





# Introduction

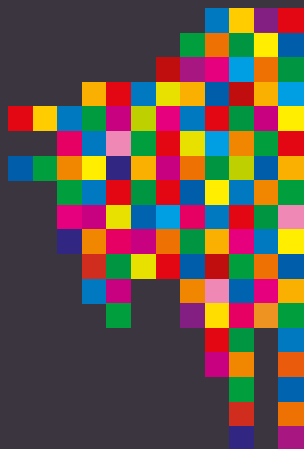
Whether on foot, walking with hiking sticks, horse-back, by bike or kayaking – any form of active leisure is good to explore the charms of the Podlaskie Region. Enthusiasts of various sports disciplines, including extreme sports, will find a lot of place throughout the region to vent their energy in every season of the year.

Many trails crossing the forests of the Podlaskie Region invite you to practice **walking tourism and Nordic walking**. Walking along marked paths of the Nordic Walking Park “The Land of Forest and European Bison,” you will have the opportunities to see charming Podlaskie villages, hundred-year-old stands of trees and forest clearings of the Białowieża Forest. Attractive **equestrian trails** lead through the Knyszyn and Augustów Forests.

You can watch the landscapes of the Biebrza and the Narew river backwaters from above during a **balloon ride** or take a closer look **kayaking**. In this way, you can enjoy the beauty of nature and admire the unique wooden architecture of Podlaskie villages. Many natural and artificial lakes offer a lot of opportunities to practice **water sports**. Modern water ski lifts and equipment hire are available in Augustów, Szelment, and Wasilków. Active leisure enthusiasts will certainly find other attractions in the area.

**Rope parks, climbing walls and paintball** grounds offer extreme sports experience. **Off-road riding** enthusiasts will feel their adrenaline going high on muddy and jumpy off-road trails. If you are brave enough, you can get into a ball to experience **zorbing**. Recreation centres (e.g. WOSiR Szelment), air clubs and many private organisers offer extreme sports opportunities in the Podlaskie Region.

In the winter, the region is a tourist destination for **skiers and snowboarders**. Modern ski lifts and snowmaking systems operate near Suwałki on Jesionowa Hill. You can also dive into snow frenzy near Łomża, with ski runs that are 1500 m long. Białystok invites you to picturesque trails suitable for cross-country skiing, and to the **indoor ice rink** in BOSiR.



# On two wheels

Crossing the Podlaskie Region by bike, you can get closer to the specificity of the region. Picturesque landscapes of fields and meadows, mist over the river backwaters, the wilderness of local forests, intricately adorned wooden houses and meetings with friendly local people... Cycling trails in the Podlaskie Region offer the freedom to discover the secrets of nature and historical landmarks reflecting the region's history and culture.



Śliwno-Waniewo Footbridge,  
photo MOPR archive

## Podlaskie Stork Trail

**Itinerary:** Białowieża – Pogorzelce – Narewka – Lewkowo Stare – Eliaszuka – Suszcza – Odrynki – Narew – Trześcianka – Kaniuki – Doktorce – Suraż – Turośń Dolna – Baciuty – Bokiny – Kurowo – Pajewo – Tykocin – Pentowo – Łaziuki – Zajki – Laskowiec – Dobarz – Osowiec-Twierdza – Goniądz – Dolistowo Stare – Jasionowo on Biebrza – Jaminy – Sztabin – Krasnybór – Rudawka – Mikaszówka – Strzelcowizna – Głębokki Bród - Czerwony Folwark – Wigry – Stary Folwark – Dębowo – Wołownia – Gulbieniszki – Błaskowizna – Stańczyki

**Marking:** red; signs with a logo of Podlaskie Stork Trail (a flying stork)

Trail is 412.5 km long and leads through almost entire region. Following the trail, you will familiarise yourself with a wealth of nature, culture, and history of the region and see the most beautiful sights in Podlaskie, including the Białowieża, Narew and Wigry National Parks, the Land of Open Window Shatters, the Waniewo – Śliwno Footbridge on the Narew River, the European Stork's Village, the Osowiec Fortress, and the Camaldolese monastery complex in Wigry.  
[www.podlaskiszlakbociani.pl](http://www.podlaskiszlakbociani.pl)

## Green Velo

**The itinerary in the Podlaskie Region:** Suwałki Region – Augustów Forest – Biebrza and Narew River Valley – Białowieża Forest – Knyszyn Forest – Bug River Valley.

