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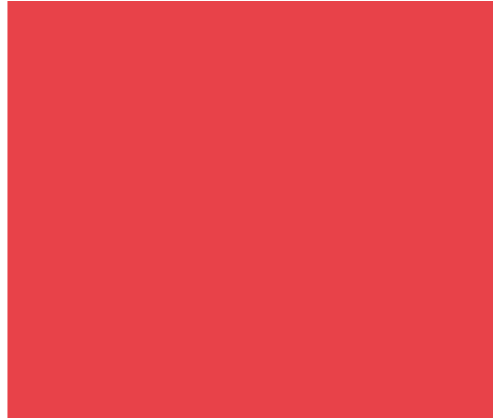
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FOR 4  
SEASONS



A GUIDE



**Key to the icons used in the texts:**

-  Spring
-  Summer
-  Autumn
-  Winter
-  observation of sea and sky phenomena
-  sky observation
-  bird observation
-  seal observation
-  plant observation



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A GUIDE

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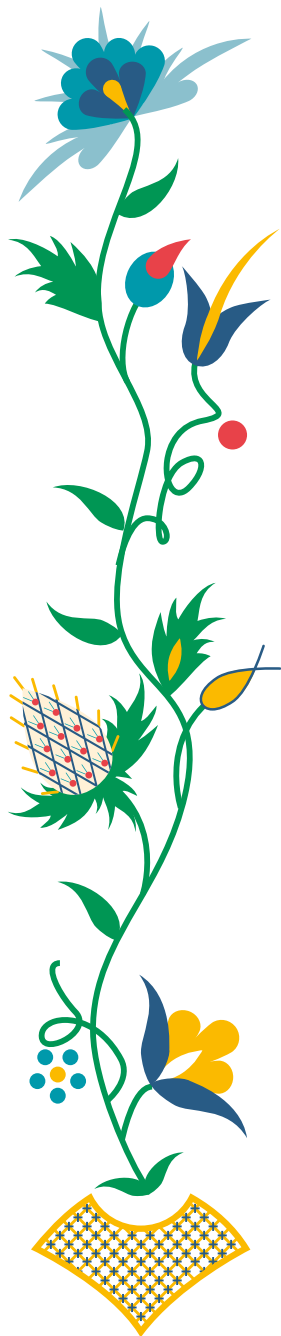
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# INVITATION TO NORTHERN KASHUBIA



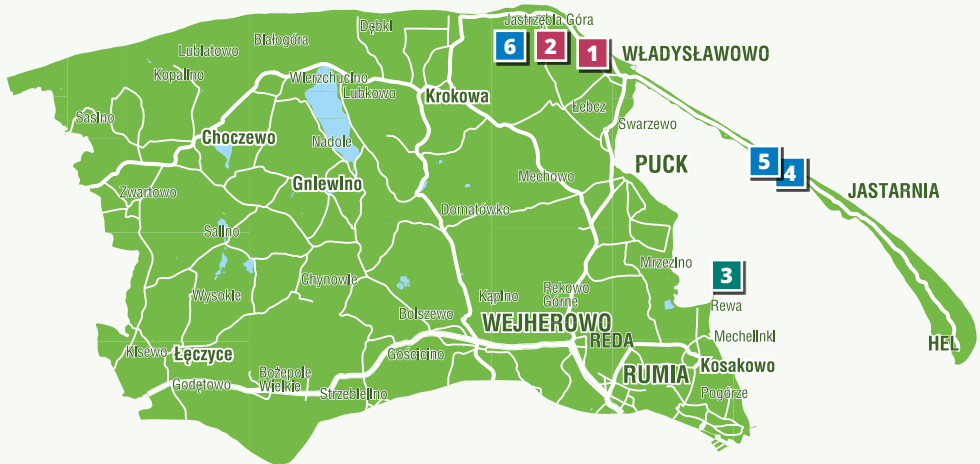
The Baltic shores swept by bitter northern winds and the sunniest bay in Poland, Puck Bay. In summer, the longest days and the most beautiful beaches on the longest Polish peninsula; in winter, the longest nights, providing a chance to see the Northern Lights. Travelling birds herald seasonal changes here as each spring and autumn they stop on their way between the Arctic and warmer climes. Still young, geologically speaking, the coastal landscape is constantly changing: the sea devours some elevated places and gives us a glimpse into past chapters of the Earth's history; elsewhere, the waves, winds, and plants form dunes which are the youngest scraps of land. Plant species from the times when tundra grew in this region are preserved here. Even though it is not an area full of lakes, the cleanest Polish lakes are here. This unique region formed the identity of the Kashubians, who have been living by the sea for a dozen centuries. We call it Northern Kashubia; its residents simply call it Norda.

