

VISIT 
GDANSK

Gdansk
Tourism
Organization



**Gdansk for
the Active!**



KARTA TURYSTY TOURIST CARD



TOURIST CARD
YOUR WAY THROUGH THE CITY

kartaturysty.visitgdansk.com

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Gdansk for the Active!

Gdansk for the Active!

Whether you are a cyclist, prefer running, swimming or even taking walks, what is important is that you are active and care about your health through sport and exercise. **Gdansk offers many opportunities for leisure at an active pace.** The city lies in the heart of an area featuring hundreds of kilometres of cycle lanes, along with many beautiful parks with trails for walking and running, as well as outdoor gyms.

Gdansk also offers many scenic vantage points that reward you with breath-taking vistas of the city, the Tricity Landscape Park and Gdansk Bay.

There are a variety of viewing points in Gdansk which, under favourable weather conditions, allow you to marvel at the local landscape from above.

- The most popular are:
 - Tower of St. Mary's Church (about 82 m high)
 - Gora Gradowa (about 54 m ASL)
 - Pacholek (101 m ASL)
 - Biskupia Gorka (about 61 m ASL)
 - Nowy Port Lighthouse (27 m high)

This city of Neptune also **has kilometres of beaches and seaside trails, perfect for exercising while enjoying the Baltic Sea coast. You can also try kayaking on the Motława and its many channels.** All this not only helps you stay in shape, but also gives you the opportunity to see the city from different, even nautical perspectives.

For anyone who treats sport as a passion and a challenge, **there are numerous events with prizes organised every year, including popular competitions for runners of various distances.**

Simply put – if you prefer an active and healthy life style, Gdansk has it covered. So, what's it to be?





Safe fun on the beach in Gdansk

Safe fun on the beach in Gdansk



The city ensures that all beach-goers can enjoy a safe time at the sea, every year. **The Gdansk Sport Centre manages the beaches, organising many summer bathing locations with trained and experienced lifeguards on hand to keep a watchful eye on everyone.** These include Jelitkowo, Jelitkowo Klipper, Molo Brzezno, Dom Zdrojowy Brzezno, Stogi, Sobieszewo, Orle and Swibno. These are the safest choices, which is why we recommend them. The Gdansk bathing spots have an impeccable safety record, and the lifeguards have top-of-the-line equipment at their disposal.

Many beaches in Gdansk bear the Blue Flag symbol. It means that this area is clean, safe and maintained at a world-class level.

Before heading down to the beach to relax, it is a good idea to visit www.kapieliskagdansk.pl.

This website offers a lot of useful information related to the beaches, such as the weather at each bathing location and the water and air temperatures. You can also see if bathing at a given spot is permitted (white flag) or prohibited (red flag).

For several seasons now, the Stogi and Molo Gdansk Brzezno bathing spots have offered free amphibious wheelchairs. These enable people with disabilities to easily move over the sandy beaches and enjoy the water. If you would like to try one out, simply ask a lifeguard. There are also wooden walkways which lead directly down to the water, allowing people with disabilities to move around easier. The walkways can also be used by cyclists and they feature bicycle stands. The entrances to the walkway-equipped beaches are marked with special signs.

In addition, the beaches in Gdansk offer many other amenities: **changing rooms, lockers, showers, mist makers, beach libraries, playing fields, beach playgrounds, outdoor gyms, restaurants and deck chair rentals.**





Places to walk

Places to walk



There is a park named after U.S. President Ronald Reagan, located in the Przymorze Wielkie district, and is the newest park in the city. It also forms one of the city's three seaside parks, and is the perfect location if you are looking to relax or seeking active ways of spending your leisure time. The park is separated from the beach by a cycle path and a protective barrier of dunes. The park has many coniferous and deciduous trees, meadows, reed fields, ornamental bushes, two ponds, channels with wooden bridges, avenues for walks and recreational areas, including cycle paths and a skatepark.

A newly-opened part of the park offers illuminated walking and cycle paths, as well as a playground. There are also 5 ping-pong tables if you fancy a game or two. You can also relax over a game of chess, as there are four tables with chess boards available. A third part of the park is aimed at exercising dogs. The park also features benches, bicycle stands, bulletin boards, and newly-planted greenery.

The park is a dozen minutes away from the Brzezno pier and yet another attraction and popular walking spot – the Western Breakwater. This is an 80-metre-long promenade leading to a lighthouse. You can enjoy one of the many benches along it, to rest and take in the view. It is a perfect place for a walk or just to marvel at the ships entering or leaving Gdansk port, which appear to be nearly within arm's reach.