**Marking:** orange metal plaques with a bicycle symbol and a colourful logo of the trail.

The **Green Velo Eastern Cycling Trail**, which leads along the eastern border of Poland, is around 2000 km long, with 598 km in the Podlaskie Region and offers many tourist attractions. You do not have to pass the entire route at once. It is designed in such a way that you can start a biking trip at any site and visit only areas of your choice. The section of the trail situated in Podlaskie leads through vast forest areas, picturesque Biebrza and Narew backwater areas, and

near numerous cultural heritage sites. On the route, you will find tourist attractions and resting places marked “MPR,” which stands for the Cyclist-Friendly Places.  
[greenvelo.pl](http://greenvelo.pl)

## The Trail of the Cycling Bypass of the Narew National Park

**Itinerary:** Choroszcz – Baciuty – Turośń Dolna – Suraż – Łapy – Płonka Kościelna – Waniewo – Kurowo – Jezewo Stare – Tykocin – Choroszcz

**Marking:** blue

The trail is 90 km long, marked in blue and leading around the Narew National Park. In addition to contact with the Narew nature, you will have the opportunity to visit local historic towns – Choroszcz, Tykocin, Kurów, Waniewo and Suraż.  
[nprn.pl/szlaki-rowerowe](http://nprn.pl/szlaki-rowerowe)

## The Mielnik Bug Ravine Trail

**Itinerary:** Mielnik Zagórze - Góra Uszeście - Mielnik Piaski – Topolina Amphitheatre - Mielnik Piaski

**Marking:** red

The trail is 7.5 km long and leads through the picturesque Bug Valley. Natural landscapes are the main attractions. On the way, you can see a chalk quarry and ruins of the church in Mielnik, the charming Orthodox churches in Mielnik and Koterka, and the Przyjaźń (Friendship) pipeline.

## Rospuda Valley Cycling Trail

**Itinerary:** Białostrzegi – Żarnowo I – Żarnowo II – Żarnowo III – Turówka – Biernatki – Pruska Wielka – Janówka – Topiłówka – Młynisko – Święte Miejsce – a road around Lake Jałowo – Józefowo – Szczeberka – Szczebra – a road around Lake Rospuda – Klonownica

**Marking:** green

The trail is 49.2 km long, leading through the Augustów Forest and the Rospuda Valley. On the way, you can admire many pine-tree stands, numerous wetland areas, and forest wilderness. The trail leads through the low-traffic roads, so it can be recommended to families with children.



## On the water

Many lakes and picturesque rivers offer perfect opportunities for tourists who prefer water leisure kayaking down the Sokółda or Biebrza Rivers where you can enjoy the closeness of nature and admire the wooden architecture of Podlaskie countryside. Modern water ski lifts in Augustów, Szelment, and Wasilków are perfect to enjoy water sports.



Kayaking, photo MOIPR archive

Kayaking enthusiasts will not be disappointed taking a trip down the Sokółda and Biebrza Rivers. **Sokółda** meanders in the woods. You can see kingfishers, beavers, and otters. The wooden architecture of villages you pass by, including water mills in Międzyrzecze and Łażnie, no longer in operation, adds some diversity to the local landscapes. The **Biebrza** River will surprise you by its vast marshland areas. The scenery of the spring backwater areas is a kingdom of a variety of birds. In the summer, you can take a pleasant bath in the river to cool down. In autumn, you can enjoy an enchanting morning mist. The elk, the king of this land, can easily be seen or heard. While rowing, look up on the skies from time to time to see flocks of cranes or other birds.

The **Bug** River is particularly liked by kayakers. Its riverbed is almost unchanged by human hand, with numerous bends, meanders, shallows, riverside thickets, shrubs and islets overgrown by willows. On its steep or sandy river banks one can see nesting sand martins. Many resting places await tourists kayaking down the Bug: forest clearings, sheds, harbours and beaches. While on the trail it is worth stopping at Mielnik and Drohiczyn – small towns of rich history and culture.

The picturesque Bug valley can also be admired from **catamaran**. **On a nature-sightseeing cruise** you can see riparian forests, alluvial meadows and beaver lodges at a close distance and watch birds resting in the river valley or a roe deer sneaking nearby. The cruises along the Bug old river bed and numerous bends are available from sunrise to sunset. Roofed catamarans can be used from early spring to late autumn.

