



Karpacz

for the Active



Karpacz is a city for the active! Be one of them!

Located in the heart of the Karkonosze Mountains, Karpacz offers perfect conditions for various types of activities. Thanks to the diversified natural topography, proper infrastructure and climate conditions, every enthusiast of hiking, extreme sports or winter sports can find something for them! If you like to spend your free time actively, or if you want to feel the thrill of adrenaline, we have a perfect offer for you!



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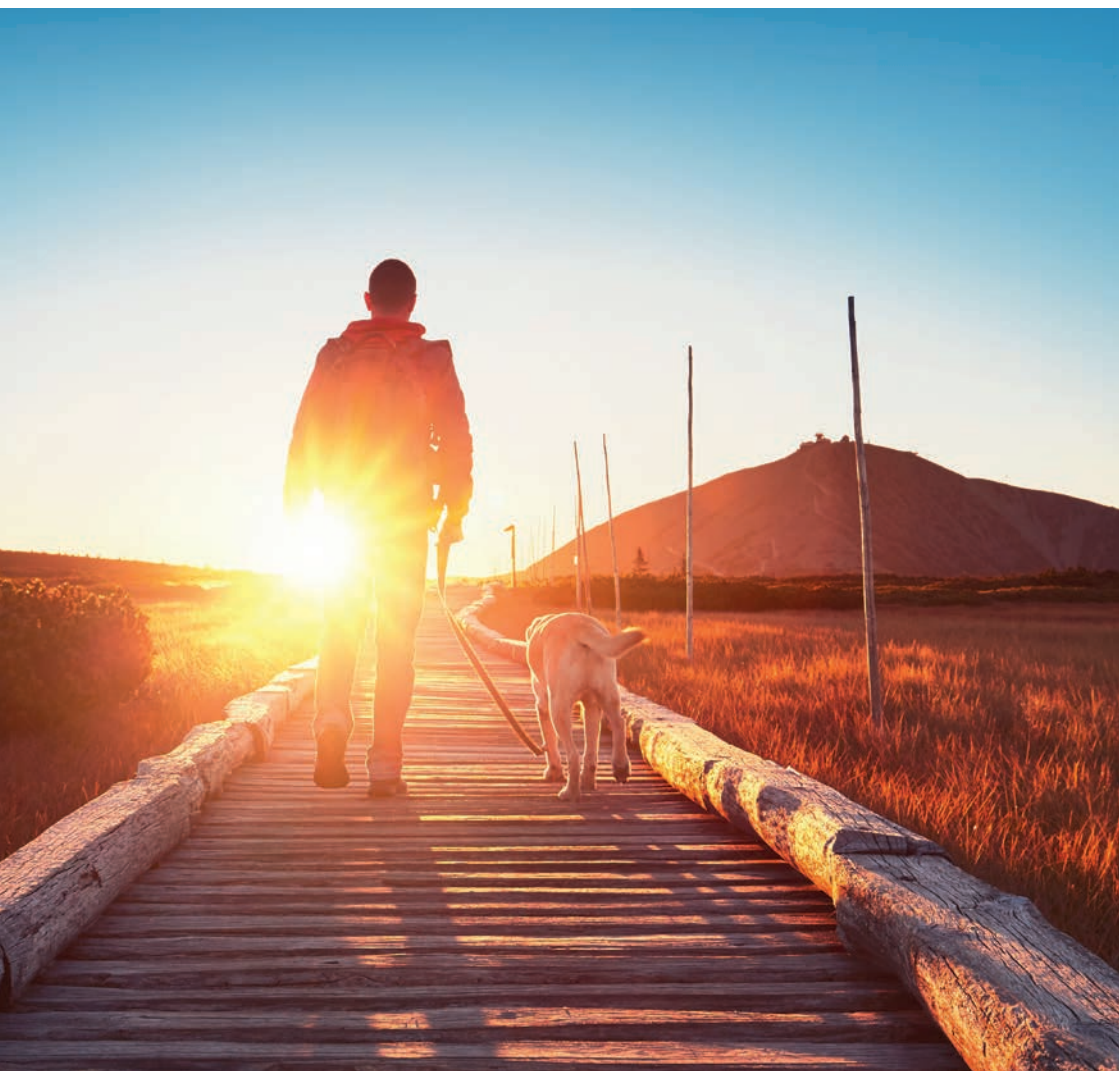


Hiking

”

I reach mountain
peaks in Karpacz...

When the snow melts and the tourist trails are more accessible, most of you wants to set off to the mountains and reach the highest peak of the Karkonosze Mountains – Śnieżka. We understand this perfectly, because being in Karpacz and not having set your foot on Śnieżka is like... not being in Karpacz at all. However, in the Karkonosze Mountains, you can find many more attractions. In the neighbourhood, there are tourist trails with a total distance of nearly 100 km, thanks to which you can discover one of the most precious natural areas of Poland. In the centre of Karpacz, there are also many walking trails enabling for a much less intensive hiking and discovering the local tourist attractions.



Hiking trails suggestions

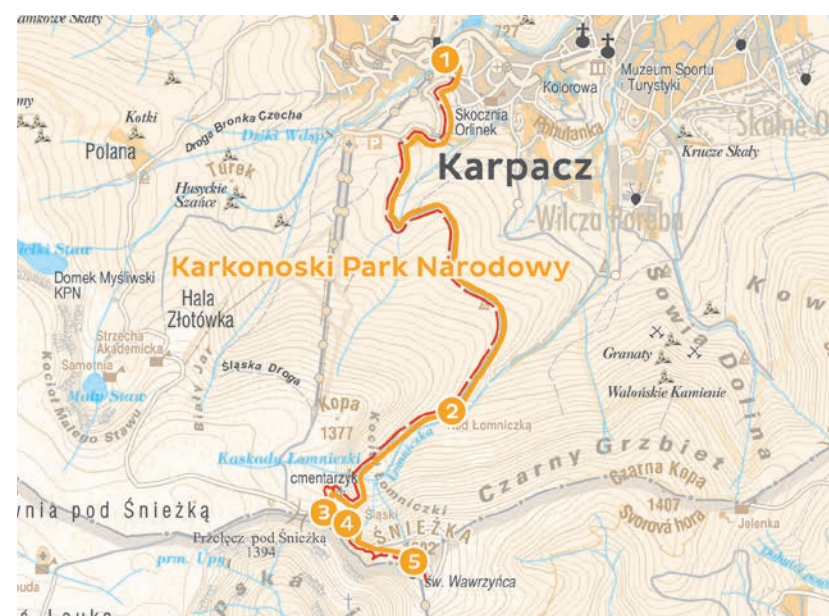
Trail ①

Walking time: approx. 3 hours

Difficulty: ▲▲▲ moderate

Route:

Karpacz Biały Jar PKS bus stop → Nad Łomniczką tourist shelter → Przełęcz pod Śnieżką → Silesian House tourist shelter → Śnieżka





Start your trip at the **Karpacz Biały Jar PKS bus station** ① which is the biggest junction of the tourist trails in the city. Take the red trail uphill the Olimpijska Street. On the way, you will pass the Orlinek Ski Jumping Hill which now operates as Extreme Sports Centre Quasar. You can take a break there and reach the top of the ski jumping hill to feel the adrenaline of a ski jumper and admire the picturesque panorama over the Karkonosze Mountains and the city. Slightly above the Orlinek, there is the entrance to the Karkonosze National Park. The red trail runs from there along a wide and easy path through forest to the **Nad Łomniczką tourist shelter** ②. The distance is accessible also for families with children in prams. Before setting off again, you can get some energy by eating the famous crepes with blueberries and whipped cream. Interestingly, this is the only shelter in the Karkonosze Mountains with no electricity. The shelter offers only food, and no accommodation. From there, the trail

is steeper and leads uphill to **Przełęcz pod Śnieżką** ③ mountain pass. On the way, you can take a break at the Łomniczka Cascades and the Symbolic Cemetery of the Mountain Victims. Note that in winter, the part of the trail from the Nad Łomniczką tourist shelter to the **Silesian House tourist shelter** ④ on the Przełęcz pod Śnieżką mountain pass is closed due to the avalanche danger!

