

FOR PEACE OF MINDS

SEASON: ALL YEAR (BEST TIME SUMMER & AUTUMN)

LENGTH: 1-DAY TOUR



# THE KASHUBIAN PEACE OF MIND 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 Kashubia 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](http://www.wellbeingtourism.com)

# BE MESMERIZED BY THE CHARACTERISTIC LANDSCAPE AND EXCEPTIONAL BEAUTY.

To fully appreciate the allure of Kashubia, it is worth going on a short trip, for instance to nearby Przywidz.

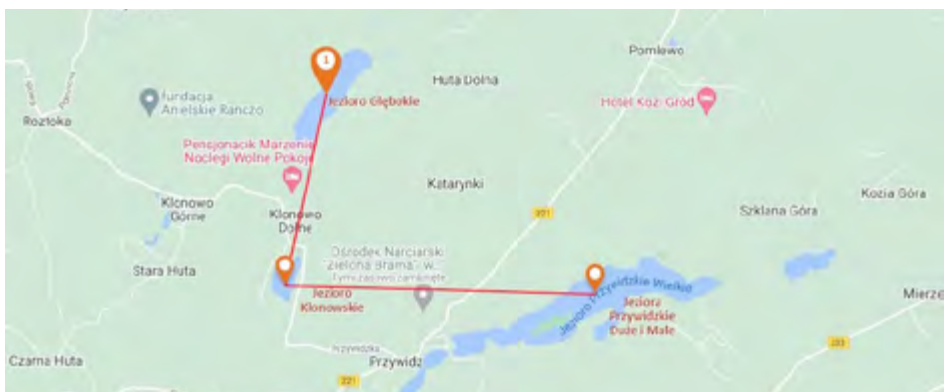
By taking the route you can experience beautiful and varied natural places like forests and lakes. This area offers many leisure activities, including birdwatching, water sports, forest bathing, mindful hiking or simply tasting locally produced, sustainable specialties like honey and lavender products.

Local farmers have their products and services available for purchase, such as organic eggs, mushrooms, honey, cheese, vegetables. They also rent bicycles, kayaks, or boats, offer horse riding, bathing in tubs, sauna, fishing, and much more.

There are many kind and honest hosts and companies to discover nearby.

They offer unique accommodations in a tranquil landscape, restaurants with a wide range of Kashubian flavors, and unique services such as apitherapy.

The trip starts at the Głębokie Lake surrounded by forests and small villages with shady avenues of trees. They surround the street tightly, thus creating a canopy over it. It is a very characteristic element of the landscape of Kashubia. Then we head to the Klonowskie lake – calm, charming lake located between picturesque hills. Next, we continue towards Przywidz – the village in the late 19th century was considered a summer resort. Today it is appreciated for its location somewhat off the main Kashubian routes, offering leisure in calm and peaceful atmosphere. Przywidz is surrounded by the Przywidzkie Lakes – our last stop on this route.





1<sup>ST</sup> STOP

## JEZIORO GŁĘBOKIE – THE GŁĘBOKIE LAKE

The Głębokie Lake is located next to Gałęzów village and it is surrounded by beautiful forests so you can fully enjoy the natural assets of the Kashubian area. Explore it by a lovely walk or get in harmony with nature quietly gliding across the water on a SUP.

In this area, you can find many calm spots where you can rest on a blanket, take a book, crosswords or sudoku with you and intentionally engage in leisurely activities – this is the perfect recipe for relaxation! At the north-eastern end

of the lake, you will find a cosy beach among the trees, where the lake is shallow. It makes another perfect place to take a rest, go for a picnic or practice yoga, depending on your preferences.

The surroundings of the Głębokie Lake makes perfect opportunity to start a mindful hiking. Furthermore, with a bit of luck, you may observe from a distance elks, deer, roe deer, fallow deer and badgers that live in the forests around Przywidz.

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





2ND STOP

## JEZIORO KLONOWSKIE – THE KLONOWSKIE LAKE

In the Kashubian Lake District you will find the Klonowskie Lake, also called the Modre Lake by locals. It is a calm, charming lake located between picturesque hills. It is a shallow lake, 3 m deep at the most. The Reknica River flows through it. A peninsula cuts into the lake, dividing it into two parts. The lake is covered with Nymphaeaceae, commonly known as water lilies, which green leaves and beautiful flowers floating on the surface of the lake, forming eye-pleasing view.

Go for a walk or sit on a blanket, and just relax with a delightful book or a newspaper.

A walk along the lake will take you to the village of Klonowo Dolne. If you visit this area between the end of March and the middle of August, gaze up and look for storks in their nests. White storks readily take advantage of such a neighbourhood with thinly scattered farms, arable fields, and meadows. You will most likely see the birds either making a nest or wandering in the fields.

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





3<sup>RD</sup> STOP

## PRZYWIDZKIE LAKES – WIELKIE AND MAŁE

The Przywidzkie Lakes is a pair of beautiful Przywidzkie Wielkie and the Przywidzkie Małe lakes, surrounded by picturesque beach, pine and oak forests in the Kashubian Lake District.

Once on the lake shore, you may either walk along the southern shore or take a shorter trip along the sunny northern shore. Before you go further, take a break on a vast, coastal clearing with benches and tables. It is a good place to take a rest, go for a picnic, camp, practice yoga or nordic walking. You can also use one of the walking or cycling routes around the Lake.

Around both lakes, there are small, sandy beaches perfect for the enthusiasts of summer and winter swimming, as well

as kayak and boat rentals. From the Przywidzkie Wielkie Lake, it is worth visiting an island in the middle of it, a nature reserve protecting the beech and oak forest that the island is covered with.

If you keep going, you will get to a bridge across a canal between the lakes. Once you cross it, turn right onto the forest road leading along the holiday resorts. When the road approaches the Przywidzkie Małe Lake, you will see a pleasant view of Przywidz, with a brick church tower, the blue of the water and the sky and colourful trees. The Lakes are remarkably beautiful in spring with lush greenery but also in October, with all the colours of autumn. Take a painting kit with you to transfer such lovely views onto canvas.

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 **Estimated time for this part: 2,5 - 3 hours**

**TIP:** Due to numerous hills, quite specific climate caused by a higher level of the terrain in relation to, for example, Gdańsk, and the woody shield, the snow cover lasts longer here than in the neighbourhood. Kashubia is becoming a good place for such winter sports as cross country and downhill skiing thanks to ski lifts and well-lit slopes.

# 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 CO<sub>2</sub> 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/CO<sub>2</sub>**

BEST CHOICE, LOW IMPACT



**Electric bike – 22 g/CO<sub>2</sub>**

LOW IMPACT



**Public transport – 129 g/CO<sub>2</sub>**

MEDIUM IMPACT (PROVIDED THAT THE BUS IS WELL FILLED)



**Electric car – 99 g/CO<sub>2</sub>**

MEDIUM IMPACT (MEDIUM SIZED ELECTRIC VEHICLE)



**Biofuel car – 68 g/CO<sub>2</sub>**

MEDIUM IMPACT (MEDIUM SIZED BIOGAS VEHICLE)



**Car – 259 g/CO<sub>2</sub>**

HIGH IMPACT (MEDIUM SIZED DIESEL VEHICLE)





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