Enthusiasts of water recreation that makes your adrenaline go up are recommended to visit the **Wakepark in Wasilków**. Only a few kilometres from Białystok on the Supraśl River reservoir, you can practice water skiing, wakeboard, or play pétanque. Stand up paddle (SUP) is perfect for rowing around the reservoir.

**A water ski lift in Augustów** at Lake Necko is the main attraction of the northern part of the region. The water ski lift is 740 m long and allows for

speed up to 58 km/h. Professional instructors and equipment hire are available on the spot. Augustów is also a perfect place for practicing water skiing behind a motor boat and many other water sports disciplines.

Further north, around Suwałki, enthusiasts of water sports can benefit from the extensive infrastructure of **WOSiR Szelment** complex, with a power-driven cable lift, a viewing platform with the stand, sanitary facilities with WC and showers, equipment hire, and a guarded beach and a bathing resort.

## ATTRACTIONS

### Catamaran cruises down the Bug

ul. Strażacka 10, 17-307 Mielnik  
Phone: + 48 608373335  
E-mail: kontakt@rejsypobugu.pl  
www.rejsypobugu.pl

### Kayaking down the Bug

Bajdarka Active Tourism Centre  
ul. Piłsudskiego 3, 18-105 Suraz  
Phone: +48 502508060  
E-mail: rezerwacje@bajdarka.pl  
www.bajdarka.pl

### Wakepark Wasilków, reservoir in Wasilków near Białystok

ul. Białostocka, 16-010 Wasilków  
phone: +48 695980860  
E-mail: wakestok@gmail.com  
www.wakestaroundpl

### Regional Sport and Recreation Centre (WOSiR) Szelment

Szelment 2, 16-404 Jeleniewo  
phone /fax: +48 87 5683007  
E-mail: biuro@wosir-szelment.pl  
www.wosir-szelment.pl

### Water ski lift in Augustów

phone: +48 519421897  
E-mail: objekty@basenaugustow.pl  
www.basenaugustow.pl

## Winter attractions

Ski lifts, snow parks, cross-country courses, and skating rinks, are equally natural for the winter landscape of the Podlaskie Region in the scenic Polish mountains. Here you will love winter – not only in sports centres but also in a Russian banya or during a sleigh ride through the forest. Go skiing around Suwałki or Łomża, skating in Białystok, and snowboarding in Ogrodniczki.

Autumn and winter sports activity is chiefly associated with skiing. Ski lifts in Szelment and Rybno in the Podlaskie Region offer opportunities for practicing this sport. The **WOSiR Szelment** Centre and **Rybno**

Skiing Station have various downhill skiing trails and provide ski hire and service. Beginner skiers are offered skiing lessons. The WOSiR Szelment is situated on Jeleniowa Hill (a natural elevation, 252 m above sea level)



Ski slope in Rybno,  
photo: Stacja Narciarska Rybno

by Lake Szelment Wielki, with beautiful views of the area. The Centre offers a few downhill trails and seven ski lifts. The slope has an artificial snowmaking system, so it is in operation even if the winter is less snowy. You can also enjoy skiing after dusk, because it has a lighting system too. WOSiR also offers a natural ice rink, a cross-country course, and a snow park. Rybno Skiing Station, which is 10 km from Łomża, also offers a lot of opportunities to enthusiasts of snow frenzy and of Podlaskie landscapes. Six ski courses of various levels of difficulty and a total length 1500 m are available. You also have an extra bonus – the scenic views of the Narew River.

**Ogrodniczki Snow Park** has been created through a community initiative. It is run by the association Stowarzyszenie 0-85. It does not have professional ski lifts, but it is free of charge. Many obstacles of various levels of difficulty: 6 m and 4 m jumps, a 2 m drop, 5.5 m rail, and a 3 m pole jam, a 3 m box, and a wallride, have been installed on a hill surrounded by the Knyszyn Forest, a few kilometres from Białystok. It is great fun for the beginner and the advanced snowboarders.

Cross-country skiing may be practiced at many places throughout the whole region, but the areas of special landscape attractions are particularly noteworthy. The Białowieża municipality prepared a serial offer for cross-country ski enthusiasts. There are a few ski rental points in town. The **cross-country skiing trail** leads through the historic Palace Park towards the forest area. The trail is 10 km long with a marked track and blue-and white plaques indicating directions. The following network of paths in the **Białowieża Nordic Walking Park** may also be used for cross-country skiing trips.