We are now in front of the Silesian House tourist shelter at the altitude of 1400 m a.s.l. From there, there are only 203 metres to the peak of **Śnieżka** ⑤. This



Jubilee Path

Trail ②

Walking time: approx. 2.5 hours
Difficulty: ▲▲▲ easy/moderate

Route:

Wang Stave Church → Polana (Glade) → Domek Myśliwski (Hunter's Cabin) → Samotnia tourist shelter → Strzecha Akademicka tourist shelter → Kopa → Karpacz Biały Jar PKS bus stop





Wang Stave Church

Start your trip at the **Wang Stave Church** ① and entrance to the Karkonosze National Park. The wooden church is one of the biggest tourist attractions in Karpacz. It was erected in the 12th century in Norway in town Vang. In 1842, thanks to Frederick William IV, the King of Prussia, it was relocated to Karpacz and given to the local evangelicals who reside there up to this day. The trail runs uphill through the forest along the paved path, the so-called transport road. It leads to **Polana (Glade)** ②. Years ago, there was a tourist shelter there. Now, you can see only its remaining substructure, on the part of which a new resting place for tourists has been arranged.

After a short break, continue the same trail. After a few hundred metres and crossing Kozi Mostek (Goat Bridge), turn right into stone path. It will lead you to the **Hunter's Cabin** ③ which is the educational centre of Karkonosze National Park. You can enter the cabin and watch wildlife documentaries, listen to the lecture or take a part in the organized debates and workshops. From the Hunter's Cabin, the blue trail runs along a picturesque trail through the Small Pond Cauldron. Note that in winter, the part of the trail to **Samotnia tourist shelter** ④ is closed due to the avalanche danger! From this point, you need to go back to the so-called transport road and continue uphill. After a few hundred metres, on the right, there is a forest path running from the transport road to the tourist shelter.

Regardless of which path you choose, you will get to one of the most beautiful spots in the neighbourhood. The bottom of the great glacial cauldron is filled with the waters of the Small Pond which is the second biggest lake in the Karkonosze Mountains. Its area covers almost 3 ha, and it is 7 meters deep. In the water live many trout which years ago had their own guardian! The first building here was erected in the 17th century. It was a small cabin serving as a house of the guardian of the trout in the times of the Schaffgotschs. The current shelter comes from the 19th century. From this place, take the steep blue trail uphill. After a few dozen metres you can stop for a moment and turn back, because the view from up here is definitely breath-taking.

After approx. 10 minutes, the trail leads to **Strzecha Akademicka tourist shelter** ⑤. It is the biggest shelter in this part of the Karkonosze Mountains. Take a look at the preserved original decoration of the dining rooms and the tiled stove at the buffet. After leaving the shelter, take the yellow trail which is the path running along the resting place in front of the building. The path runs through the Biały Jar niche. This trail is impossible to take in winter due to the avalanche danger. In 1968, the biggest tragedy in the history of Polish mountains took place there. A group of 19 people died there in an avalanche. Next to the Złoty Potok (Gold Stream), you can see the pedestal of the monument commemorating the memory of the avalanche victims which was destroyed by the force of nature too. After crossing the stream, there is a rather monotonous path uphill running along the black trail leading to the upper lift station on **Kopa Mountain** ⑥. As a reward for all the effort, you can admire the beautiful view during the lift ride downhill. The trip ends at the bottom of lift station, from where you can take red or yellow trade and get to the **Biały Jar PKS bus station** ⑦ and next to the city centre.

Mountain Lifts

Lift to Kopa Mountain

ul. Turystyczna 4
tel. +48 75 76 19 284
www.kopa.com.pl

Winterpol Biały Jar Mountain Lift

ul. Turystyczna 5
tel. +48 774 86 60 431
www.winterpol.eu



You can find more trip suggestion on the website:
www.karpacz.pl/wycieczki-gorskie

Walking trails suggestions

Trail ①

Karpatka

Route:

park at the waterfall → Dam on the Łomnica River → Karpatka → Myśliwska Street → Karpacz – city centre

Walking time: approx. 1 hour

Difficulty: ▲▲▲ easy



Start your trip at the **park ①** at Konstytucji 3 Maja Street, slightly above the pharmacy, on the right side of the street, and go up the hill. In the park you can befriend the Spirit of the Mountain, Karkonosz, take a closer look at the coat of arms of Karpacz, and even stand on it and serve as a gnomon. You can admire the sculptures of animals living in the local forests now or in the past. You can enter the park by two gates. The shape of one of them refers to Wang Stave Church and it is a part of Via Sacra connecting all the churches in Karpacz. The second gate is a replica of the gate which used to be situated at this spot before the WWII.

Go through the park to the **Dam on the Łomnica River ②**. It is a genuine mountain river which is born as a small stream in the Small Pond at the Samotnia tourist shelter in the Karkonosze Mountains. Go through the crown of the dam to the other side, turn right into the forest, and take the narrow path running along the red trail. It will lead you through the hillside of **Karpatka ③**, covered with spruce, pines and beech trees. During the hike, you will pass through several granite rock formations. Sometimes you can see mountain climbers. Look around all the time, because between the trees you can spot beautiful views over the city centre of Karpacz and the highest mountain ranges in Karkonosze Mountains including Śnieżka of course. An eagle eye will spot the Orlinek ski jumping hill. The path will lead you to the meadows of Karpatka on the side of **Myśliwska Street ④**. From here you can admire fantastic panorama of Jelenia Góra Valley. You can sit down and relax, and then go down the trail to the street and continue downhill to **the city ⑤**. The second option is going uphill the street to the Medical Centre, from where you can go back to the dam.



Dam at the Łomnica River



In the park near the Dam on the Łomnica River, there are statues of animals inhabiting the Karkonosze forests in the past or now

Trail ②

Walking time: approx. 3 hours

Difficulty: ▲▲▲ easy

The Underground Karkonosze Mountains

Route:

Court Linden → Karczma Sądowa Bachus restaurant → Sport and Tourism Museum → exposure of hornfels rocks → Wilcza Poręba → Szeroki Most (Wide Bridge) → Raven Rocks → Skalne Estate → park at the Court Linden



Museum of Sport and Tourism

The Mining Trail is marked with thirteen stone signposts with a stylised image of hammer and pickaxe carved in stone. It presents the history of the Karkonosze Mountains related to the mining traditions of Karpacz.

