



Sudety Cup

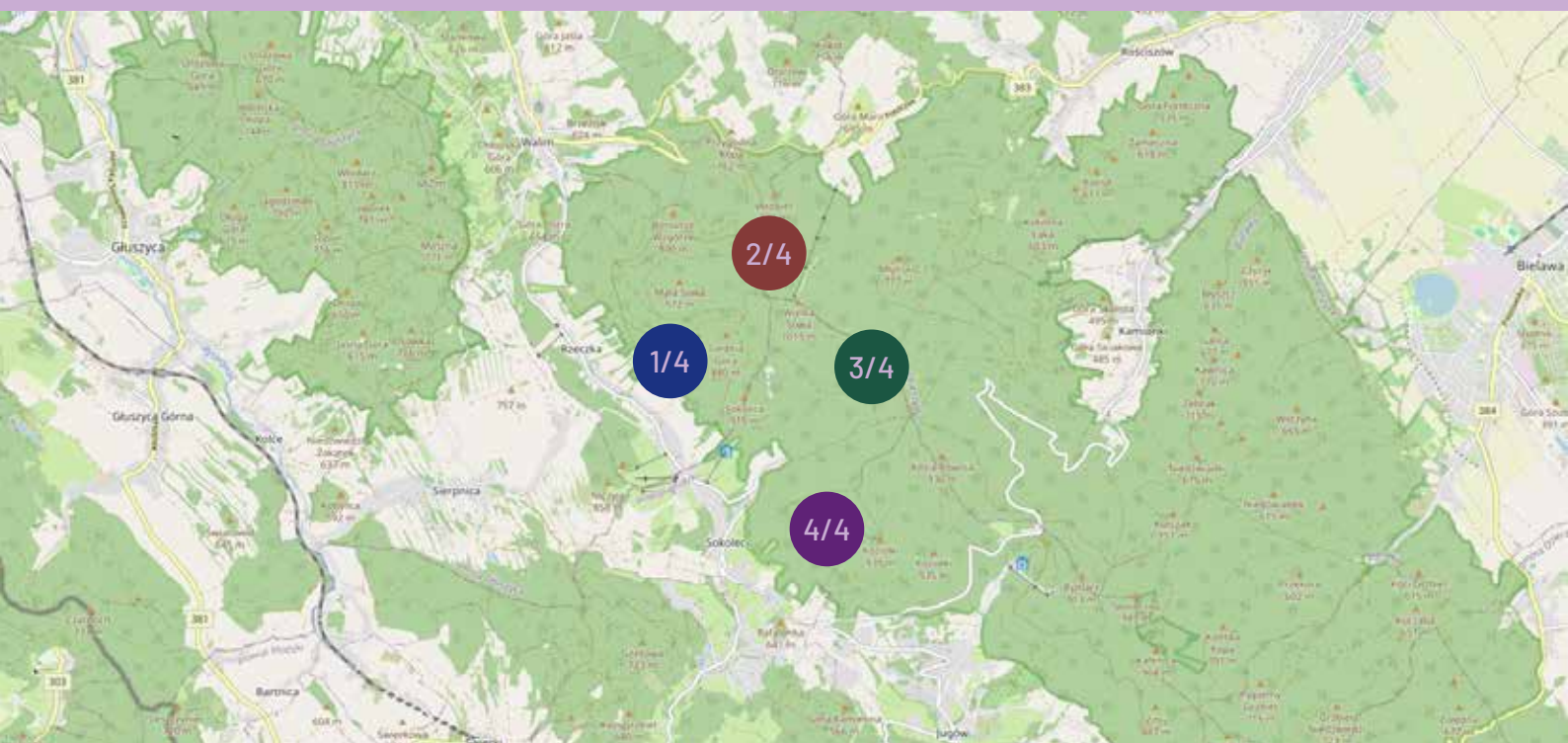


Abstract

We are approaching the jubilee fifth edition of Sudety Cup, which is sure to go down in the history of this event. All stages will take place in the pristine, untouched terrain of the Sowie Mountains, which has never before been used for orienteering. What is more, all four stages will share a common finish area, allowing for a compact and convenient Event Center located in a spot offering epic views of almost the entire Sudety range. In such stunning surroundings, the atmosphere is bound to be unforgetta-

ble and the demanding mountain forests will satisfy even the most discerning competitors. All of this comes with a serene, friendly atmosphere, perfect for connecting with others and unwinding after the sporting challenges. Get ready for extraordinary challenges and unforgettable experiences in the very heart of the Sowie Mountains. It is time to head to the mountains!

