

P O L A N D

NATACHA 34



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NATACHA
POLSKA

You, cyclists who like to climb, discover in these few pages what makes the list of the national challenge in Poland so rich.

GEOGRAPHY

MEDIA

TOURISM

SPORT

Poland

Geography

Poland is a central European state, bordering Germany to the west, the Czech Republic to the south-west, Slovakia to the south, Ukraine to the east-south-east and Belarus to the east-north-east, and the Russian enclave of Kaliningrad and Lithuania to the north-east. It is a parliamentary republic whose national currency is the złoty. It has been a member of the European Union since 1 May 2004.



It is ranked 9e in terms of European surface area. By way of comparison, its number of km² is around two-thirds that of France or Spain, roughly equivalent to that of Germany and slightly greater than that of Italy or the United Kingdom. We have therefore assumed a number of natachas of between 250 and 500 units.

Let's take a look at the topographical map to see how densely populated the country is.



Poland has 70 peaks over 1,000 metres high.

The Tatras are the highest mountain range in Poland and the Carpathians. They are located in the extreme south of the country. This is where Poland's highest peak, the Rysy (2,499.6 metres), is located. At the foot of this mountain lies Lake Morskie Oko ("Eye of the Sea"), considered to be one of the most beautiful lakes in the world.

Other mountain ranges in Poland include :

The Beskids, whose highest mountain is Babia Góra (1,725 meters);

The Karkonosze with its Śnieżka mountain (1,602 meters).

The Three Crowns massif in the Piénines.

Les Gorce, whose highest point is Turbacz (1,310 meters);

The Pienines, whose highest mountain is Wysoka (1,050 meters);

The highest peak in the Bieszczady, in south-east Poland, is Tarnica (en) (1,346 meters).



This relief is essentially pronounced in the south and very little in the north. As in many other European countries, the north will not produce europoints of great value, whereas the south will produce many. The problem is that we are not dealing here with the surface area of a small territory but of a large country. We had to deal with apples and pears, with numerous climbs below 5% making the challenge survive painfully in the immense flat areas of the north, while in the south, the swarming walls had to pass through a demanding selection sieve.

The country's reputation for tourism and the well-known Tour of Poland, which is included in the World Tour of the biggest races for professionals, are two arguments which also fuel the need for a large number of natachas. However, we're not talking here about the same aura as the 3 major tours, each of which grants 800 summits to France, Italy and Spain, and the less important races exist without being very numerous. All in all, we've come up with 400 natachas.

Poland also has two major rivers flowing into the Baltic Sea. The Vistula, 1,047 km long, flows through several major Polish cities, including the capital, Warsaw. The Oder, 854 km long, forms part of the border between Germany and Poland. The country also has some major rivers, such as the Warta, a tributary of the Oder 808 km long, and the Bug, a tributary of the Vistula 772 km long. These rivers will provide a large number of climbs through the hills that form their banks.



Crowds flock to Rysy summit



The Morskie Oko is shaped like an eye



The long valley of the Vistula and its hillsides with their beautiful steep slopes

Poland is divided administratively into 16 Voivodships.



Our national challenge has been divided into 11 zones



PL01 - Północno-zachodni	30 peaks
PL02 - Północny (Pomorskie)	20 peaks
PL03 - Północny (Wielkopolskie)	20 peaks
PL04 - Północny (Mazurskie-Podlaskie)	20 peaks
PL05 - Mazowieckie	20 peaks
PL06 - Centralny	40 peaks
PL07 - Południowo-Zachodni	75 peaks
PL08 - Południowy (Śląskie)	40 peaks
PL09 - Południowy (Małopolskie)	75 peaks
PL10 - Wschodny (Podlaskie)	10 peaks
PL11 - Wschodny (Lubelskie, Podkarpackie)	50 peaks

400 peaks

Polish tourism

National parks

Poland has 23 national parks (Parki narodowe), covering a total area of 3,145 km², containing many of our climbs through the natural beauty of these idyllic spots. Many of them are part of the UNESCO Biosphere Reserve.