Start your trip from the park at the **Court Linden ①** (Konstytucji 3 Maja Street/ Kościelna Street) where the first information board is fixed. It will take you into the world of medieval treasure hunters. Leaving the park, head towards **Bachus Restaurant ②**. In the past, a court tavern was situated here in which village leaders organized court trials. Behind the building of the restaurant and the parking lot on the other side of the street, you can see a characteristic wooden Upper Lusatian house. This is the **Museum of Sports and Tourism ③**, a next stop on the trail. You can enter the museum and admire the exhibition of the origins of tourism in the Karkonosze Mountains, winter sports development and natural environment.

Opposite the museum, you can find the shortest street in Poland, Skrzatów Street (Dwarves of the Karkonosze Mountains Street). Anyone who visits the street will certainly notice the stone with the image of a dwarf. More perceptive tourists will notice small footprints of dwarves who often walk there. The trail continues down the Kopernika Street to Obrońców Pokoju Street and turns right. After a few hundred metres, you will get to **odstąpienie hornfelsów ④** (exposure of hornfels), where you can see an outcrop of one of the hardest rocks in Poland. This is also the beginning of a short Geologic Track, along which you can find the collection of huge rocks of the region.

The Mining Trail continues along the Obrońców Pokoju Street in the direction of **Wilcza Poręba (Wolf's Clearing.) ⑤** Turn right behind the Relaks



Raven Rocks

Hotel and left into Sarnia Street. Next information boards provide information on mining traditions of Wilcza Poręba and the surrounding area as well as history of gold mining in the Karkonosze Mountains. Go down the Sarnia Street which will lead you to the forest. Continue the green trail which will take you to the former settlement Budniki and further to the Okraj Pass. At the **Szeroki Most (Wide Bridge)** 6, the Mining Trail turns left next to the black trail. Then it runs along the Płomnica River to Krucze Skały (Raven Rocks). The valley

of the stream is rich with many unique and valuable minerals. As early as in the Middle Ages, treasure hunters and gold diggers were scouring the area. Garnets were found here and in the 18th century, the garnet mine was opened.

Walking along the creek, you will get to the **Raven Rocks** 7, a granite and gneiss outcrop having a form of pillars of up to 25 m height. According to tales, the oldest adits were created in the Middle Ages. The memorial stone placed at the foot of the rocks informs about this fact. It is said that in the 18th century, Gottfried Exner opened two mines of kaolin clay, which operated to meet the needs of manufactures in Berlin. It is also said that the owner of the mine earned 20 francs in gold per tonne of clay used for the production of china. As a result of this activity two niches were formed in one of the pillars. Now, Raven Rocks are used for the purposes of climbing centre which offers a few dozen of routes with different difficulty, and the peak of one pillar is a great observation point over the Karkonosze Mountains.

From Raven Rocks, follow the route along the river to the Skalna Street. Then go through **Skalne housing estate** 8. It is a peaceful district of Karpacz with many villas and guest-houses. It offers a spectacular view over the Karkonosze Mountains and Jelenia Góra Valley. Next, follow the signposts and you will get to the city centre 'through the back door.' Because the trail forms a loop, you will finish the trip in the park at the Court Linden.



You can find more trip suggestion on the website:
www.karpacz.pl/trasy-spacerowe

On the Raven Rocks, you can try rock climbing ▶



A close-up photograph of a person's legs as they run on a rocky, uneven terrain. The person is wearing bright green and blue running shoes with red accents. The ground is composed of dark, jagged volcanic rocks. The background is blurred, showing some green vegetation. The image is framed by green triangular shapes in the top corners and an orange triangular shape in the bottom right corner.

Cross- country running

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I conquer my
weaknesses in Karpacz...

In the past years, the Karkonosze Mountains have become a famous place for running in Poland. In summer and winter, there are two famous runs held here – Mountain Ultramarathon 3 x Śnieżka = 1 Mount Blanc and Winter Ultramarathon named after Tomek Kowalski. In spring and autumn, the calendar of events is filled with the so-called ‘fast three’ runs, i.e. the Run to the Łomniczka Cauldron. The location of Karpacz in the central mountain range and a large amount of varied tourist trails guarantee great conditions for cross-country running.

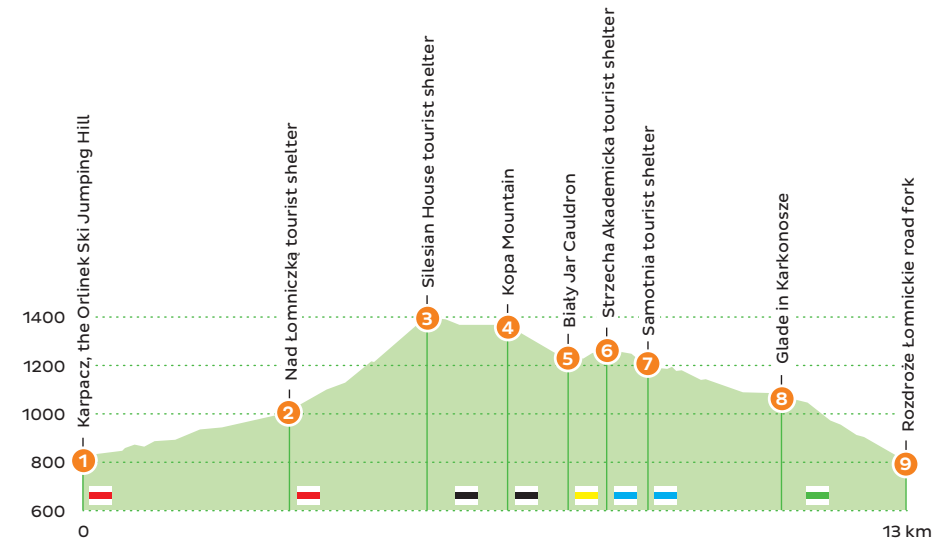
Cross-country running trails suggestions



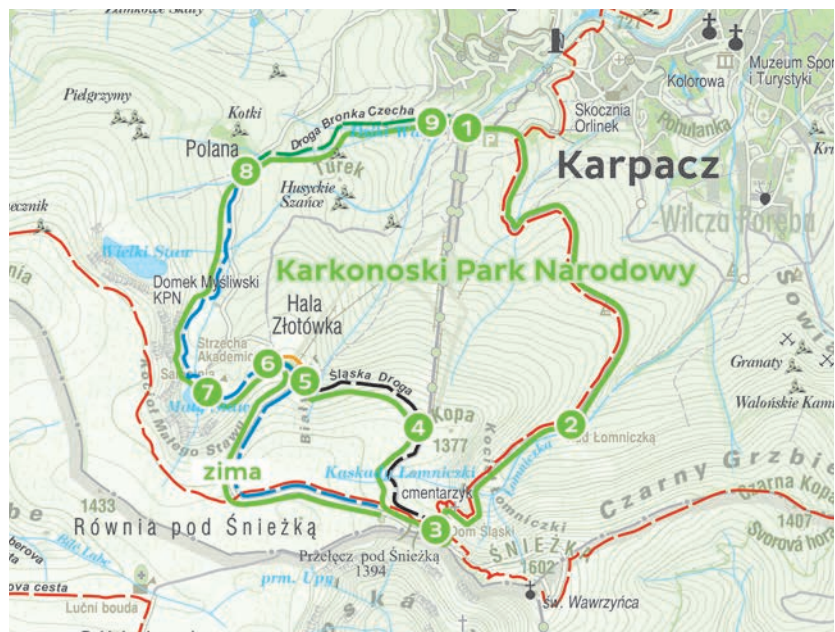
Trail 1

By the trail of the tourist shelters

Distance: 13.3 km
 Height difference: approx. 600 m
 Difficulty: ▲▲▲ medium
 Surface: mainly stone road (with technical roads) and paved road



Start your run at the parking lot at the **bottom station of the lift to Kopa 1** (Olimpijska Street), from where enter the red trail (after paying the entrance fee to the Karkonosze National Park). The trail runs slightly uphill to the **Nad Łomniczką tourist shelter 2** and continues in the direction of the Łomniczka Cauldron.