- Wojtek Dwojak & Jacek Morawski



31.07-3.08.2025

Sudety
Cup

sudetycup.pl



1/4

Sokolica

middle distance
31.07.2025

2/4

Wielka Sowa

long distance
1.08.2025

3/4

Kozie Siodło

middle distance
2.08.2025

4/4

Grabina

chasing start
3.08.2025



Organizer

Dolnośląski Związek Orientacji Sportowej
ul. Borowska 1-3
50-529 Wrocław, Poland
sudety@sudetycup.pl

Co-organizer

Fundacja Slow Event
ul. Lindleya 16
02-013 Warszawa, Poland

Organizing committee

Event Director
Main Referee
IOF Adviser/Controller
Start
SPORTident
Cartography

Wojciech Dwojak
Jacek Morawski
Tadeusz Piłkowski
Arleta Sosenko
Marcin Leśnicki
Wojciech Dwojak, Jacek Morawski

Partners

International Orienteering Federation
Polish Orienteering Association
Walim Commune
State Forests
Forest Inspectorate Jugów
Forest Inspectorate Wałbrzych



Event rank

4-stage individual national ranking event, KM21E classes with WRE status during 3rd stage.

31.07-3.08.2025

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Start procedure

- SI clear before start boxes
- 3' SI check
- 2' control descriptions
- 1' maps

40-120 m marked route from timed start to start triangle

Refreshment points

There will be self-service refreshment points during 2nd and 4th stage located on several legs between controls and marked on the map. In addition, during 3rd stage elite classes will have a refreshment point in approx. 60% of their courses. All refreshment points will provide potable water.

Start

	START 1 KM12-85, Średnia, Challenge, Ultra	START 2 KM10, Rodzinna, Enka, Krótka
Stage 1	1000 m (60 m climb)	300 m
Stage 2	1400 m (70 m climb)	300 m
Stage 3	1600 m (95 m climb)	200 m
Stage 4	1600 m (85 m climb)	300 m

During each stage the route to each start will be marked with red ribbons.

The participants' clothes will be transported from start to the Event Center after the start of all athletes. The clothes will be available for collection at Sudety shop.

Time limit

Stage 1	120 minutes	Stage 3	120 minutes
Stage 2	180 minutes	Stage 4	120 minutes





Open classes

There is no start time assignment for open classes, you can start in the first three hours of the start time (00-180').

Participants competing in both sport classes and open classes with children are asked to do the sport classes course first in order to maintain fair play rules.

Marked courses

Enka and Rodzinna courses will be marked with orange ribbons.

Two maps will be prepared at the start for each registered competitor in Rodzinna class - one for the child, the other one for the parent.

Punching system

SPORTident system in AIR+ mode will be used for punching during the event.

Control descriptions

Printed on the map and separate descriptions available at start.

Chasing start

4th stage will include a chasing start for all classes (apart from open classes). Competitors in each class will start in accordance with the following rules:

- the clock at the entrance to the first start box will be set to -5',
- the best competitor after three stages in each class starts as the first one,
- the next competitors in each class start according to the time losses to the leader (up to 45 minutes loss),
- competitors who are more than 45 minutes behind the leader after three stages start in the interval start.

The final order in the general classification of Sudety Cup in all classes with a chasing start during the 4th stage will be determined by the punch time from the SPORTident FINISH station.

Maps

	Map size	KM50-85 Rodzinna, Enka, Krótka	KM10-45, Średnia, Challenge, Ultra
Stage 1	A4	1:7 500 e-5 m	1:10 000 e-5 m
Stage 2	A4 or A3	1:7 500 e-5 m	1:10 000 e-5 m
Stage 3	A4	1:7 500 e-5 m	1:10 000 e-5 m
Stage 4	A4 or A3	1:7 500 e-5 m	1:10 000 e-5 m

All maps prepared according to ISOM 2017-2 in 2025. Digital print on waterproof paper.

Maps will not be collected at the finish, so please follow fair play rules and do not show the maps to competitors who have not already started.

KM10

During 3rd and 4th stage there will be short marked routes on KM10 courses. They will be marked with a marked route symbol on the map (dotted line instead of solid line) and with white-red ribbons in the forest.



Environment sustainability

Respecting the surrounding nature is extremely important, therefore during the competition we will try to reduce the negative impact of our event on the environment as much as possible - we will replace plastic with paper products where possible. You can also help us with this - bring your own reusable cups for water at the finish line.

Kid's zone

There will be Kid's zone with attractions for the youngest organized at each stage at the Event Center. Also, a special Mini-O course for children located next to the Event Center will be available. Both Kid's zone and Mini-O will be free of charge and available to all willing children without prior registration.

Waste separation

Waste separation will be carried out during the event - clearly marked bins for bio, mixed, plastic, paper, and glass waste will be available in a designated spot within the Event Center. Please use them carefully and dispose of your waste in the appropriate containers - let's take care of the cleanliness and natural environment of the Sudety mountains together!

Food

Each day at the Event Center you will have the opportunity to visit the „Piwnica Pod Orłem” restaurant located in the Schronisko „Orzeł”, as well as Sudety cafeteria serving BBQ dishes, snacks and drinks.

Toilets

Toilets will be available only in Event Center.

Shops

It will be possible to purchase products from the official Sudety collection as well as other sports equipment or footwear for orienteering at the Event Center.