1. Babiogórski Park Narodowy - UNESCO Biosphere Reserve
POL-331 Przełęcz Krowiarki
2. Białowiecki Park Narodowy - UNESCO Biosphere Reserve
POL-348 Rezerwat Zubrow
3. Biebrzański Park Narodowy
POL-400 Przełęcz Wýsna
4. Bieszczadzki Park Narodowy - UNESCO Biosphere Reserve
5. Narodowy Bory Tucholskie Park - UNESCO Biosphere Reserve
POL-042 Strużka Park Narodowy Bory Tucholskie
6. Drawieński Park Narodowy
7. Gorczański Park Narodowy
8. Park Narodowy Gór Stołowych
9. Kampinoski Park Narodowy - UNESCO Biosphere Reserve
10. Karkonoski Park Narodowy - UNESCO Biosphere Reserve
POL-167 Grzybowiec (incl. Michałowice = Druga Sudecka)
11. Magurski Park Narodowy
POL-386 Przełęcz Hałbowska
12. Narwiański Park Narodowy
13. Ojcowski Park Narodowy
14. Pieniński Park Narodowy
POL-330 Przełęcz Osice
15. Poleski Park Narodowy - UNESCO Biosphere Reserve
16. Roztoczański Park Narodowy
17. Słowiński Park Narodowy - UNESCO Biosphere Reserve
18. Świętokrzyski Park Narodowy
POL-132 Góra
POL-289 (Łysa Góra)
19. Tatrzański Park Narodowy - UNESCO Biosphere Reserve
POL-338 z Bukowiny Tatrzańskiej
POL-340 Oko z Łysej Polany

20. Park Narodowy Ujście Warty

21. Wielkopolski Park Narodowy
POL-026 Osowa Góra (Wielkopolski Park Narodowy)

22. Wigierski Park Narodowy

23. Woliński Park Narodowy



*Bieszczadzki Park Narodowy
and its majestic forests*



Białowiecki Park Narodowy and its bison



Ojcowski Park Narodowy and its natural rocks



Tatrzanski Park Narodowy and its mountain lakes

UNESCO sites

UNESCO has identified 16 valuable sites. Some of our climbs pass by, cross, visit or arrive at these sites.

Dolina Górnej Solinki UNESCO
POL-400 Przełęcz Wýsna

Wieliczka and Bochnia salt mines

The royal salt mine at Wieliczka, not far from Krakow, has been in continuous operation since the 13th century.

POL-275 Roznowa

German Nazi concentration and extermination camp (1940-1945)

Auschwitz-Birkenau was the largest concentration and extermination camp set up by Nazi Germany in occupied Poland during the Second World War.

POL-276 Puściny (Oświęcim=Auschwitz)



Wieliczka salt mines



Cyclogrims in memory of Auschwitz

Historic centre of Warsaw

Warsaw's historic centre is a real exception on UNESCO's list of world cultural heritage sites.

POL-097 Rynek Starego Miasta



Historic Warsaw from the skyline

Medieval town of Toruń

Thanks to the great astronomer Nicolaus Copernicus and the flavour of Torun's famous gingerbread, Toruń is a city widely known far beyond its borders.

POL-064 Glazja

Wooden churches in southern Little Poland

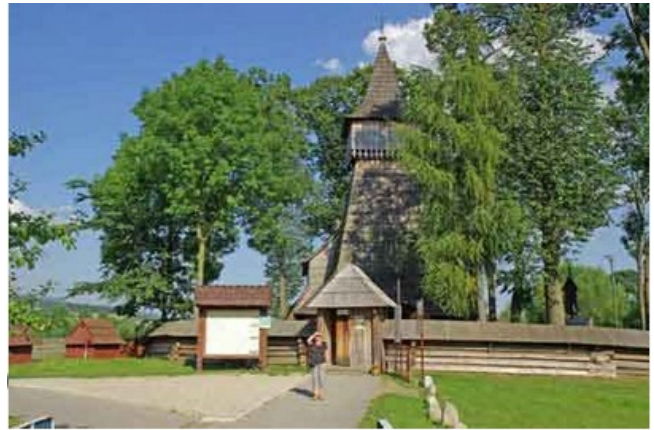
Some of these churches are several hundred years old, and six of them were included on UNESCO's list of World Cultural Heritage sites in 2003.

POL-320 Dziadówka

POL-383 Blizne



The medieval town of Toruń



Wooden church in Debno

The castles

Our list provides a close-up or general view of 16 famous châteaux

POL-018 Goraj-Zamek

POL-066 Golubski

POL-079 Olsztyn-Pieczewo (Masztowa) = Piekna Gora = Allenstein Castle

POL-082 Zamek Reszel

POL-096 Goławice Drogie = Fort XIV Golawicze

POL-097 Rynek Starego Miasta =Royal Królewski Castle in the UNESCO historic centre

POL-110 Zamkowa =Royal Castle Ruins

POL-126 Chęciny

POL-143 Sandomierz (Zamkowa)

POL-179 Książ = Castle on the cliffs

POL-196 Warowna Gora (incl. Przełęcz Srebrna) = Fortifications Wysoka Skala

POL-216 Kasparaka Chata / Kamyk =Castle ruins

POL-266 Skala

POL-288 Stanisława Lubomirskiego

POL-332 Nad Tabor = Castle on the lake

POL-347 Broniszewo =Royal Castle

POL-389 Fort Przy Krzyżu / Pod Lipowicą = Przemysl Forts (Molotov defence line)