Strzecha Akademicka
Tourist Shelter

After passing the steep part of the trail, you will get to **Silesian House tourist shelter** 3.

From there you can take the red trail in the direction of Spalona Strażnica (Burnt-down Watchtower) and at the first road fork turn right onto the black trail. On the way, you will pass by the **upper station of the lift to Kopa** 4. Run down to **Biały Jar** 5. From there, traverse the hillslope by taking the yellow trail and run to **Strzecha Akademicka tourist shelter** 6.

WARNING! Due to avalanche danger, this part of the trail is unpassable during winter – you can run there only in the summer time. In winter, you need to take the red

trail to the Burnt-down Watchtower and turn onto the blue trail there. After arriving to Strzecha Akademicka tourist shelter, continue downhill to the **Samotnia tourist shelter** 7. From there, the blue trail leads to **Polana** (Glade) 8. Next, take the green trail – through the Dolina Płasawy (Płasawa Stream Valley) – to the parking lot at the **bottom station of the lift to Kopa** 9.



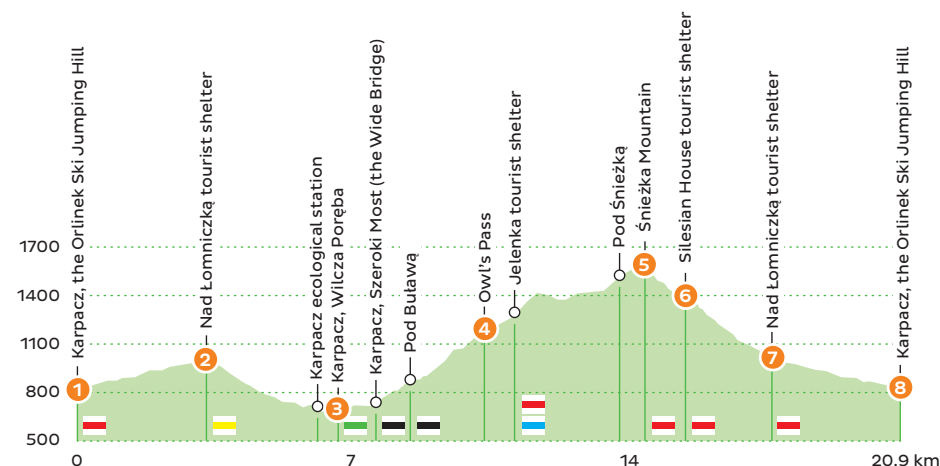
Trail 2

Sowia Przełęcz (Owl's Pass) – Kocioł Łomniczki (Łomniczka Cauldron)

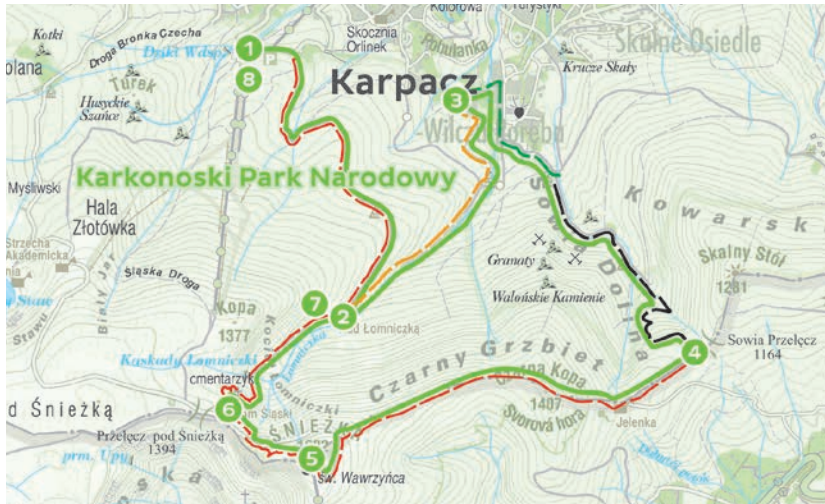
Distance: approx. 19 km
Height difference: approx. 1100 m

Difficulty: ▲▲▲ difficult

Surface: stone road
(even or uneven stones)
and paved roads



Start your run at the parking lot at the **bottom station of the lift to Kopa** 1. From there, run along the Main Sudety Trail (the red trail) in the direction of **Nad Łomniczką tourist shelter** 2. Right before the shelter, turn left onto the yellow trail and run towards **Wilcza Poręba** 3. Next, take the black trail which



leads to the Owl's Pas ④. Here change the trail to blue and red which heads to Śnieżka. On the way, there is a Czech Jelenka tourist shelter where you can take a rest.

From Jelenka tourist shelter, take the blue and red trail in the direction of Śnieżka ⑤. After reaching the highest peak of the Karkonosze Mountains (1603 m a.s.l.), run downhill the so-called steep curves and continue to the Silesian House tourist shelter ⑥. From there, take the red trail through Łomniczka Church to the Nad Łomniczką tourist shelter ⑦ which you passed at the beginning of the run. Go back to the parking lot the same way you came ⑧.

Silesian House Tourist Shelter



You can find more cross-country running trails suggestions with maps and GPX traces on the website:
www.karpacz.pl/trasy-i-sciezki



3 x Śnieżka = 1 x Mont Blanc

The participants choose from three distances thus running up the highest peak of Karkonosze Mountains once, twice or three times accordingly





Bicycling

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I find my inner
balance in Karpacz...