But wait, there is more. Gdansk is full of beautiful and well-cared for parks. Other examples include the historic Oliwa Park with its ponds and waterfalls created by the meandering Oliwa Stream. Also worthy of a mention is the wonderful cathedral located right next to the park and its enchanting organ concerts.

The southern part of the city houses Orunia Park. This has a wonderful combination of plants and water – perfect for an afternoon stroll or for jogging.

However, the king of all parks is the Tricity Landscape Park, with its innumerable green hills and streams, as well as the abundance of jogging, walking and bicycle trails. The park covers some 200 km²!





Cycling, Gdansk-style

Cycling, Gdansk-style



Gdansk is considered one of the most bicycle-friendly cities in Poland. **It offers more than 180 km of separate cycle paths and lanes, combined pedestrian and cycle paths as well as cycling-allowed pavements.** Nearly 520 km of public roads have a speed limit of 30 km/h, and many small uncontrolled intersections and roundabouts have been built to make cyclists feel safe even when they are not on a cycle lane. It is also permitted to ride a bicycle in both directions on most one-way streets in the city. **Certain solutions are innovative not only for Poland: formerly a two-lane street, Wita Stwosza Street features probably the broadest bicycle lanes in Europe, with the option of doing a “Copenhagen left”, as well as special signal lights for cyclists to help them enter the intersection several seconds before other vehicles.**

The western part of Gdansk is located on moraine hills, which lend the city a picturesque quality, but may be difficult to traverse for less experienced cyclists. This is one of the reasons why Gdansk and its thirteen neighbouring municipalities are working on Mevo, a public bike system exclusively based on electric bicycles. **The target number of e-bicycles to be available for the entire metropolis is 4000.**

Some of the hills are part of the Tricity Landscape Park. This is an expansive area almost completely covered with woods, perfect for walks and cycling, as well as mountain biking. Few cities in Poland can boast such recreational facilities, especially when we also consider the excellent beach bicycle trail. Several recently-completed construction projects enable cyclists to enjoy a safe trip to Sobieszewo Island from Sopot via the centre of Gdansk. **Starting at the southern city limits, you can reach the centre via a convenient cycle route on the Radunia Channel embankment.**

When designing the city's cycling infrastructure, attention was also given to parking. Bicycle stands can be found in many places, including along the train and tram routes (Bike&Ride-type stands).

facebook.com/RowerowyGdansk/
www.roverowygdansk.pl

You can download the latest version of the detailed bicycle map of Gdansk, which is also available for free in a traditional paper format.

One company that offers bicycle maintenance and rental services in Gdansk is House of Bikes.
www.houseofbikes.pl





Running through...

Running through...



Gdansk is simply perfect for running, both recreationally and more professionally. You can practice in a number of different parks and green areas, using their well-maintained trails. Enjoy running in the company of nature or by the Baltic Sea?

We have you covered! Simply choose the Tricity Landscape Park or run along the beach from Gdansk, all the way to Gdynia. Anyone with a competitive spirit can expect many competitions, marathons and other types of running events. One of the largest and most important of its kind is the...

Gdansk running routes

Seaside route:

Gdansk – Sopot, about 5 km

Beach route:

Gdansk – Sopot – Gdynia, about 10 km

Ronald Reagan Park:

any distance you like

Jelitkowski Park:

the perimeter route is about 1.5 km

Brzezno Park:

any distance you like

Stogi Orla Petla route:

about 5.5 km

Tricity Landscape Park routes:

any distance from 10 to 81 km

Oplyw Motlawy route:

the loop is 2.5 km

Gdansk Marathon

a physical challenge and a way to feel the city spirit



Gdansk is one of a kind. Other cities may come close, but they are never truly the same. There is no Gdansk without freedom. Courage, creativity, but most importantly freedom – a truly local tradition. This virtue, held in the highest regard by those living in Gdansk, helped shape the unique “genius loci” of the city. It can be felt equally as well when walking beside the tenements in the Main Town as on a stroll between the port cranes of the Young Town, or even on the sandy beaches and among the post-industrial buildings, parks and tunnels: in Gdansk, freedom is everywhere – you can almost touch it. It inspires and transforms both the space and the people.

We have a way of making you feel it too... by running. The Gdansk Marathon is one of the largest events of its kind in Poland. It offers a unique route through the most interesting and important points of interest on the map of Gdansk, all this during the 4-5 hours required to effectively run the 42.195 km route. It passes through the Main Town, and takes in the European Solidarity Centre, Ergo Arena, Energa Gdansk Stadium, R. Reagan Park, Brzezno Pier and the main districts of the city. Give it a go!