Let's discover these amazing landscapes, natural phenomena, plants, and animals that can't be found in other regions of Poland. Coming to Norda in summer is not enough to appreciate its diversity. Many natural peculiarities can only be seen in winter, autumn, or spring, when the nature changes more quickly.

To make your discoveries easier we have prepared a tourist guide that highlights where seasonal wonders of nature can be seen. The descriptive part of the guide focuses on the secrets of the animate and inanimate nature which make this land so exceptional: nature sanctuaries and protected areas, often unmatched in the whole of Poland, the educational paths that run across them, tourist trails for hikers, bikers, and drivers.

It is impossible to describe this part of Pomerania without talking about its natives – the Kashubians. Their culture and customs, as well as the regional folklore visible at their regular social events, are what the last part of the guide briefly outlines.

Enjoy getting back to nature with glee and gusto!



## THE LAND

**V** The common broom (p. 33–34) blooms in Chłapowski Gorge **1** and Strondowy Ravine **2** to the south of Jastrzębia Góra.



## THE BEACH AND THE WATER

**III** Under certain weather conditions, ice floes pile up on the coast of Puck Bay and at Rewa Cape **3**, transforming into ice balls (p. 43).  
The storm period ends and the summer beach reappears. The ebbs and flows of waves leave behind the strandline (p. 11), which sometimes hides pieces of amber.



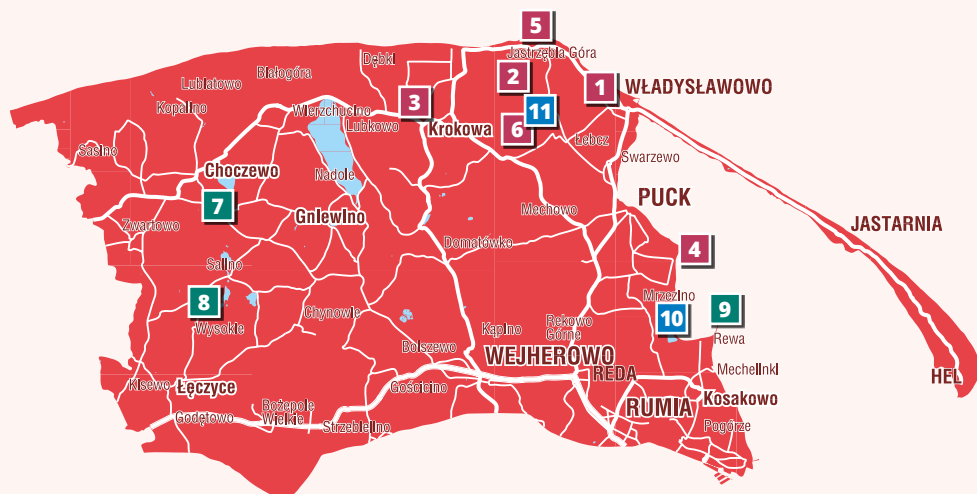
## THE AIR

**III–V** On the dune in Kuźnica **4**, near beach entrance No 33; on bright days you can see a dozen species of birds of prey as well as swans, ducks, and cranes (p. 18).  
The forests of the Kashubian coast are just as good for birdwatching. In early spring finches and thrushes appear and are so numerous that they form moving blankets in glades and meadows (p. 18).  
At night in Każa sanctuary **5** and in Bielawa reserve **6** you can try to spot long-eared owls (p. 19, 31).



## THE SKY

**III** On clear nights the aurora borealis can be seen over the Baltic (p. 14–15).  
**V** From 9 May, 24-hour daylight starts, astronomically speaking, as the astronomical dusk changes into dawn (p. 15).



#### THE LAND

- VI** The common broom (p. 33–34) blooms in Chłapowski Gorge **1** and Strondowy Ravine **2** to the south of Jastrzębia Góra.
- In Zielone reserve **3** you can feel like you're in Amazonia – the common honeysuckle twines around trees like lianas (p. 50).
- VI–VII** Lime Alley in bloom in Rzucewo **4** (p. 44).
- VIII** The heaths in Strondowy Ravine **5** (p. 34) and Bielawskie Błota marsh **6** are in bloom (p. 30–31).