WRE

3rd stage in KM21E classes will be a World Ranking Event race. More information concerning the WRE can be found in the latter part of this bulletin.

Medical support

An ambulance with paramedics will be located in the Event Center near the finish line.



Fees

	KM10-14 Rodzinna Enka	KM16-20 KM65 and older Krótka Średnia	KM21-60 Challenge Ultra
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1st deadline	20 PLN / stage	35 PLN / stage	50 PLN / stage
30.04.2025	80 PLN / 4 stages	140 PLN / 4 stages	200 PLN / 4 stages

2nd deadline	25 PLN / stage	40 PLN / stage	60 PLN / stage
21.07.2025	100 PLN / 4 stages	160 PLN / 4 stages	240 PLN / 4 stages

late entry	30 PLN / stage 120 PLN / 4 stages	45 PLN / stage 180 PLN / 4 stages	70 PLN / stage 280 PLN / 4 stages
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Payments

Dolnośląski Związek Orientacji Sportowej
ul. Borowska 1-3
50-529 Wrocław
Poland
IBAN : **PL87116022020000000230177716**
SWIFT: **BIGBPLPW**

Please include participant details (name and club) and "Sudety" word in bank transfer description.

The validity of the entry within a given deadline is determined by entry fee payment to the organizer's account, not by the fact of just registering an entry via entry system.

We allow payments also in Koruna česká (CZK) and Euro (EUR). Please find all entry fees and payment details on our website and choose the preferred currency.

Stage classification

As part of the stage classification, winners of stages 1-3 of all classes will receive special awards. After stage 3 we will also award World Ranking Event TOP3 athletes in KM21E classes.

Prize-giving ceremony is scheduled for 19:30 on Saturday and will take place at the scene in the Event Center.

Prize

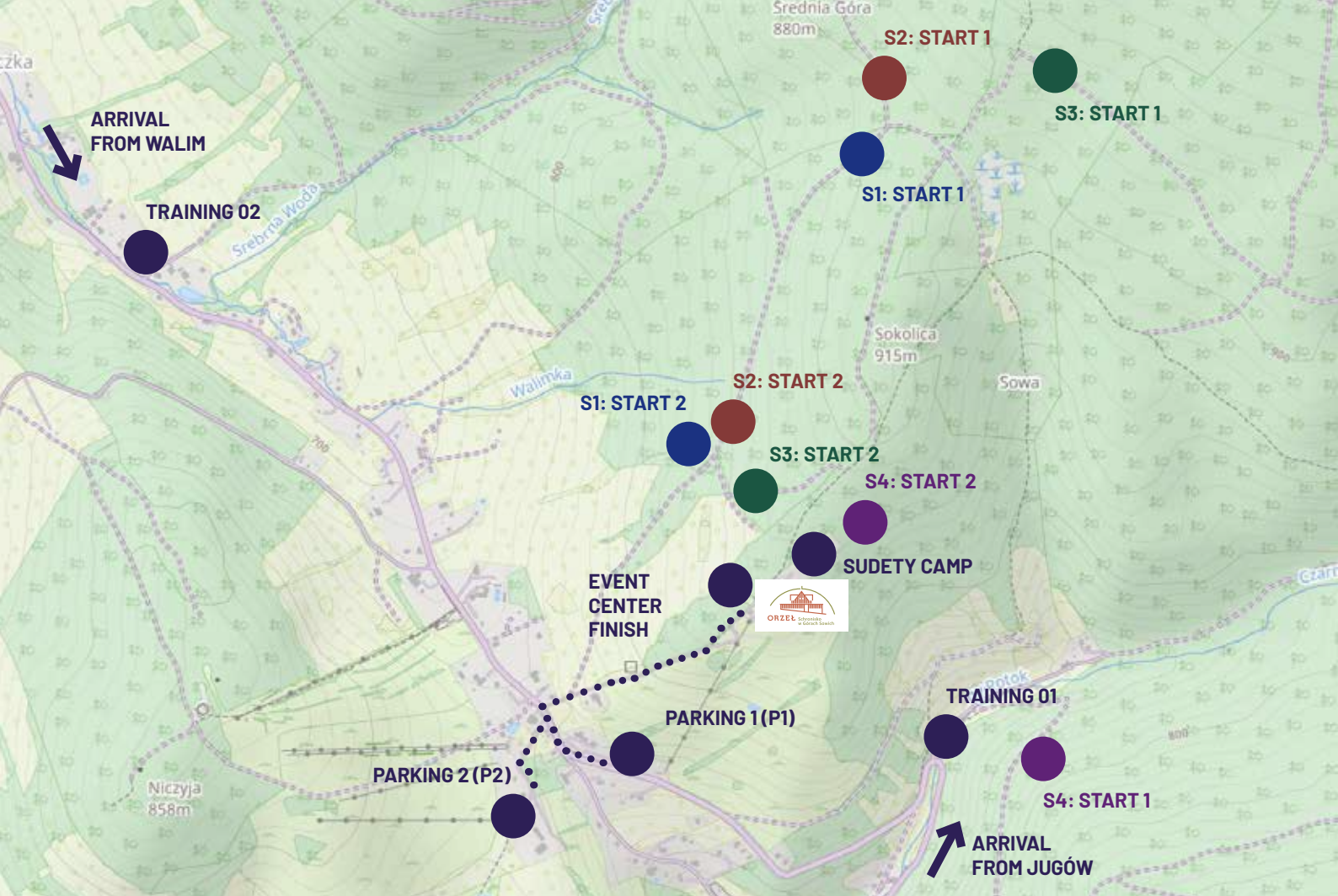
Gifts and diplomas for the TOP3 participants in each class in the general classification after four stages will be awarded. All K10, M10, Rodzinna and Enka class participants will be awarded small gifts.

