



ŁEMKOWYNA
ULTRA-TRAIL®



How to prepare for Lemkowyna Ultra-Trail®

Logistics of Lemkowyna Ultra-Trail®

https://drive.google.com/open?id=1QNV00LYcq6sC_3hrjkZwMK11ONH4Gi6-&usp=sharing

Race HQ:

- Krosno
- Krynica-Zdrój

Start:

- Krynica-Zdrój (ŁUT150®, ŁUT100®)
- Chyrowa (ŁUT70®)
- Iwonicz-Zdrój (Łemko Maraton 48)
- Puławy Górne (Łemko Trail 30)

Finish:

- Komańcza (ŁUT150®, ŁUT70®, Łemko Maraton 48, Łemko Trail 30)
- Iwonicz-Zdrój (ŁUT100®)

Race HQ are located in Krosno and Krynica-Zdrój.

For participants of ŁUT150® and ŁUT100®: 11th of October - Krosno, 12th of October – Krynica-Zdrój.

For participants of ŁUT70®, Łemko Maraton 48, Łemko Trail 30: Krosno from 11th to 13th of October.

Exact places and working hours will be announced in before-the-race statement.

How to get to Lemkowyna Ultra-Trail®

Flights to Poland

The nearest airports are:

Rzeszów Jasionka RZE - <http://www.rzeszowairport.pl/en> - 75 km to Krosno, 170 km to Krynica-Zdrój

Kraków Balice KRK - <http://www.krakowairport.pl/en/> - 190 km to Krosno, 150 km to Krynica-Zdrój

Warszawa Chopin Airport WAW - <https://www.lotnisko-chopina.pl/en/index.html> - 350 km to Krosno, 380 km to Krynica-Zdrój

Bus connections and transfers from/to airports

As railway network is poorly developed in the region, we suggest use of buses. The best place to search for bus transportation in Poland is <https://en.e-podroznik.pl/> where you can find all domestic connections, with partial online ticket purchase.

From Rzeszów Jasionka airport you can get to Krosno in approx. 2h30 min with transfer in Rzeszów city centre from line 53 of Public Transport Authority to Marcel bus service to Krosno. To reach Krynica-Zdrój from Rzeszów you need to be prepared for approx. 4-5 hours of bus connections with several changes.

From Kraków Balice airport the best way is to take a train to city centre and main bus station. Krynica Zdrój direction is well handled by Szwagropol bus company – approx. 3-4 hours. To Krosno you can

take really frequent Barbara Company or Neobus buses with 3 hours' trip.

The biggest airport in Poland is Warszawa Chopin Airport. You can make a prior booking for Neobus service from the airport to Krosno in 6 hours. For Krynica-Zdrój destination the best solution is to get to Kraków by express train and get on Szwagropol bus to Krynica-Zdrój – it takes you approximately 7 hours.

Car

See our Google map with the most important places marked for easier navigation (incl. parking places near Race HQ): https://drive.google.com/open?id=1QNV00LYcq6sC_3hrikZwMK11ONH4Gi6-&usp=sharing

Car rentals are widely accessible in each airport, i.e. Avis, Budget, Europcar, Hertz.

Below you can find app. travel times from each airport to Race HQ:

Rzeszów Jasionka RZE: Krosno 1,5 hours, Krynica-Zdrój 2,5 hours;

Kraków Balice KRK: Krosno 2,5 hours, Krynica-Zdrój 2,5 hours;

Warszawa Chopin Airport WAW: Krosno 5 hours, Krynica-Zdrój 6 hours.

Moving around Lemkowyna Ultra-Trail®

The best solution are our buses which can take you to all important spots during Lemkowyna. Check our web shop where you can book the tickets: https://sklep.ultralemkowyna.pl/en_US/c/Bus-tickets/46

Remember to book them till 6th of September!

Accommodation, where to eat and other information about main cities

You can find wide range of offers on popular search engines like <http://www.booking.com/>

Below you can find local sources of accommodation offers.

Krosno

<http://visitkrosno.pl/en>

Krynica-Zdrój

<http://www.krynica-zdroj.pl/en/455/0/news.html>

Komańcza

https://www.komancza.pl/asp/pl_start.asp?typ=17&menu=93&strona=1 – only in Polish

Where to find more information about the region

<https://www.lonelyplanet.com/poland/beskid-niski>

<https://www.lonelyplanet.com/poland>

<https://www.poland.travel/en>

<https://www.tripadvisor.com/Tourism-g274723-Poland-Vacations.html>

Miscellaneous information

A lot of practical information you can find on the official website of Ministry of Foreign Affairs

<https://poland.pl/tourism/practical-information/>