Gdansk from water

Gdansk from water



Gdansk has a lot to offer if you love **kayaking and other water sports**. Located on the Motława River, the city features many channels which are perfect for exploring Neptune's City from a totally different perspective. **Whether by kayak or any other kind of boat, you can explore the most important parts of Gdansk, such as the Long Wharf, the shipyard area and Westerplatte** – the journey may be exhausting, but it is an unforgettable experience, even more exciting than a walk or bicycle ride.

You can even reach Sobieszewo Island! One route runs along Old Motława, past the Green Gate, the Crane and the old town towers, around Ołowianka Island and through the shipyard area, all the way to the old moot and redoubts. Don't believe us? See for yourself!

If you are interested in kayaking trips, consider contacting the company called Gdansk z Kajaka, at www.gdanskzkajaka.pl

If kayaking is not your strong suit, why not try H2O Limo instead (www.h2olimo.pl), and see Gdansk from the deck of a modern and environmentally-friendly boat.





Exercise in Gdansk

Exercise in Gdansk



The athletics and rugby stadium located at 244 Grunwaldzka Avenue is the only such building in Pomerania. Completely remodelled, the stadium is a great place for both professional and amateur sports.

You can purchase a ticket or a pass to use the tracks, or participate for free in regular classes organised by the Gdansk Sport Centre as part of the Activate Yourself in Gdansk programme, which includes running and Frisbee training. It is open on weekdays from 7:30 AM to 9:30 PM and on weekends from 8:00 AM to 4:00 PM.

The facility, which is managed by the Gdansk Sport Centre, has a lot to offer. As the name suggests, it is equipped with everything necessary for athletics training, as well as football and rugby practice. It includes: a grass playing field surrounded by an 8-lane running track for 100, 110 and 400 metre-running, with grandstands for up to a thousand visitors and disability-friendly spaces. After dark, sports can be played under professional, artificial lighting.

The main playing field is neighbored by a smaller one with artificial grass. Along it runs the 60-metre-long sprint track. During matches and competitions, you can see the exact time and distance measurements, as well as the score.

The athletics facilities available at the stadium include: **two shot put areas, a water-filled ditch, two javelin throwing areas, one discus and hammer throwing area, two high jump bars, two pole vault bars, and two long jump and triple jump areas.** There are also basketball and beach volleyball courts.





Gdansk Zoo

Gdansk Zoo



A visit to Gdansk Zoo is a great idea for the young and the old. There are hundreds of animals there to see, all year round!

Gdansk Zoo is a perfect place to take the family or just go for a leisurely stroll, for children, adults and the elderly. The zoo houses more than 1000 animals, **including nearly 200 exotic species from all continents.** Most of these are endangered species whose survival is only made possible thanks to the efforts of facilities such as this. Live feeding, lessons and stories related to animals, bird ringing, lectures and educational campaigns – the list of events organised by the zoo goes on and on. Located on the outskirts of the Tricity Landscape Park, with certain parts open year-round (lions, giraffes, birds, reptiles and monkeys), the zoo is worth visiting at any time.

It is worth adding that Gdansk Zoo was established in 1954, and is the largest animal park in Poland. It has its own unique microclimate, and is even used for those suffering from respiratory conditions. Perhaps this is the reason why inhabitants and visitors alike feel so good! It is the only zoo in Poland where you can see the critically endangered orangutans. In addition, it is home to many other rare species, including Angolan lions, pygmy hippopotamuses, red pandas, chimpanzees, giraffes, cheetahs and elephants.

Opening hours Gdansk Zoo

January - February

9:00 - 15:00

March

Mon. - Fri. 9:00 - 15:00

Sat. - Sun. 9:00 - 17:00

April

Mon. - Fri. 9:00 - 17:00

Sat. - Sun. 9:00 - 19:00

May - September

9:00 - 19:00

October

9:00 - 17:00

November - December

9:00 - 15:00





Follow the Gdansk Lions

Follow the Gdansk Lions



The zoo is not the only place in Gdansk where you can find lions! These majestic creatures have been part of Neptune's City for centuries! Meet Hevelion the Lion! Exploring Gdansk by following Hevelion the Lion is not just for kids, as Hevelion is also the patron of a tourist trail established and developed by the **Gdansk Tourism Organisation**. The happy little lion, with his bag full of interesting urban stories, can be found in various places around city. His appearance is always a reference to the place he is in, as well as the story he wants to tell. Tomasz Radziejewicz is the author of the bronze lion sculptures.

So far, Hevelion has been to the zoo, Energa Gdansk Stadium, Molo Brzeźno Pier, Gdansk Tourist Information Centre, Madison Trade Centre, Gdansk Airport, Hevelianum, Great Mill, Olowianka, Long Wharf, as well as the Gdansk Shakespeare Theatre.

