

FOR CURIOUS EXPLORERS

SEASON: ALL YEAR
LENGTH: 1-DAY TOUR



BEAUTY OF NATURE ROUTE



TAKE A WELLBEING TOUR

Traveling is about experiences, recovery, enjoyment, feeling harmony, happiness, excitement and whilst feeling good you can also be doing good.

Explore Sobieszewo Island as your wellbeing destination.

Our route is specially designed and composed of points of interest, activities, and other worth seeing wellbeing places. We carefully selected them to inspire you to experience honest wellbeing offers, as sustainable as possible.

Build your very own memories with our welcoming hosts and beautiful places.



Wellbeing tourism is sustainable tourism that creates harmony and balance for body, mind, and soul. When you do good, you feel good and develop a state of wellbeing.

Why should you choose wellbeing services?

A wellbeing company protects and cares about the wellbeing of the local population, its staff, and its guests, taking traditions, natural and cultural

heritage into account. It gladly spreads its knowledge to more people and meet you and others with kindness and joy.

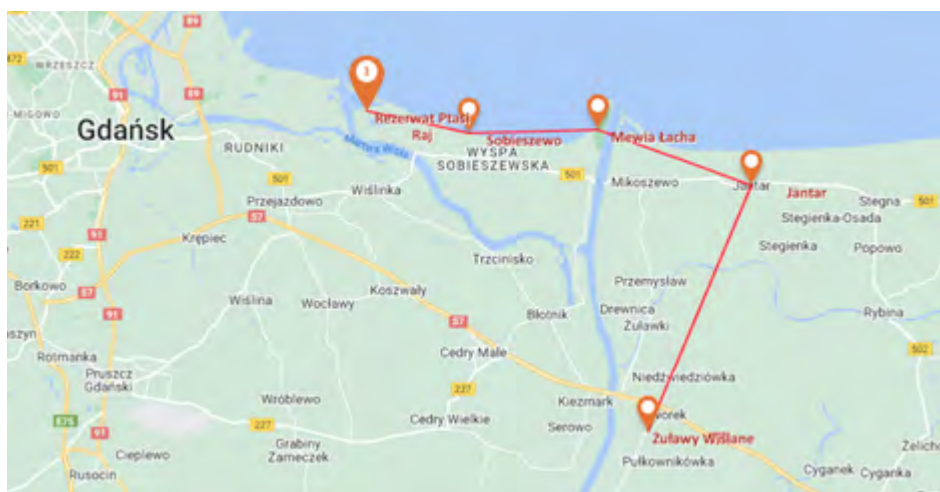
More wellbeing companies and places that do good can be found at www.wellbeingtourism.com



BEAUTY OF NATURE ROUTE

Take this breathtaking route to admire the wonders of nature and encounter the wildlife of Sobieszewo Island but also the rich history of Vistula Lagoon. The Sobieszewo Island, the Vistula Spit, the Vistula Lagoon, and the Vistula Fens (Żuławy Wiślane) are located east of Gdańsk and are noted for unparalleled multiculturalism and biodiversity. Visit

them by bike, boat, ferry, bus, narrow-gauge railway, and of course, on foot. You will discover sandy beaches, where you can easily find a space for yourself, meditate, search for amber, and come across seals, resting places for migratory birds, and the largest cormorant colony in the region.



1ST STOP

REZERWAT PTASI RAJ

Welcome to the heaven for thousands of birds. There are two nature reserves on the island, both make the most important protected areas for migratory birds in the country. The Bird's Paradise Nature Reserve (Ptasi Raj) covers two coastal lakes, namely Karaś and Ptasi Raj.

At the Bird's Paradise Nature Reserve you can conveniently watch the nature from viewing platforms without disturbing the animals. It is a unique outdoor leisure activity, that may influence your mental and spiritual harmony. Taking a binoculars with you is a clever idea.