- Dziedzinka (green) – 8.8 km,
- Wysokie Bagno (High Swamp, yellow) – 3.6 km,
- Białowiecki rekonesans (Białowieża Reconnaissance, red) – 8.9 km,
- Białowiecka wyprawa (Białowieża Expedition) – 10.6 km.

Boards with suggested exercises you can make on your own and pulse measurement points have been installed along the trails.

While cross-country skiing in the Białowieża Forest you can meet wild animals, such as European bison, roe deer or red deer, in their natural environment. The sights of the forest landscapes in the winter are especially attractive.

The Bug landscapes are also admirable in winter, so a **cross-country skiing trip to Mielnik and environs** is worth an effort. The cross-country trail was marked out along the river and Góra Zamkowa, a hill with the remnants of a mediaeval settlement and a later built castle set on its slopes. The top of Góra Zamkowa is a good viewing point offering a panorama of the hilly landscape of the Bug valley.

Winter is also a skating season. **An ice rink in Białystok** offers good skating opportunities. The rink is roofed, with nice music, equipment hire, and available skating lessons, which attracts many skating enthusiasts. Skating can be practiced here from September to the end of March.

## ATTRACTIONS

### Białystok Ice Rink

ul. 11 Listopada 28, 15-320 Białystok  
phone: + 48 85 7496230  
E-mail: lodowisko@bosir.bialystaroundpl  
www.miejskoaktywni.pl

### Rybno Skiing Station

Rybno 16, 18-400 Łomża  
phone: +48 608526676  
E-mail: rybno@jda.pl  
www.rybno.pl

### Regional Sports and Recreation Centre (WOSiR) Szelment

Szelment 2, 16-404 Jeleniewo  
phone /fax: +48 87 5683007  
E-mail: biuro@wosir-szelment.pl  
www.wosir-szelment.pl

### Cross-country ski hire in Białowieża

Białowieża Sport Centre  
ul. Kamienne Bagno 4, 17-230 Białowieża  
Phone: + 48 733587583  
E-mail: kontakt@cs.bialowieza.pl  
www.cs.bialowieza.pl  
Białowieża Municipality Office  
ul. Sportowa 1, 17-230 Białowieża  
Phone: +48 85 6812487  
www.bialowieza.gmina.pl

## Extreme sports

Enthusiasts of active leisure who like a rush of adrenaline will certainly appreciate such attractions as paintball, off-road, climbing, or rope sliding. Podlaskie landscapes offer perfect opportunities for such sports, due to the landscape's diversity with natural elevations, hidden spots in the forest, post-gravel pit ravines, and recreation centres on the lakes. Extreme tourism opportunities in the Podlaskie Region include numerous rope parks, climbing walls, off-road rides paintball and balloon flights.

Having prospects for jumping from the height of 12 m over the ground, passing an obstacle course, and a ride down a 110-m long aerial rope slide, everyone will no doubt experience a thrill of emotion. **FastQuad in Białystok** offers these opportunities to enthusiasts of such attractions.

In addition to rope sliding attractions, you can also enjoy paintball, field games, off-road, zorbing, a climbing wall, and a gigantic see-saw for adults.

Enthusiasts of extreme experience will not be disappointed in **WOSiR Szelment** near Suwałki. Three rope

park courses of various levels of difficulty and an eight-metre high climbing wall of an 80m<sup>2</sup> area will let you vent your energy and enjoy overcoming your limitations. The Centre also has a paintball ground.

**An off-road motorcycle or quad ride** is also a gripping experience. Enthusiasts of this type of entertainment should go to Kosiński-Boruty motocross near Siematycze. The track and equipment hire are available on an area of ca. 4.5 ha. You can ride a dirt bike (KTM, Honda, Suzuki, Yamaha), a quad, and even an old Ursus 28 tractor dating from 1963. Amateur races and paintball contests are also held on the spot.

**Balloon flights over the Narew and Biebrza Rivers** offer unforgettable experiences. A bird's-eye view of the landscape of "the Polish Amazon" – the Narew River and the Biebrza marshland areas are very picturesque. Only from above, you can see the complicated meanders of the Podlaskie rivers, creating a beautiful labyrinth. Often, you can also watch animals from the balloon gondola – on the ground they are too skittish to let themselves be seen at a closer distance.