POL-390 Dybawka Górna= Krasiszyn Castle



Krasiszyn Castle



Wysoka Skala fortifications



Przemysl Forts



Zamkowa

Valley observation towers

- POL-041 Wieża widokowa w Przytarni
- POL-369 Wieża widokowa - Susiec
- POL-398 Jawor = San Valley Observation Tower (Lake Solinskie)
- POL-291 Marcina (Zawada Gora) = Tower + Chapel
- POL-002 Chełmska Góra (Krzyżanka) = Panoramic Tower Alt.132m + John Paul II Papal Table
- POL-024 Góra Zarska = Bismarck Tower



Marcina (Zawada Gora)



Chełmska Góra (Krzyżanka)

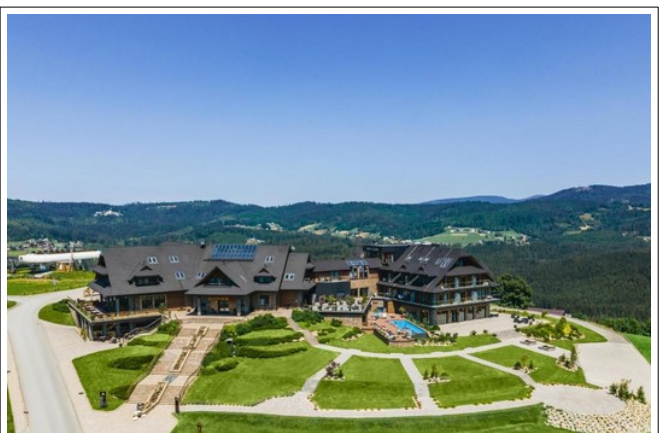
Ski resorts

We have included 17 in the Polish list:

POL-076	Kurza Gora
POL-085	Góra Czterech Wiatrów Ski
POL-089	Szelment
POL-119	Góra Kamiensk (Panorama kopalni)
POL-161	Lysa Gora (incl. Przeleczy Kapela)
POL-166	Szklarska Poręba
POL-168	Na Śnieżkę (Świątynia Wang)
POL-189	Przełęcz Trzech Dolin
POL-190	Przełęcz Sokola
POL-207	Zieleniec drogą główną
POL-213	Czarna Góra
POL-243	Szyndzielnia
POL-244	Podmagura (ulicą Wrzosową)
POL-253	Przełęcz Salmopolska
POL-256	Złoty Groń
POL-258	Mały Rachowiec
POL-339	Gubalówka



Góra Czterech Wiatrów



Złoty Groń

Military monuments

Poland is a land of battle, giving our cyclists the opportunity to pass memorials dedicated to these military events:

POL-274	Koncentrationslager Plaszow	Concentration camp park with statue
POL-075	Jezirona (Nowe Miasto Lubawskie)	Memorial
POL-049	Góra Gradowa	Millennium Cross
POL-372	Memoriał Żołnierski	War memorial
POL-232	Kopiec Wyzwolenia	Liberation Hill
POL-019	Punkt widokowy Łęczeczki (Pomnik)	"Pomnik III Tysiąclecia" monument
POL-128	Pomnik Siodła	Army Monument Pułk Piechoty Legion



Góra Gradowa



War memorial

Religious monuments

The country of Pope John Paul II, Poland is religious. Our climbs bear witness to this:

POL-221	Bazylica Święty Anny	Basilicawith papal statue
POL-095	Wzgórze Tumskie (Mostowa)	Cathedral and Main Square
POL-234	Góra Świętej Doroty	Chapel and panorama
POL-235	Klimont	Chapel overlooking the Vistula valley
POL-127	Klasztor Karczówka	Monastery and Botanical Gardens
POL-343	Bohoniki meczet	Mosque
POL-349	Święta Góra Grabarka	Sacred Mount with chapels
POL-260	Wikarowka	Sanctuary
POL-269	Opactwo Benedyktynów w Tyńcu	Tyniec Abbey
POL-393	Kalwaria Paławska	Monastery



Klimont



Święta Góra Grabarka

Waterfalls and viewpoints

The country is dotted with a wealth of natural beauty

Waterfalls

POL-293	Karczemme	
POL-254	Kosińce / Glebiec	Cascade Wisła Czarne
POL-329	Gucka	Cascade Zaskalnik