#### THE BEACH AND THE WATER

- VI–VII** Choczewski **7** and Czarne **8** lakes boast their Lobelian lake vegetation, including water lobelia (p. 44).
- VIII** Water in the sea is at its warmest. In Puck Bay near Rewa Cape **9**, underwater meadows are in bloom (p. 21–22).



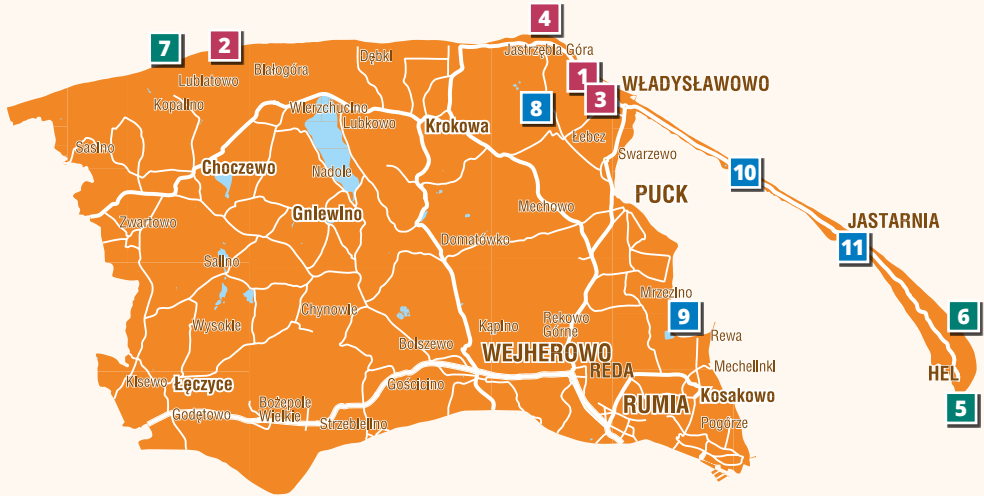
#### THE AIR

- VI–VIII** In Beka reserve **10** (p. 19, 27) and Bielawskie Błota **11** (p. 30–31) you can see birds that nest and migrate.
- VIII** Crane congregations in Bielawskie Błota **11** (p. 20).



#### THE SKY

- VI–VII** The period of 24 astronomical daylight hours a day continues, the afterglow changes into the break of dawn. The clear midnight sky features night-shining clouds (p. 15).
- VI** From 13 to 28 June there are nautical white nights: the sun descends only a bit more than 6° under the line of the horizon. The phenomenon is most visible from the sea coast (p. 14–15).



## THE LAND

- IX** Common sea buckthorn (p. 33) bears yellow-orange fruit in Chłapowski Gorge **1**.
- X** Beeches that grow in forests by the Bezimienna river **2** are adorned in beautiful autumn hues (p. 40).
- XI** The living cliffs of Chłapowo **3** and Jastrzębia Góra **4** are marked by fresh landslides (p. 10).



## THE BEACH AND THE WATER

- IX-XI** Autumn is a great time to see grey seals at the tip of Hel Peninsula **5** (p. 16–17, 36).
- X-XI** The storm period begins and the summer beach is gone for some time. The ebbs and flows of waves leave behind the strandline (p. 11), which sometimes hides pieces of amber.
- X-XI** On dry and windy days the movement of sand dunes may be seen, for instance in Helskie Wydmy reserve **6** (p. 36) and on Lubiatowska Dune **7** (p. 39–40).



