance to admire the beautiful surroundings of Łódź city. They will be presented a short story about origins of the terrain which





relief in this vicinity date back to the Pleistocene ice age that time, climate conditions prevalent in the current area of Poland were favourable for the formation of continental glacier. Due to its shaping and destructive action, many interesting geomorphological forms have been formed in this area. These forms have undergone extensive remodelling in subsequent geological periods, they are nevertheless still distinctly visible in the shape of the terrain. Erratic boulders occur rather commonly within the territory of the park. These are rock fragments which had been transported here by the glacier from Scandinavia.

Leaving Teolin the group will head towards **BYSZEWY**, a village where participants will visit classicist mansion and neglected park. Mansion in Byszewy played a role in the life of Jarosław Iwaszkiewicz, a Polish writer. They will also have an opportunity to take a picture of the 400-years-old oak Jarek.

The Park is famous for old trees that remember the times when all of this area was covered by the extensive Łódź Primeval Forest. Various types of forests (bright oak forest, oak-hornbeam forest, bog alder forest, floodplain ash-elm), picturesque meadows, pure rivers and many different types of springs could easily be found there.

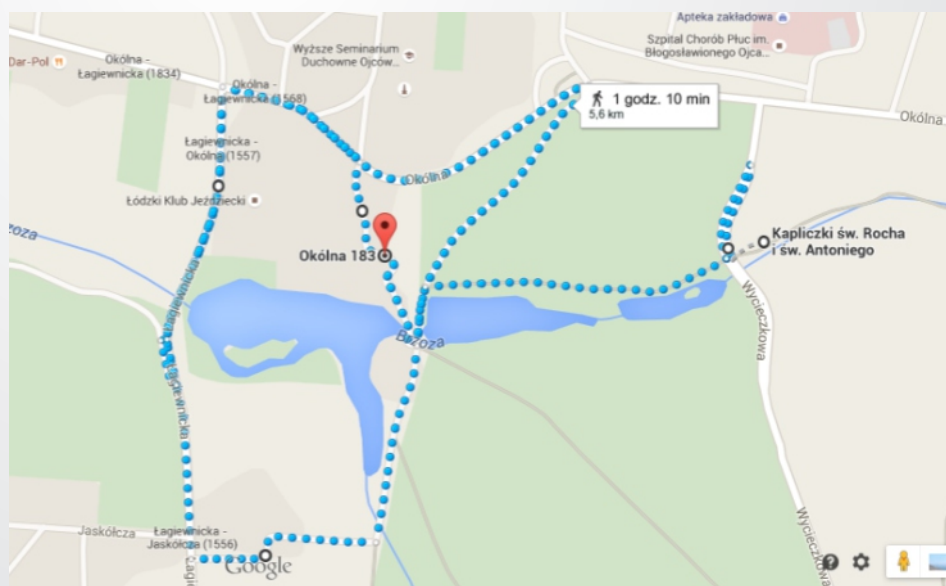
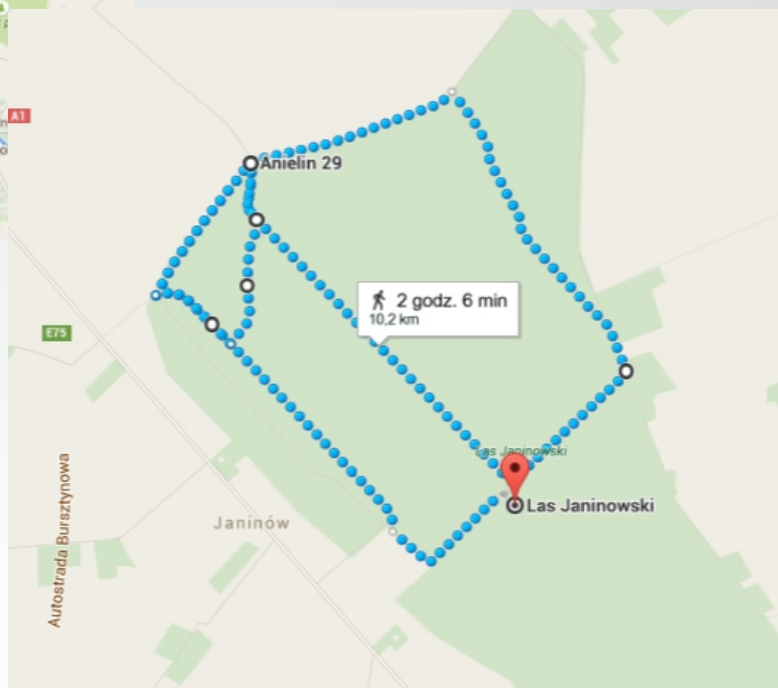
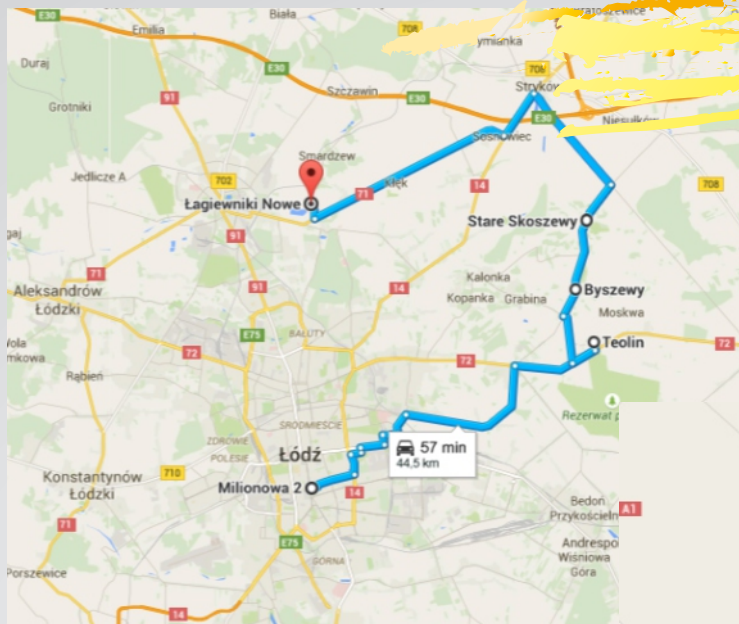
Numerous trekking and cycling trails make it easier to move around the park and appreciate its educational advantages. Still nature includes numerous boulders and picturesque boulder sites. Huge megaliths sticking out among fields often deserve the name of natural monuments due to their value and majesty. Some of them have historic value. They display plaques commemorating important events in the region. Some of the