Viewpoints

POL-240	Podlesie (incl. Przełęcz pod Tulem)	
POL-262	Stroma / Górka	
POL-249	Góra Zar / Górska	
POL-048	Wzgórze Pachołek (Góra Kościuszki)	Panoramic platform over Gdansk
POL-087	Goldapska Gora / Tor Saneczkowy	Restaurant overlooking Kaliningrad



Polish waterfall at Wisła Czarne

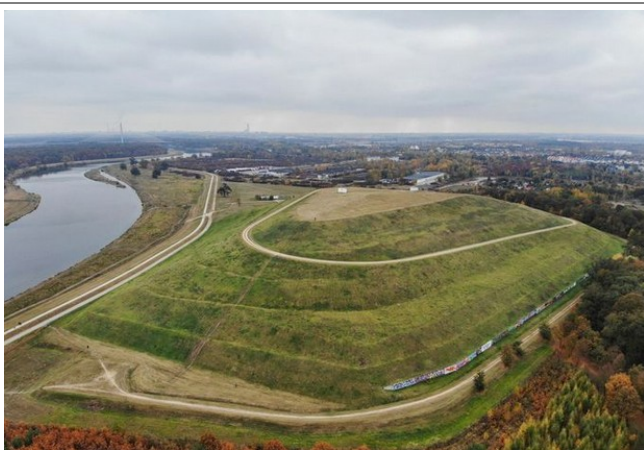


Gora Zar viewpoint

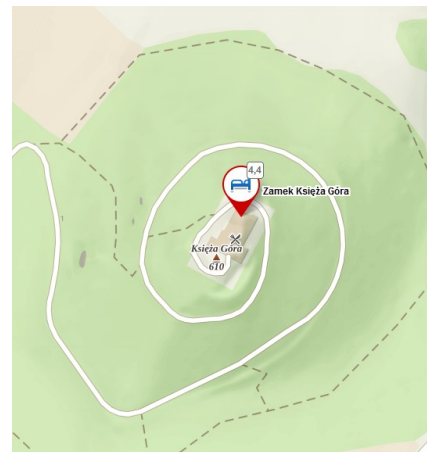
Originality

Finally, let's mention a few notable originalities that are sure to strike cyclists in the midst of their efforts

- | | | |
|---------|-------------------------|--|
| POL-155 | Wzgórze Maślickie | Artificial hill built on the banks of the River Oder |
| POL-169 | Księża Góra | Spiral woodland route to a castle-hotel |
| POL-385 | Wielka Góra | hairpins abound here |
| POL-272 | Kościuszki zimą | Spiral road to Krakow castle viewpoint |
| POL-226 | Góry Małe Towarne | Classified rocks |
| POL-356 | Amfiteatr Kumowa Dolina | Unique narrowwith amphitheatre |



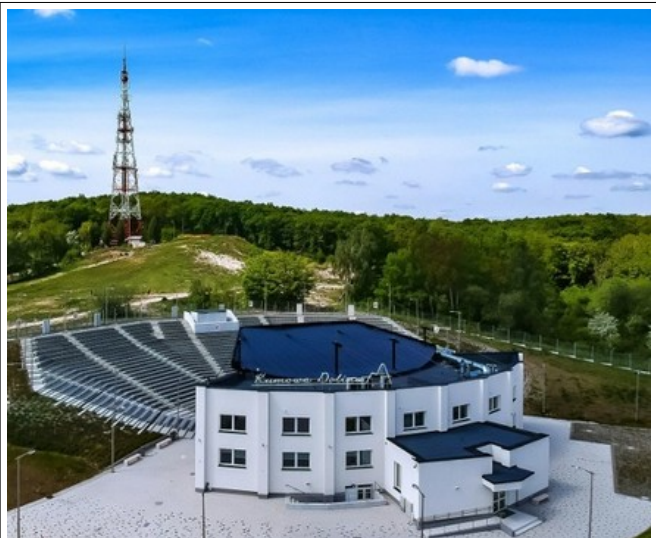
Wzgórze Maślickie



Zamek Księża Góra



Góry Małe Towarne



Amfiteatr Kumowa Dolina

The sporting side of Polish climbs

The Polish terrain means that there are long, very low gradient sections in the north and short, very high gradient sections in the south. You won't find many Alpine or Pyrenean-style climbs in Poland. In mountainous areas, the high gradients are numerous and striking.

There are only 49 slopes more than 10 kilometres to the south, but 75 slopes with a bomb, including 23 with an average percentage greater than 10% and 22 with a maximum hectometric percentage greater than 20%. That's a lot!