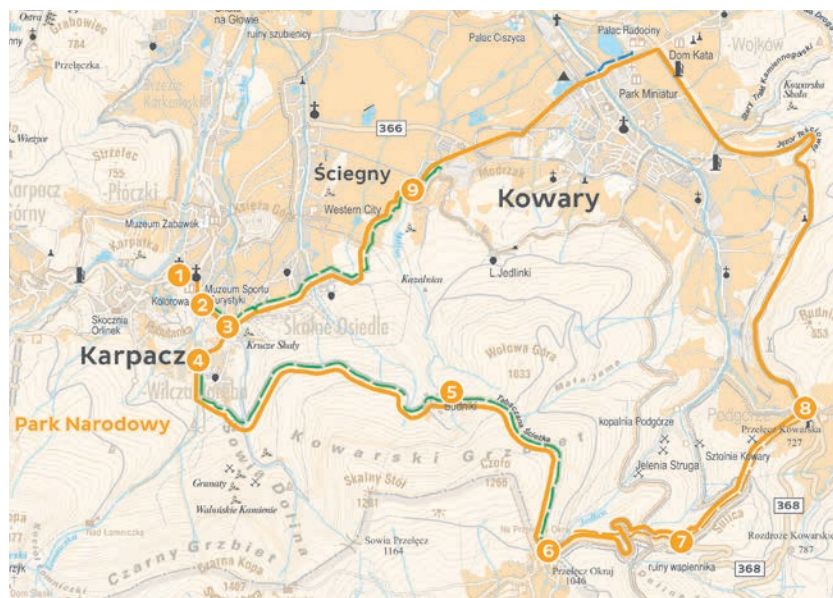
The diverse topography and steep slopes are a challenge for the cyclists. Within the city of Karpacz there are no designated bicycle routes, however a skilled cyclist will find something up to his needs.



Bicycle trips suggestions

Route 1

Route length: approx. 25 km
Difficulty: ▲▲▲ medium

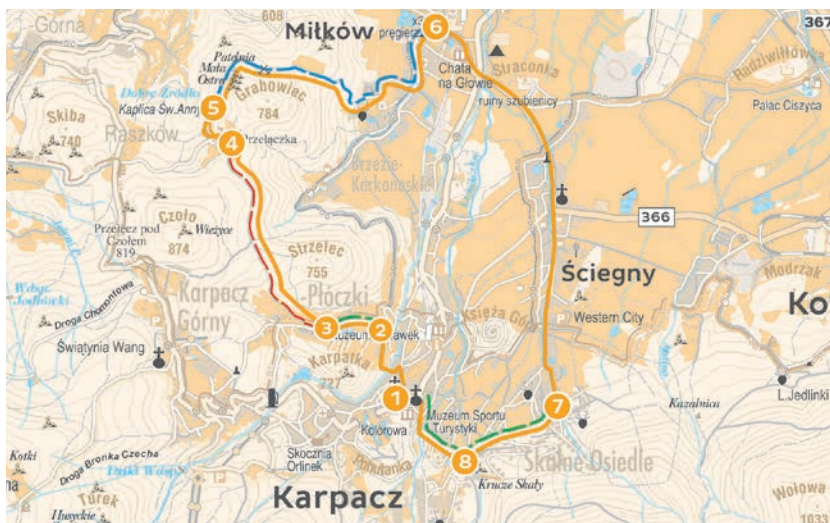


Start from the city centre 1 and take the Kopernika Street passing by the Museum of Sports and Tourism 2. Later, turn right and take the Obrońców Pokoju Street 3. It is an asphalt road which heads to the Skalne housing estate and Wilcza Poręba. Behind the Relaks Hotel turn right and take Wilcza Street 4 and carry on until the asphalt road ends. There, head in the direction of Budniki 5 by a tourist trail and continue to Okraj Pass 6 by a gravel forest road. After reaching the pass (1046 m a.s.l.) you can cross the border, but if you want to continue the route, go down to the parking lot at Rozdroże pod Sulicą 7 crossroad by the asphalt road. After a short pause, following the yellow trail, go to Przełęcz Kowarska pass 8. Take the asphalt road and head to Kowary and later, Krzaczyzna (Kowary district). After the railway crossing 9 take left and after you reach green signs, head to Karpacz (Skalne housing estate) and later to the city centre.

Route 2

Route length: approx. 15 km
Difficulty: ▲▲▲ difficult

Starting from the city centre 1, take the Kościelna Street and later, Poznańska Street. Once on the Myśliwska Street 2 (green trail), turn left again. After reaching the crossing of trails, take the red trail 3 and continue until Śródleśna glade 4. There, turn right to Grabowiec (784 m a.s.l.) which is an amazing viewpoint which offers a view over the Karkonosze Mountains and Jelenia Góra Valley. Going back to the Glade, head to the Saint Anna's Chapel 5. Pass



the Chapel heading to **Miłków 6** village and cross it to take a road running through fields and meadows which leads to the Karpacz-Jelenia Góra road. Once you cross the bridge on Łomnica river, continue by the asphalt road in the direction of Ściegny and later head to the **Skalne housing estate 7**. Next, head to the centre of Karpacz by **Obrońców Pokoju Street 8**.

Bike rentals

**Mercure
Karpacz Resort**
ul. Obrońców Pokoju 5
tel. +48 75 75 27 000

Sandra Spa
ul. Obrońców Pokoju 3
tel. +48 606 392 665

**Karkonosze Ski and
Snowboard School**
ul. Szkolna 7
tel. +48 514 285 230

Artus Hotel
ul. Wilcza 9-11
tel. +48 75 76 16 346



Find more bicycle trips at www.karpacz.pl/rowerem

Chapel of St Anna on
Mount Grobowiec



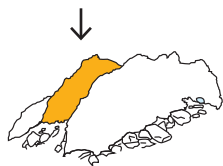


Rock- climbing

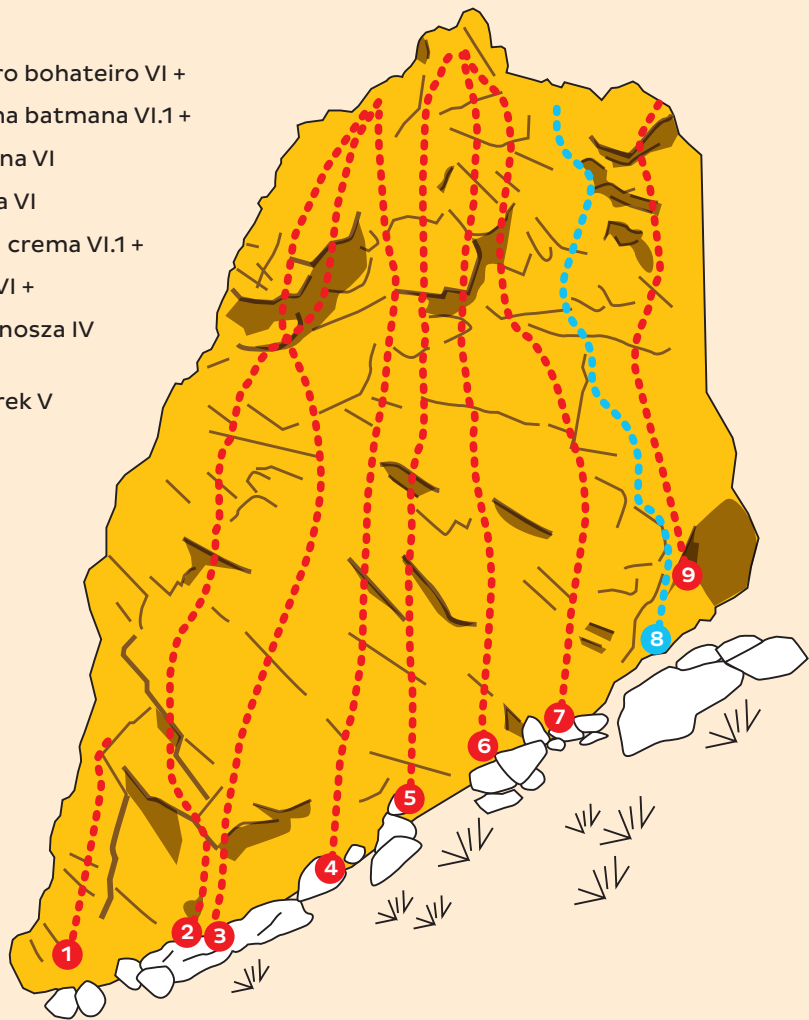
” I reach high
in Karpacz...