The offer of the Białystok airclub gives you a high rise of adrenaline. Only the boldest decide to **jump with a parachute**. Others prefer a tourist flight by plane or a glider.

If you choose leisure on the water, you do not have to give up active and sometimes extreme forms of pastime. The recreation complex **Stary Dwór (Old Manor) on Siemianówka** reservoir offers such opportunities. Alpinism enthusiasts might take the opportunity to climb a high, four-wall climbing tower. The Centre also offers a camp ground, a beach with a bathing area, Extreme Water equipment hire, volleyball, and basketball fields, sheds for camp-fires, and modern sanitary facilities.

## ATTRACTIONS

### Białystok Airclub

ul. Ciołkowskiego 2, 15-602 Białystok  
Phone: +48 85 7426527  
www.epbk.pl

### FastQuad Białystok

ul. Szosa Knyszyńska 26, 15-694 Białystok  
phone: + 48 883952950  
E-mail: marketing@fastquad.pl  
www.fastquad.pl

### Balloon flights over Biebrza and Narew

ul. Kombatantów 4 laround114, 15-102 Białystok  
phone: +48 85 7455245, +48 609727272  
E-mail: benek@benkowski.pl  
www.lotybalonem.benkowski.pl

### Balloon sightseeing-tourist flights – Tent Grupa

ul. Kwiatowa 13, Ignatki, 16-001 Kleosin  
Phone: +48 608342342  
biuro@lataniebalonem.pl  
www.lataniebalonem.pl

### Tourist, Recreation, and Cultural Centre in Stary Dwór on the Siemianówka reservoir

Stary Dwór, 17-220 Narewka  
phone: +48 85 685 80 45  
ul. Białowieska 1, 17-220 Narewka  
phone: + 48 85 6829880  
E-mail: sekretariat@ug.narewka.wrotapodlasia.pl  
www.narewka.pl

### Paintball for adults and children – "Piertanie koło Suwałk"

ul. Północna 26a/33, 16-400 Suwałki  
Phone: +48 664906604  
E-mail: transportzakrzewski@wp.pl  
www.paintball.suwalki.pl

### Paintball, shooting, zorbing, quads

Olszynka Complex  
Olszyny, ul. Wiśniowa 39  
Phone: +48 608416417  
E-mail: kompleksolszynka@wp.pl  
www.kompleksolszynka.pl

### Rope park and climbing walls in WOSiR Szelment

Szelment 2, 16-404 Jeleniewo  
phone /fax: +48 87 5683007  
E-mail: biuro@wosir-szelment.pl  
www.wosir-szelment.pl

### Enduro Kosiarka Cross

Kosińska-Boruty 10, 17-315 Grodzisk  
Phone: +48 602386145  
E-mail: endurokosiarka@o2.pl  
www.enduro.neostrada.pl

## On foot and horseback

The landscape of the Podlaskie Region mainly consists of forests with numerous equestrian and walking tourist trails. The Knyszyn, Białowieża, and Augustów Forests have hidden places that can be explored during walking or horse-riding trips. Discover the beauty of wildlife along picturesque forest trails and in wilderness.

To cross the Białowieża Forest with walking sticks, you may choose one of the seven trails in **The Land of Forest and European Bison Nordic Walking Park**

- Trail 1 – A walk in the woods (green): 3 km, around 30 min – The Władysław Szafer reserve
- Trail 2 – Around Krynoczek (green): 9 km, around 90 min – Miednoje wilderness, a roadside shrine with a miraculous spring and the Lipiny reserve
- Trail 3 – Around Sacharewo (red): 11 km, around 2 hrs – Głęboki Kąt reserve

- Trail 4 – Czerwonka landscapes (red): 9 km, around 90 min – a loop-shaped trail
- Trail 5 – Białowieża Forest paths (black): 15 km, around 3 hrs – Natural Woods of the Białowieża Forest and Dębowy Grąd reserves
- Trail 6 – European bison loop (black): 15 km, around 3 hrs – Góra Batorego (183 m above sea level) the highest elevation of the Polish part of the Białowieża Forest
- Trail 7 – To Old Białowieża (black): 21 km, around 4 hrs – a loop-shaped trail, for people who are physically fit.

The length of trails is diversified, so everyone can choose one that suits him or her. Some trails start and finish on the same side. Some trails intersect or go in parallel for some time.