Prize-giving ceremony is scheduled for 14:00 on Sunday. Winners will be awarded in the following order: veterans, children, juniors, seniors.

Additional information

- The organizer provides medical care during the event.
- The organizer has a valid third party insurance.
- The organizer is not responsible for individual insurance of the participants.
- The organizer is not financially responsible for any items lost during the event.
- The organizer reserves the right to change the event program, as well as to cancel the event due to force majeure.

- The organizer reserves the right to the final interpretation of this Bulletin.
- By registering for the event you consent to the publication of your image on the website sudetycup.pl, in the organizer's social media and in other promotional materials.
- By registering for the event you accept this Bulletin.
- Further information about the event can be found at sudetycup.pl.



Parking

Free parking (P1 and P2) will be available approximately 800 meters from the Event Center (100 meters climb). Access from the parking area to the Event Center is shown on the map above.

Parking 1 GPS: 50.661196, 16.467235

Parking 2 GPS: 50.659953, 16.465190



Access to Event Center

There is limited access by car to Schronisko "Orzeł" for unloading club tents or dropping off individuals with limited mobility. To use this option, you must fill out the registration form in advance:

<https://forms.gle/hgGN4RfyDWk6ZzYQ7>

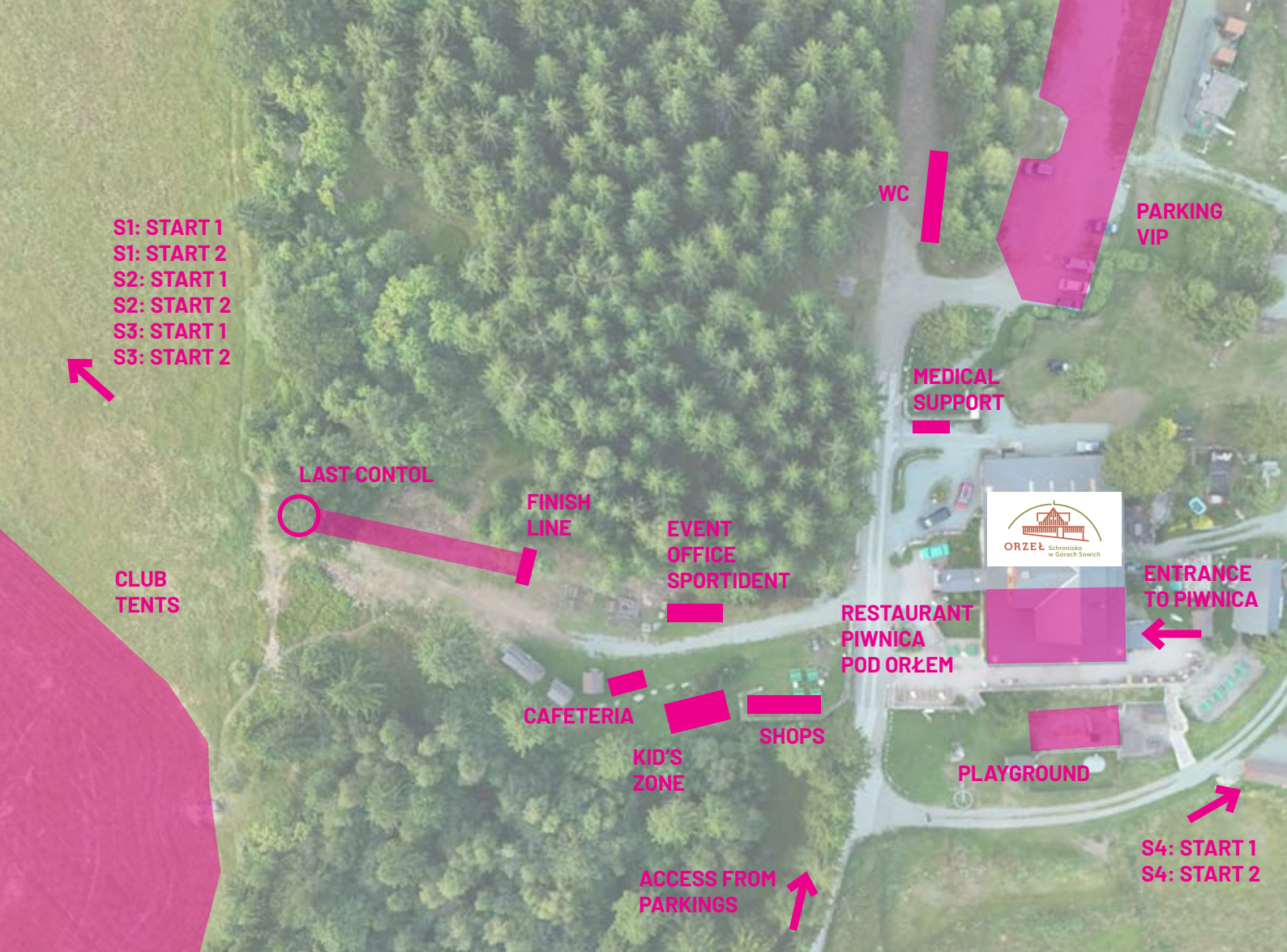


Access to Schronisko "Orzeł" will be controlled by the organizer and vehicle traffic near the shelter will be kept to a minimum. After unloading, vehicles must leave the area immediately and be parked in one of the designated parking areas.

Parking-O

To make your walk from the parking to the Event Center more fun we invite you to join Parking-O game. Here are the rules:

1. At the beginning of the ascent from Rzeczka to Schronisko "Orzeł" there will be a station where you can pick up a Parking-O map.
2. Each day the map will feature a short course with several control points to be punched along the way.
3. After reaching the Event Center, head to Sudety shop, sign your map with your name and place it in the designated box.
4. During Sunday's 14:00 prize-giving ceremony we will draw 10 winners from those who completed the Parking-O course and award them prizes.