Main wall

- sports trails
- trad climbing trails

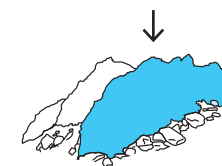


- 1 Filar IV
- 2 Szczepaneiro bohateiro VI +
- 3 Droga ślubna batmana VI.1 +
- 4 Misja Martyna VI
- 5 Direttissima VI
- 6 Crema de la crema VI.1 +
- 7 Przez nyżę VI +
- 8 Fotel Karkonosza IV
- 9 Żwirek i Muchomorek V

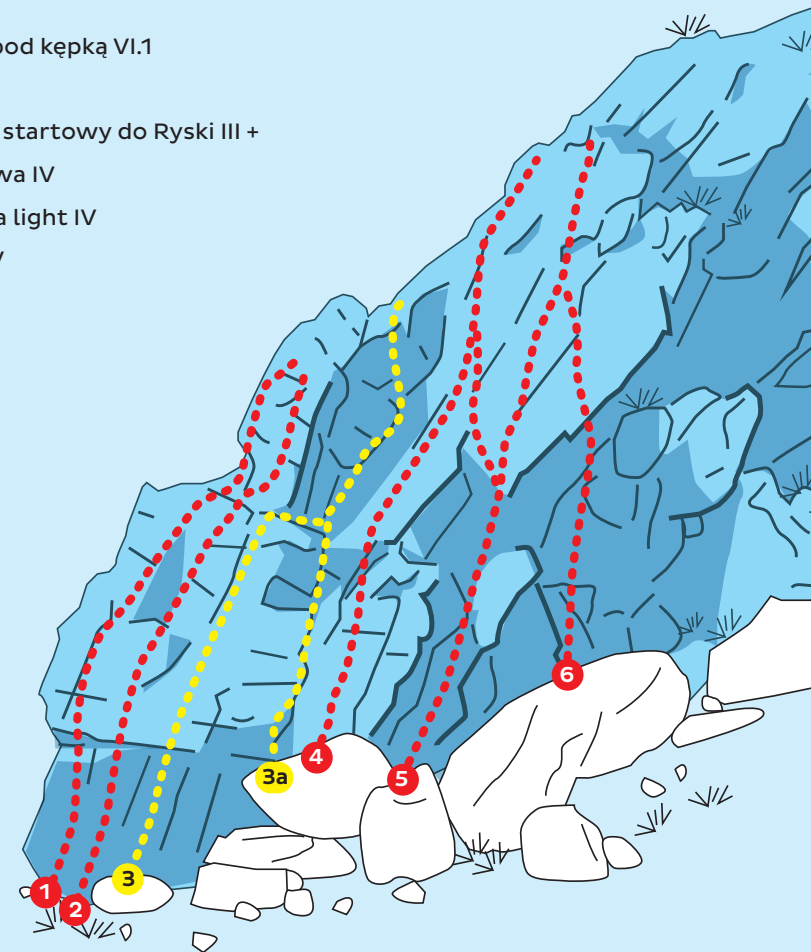


Small wall left side

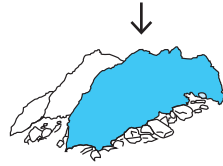
- sports trails
- trad climbing trails



- 1 Ryski V
- 2 Horror pod kępką VI.1
- 3 Ryska V
- 3a Wariant startowy do Ryski III +
- 4 Kur i Sowa IV
- 5 Kursowa light IV
- 6 Okapik V

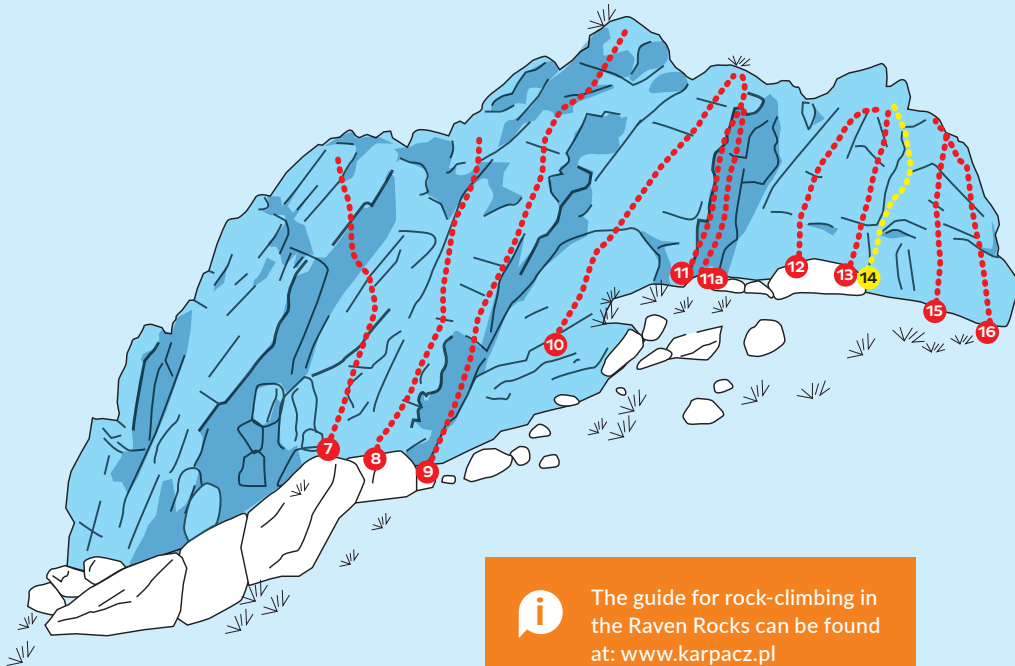


Small wall



- sports trails
- trad climbing trails

- | | |
|--|---------------------------------|
| 7 Piątka dla zuchwałych V + | 12 Nauka kanta V |
| 8 Kursowa IV | 13 Filozofia Kanta V + |
| 9 Szczytowanie 2 V | 14 Karkonoska rysa III + |
| 10 Karkonoska boska V | 15 Na kaca V |
| 11 Szóstka oszustka VI | 16 Na zdrowie IV |
| 11a Wariant po płycie i z kaniem VI.1 | |