POL388 - Guzek / Las Krzywiecki

In contrast, to the north, there are 85 slopes with an average gradient of less than 2%. This section already includes climbs in the Baltic States and Scandinavia, apart from the Fjords. Principle no. 1 of complete geographical representativeness has led us to include climbs of this kind. Each time, we try to make sure that these long false flats are attractive to tourists, have an original surface or are venues for national cycling races.



An original Polish coating, but common in the country



There are many low-percentage climbs in wooded areas with cycle paths

Here are the TOP10 longest Polish climbs

331		Przełęcz Krowiarki	25.3 km
253	NW	Przełęcz Salmopolska	22.5 km
287	NW	Kozy / Dalna Góra	22.4 km
213		Czarna Góra	18.3 km
387	NW	Przełęcz Hałbowska	18.1 km
171		Szlak pieszy niebieski / Droga Sudecka	18 km
327		Obidza / Przełęcz Gromadzka	17.7 km
331		Przełęcz Osice	16.7 km
171		Przełęcz Okraj	16.3 km
327		Przełęcz Krzywzowka (Pod Hutą)	14.8 km

Note that most of them are named "Przełęcz" which means pass, passage,...



POL387 - Przełęcz Hałbowska



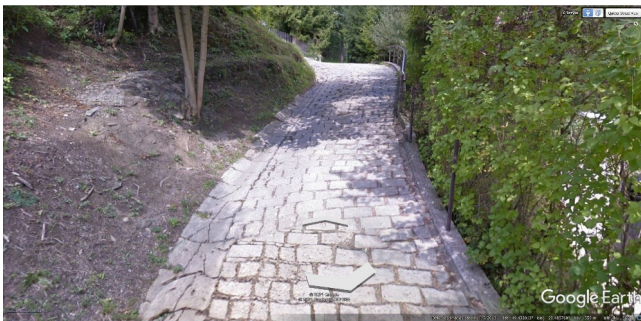
POL331 - Przełęcz Krowiarki

The TOP10 climbs with the highest differences of level

328	N	Przehyba	856 m
213	W	Góra	744m
171	N	Przełęcz Okraj	640 m
331	N	Przełęcz Krowiarki	637m
325	S	Hala (incl. Przełęcz Bukowina)	630 m
213	E	Góra	622m
156	E	Stóg Izerski	592 m
246	NE	Magurka Wilkowicka	588m
253	NW	Przełęcz Salmopolska	577 m
246	NW	Magurka Wilkowicka	566 m

Here are the 23 Polish cycling climbs with an average percentage of over 10%.

252	SW	(Kocierz Moszczanicki)	16.0
296	E	Cuba (Ściana)	14.2
306	SW	Twarogi z Ochotnicy Dolnej	14.1
203	W	Huberek	13.7
304	NE	Studzionki z Ochotnicy Górnej	13.6
301	S	Chełm	12.9
309	E	Łukowica	12.7
323	W	Pomakowica	12.7
314	SW	/ Na Górach	12.6
329	S	Gucka	12.3
247	SE	Łąka	12.2
248	SE	Nowy Świat	12.2
280	E	Makowska Góra z Jachówki	12.1
290	W	Golgota (Lubinka z Dąbrówki Szczepanowskiej)	11.5
318	W	Na Margani (Kania Góra)	11.1
50	NW	Karowa-Piekarska	10.8
273	N	Krakusa	10.8
156	N	Stóg Izerski	10.7
262	SW	Stroma / Górka	10.7
210	SE	Równia	10.6
142	SW	Panienskie	10.3
278	NE	Podksiężę	10.3
285	E	Nowiny	10.2



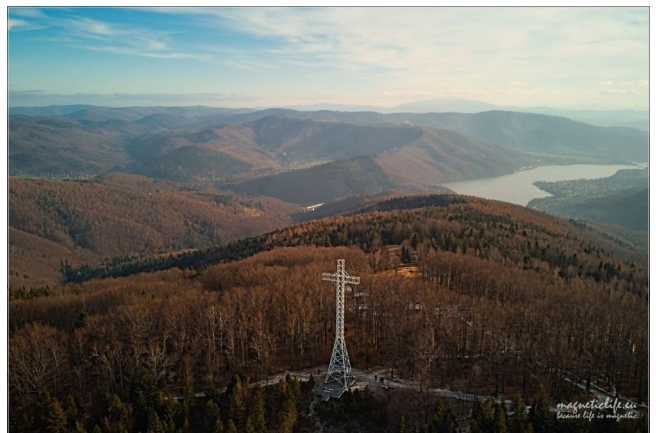
With the cobblestones thrown in for good measure