Event Center

The Event Center and the finish for all four stages is located at mountain shelter Schronisko „Orzeł” in Rzcza, situated at an altitude of 875 meters above sea level.

Event Office

Athletes who have already paid the entry fee do not need to visit the Event Office before the start. Please come to the Event Office only to handle the following issues:

- late entries to open classes
- collection or rental of a SPORTident card
- payments and invoices

Event Office opening hours:

31.07.2025	1.08.2025	2.08.2025	3.08.2025
Thursday	Friday	Saturday	Sunday
12:00-20:00	10:00-16:00	10:00-15:00	09:00-15:00



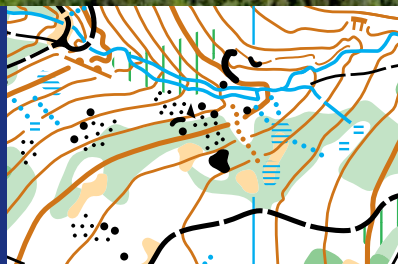
31.07-3.08.2025

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Stage 1

1/4
Sokolica
middle distance
31.07.2025



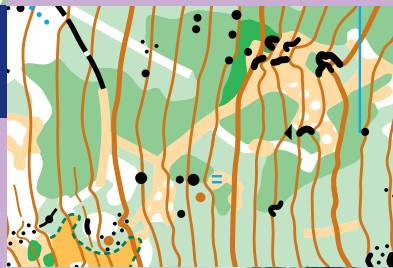
Parking

Free car parking located
800 m from Event Center.



Program

15:00 first start
20:00 finish closing



The first stage of Sudety Cup promises to be an intense and thrilling challenge that will put even the most seasoned competitors to the test. The terrain will be marked by constant variability – from open areas to dense forests, from soft ground to rocky paths. Stones and rocks scattered along the course will demand precise map reading. This stage will be an **explosion of diversity**, forcing participants not only to push their speed but also to continuously adapt to the changing nature of the terrain.

Start

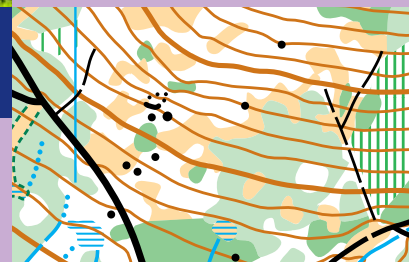
START 1
1000 m to start (60 m
climb), follow red ribbons

START 2
300 m to start, follow red
ribbons



Finish

Located in the Event
Center



Stage 2

2/4

Wielka Sowa

long distance
1.08.2025



Parking

Free car parking located
800 m from Event Center.



Program

11:00 first start
16:00 finish closing



The second stage takes you into the pristine wilderness around the majestic Wielka Sowa peak. As you traverse these wild terrains, you will encounter mysterious remnants of the former German „Riese” Project hidden on the mountain’s slopes. Expect stunning landscapes and navigational traps that will test your precision and quick decision-making. The terrain combines steep slopes with rocks and watercourses concealed in a forested labyrinth. This stage is the essence of **Sudety wilderness** – a challenge that will stay in your memory for a long time.