nature preserves are: Struga Dobieszkowska, protecting the naturally meandering river Młynówka together with its valley that supports richly growing floodplain forests, Las Łagiewnicki where the object of protection is oak-hornbeam forest, as well as Parowy Janinowskie with an interesting arrangement of terrain relief forms covered with beech forest. The last one point will hold the third position on the must see list of places worth to be visited during this walking activity. Participants will walk along this wonderful area, enjoying the weather and natural beauty.

The next and the last stop will be the one in Europe's biggest forest located within a city borders. **ŁAGIEWNICKI FOREST** is a remnant of former Łódź Primeval Forest which existed in the present Łódź and its surroundings until 200 years ago. The most valuable part of the forest is protected as a natural reserve. Bzura river has its springs here little further down, in Arturówek, it creates three major baśni – Łódź's largest recreational centre with landing stages for kayaks and rowboats. In the forest, there are two wooden baroque chapels: St Roch and St Sebastian's and St Anthony's/ the latter one is the oldest building of Łódź. Inside the chapel, there is a well providing spring water, which is considered to be miraculous. Nearby, there is also a Franciscan monastery and St Anthony Sanctuary, where MUSIC IN OLD MONASTERY FESTIVAL takes place each summer.

## SUMMARY:

The walking activity will be about 16 km long and will take about 8 hours including bus transfer and short breaks.





Translation source: [www.pkwl.parkilodzkie.pl/information,430.html](http://www.pkwl.parkilodzkie.pl/information,430.html)



This project has been funded with the support of the European Commission, this communication reflects the views only of the author, and the Commission cannot be held responsible for any news twchich may be made of the information contained therein.