... or a sign to scare you



POL301 - Chełm



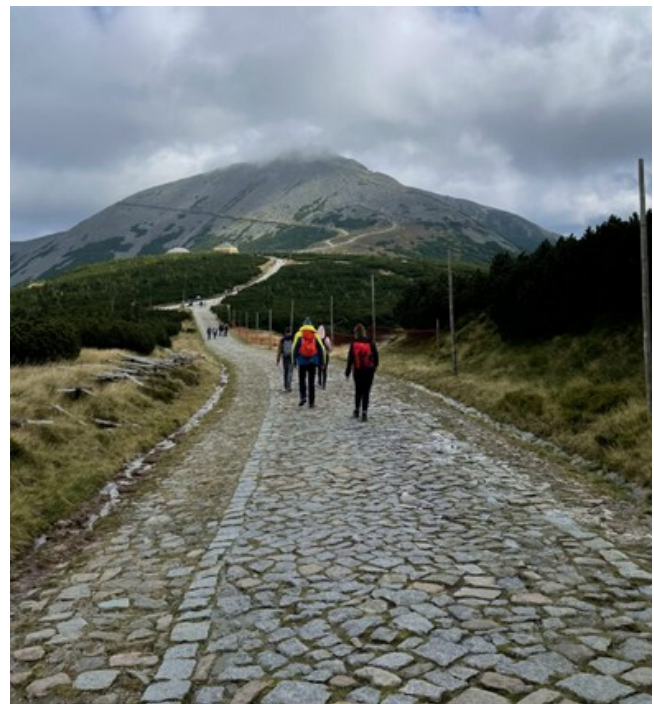
*POL 247 - Hrobacza Łąka
and its iron cross at the top*

And the 22 with a maximum hectometric percentage greater than ... 20%.

252	SW	(Kocierz Moszczanicki)	26
301	S	Chełm	26
388	NE	Guzek / Las Krzywiecki	26
308	S	Cerchla pod Modynią	23
309	E	Łukowica	23
375	NE	Rezerwat Liwocz	23
375	E	Rezerwat Liwocz	23
323	W	Pomakowica	22
157	NW		21
168	NE	Na Śnieżkę (Świątynia Wang)	21
247	SE	Łąka	21
296	E	Cuba (Ściana)	21
312	W	Boguszowa z Piątkowej-Łęg	21
314	SW	/ Na Górach	21
318	W	Na Margani (Kania Góra)	21
44	NE	Kaszubskie Oko	20
206	NE	(Duszniki Arena)	20
254	NW	/ Glebiec	20
295	S	Kamionna / Makowica	20
304	NE	Studzionki z Ochotnicy Górnej	20
306	SW	Twarogi z Ochotnicy Dolnej	20
329	S	Gucka	20



POL252 - Górska (Kocierz Moszczanicki)



POL168 - Na Śnieżkę (Świątynia Wang)

In terms of total energy expenditure, what is the TOP10 Polish europoints?

156	N	Stóg Izerski	772 €-points
328	N	Przehyba	763
325	S	Hala (incl. Przełęcz Bukowina)	698
247	SE	Łąka	655
156	E	Stóg Izerski	617
295	S	Kamionna / Makowica	577
213	W	Góra	560
301	S	Chełm	556
246	W	Magurka Wilkowicka	555
297	SW	z Limanowej / Łysa Góra	534

Nothing above 1,000 europoints, but a strong mid-range mountain package



*POL156 - Stóg Izerski
and its hairpins*



*POL246 - Magurka Wilkowicka
and its magnificent summit*

As for explosiveness, it's in this country that you'll find it, with 75 bombs, here are the TOP10

252	SW	(Kocierz Moszczanicki)	44.5
301	S	Chełm	44.5
309	E	Łukowica	39.9
247	SE	Łąka	39.8
323	W	Pomakowica	39.6
306	SW	Twarogi z Ochotnicy Dolnej	38.5
156	N	Stóg Izerski	38.4
296	E	Cuba (Ściana)	37.7
308	S	Cerchla pod Modynią	37.2
304	NE	Studzionki z Ochotnicy Górnej	37.1



POL377 - Dział



POL306 - Twarogi z Ochotnicy Dolnej

Polish cycle races

A country of great riders

Poland is a cycling country.

The recent victory of the current Polish queen of cycling, *Katarzyna "Kasia" Niewiadoma*, in the women's Tour de France in 2024 is proof of this.