There is a chance to become a volunteer and help to popularize knowledge about nature and protect it. Help to count or ring birds: scientists from the Biological Station of the University

of Gdańsk in Górkki Wschodnie and ornithologists from the Ornithological Station of the Polish Academy of Sciences, as well as numerous non-profit nature organizations regularly ring birds and count them.



 **Estimated time for this part: 1 hour**



2ND STOP

SOBIESZEWO

This area of great natural interest has not always been an island. Wide, sandy beaches make the northern edge of the island. They are, especially in the eastern part of the island, much less frequented than other Tricity beaches, from where a trained eye will see the Kosa Helska and the coastline of the Vistula Spit.

In summer, the beaches are full of lovers of sunbaths and swimming in the sea; in winter, on the other hand, you may come across the enthusiasts of ice swimming. On cooler days, it is pleasant to take a walk along the seashore, especially as amber is easy to find there. The beaches of the Sobieszewo Island and the neighbouring Vistula Spit are full of smaller and larger chunks. They differ from ordinary stones because they are lighter and warmer.



 **Estimated time for this part: 2 hours**



3RD STOP

MEWIA ŁACHA

At the mouth of the Vistula Dug-through, on both sides of the river, there is the Mewia Łacha nature reserve. This is where you can hear and see various species of birds, and come across beavers, or at least the dams and lodges they have hardly built.

Absorb the sounds, pictures, and smells of nature. Stay close to nature but do not disturb its peace. It is a place worth for visiting, especially if you want to meditate and focus on your inner peace. Walking along the beach, watching the sea and birds is great wellbeing activity for you and you can do it at Mawia Łacha during all seasons of the year.

Go on a ride by a narrow-gauge railway that connects coastal towns and will get you to another place of “Beauty of nature” route – Jantar. In the summer

season, the railway runs several times a day, but in late spring and early autumn – only on weekends. If you travel in a larger group, the trip may be exclusively yours.



 **Estimated time for this part: 1 hour**



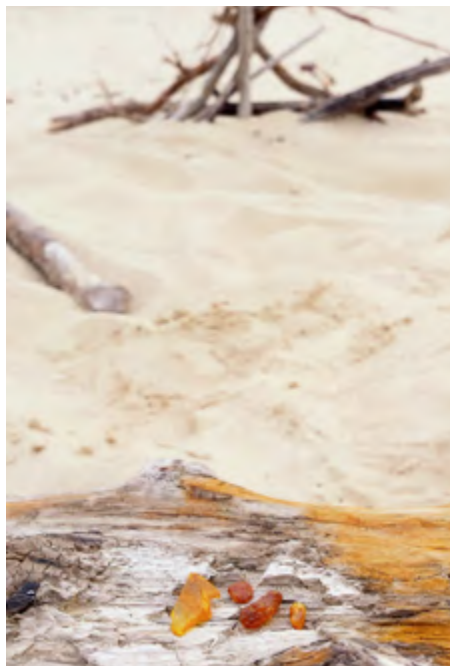
4TH STOP

JANTAR

The name of the town comes from the Baltic languages, and it means “amber”. Indeed, an exceptionally wide beach (up to 30 m), adjacent to Jantar, is full of small lumps of this precious gem.

Enthusiasts of a healthy lifestyle may be interested in preventive and therapeutic retreats. You will improve strength and cleanse your body and mind thanks to therapeutic treatments, including a healthy diet, fasting, physical therapy, exercises in the field of reflexology, and mindfulness practice. If the whole stay is too much for you, try medicinal products based on beetroot leaven, black and green tea and herbal teas.

Pay a visit to the Amber Mine, a family playground where you can learn to find amber chunks in sand.