The guide for rock-climbing in the Raven Rocks can be found at: www.karpacz.pl

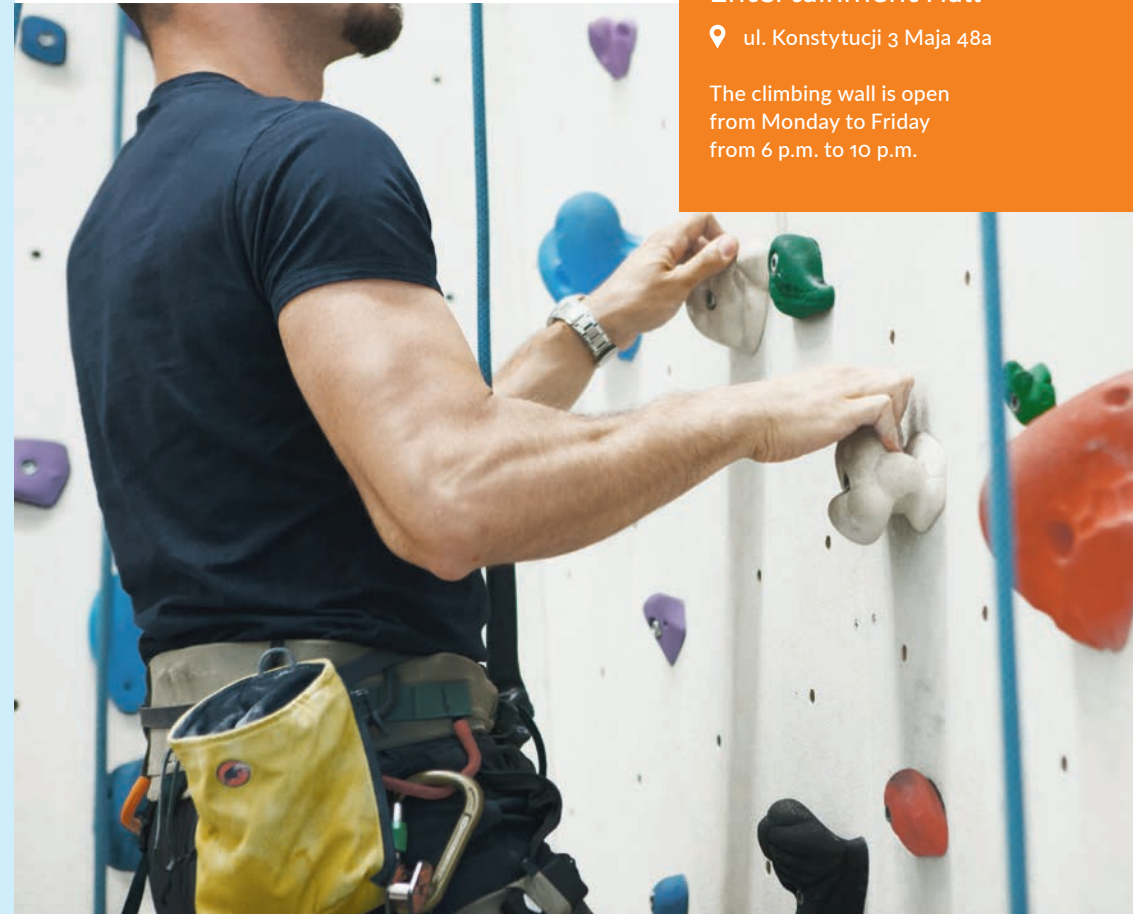
Climbing wall

To those who are yet to start their rock-climbing adventure, we recommend practising on the professional rock-climbing wall in the Sports and Entertainment Hall in Karpacz. The facility is 100 sq.m. big and features 10 climbing routes with 500 climbing holds. At the site, you can rent harnesses, ropes and protection devices.

Sports and Entertainment Hall

ul. Konstytucji 3 Maja 48a

The climbing wall is open from Monday to Friday from 6 p.m. to 10 p.m.





Winter tourism

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I get positive
in Karpacz...



In Karpacz, anyone who is willing to start the adventure with downhill, cross-country and tour skiing will find whatever they seek. Easy and professionally-prepared skiing slopes are ideal also for families with children. Slopes are located virtually in every district of the city. At each one, you will receive help from qualified instructors and find well-equipped equipment rentals. For more experienced skiers and snowboarders, the skiing complex Śnieżka located on the Kopa slope awaits. The total length of routes amounts to over 7 km.

The trails in Karkonosze National Park available in winter are also ideal for hiking or practising tour skiing or using snow rockets. The enthusiasts of cross-country skiing are recommended to visit Karpacz Górny where the tourist trails are designated. If the snow conditions are adequate, you can learn cross-country skiing

under the eye of an instructor and rent high-quality equipment. Advanced cross-country skiers will enjoy the route at the subalpine plateau Równia pod Śnieżką – the loop from Silesian House, through Czech Lucni Bouda and the peak of Mały Szyszak. A training at approx. 1400 m a.s.l. with the view of Jelenia Góra Valley is a pure pleasure and an unforgettable experience.

Ski lifts

White Ravine (Biały Jar) Winterpol

tel. +48 785 160 604, +48 506 198 421, www.winterpol.eu

- **6-seater cable car:** length 650 m, altitude difference 100 m, capacity 2800 persons/hour
- **Tape ski lift:** length 50 m, capacity 900 persons/hour

Ski Resort Śnieżka

tel. +48 75 76 19 284, www.kopa.com.pl

- **Euro** (T-bar lift): length 705 m, capacity 1400 persons/hour
- **Grosik** (T-bar lift): length 863 m, capacity 1200 persons/hour
- **Jan** (T-bar lift): length 418 m, capacity 500 persons/hour
- **Kubusiowy Stok** (tape ski lift): length 50 m, capacity 300 persons/hour
- **Liczykrupa** (2-seater cable car): length 924 m, capacity 1400 persons/hour
- **Liczyrzepa** (T-bar lift): length 846 m, capacity 800 persons/hour
- **Złotówka** (2-seater T-bar lift): length 747 m, capacity 1200 persons/hour
- **Zbyszek** (4-seater T-bar lift): length 2200 m, capacity 700 persons/hour

Ski Station Under Wang (Stacja Narciarska Pod Wangiem)

tel. +48 75 76 10 908, +48 601 571 195, www.podwaniem-ski.pl

- **4-seater cable car:** length 400 m, capacity 2400 persons/hour
- **T-bar lift:** length 200 m, capacity 700 persons/hour

Kolorowa

tel. +48 75 76 19 098, www.kolorowa.pl

- **Kolorowa I** (T-bar lift): length 370 m, capacity 150 persons/hour
- **Kolorowa II** (T-bar lift): length 100 m, capacity 100 persons/hour

Karpatka

tel. +48 607 110 468, www.wyciag-karpacz.pl

- **Karpatka I** (T-bar lift): length 350 m, capacity 750 persons/hour
- **Karpatka II** (T-bar lift): length 350 m, capacity 750 persons/hour

Karpatka Ski Panorama

tel. +48 600 418 885, www.karpacz-ski.pl

- **BabyLift** (T-bar lift): length 80 m, capacity 300 persons/hour
- **Karpatka Ski Panorama** (T-bar lift): length 310 m, capacity 500 persons/hour

Centre of Active Recreation Under Śnieżka

tel. +48 602 271 204, www.saneczkowagora.pl

- **Centre Of Active Recreation Under Śnieżka I** (T-bar lift): length 135 m, capacity 600 persons/hour
- **Centre Of Active Recreation Under Śnieżka II** (T-bar lift): length 80 m, capacity 450 persons/hour
- **Saneczkowa Góra** (T-bar lift): length 100 m, capacity 450 persons/hour

Relaks

tel. +48 783 959 868, www.stokrelaks-karpacz.home.pl

- **Czarodziejski Dywan** (tape ski lift): length 66 m, capacity 360 persons/hour
- **Relaks** (T-bar lift): length 273 m, capacity 520 persons/hour

Lodowiec

tel. +48 75 76 18 277

- **Lodowiec** (T-bar lift): length 180 m, capacity 150 persons/hour
- **Lodowiec-Bobo** (T-bar lift): length 164 m, capacity 200 persons/hour

Ski lifts

- **Bambino-Ski** (T-bar lift): length 100 m, capacity 120 persons/hour +48 605 107 334
- **Łosiówka** (T-bar lift): length 110 m, capacity 160 persons/hour +48 75 76 16 020
- **Maciuś** (T-bar lift): length 203 m, capacity 750 persons/hour +48 503 131 030
- **Żółwik** (T-bar lift): length 90 m, capacity 300 persons/hour +48 537 679 370



You can find updated information on operating ski lifts and the condition of snow cover on the slopes at the website www.karpacz.pl. The information is updated directly by the owners of ski lifts every winter morning.