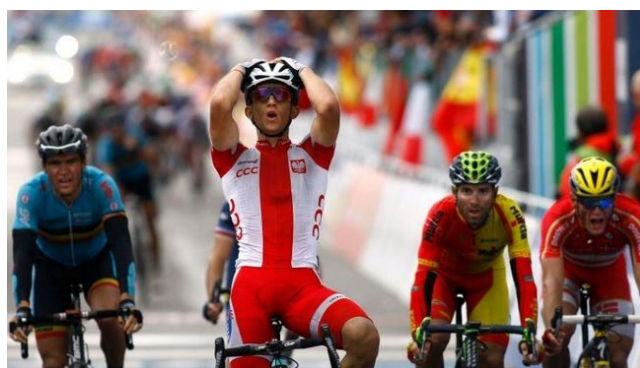
Michał Kwiatkowski fur world champion in 2014 and winner of classics such as Milan-San Remo, the Amstel Gold Race or the Strade Bianche.

Zenon Jaskuła was the first Pole to climb the Tour de France podium, taking 3e place in 1993.

Another great Polish rider, *Rafał Majka*, won numerous stages in the Grand Tours.



Kasia Niewiadoma wins a breathtaking Tour de France 2024 for women by just 4 seconds



Michał Kwiatkowski wins the 2014 World Championships in Ponferrada



Rafał Majka leader at the Tour of Poland



Zenon Jaskuła forges his 3rd place in the 1993 Tour de France in the mountains

Category 3:

- POL-071 Huta Źuławska
- POL-072 Pagórki
- POL-077 Dylewska Góra (Wysoka Wieś)
- POL-099 Karowa
- POL-361 Błażek
- POL-362 Powrózkowa Góra
- POL-363 Tlomska Góra
- POL-368 Wólka Husińska
- POL-378 Księży Lasek

And even a category 4:

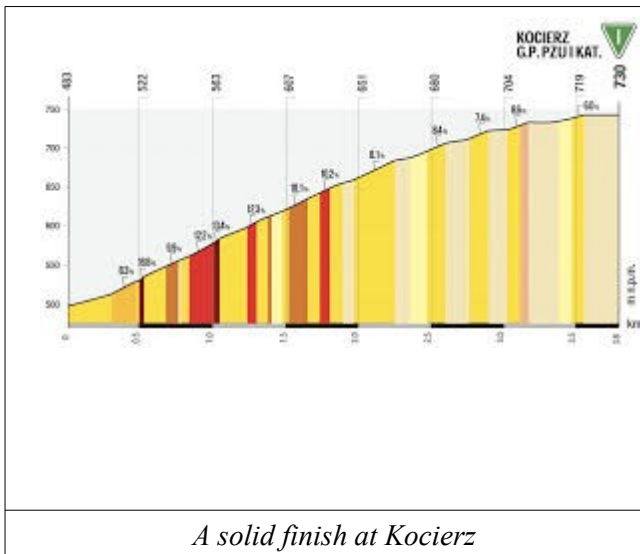
- POL-353 Dabrówka



Victory for Jonas Vingegaard in Gubałówka



Victory for Thibau Nys in 2024



A solid finish at Kocierz



One of the cobbled climbs at the Tour of Poland



The women's version of the Tour of Poland also exists like the other Grand Tours



And the great champions are taking part

Unfortunately, the Tour of Poland also has its weaknesses when it comes to rider safety.

It is considered to be the most dangerous lap, with downhill finishes and certain precautions not taken.

This led to a number of tragedies, including the death of promising young Belgian climber Bjorg Lambrecht on a low stone wall.

On the other hand, Fabio Jakobsen's unbelievable crash in the downhill finish at 70km/h prompted the organisers to remedy the situation.



Bjorg Lambrecht's team-mates pay tribute to him the day after his death



The fall of the century

Other stage races feature in the Polish cycling calendar

The Szlakiem Walk Majora Hubala

The Szlakiem Walk Majora Hubala (literally "Walk on the road of Major Hubal") is a Polish cycling race. It is contested in the Holy Cross and Mazovia voivodships, with a finish in Końskie. Created in 2000, it was run as a one-day race until 2006. In 2005, it became part of the UCI Europe Tour in category 1.2. In 2007, it became a stage race and was classified in category 2.2. It stopped taking place between 2011 and 2015. It reappeared in 2016 and was reintroduced to the UCI Europe Tour in 2017 in category 2.1. Cancelled in 2020, the race has not been held since. The race pays tribute to Major Henryk Dobrzański (nicknamed "Hubala").