## THE AIR

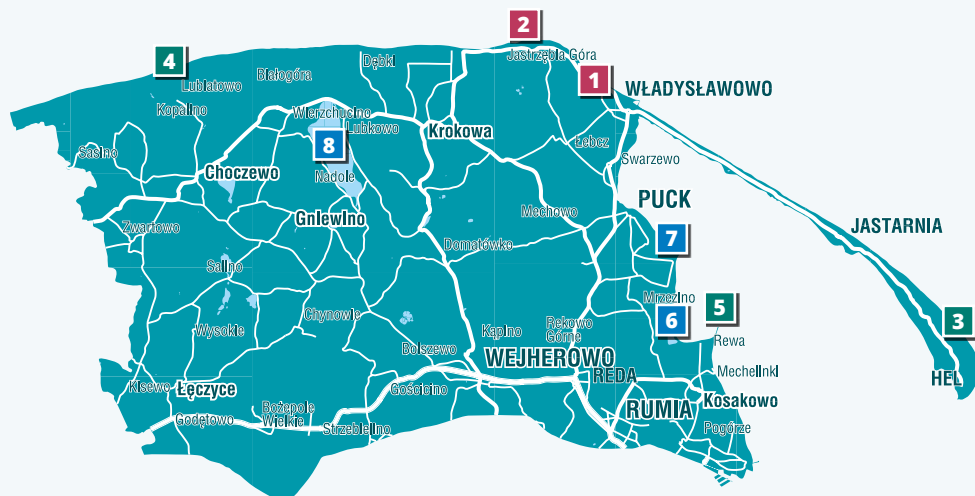
- IX** Crane congregations in Bielawskie Błota **8** (p. 20).
- IX-XI** Autumn is the time of bird migrations (p. 17–21). To watch migratory birds, you should go to Beka reserve **9**, Każa sanctuary **10**, or perhaps Torfowe Kłyle **11**.
- X-XI** During storms, skuas can be seen by the sea (p. 20).



## THE SKY

- XI** On clear nights, the aurora borealis can be seen over the Baltic (p. 14–15).





#### THE LAND

**XII-II** The living cliffs of Chłapowo **1** and Jastrzębia Góra **2** are marked by fresh landslides (p. 10).



#### THE BEACH AND THE WATER

**XII-II** On dry and windy days the movement of sand dunes may be seen, for instance in Helskie Wydmy reserve **3** (p. 36) and on Lubiatowska Dune **4** (p. 39–40).

**XII-II** The storm period continues, and the summer beach is still gone. The ebbs and flows of waves leave behind the strandline (p. 11), which sometimes hides pieces of amber.

**I-II** Ice floes pile up on the coast of Puck Bay and at Rewa Cape **5**, transforming into ice balls under certain weather conditions (p. 43).



#### THE AIR

**XII-II** In Norda, birdwatching can be done in many places, including Beka reserve **6** (p. 27), by the open sea, in harbours (p. 21), and in Puck Bay, which is one of the main bird wintering grounds in Europe (p. 20). Here, birds appear in the biggest numbers at the estuaries of the Reda **7** and the Zagórska Struga **7**.

**XII-II** Lake Żarnowieckie **8** is one of the largest Polish wintering grounds for the common coot, which is accompanied by whooper swans, smews, and grebes (p. 15, 21).

**I-II** On sunny days, long-tailed ducks (a species of sea duck) start their courtship rituals (p. 21).



#### THE SKY

**XII-II** On clear nights, the aurora borealis can be seen over the Baltic (p. 21).

## PLAN YOUR TRIP TO NORDA

When visiting Hel Peninsula, Puck Bay, or the beach in Dębki, which is one of the nicest on the Polish coast, you should carefully consider when you plan to visit. Over the summer months, those places are so crowded with people that local nature often suffers: coastal dunes are trampled while protected birds and sea mammals are often scared away from their habitats. Tourists leave lots of rubbish on the beaches and the noisy parties they throw there frighten animals away.

When you relax in the water, please don't forget the marine animals. For instance, instead of a deafening jet ski, choose a kayak so that you can watch protected birds or mammals without scaring them. If you wish to have fun windsurfing or kitesurfing, please avoid Ryf Mew (Seagull Sandbar) as this spot is a unique habitat on the Baltic coast. Dozens of bird species may be watched here, and resting seals might sometimes appear. If you want to angle, remember to purchase appropriate permits and check the relevant regulations concerning sea waters – they were issued so that we can fish responsibly.

Even choosing the right accommodation can help nature. If, instead of campsites by the bay, you choose lodgings in a populated area or a campsite far from a beach, you act to ease the pressure that humans are putting Puck Bay under. The reed beds growing by the shore, which are home to many protected bird and fish species, are being destroyed by artificial beaches.

The more we take conscious decisions, the better not only for nature, but also for us. To have the chance to relax in and with nature, it seems sensible to visit Northern Kashubia in spring, autumn, or winter. Each of these seasons is packed full of amazing natural attractions. Those who love warm days may find September to be a good period when nature returns to its proper rhythm after the clamour of the peak season: the evenings are still long, the sea is warmer than in June, and the weather is balmy.

Relax close to nature! Relax together with nature!



*Dalsza część książki dostępna w wersji  
pełnej.*