 **Estimated time for this part: 2 hours**



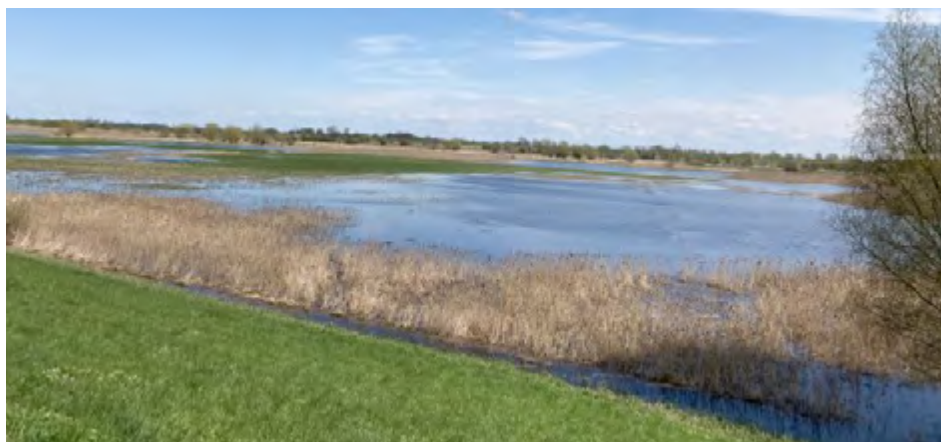
5TH STOP

ŻUŁAWY WIŚLANE

The Vistula Fens in its lower reaches, just before the estuary, the Vistula forms a 60 km wide flat valley.

Make sure to check out an arcaded house in Żelichowo. In the “Mały Holender” inn run by a famous photographer Marek Opitz you will learn about still cultivated local culinary traditions. Help yourself to dishes of fresh fish, swede, bread, crayfish, plum and elderberry soup. Have a taste of

local delicacy, namely the Mennonite Werderkäse cheese, the recipe of which has just been recreated in the “Mały Holender” inn. The owner himself will take care of his guests, show them around and tell them about local traditions. After a meal at the inn, visit the neighbouring historic Greek Catholic church. You will get everywhere by bike thanks to properly prepared and maintained infrastructure.



 Estimated time for this part: 2 hours

YOUR MODE OF TRAVEL MAKES A DIFFERENCE!

A major part of traveling is getting from place to place. Whether you are abroad or traveling in the local or regional communities. There are multiple transportation options to choose from but as a wellbeing guest, with the intention of doing good, a sustainable transport mode is to be preferred. Sustainable transport systems make a positive contribution to the environmental, social, and economic sustainability of the communities they serve.

In the example below, you can see how different transport choices give more or less CO₂ emissions per passenger-kilometers. We hope it can help you make changes on the way you get around.

Note: The transport modes below are for comparison purposes. Check their availability at your destination. Different transport modes may affect the suggested length of the route.

Choose wisely and reduce your carbon footprint!



Bike – 0 g/CO₂

BEST CHOICE, LOW IMPACT



Electric bike – 166 g/CO₂

LOW IMPACT



Public transport – 980 g/CO₂

MEDIUM IMPACT (PROVIDED THAT THE BUS IS WELL FILLED)



Biofuel car – 513 g/CO₂

MEDIUM IMPACT (MEDIUM SIZED BIOGAS VEHICLE)



Electric car – 751 g/CO₂

MEDIUM IMPACT (MEDIUM SIZED ELECTRIC VEHICLE)



Car – 1965 g/CO₂

HIGH IMPACT (MEDIUM SIZED DIESEL VEHICLE)





This brochure is prepared within the implementation process of SB WELL – Wellbeing Tourism in the South Baltic Region – Guidelines for good practices & Promotion, a cross-border cooperation project of the Interreg South Baltic Programme 2014-2020. Part-financed by the European Union [European Regional Development Fund]



European
Regional
Development
Fund

SB  WELL

The contents of this brochure are the sole responsibility of the authors and can in no way be taken to reflect the views of the European Union, the Managing Authority or the Joint Secretariat of the South Baltic Cross-border Cooperation Programme 2014-2020

Images credit: Maciej Nicgorski, Michał Brandt, W. Woch, Pomorskie.travel, pexels.com