### Through the Forests of the Supraśl River Basin Walking Trail

**Itinerary:** Grabówka – Lake. Komosa – Supraśl – Podsupraśl – Surazkovo – Łażnie – Kopna Góra (35 km)

**Marking colour:** green

The trail leads through the charming areas of the Knyszyn Forest Landscape Park, in the pine woods and deciduous forest to Lake Komosa. Further on, there is **Supraśl**, which is abundant with historic landmarks and other attractions worth visiting, including The Buchholz Palace, the Orthodox Monastery of the Annunciation of the Holy Mother of God, the Museum of Icons, and the Museum of Printing Art and Papermaking. At dusk, you will be guided around Supraśl by **Szwędaczkę Supraskie**. Walking with lit torches, you will hear Spuraśl legends.

Noteworthy facilities can be found on the trail: a wooden bridge on the Sokoła River, a monument commemorating the murder of residents in local villages (Łażnie), resting shelters, and places for bonfires. The trail ends in Kopna Góra, where you can see the **Arboretum of the Insurgents of 1863**.

### Borderland Hiking Trips Equestrian and Cycling Trail

**Itinerary:** Folwarki Tylwickie – Pierki – Wality – Radunin – Lipowy Most – Kopna Góra – Surazkovo – Supraśl – Reserve Jałówka – Studzianki – Ruda Rzeczką – Wólka Rakowiecka – Leśniczówka Ponikła – Krynice (118.5 km)

**Marking colour:** orange

The Knyszyn Forest extends through an area of 105 thousand hectares. You can explore it in a relatively short time using equestrian trails. "Borderland Hiking Trips" (Kresowe Wędrówki) intended for

cycling and equestrian tourism is the most popular trail. It runs along a gravel road. There are many historic sites and cultural attractions on the way, along with numerous nature reserves and architectural landmarks.

### Equestrian Trail in Augustów Forest and Masuria

**Itinerary:** Lipniak forester's lodge in the Wigry National Park (north of Suwałki) – Suwałki forestry management – Szczebra forestry management – Płaska forestry management – Augustów forestry management – Biebrza National Park, Rajgród forestry management, Elk forestry management and Drygały forestry management – Lake Orzysz. Side roads will lead to charming sites, such as Kurzyniec sluice on the Polish-Belarus border or Grzędy wilderness in the Biebrza National Park.

**Marking:** a green emblem in the form of cavalry pennant

The trail is around 400 km long, leading from the Lipniak forester's lodge in the Wigry National Park to Lake Orzysz in the Warmińsko-Mazurskie Region. You will see unforgettable views on the way, experience a water crossing to Lake Sajno and have some respite at a resting place in the Rajgród forest on Lake Dreństwo. Straying from the main road to get to the charming spots such as the Grzędy wilderness in the Biebrza National Park is worth the effort.

### Czarna Hańcza Valley Trail

**Itinerary:** Turtul – Błaskowizna (3.5 km)

**Marking:** a white square with green diagonal

A walking trail (cycling prohibited). The trail starts at Turtul, next to the seat of the Suwałki Landscape Park and leads along the Czarna Hańcza River to Błaskowizna, where it ends on the banks of Lake Hańcza, the deepest lake in Poland (108.5 m). The trail's unique attraction is the local postglacial landscape. There are 10 stops on the trail – places where you can rest for a while, to watch the shaping of the river valley with typical postglacial landscape features: a postglacial channel, Turtulian esker (a characteristic earth ridge consisting of 13 hills), the Gaciska hanging valley and the Bachanowo boulder field. The ruins of a water mill, and beaver lodges can also be seen on the trail. A walk along the path offers the opportunity to delight in a view of one of the most beautiful parts of the Suwałki Landscape Park. Scenic panoramas of the Czarna Hańcza River and Turtulski Pond extend on the trail. The walk ends at Lake Hańcza, but you can make it longer by ca. 7 km, making a loop leading back to Turtul. On the way you can see an Old Believers' church (*molenna*) in the village of Wodziki, the Evangelical cemetery in Szeszupka and the Szeszupa River.