Start

START 1
1400 m to start (70 m climb), follow red ribbons

START 2
300 m to start, follow red ribbons



Finish

Located in the Event
Center



Stage 3

3/4

Kozie Siodko

middle distance
2.08.2025



Parking

Free car parking located
800 m from Event Center.



Program

11:00 first start
15:00 finish closing



The third stage is the most technically challenging part of the competition. The courses run through relatively flat areas with few distinct landmarks, requiring precise map reading and quick decision-making. Despite its seemingly gentle nature, the terrain hides numerous traps, including **marshes and dense undergrowth**. Every step here must be carefully calculated, as even a moment of inattention could cost valuable seconds. With a bit of luck, you might spot one of the area's inhabitants - a mouflon, the symbol of Sudety wilderness.

Start

START 1
1600 m to start (95 m climb), follow red ribbons

START 2
200 m to start, follow red ribbons



Finish

Located in the Event
Center

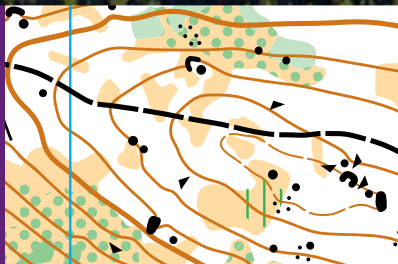


Stage 4

4/4

Grabina

chasing start
3.08.2025



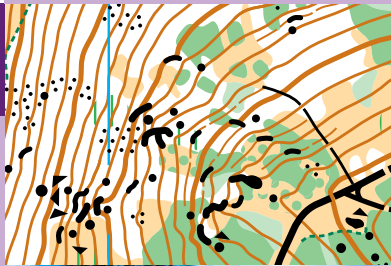
Parking

Free car parking located
800 m from Event Center.



Program

10:00 first start
14:00 finish closing



The final stage will take you into a world of **numerous rock formations and steep slopes**. Sharp as the peaks themselves, the courses will feature steep ascents and technical descents, testing both endurance and navigational skills. The dense forest, limiting visibility, will demand maximum focus and precise map reading, while the harsh terrain will push you to your limits. This challenging conclusion to the competition will not only highlight the beauty of the rocky landscapes, but also provide immense satisfaction to anyone who overcomes these difficulties.

Start

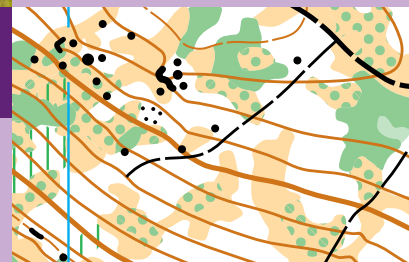
START 1
1600 m to start (85 m climb), follow red ribbons

START 2
300 m to start, follow red ribbons



Finish

Located in the Event
Center



WRE Appendix



Climate

Temperature for July in Rzezczka vary between 11 and 25 °C with an average of 17 °C. Average rainfall for July is 72 mm with 11 rainy days during a month. The weather can be anything from warm and sunny to windy and rainy. Please take into account that the race will be held between 700 and 1000 m a. s. l., so the weather conditions at start and finish can differ a lot and change rapidly.

Visas

According to current regulations, citizens of some countries must obtain a visa in order to enter Poland. Please check the following website for more information: <https://www.gov.pl/web/diplomacy/visas>
Visas should be applied for at your closest Polish embassy. Please note that conditions of entry may change. All participants are advised to keep themselves updated on the situation by consulting their local Polish embassy.

Transport

No transport offered by the organizers.

Winning time

30-35 minutes for both KM21E classes.

GPS-enabled devices

GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation.

Control descriptions

The dimensions of control descriptions are as follows:

K21E	5,0 x 10,5 cm
M21E	5,0 x 12,5 cm

Complaints

Complaints must be submitted in writing at the Event Office no later than 15 minutes after the full results have been published.

Jury

Aleksei Alekseyonok	POL
Łukasz Charuba	POL
Marek Wołowczyk	POL

Training opportunities

We provide two training maps that will allow you to get familiar with the specifics of Sowie Mountains terrain. At your disposal there are both a training course and an all controls map. Training map files are available free of charge for self-printing:

<https://sudetycup.pl/en/trainings/>

Also, we provide free training maps from previous editions of Sudety Cup available on our website:

<https://sudetycup.pl/en/maps/>

Summary of entries received

Nation	K21E	M21E
Czech Republic	3	8
Germany	1	
Latvia	1	2
Lithuania		1
Norway		1
Poland	17	35
Slovakia		1
TOTAL	22	48

Accommodation

Schronisko „Orzeł”, Sudety Camp & camper vans



Location

Schronisko Górskie „Orzeł”
Sokolec 52
57-450 Ludwikowice Kłodzkie
GPS: 50.664203, 16.473138



Check-in

Check-in is available on Wednesday from 15:00 or on Thursday from 13:00, depending on the length of stay purchased.

