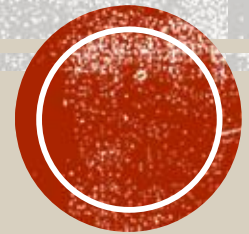


THE CISTERCIAN TRAIL



The Cistercian Trail is a unique tourist route, created on the territory of Europe, covering a large area of Poland, especially in the western and central part of Poland. This trail connects all the Cistercian abbeys in Poland, which have been created since the twelfth century as the first monasteries in the Polish lands. The Cistercian Route was established in September 1990 at the Cistercian abbey in Mogiła in Krakow as a part of the European Cultural Routes program. Among the objects on the Cistercian Route in Poland there are 4 active Cistercian monasteries (Mogiła, Szczyrzyc, Jędrzejów and Wąchock), including 2 continuously operating from the Middle Ages (Mogiła and Szczyrzyc) and 3 parishes under the care of the Cistercians (Oliwa, Sulejów and Henryków).





Sign of the Cistercian Trail



AT PRESENT, THE ROUTE INCLUDES FOUR TYPES OF OBJECTS IN POLAND. THOSE THAT ARE STILL USED, THOSE THAT ARE NO LONGER USED, THOSE AFTER WHICH THEY HAVE BEEN RUINED OR WHICH HAVE NOT BEEN PRESERVED, AND MODERN PLACES (THOSE ARE THE LEAST). THE LIST OF OBJECTS IS LONG - IT HAS 54 MONUMENTS.



CERTAINLY, YOU SHOULD GO TO LUBIAŹ, LOCATED NEAR WROCLAW WHERE THERE IS ONE OF THE LARGEST ABBEYS, AND ITS FOUNDATION IS DATED TO THE TWELFTH CENTURY. VISITING THEM, DO NOT FORGET ABOUT THE VISIT AT THE OPACKI PALACE. THE MOST REPRESENTATIVE BAROQUE STYLE, THE DUCAL HALL, IS CONSIDERED BY SEVERAL SOURCES AS THE MOST BEAUTIFUL IN LOWER SILESIA. WITHIN THE ABBEY IN LUBIAŹ FOR OVER 10 YEARS THERE IS ALSO AN INTERESTING CULTURAL EVENT - SLOT ART FESTIVAL. ALSO WORTH MENTIONING IS THE ABBEY IN WĄCHOCK, DATED TO THE XII-XIII CENTURY. THE MONASTERY WAS BUILT IN THE ROMANESQUE STYLE AND MANY OF ITS ELEMENTS HAVE RETAINED THEIR ORIGINAL APPEARANCE (IN OTHER CASES, MANY MODIFICATIONS WERE MADE MOST OFTEN). THE MOST VALUABLE MONUMENTS OF THE MONASTERY ARE THE CHAPTER HOUSE, THE REFECTORY AND BARRED WINDOWS THAT HAVE NOT BEEN PRESERVED FOR CENTURIES.



**OTHER INTERESTING OBJECTS ON
THE CISTERCIAN ROUTE ARE ALSO THE ABBEYS IN
BIERZWNIK AND IN HENRYKÓW, BOTH FROM THE
13TH CENTURY, AS WELL AS THE ABBEY IN PELPLIN AND
OLIWA. ENTRANCES TO MONASTERIES AND VISITS TO OTH
ER OBJECTS ON THE TRAIL COSTS ACCORDING TO
THE PRICE LISTS AVAILABLE ON THE WEBSITES.**



Abbey in Lubiąż



Abbey in Wąchock



Abbey in Henryków



Abbey in Pelplin



Abbey in Bierzwnik

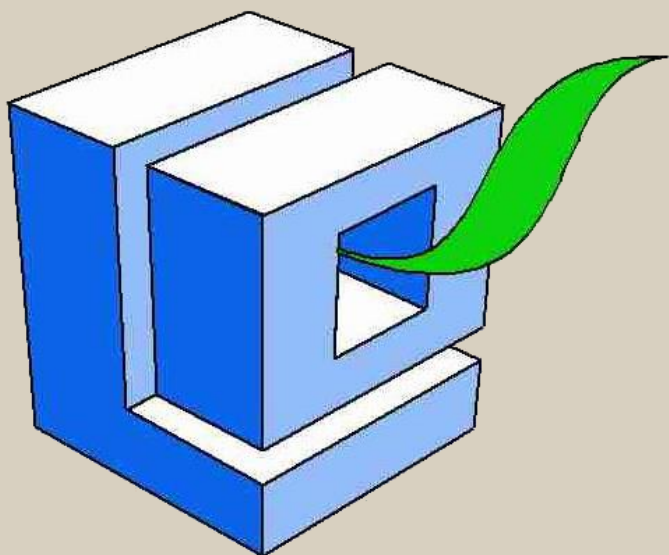


CISTERIAN BICYCLE ROUTE (WIELKOPOLSKA PROVINCE)

The Cistercian bicycle route leads to the most interesting places related to the Cistercian activities and other charming monuments in northern Wielkopolska Province. The 143-kilometer route is a bicycle loop. You can visit it by dividing it into several sections and transporting your bike to selected places by train. The Cistercian trail also creates an excellent opportunity to rest from the city noise, leading through the Zielonka Forest area, picturesque farmlands and old villages in the Wielkopolska Province.



**PATHS OF EUROPE”- WSPÓŁFINANSOWANY W RAMACH PROGRAMU UNII
EUROPEJSKIEJ ERASMUS+
PUBLIKACJA ODZWIERCIEDLA JEDYNIĘ STANOWISKO JEJ AUTORÓW I KOMISJA
EUROPEJSKA ORAZ NARODOWA AGENCJA PROGRAMU ERASMUS+ NIE PONOSZĄ
ODPOWIEDZIALNOŚCI ZA JEJ ZAWARTOŚĆ MERYTORYCZNĄ.**



Erasmus+

Julia Kijowska
Julia Pękala