# CERTIFIED TOURIST INFORMATION CENTRES

Augustów, CIT, rynek Zygmunta Augusta 44, Phone: +48 87 6432883, it@urząd.augustow.pl  
Białowieża, PIT BPN, ul. Park Pałacowy 11, Phone: +48 85 6812901, info@bpn.com.pl  
Białowieża, PIT PTTK, ul. Kolejowa 17, Phone: +48 85 6812295, pttk@pttk.bialowieza.pl  
Białystok, CIT, ul. Odeska 1, Phone: +48 85 7326831, cit@podlaskieit.pl  
Białystok, PIT przy SSM „Podlasie”, al. Piłsudskiego 7B, Phone: +48 85 6524250, ssm@hostelpodlasie.pl  
Choroszcz, PIT przy MGCKiS, ul. Sienkiewicza 29, Phone: +48 85 7191431, kultura@choroszcz.pl  
Ciechanowiec, PIT, pl. 3 Maja 31, Phone: +48 507793404, it@ciechanowiec.pl  
Czarna Białostocka, PIT przy UM, ul. Torowa 9, Phone: +48 85 7102281, promocja@czarnabialostocka.pl  
Drohiczyn, PIT przy MGOK, ul. Kraszewskiego 13, Phone: +48 85 6557069, info.drohiczyn@interia.pl  
Goniądz, PIT „Dolina Biebrzy”, Wroceń 44, Phone: +48 603078051, +48 691540162, biuro@dolinabiebrzy.pl  
Hajnówka, CIT Regionu Puszczy Białowieskiej, ul. 3 Maja 45, Phone: +48 85 6825141, biuro@lot.bialowieza.pl  
Jeleniewo, PIT SPK, Malesowizna 24, Phone: +48 87 5691801, turtulspk@gmail.com  
Kleszczelce, PIT przy MOKSiR, ul. 3 Maja 19, Phone: +48 85 6818054, moksirkleszczelce@gmail.com  
Knyszyn, CIT, Rynek 39, Phone: +48 85 7279988, cit@knyszyn.pl  
Kuriany, CIT „Kajar”, Kuriany 6, Phone: +48 664442070, cit@turystycznepodlasie.pl  
Lipsk, PIT przy MGOK, Rynek 23, Phone: +48 87 6423586, mgok@lipsk.pl  
Łomża, PIT „Pamiętki z Łomży”, ul. Stary Rynek, Phone: +48 692892063, pamiatkizlomzy@gmail.com  
Mielnik, PIT przy GOKSiR – Muzeum w Mielniku, ul. Brzeska 71, Phone: +48 85 6577100, it@mielnik.com.pl  
Narewka, PIT, ul. Hajnowska 33, Phone: +48 85 6858062, rezerwacja@stanica.narewka.pl  
Osowiec-Twierdza, PIT BPN, Osowiec-Twierdza 8, Phone: +48 85 7383035, it@biebrza.org.pl  
Piątnica, PIT ŁPK Doliny Narwi, ul. Główna 52, Phone: +48 86 2192175, lpkdn.drozdowo@wp.pl  
Płaska, CIT, Płaska 57A, Phone: +48 722040565, +48 534554700, gok@plaska.pl  
Siemiatycze, Biuro Promocji Powiatu Siemiatyckiego, ul. Legionów Piłsudskiego 3, Phone: +48 85 6555856, promocja@siemiatycze.pl  
Siemiatycze, PIT przy MOSiR, ul. Nadrzeczna 29, Phone: +48 85 6561044, mosir\_siemiatycze@siemiatycze.eu  
Supraśl, PIT „Bukowisko”, ul. Piłsudskiego 64, Phone: +48 85 7102470, turystyka@powiatbialostocki.pl  
Supraśl, PIT PKPK, ul. Chodakowskiego 6, Phone: +48 85 7183785, sekretariat@pkpk.pl  
Suwałki, CIT, ul. ks. Hamerszmita 16, Phone: +48 87 5662079, cit@um.suwalki.pl  
Suwałki, CIT WPN, Krzywe 82, Phone: +48 87 5632562, turystyka@wigry.org.pl  
Suwałki, PIT przy Muzeum Wigier WPN, Stary Folwark 50, Phone: +48 87 5630152, muzeum.wpn@wigry.org.pl  
Sztabin, PIT przy OW „Biebrza 24”, ul. Polna 50, Phone: +48 87 6412179, biuro@biebrza24.pl  
Waniewo, CIT, Waniewo 22, gm. Sokoly, Phone: +48 500192858, it.waniewo@op.pl