Swimming pools and aquaparks

Tropikana Aquapark – Hotel Gołębiewski

ul. Karkonoska 14
tel. +48 75 76 70 740, www.golebiewski.pl

Hotel Artus Prestige Spa

ul. Wilcza 9
tel. +48 75 76 16 346, www.hotelartus.pl

Sandra Spa

ul. Obrońców Pokoju 3
tel. +48 75 75 19 280, www.sandra.karpacz.pl

Hotel Mercure Karpacz Resort

ul. Obrońców Pokoju 5
tel. +48 75 75 27 043, www.skalnykarpacz.pl

Konradówka Hotel

ul. Nad Łomnicą 20c
tel. +48 75 76 18 173, www.konradowka.pl



Calendar of events for the active

Skijoering

► Date: February

Skijoering is a spectacular event for winter-craze enthusiasts, motor sports and adrenaline-addicts. It is about the fusion of skiing and motorcycling where extraordinary skills and iron nerves count.

Karkonosze Winter Ultramarathon

► Date: March

Winter. Strong wind, snow above the knees, polar desert – the competitors may face these conditions while running 52 km along the ridge of Karkonosze Mountains from Jakuszyce to Karpacz.

Run to Kocioł Łomniczki (Łomniczka Cauldron)

► Date: May (spring edition),
October (autumn edition)

The run is a so-called “fast three”. The trail of the competition runs through the Karkonosze National Park and has its finish at the shelter Nad Łomniczką, one of the most interesting places in Karkonosze Mountains.

3 x Śnieżka = 1 x Mont Blanc

► Date: June

Maybe Śnieżka is not too high, but running it up three times is enough to cover the distance equal to the height of Mont Blanc. The participants of the run can choose from three distances – mini (17 km), medium (36 km) and ultra (55 km).

Uphill Race Śnieżka

► Date: June

It is a sports competition for amateurs and professionals who actively practice mountain biking. The participation in the race is one of the few opportunities to make it to the peak on two wheels.

Kill the Devil Hill

► Date: August/September

Killer-sprint to the Ski Jumping Hill Orlinek. The length of the route amounts to 300 metres only (or as many as), including 50 m of rundown, 50 m of water reservoir crossing, 140 m of jump-off and 60 m of in-run.

Bike Planet Townhill Race

► Date: September

Downhill City Tour is a very spectacular cycling event. Cross-country cycling competition in the heart of the city. Overcoming obstacles are very demanding for the participants, and impressive for the audience.

Avalanche

► Date: September

It's about fun! Avalanche is the International Downhill Run from Śnieżka to Samotnia. Its first edition snatched one hundred persons and made no harm to anyone. Every year, more people take part in the run!

Tournament of Three Nations

► Date: September/October

International Female Volleyball Tournament. It is a not-to-miss opportunity to see the best and the most beautiful European volleyball players. The Tournament in Karpacz is where you will see the top volleyball performance!

Karkonosze Chill-out Days

► Date: November

Chill-out Days are a cyclic event for members and enthusiasts of Polish Alpine Club. The event includes film screenings and presentations and stories of “mountain people”.



We would like to invite you to Jilemnice!

Spend your time actively in a place where the amazing natural environment and an easy accessibility guarantee entertainment all year round



In winter, you can use the local skiing resorts. Downhill skiing enthusiasts can choose from several ski runs with different difficulty levels. Cross-country skiing enthusiasts will also find something for themselves, as the Karkonosze Ski Route crossing the entire Karkonosze Mountains runs here. Apart from that, each year, many trails are prepared depending on the current snow condition. In the region, you can do many other sports like snow tubing, ice climbing or ice skating on a natural ice rink.

In other seasons in the Jilemnice area, you can hike by the well-signposted tourist trails. The enthusiasts of Nordic walking use these trails too. An additional attraction of the hike are the beautiful landscapes. In the region, there are tennis, volleyball and beach volleyball courts, as well as a ropes course. In the offer, you can also find horseback riding and downhill rides on the off-road tricycle motorbike.

We recommend sightseeing the Jilemnice area on a bike – there are many trails, paths and regional and out-of-regional routes which you can take to get around the mountains and the foothill. And if you wish to save your energy for the downhill rides, in the summer, you can take special buses going up the hill which are equipped to transport bicycles (the so-called Karkonosze 'cycle-buses') or rent an electric bicycle. More experienced bicyclists can ride the mountain trails in the area of the Karkonosze National Park or around the entire Karkonosze Mountains on the Czech and Polish side. For the most extreme biking experience, visit the local bike park or single track.

If it gets too hot in the summer, you can cool down in the bathing areas in Mříčná, Kruh and Jablonec nad Jizerou. In Jilemnice, there is an indoor swimming pool with a sauna and salt cave. In the season, you can pick blueberries and mushrooms outside the national park.



Safety in the mountains

How to prepare before going to the mountains:

- Get physically prepared for going to the mountains.
- Get informed: read the information on the mountains you are going to (trail routes and their condition, weather conditions, potential risks).
- Plan the routes according to the capacities and experience of all participants of the trip.
- Before leaving, check the updated weather conditions and forecast.
- Going to the mountains alone is dangerous.
- If it is possible, do not go alone to the mountains. It is safer to go in a group.
- Take the necessary items with you!

Always carry with you:

- a rucksack
- footwear appropriate for weather conditions
- clothing which protects from rain and wind
- spare warm clothes
- handy first aid kit
- food supplies and drinks
- a map and a compass
- a torch
- a mobile phone with full battery charge and saved emergency numbers
- a hat and gloves in winter
- alpenstock and crampons for more difficult routes in winter (special training is necessary)

RESCUE app (Ratunek)

Thanks to the Rescue application, mountain tourism can be much safer. The detailed location (based on the GPS data) of a person calling for help is provided. This way, rescuers know where to go and provide help faster and more effectively!

Find more information at www.ratunek.eu

You can download the application from Google Play Ratunek

Karkonosze Rescue Team GOPR (Grupa Karkonoska GOPR)
ul. Sudecka 79
58-500 Jelenia Góra
tel. 75 75 24 734, fax 75 641 23 33
www.gopr.org

Emergency numbers
tel. 601 100 300
tel. 985





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