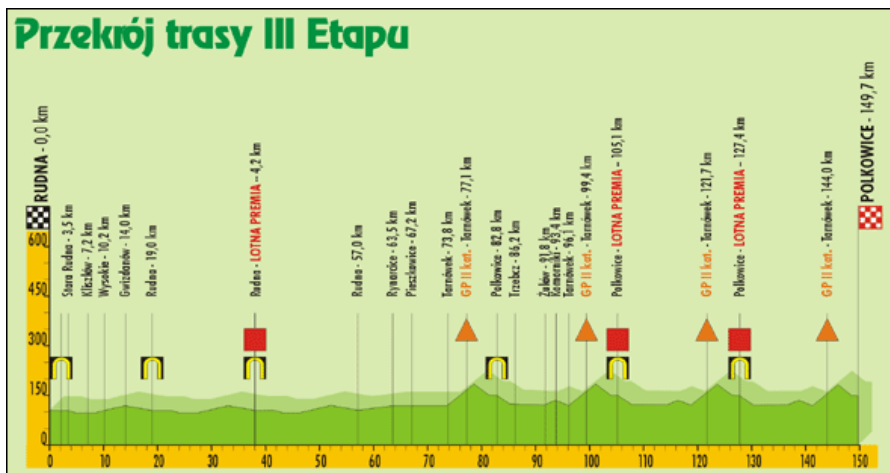


A test that ensures a blurred look

A breakaway group descends one of the climbs of these two Voivodeships

Here are some of the climbs on our list from the Mazovian and Holy Cross Voivodeships that are frequently used in the Szlakiem race:

- POL-123 Pociecha
- POL-130 Klonówka
- POL-137 Kunów-Kolonia (Mazur Adolf, Kościuszki)
- POL-138 Małe Jodło
- POL-149 Zegaje-Dębiańskie (Gościnniec)
- POL-150 Koźki (Stara Wieś)
- POL-133 Święty Krzyż
- POL-125 Widoma
- POL-131 Krajno-Pierwsze
- POL-161 Lysa Góra (incl. Przelecż Kapela)
- POL-190 Przełęcz Sokola
- POL-177 Pastewnik (Długotka) = Kamienna
- POL-151 (Kopalnia Rudna R-VIII)
- POL-164 Chelmiec (Park Krajobrazowy Chełmy)



Orlen Nations Grand Price

Orlen Nations Grand-Prix is a cycling race counting towards the UCI Nations Cup in the U23 category.



A 5-day race



... where the peloton faces a number of climbs

Two flagships of this race have been selected:

POL-307 Przełęcz pod Ostrą (incl. Przełęcz Słopnicka)
POL-330 Przełęcz Osice

Małopolski Wyścig Górski

The Tour of Malopolska (or Małopolski Wyścig Górski in Polish, Tour de la Petite-Pologne in French) is a stage cycling race contested Poland. Created in 1961, it has been classified by the International Cycling Union since 2003 and has been part of the UCI Europe Tour since 2005, in category 2.2.



The Little Poland tour



A tour of the heart of the Polish mountains

Included :

POL-284 Katy-Podlesie
POL-285 Nowiny
POL-286 Szklarnia
POL-328 Przehyba
POL-330 Przełęcz Osice

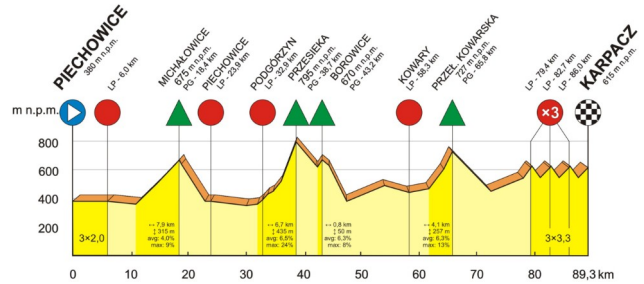
Baltyk-Karkonosze Tour

The Tour Bałtyk-Karkonosze is a cycling race held in western Poland between the Baltic Sea and the Karkonosze. The first edition took place in 1993 as an amateur race under the name Karkonosze Tour with stages in Wałbrzych Voivodeship and Jelenia Góra Voivodeship. In 1996, the race turned professional. In 1997, it adopted the current North-South route. The race was part of the UCI Europe Tour from 2005 to 2009, switched to national event status from 2010 to 2014, before returning to the UCI Europe Tour in 2015.



XIII Międzynarodowy Wyścig Kolarski Bałtyk-Karkonosze Tour

Pod Patronatem Ministerstwa Obrony Narodowej



A trailer

A profile denounces

We selected :

POL-161 Lysa Gora (incl. Przelecz Kapela)
POL-173 Przełęcz pod Średnicą

Princess Ana Vasa Tour

The Princess Ana Vasa Tour is a cycling tour, as its name suggests, for cycling princesses. Another women's event that is a perfect accompaniment to the Tour of Poland for Women.



This is for you ladies

... attacking climbs

Bałtyk Bieszczady

Finally, an endurance cyclo sportive event crosses Poland from one end to the other, covering 1008 km. The Polish Paris-Brest-Paris invites you.



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