Looking for even more lions? If the answer is yes, you can find them in certain historic parts of Gdansk. One sculpture is hidden in the gate of the Main Town Hall. The easiest ones to find, however, are those in the city's coat of arms. For centuries they have supported a shield embellished with two crosses and a gold crown!





Quests

Quests

– awesome entertainment for the active



The Gdansk Tourism Organisation has something special in store for anyone who likes Indiana Jones-style adventures. You can choose from as many as 4 games, where with your brain and a smartphone (with free apps) you can solve puzzles and hunt for treasure. The first of the games takes place at the Main Town Hall, the second is the Trail of Hevelion the Lion, the third is the Beer Trail, and the fourth takes place on Sobieszewo Island. As an outdoor adventure, the latter is perfect for those who like walking. Discover the beauty of Sobieszewo Island and find its treasure. Following the hints displayed on your phone is a lot of fun for everyone involved. Some of the puzzles are simple, while others may require some thinking. If you encounter trouble, you can always look up some hints, though each one will cost you some points.

Younger players are sure to enjoy the Trail of Hevelion the Lion. Discover all the statuettes depicting the lion cub by visiting all the most interesting places in Gdansk to discover fascinating facts about Neptune's City, all thanks to the app. If you are struggling to find a statuette, do not fret – the app will help you. What is more, prizes await everyone who makes it to the end.

Last but not least, there is something for the adults too. The Beer Trail is an opportunity to enjoy amazing beer and visit the best breweries in Tri-city. For this quest too, you can also expect a prize at the end of your journey. If you make it to the end, you will learn a great deal about Gdansk and its local beer on the way.

More at visitgdansk.com/questy

All the games are completely free and are based on a special application. Remember – if you want to discover the treasure of Sobieszewo Island, be ready to cover around 5-6 kilometres.





Other activities

Other activities



How about an exciting adventure? There are picturesque moraine hills just a 20 minute drive away, offering an unforgettable experience if you are looking to go off-roading.

You can also request a driver to pick you up from your hotel and take you to an extreme off-road trail. Once at your destination, it's time to change! Now it is your turn to drive, and even help get it moving again when you get stuck. All this, of course, under the watchful eye of an experienced instructor, using a special 4x4 off-road vehicle. The instructors also speak English.

Visit gdanskshuttle.com to learn more.





Addresses and numbers worth knowing

Sea bathing in Gdansk

Sea bathing

Gdansk – Jelitkowo
Jantarowa St.
phone: +48 607 395 517
(summer season)

Klipper

Gdansk – Jelitkowo
Beach entrance no. 63

Sea bathing

Molo Gdansk Brzezno
1 Jantarowa St.
phone: 58 524-18-53
phone: +48 601 689 970

Dom Zdrojowy Gdansk Brzezno

Zdrojowa St., 80-515 Gdansk
phone: +48 607 395 857
Beach entrance no. 41 at the old pier

Sea bathing

Gdansk – Stogi

1 Wydmy St., Gdansk
phone: 58 690 40 74
(summer season)

Sea bathing

Gdansk – Sobieszewo

Falowa St., Gdansk
phone: 58 690 40 75
(summer season)

Safe sea bathing

Gdansk Sobieszewo – Orle

Lazurowa St., Gdansk
phone: 58 690 40 76
(summer season)

Safe sea bathing

Gdansk Świbno

Tralowa St., Gdansk
phone: 58 690 40 77
(summer season)

Marina Gdansk Yacht Wharf

Administration:

6/U4 Szafarnia St., 80-755 Gdansk
phone /fax: 58 301 33 78
phone: +48 695 564 848
email: marina.gdansk@sportgdansk.pl

Gorki Zachodnie Yacht Wharf

9 Przelom St., 80-643 Gdansk
phone: 58 307 31 15
phone: +48 517 806 529
fax: 58 305 06 58
e-mail: marek.lenard@sportgdansk.pl
www.sportgdansk.pl/obiekty/przystan-
-jachtowa-gorki-zachodnie

Zabi Kruk Wharf

Administration:

15 A Żabi Kruk St., 80-822 Gdansk
phone: +48 506 056 073
e-mail: zabi.kruk@sportgdansk.pl

WOPR

phone: +48 512 552 038

Municipal Police: 986

Security Phone for foreign tourists

+48 608 599 999

Gdańsk Centre of Tourist Information

28/29 Długi Targ St.
phone: +48 58 301 43 55

Emergency number: 112



Gdańsk Tourism Organization

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