Check-out is on Sunday by 14:00 (rooms in Schronisko „Orzeł”) or by 16:00 (Sudety Camp and camper vans).

Parking

Participants who have reserved a parking spot next to Schronisko „Orzeł” may drive up and park in the designated space.

All other guests staying at Sudety Camp or in Schronisko „Orzeł” may drive up to the shelter temporarily to unload their luggage, but are then required to move their vehicle to Parking 1.

GPS: 50.661196, 16.467235

To take advantage of this option, please fill out the registration form in advance:
<https://forms.gle/hgGN4RfyDWk6ZzYQ7>



Access to Schronisko „Orzeł” will be controlled by the organizer and vehicle traffic near the shelter will be kept to a minimum.



Meals

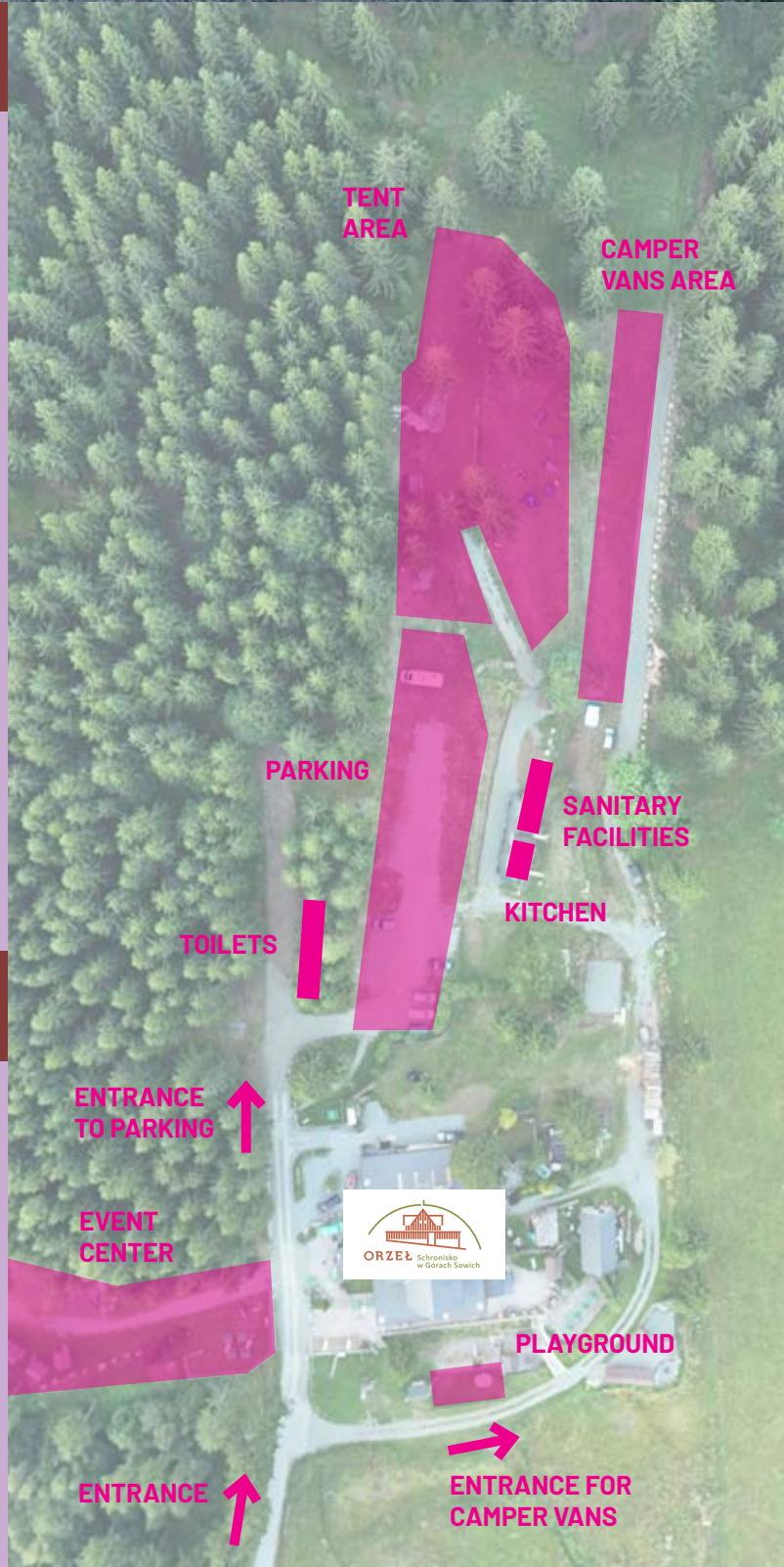
The hotel day at Schronisko „Orzeł” begins with dinner and ends with breakfast. Breakfast and dinner for guests staying in the shelter and for those who have purchased additional meals will be served in the dining room of Schronisko „Orzeł” according to the schedule below:

	Breakfast	Dinner
30.07.2025 Wednesday		18:30-20:00
31.07.2025 Thursday	08:00-10:00	18:30-20:00
1.08.2025 Friday	08:00-10:00	17:30-19:00
2.08.2025 Saturday	08:00-10:00	17:30-19:00
3.08.2025 Sunday	07:00-09:00	

Facilities

Guests staying at Sudety Camp or in camper vans will have access to:

- Campground sanitary facilities (toilets, outdoor sinks, and shower) along with a small kitchen.
- Additional toilets and showers inside Schronisko „Orzeł” building.
- Electric poles with 230V power outlets.
- Campfire spots on the campsite.
- Free Wi-Fi in the common area of Schronisko „Orzeł”.
- „Piwnica pod Orłem” restaurant inside the shelter (open daily from 10:00 to 22:00).
- Children’s playground.



Accommodation

Hard floor



Location

Centrum Sportu i Rekreacji in Walim
Boczna 8A
58-320 Walim
GPS: 50.702702, 16.440635

Parking

Free car parking in from of Centrum Sportu i Rekreacji building.
GPS: 50.702510, 16.439997

Check-in

Check-in is available from Thursday at 13:00.
Check-out by Sunday at 16:00.

Facilities

Guests staying at Sport Hall in Walim will have access to:
→ A spacious gym hall with full sanitary facilities (toilets and showers).
→ 230V power access



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Course details

	1/4	2/4	3/4	4/4	
	Sokolica	Wielka Sowa	Kozie Siódło	Grabina	
K10	⚓ 1,8 km 🏠 10 PK 📏 95 m	⚓ 2,1 km 🏠 9 PK 📏 90 m	⚓ 1,9 km 🏠 9 PK 📏 85 m	⚓ 1,8 km 🏠 7 PK 📏 110 m	K10
K12	⚓ 2,4 km 🏠 10 PK 📏 165 m	⚓ 3,2 km 🏠 11 PK 📏 120 m	⚓ 2,8 km 🏠 11 PK 📏 60 m	⚓ 2,4 km 🏠 9 PK 📏 205 m	K12
K14	⚓ 2,4 km 🏠 11 PK 📏 135 m	⚓ 3,3 km 🏠 11 PK 📏 130 m	⚓ 2,6 km 🏠 11 PK 📏 60 m	⚓ 3 km 🏠 10 PK 📏 220 m	K14
K16	⚓ 2,6 km 🏠 13 PK 📏 155 m	⚓ 4,2 km 🏠 12 PK 📏 175 m	⚓ 2,7 km 🏠 12 PK 📏 75 m	⚓ 4,1 km 🏠 14 PK 📏 275 m	K16
K18	⚓ 2,7 km 🏠 13 PK 📏 150 m	⚓ 4,6 km 🏠 15 PK 📏 175 m	⚓ 2,9 km 🏠 12 PK 📏 80 m	⚓ 4,5 km 🏠 12 PK 📏 290 m	K18
K20	⚓ 2,9 km 🏠 15 PK 📏 155 m	⚓ 5,1 km 🏠 17 PK 📏 200 m	⚓ 3,2 km 🏠 15 PK 📏 85 m	⚓ 4,7 km 🏠 16 PK 📏 340 m	K20
K21	⚓ 2,9 km 🏠 13 PK 📏 165 m	⚓ 5,0 km 🏠 17 PK 📏 180 m	⚓ 3,0 km 🏠 14 PK 📏 90 m	⚓ 4,3 km 🏠 13 PK 📏 345 m	K21
K21E	⚓ 3,5 km 🏠 18 PK 📏 210 m	⚓ 6,4 km 🏠 20 PK 📏 300 m	⚓ 3,7 km 🏠 16 PK 📏 110 m	⚓ 6,1 km 🏠 18 PK 📏 410 m	K21E
K35	⚓ 2,7 km 🏠 13 PK 📏 150 m	⚓ 4,6 km 🏠 15 PK 📏 175 m	⚓ 2,9 km 🏠 12 PK 📏 80 m	⚓ 4,5 km 🏠 12 PK 📏 290 m	K35
K40	⚓ 2,6 km 🏠 13 PK 📏 155 m	⚓ 4,2 km 🏠 12 PK 📏 175 m	⚓ 2,7 km 🏠 12 PK 📏 75 m	⚓ 4,1 km 🏠 14 PK 📏 275 m	K40
K45	⚓ 2,4 km 🏠 12 PK 📏 135 m	⚓ 3,9 km 🏠 12 PK 📏 155 m	⚓ 2,6 km 🏠 12 PK 📏 75 m	⚓ 3,5 km 🏠 11 PK 📏 260 m	K45

	1/4	2/4	3/4	4/4	
	<i>Sokolica</i>	<i>Wielka Sowa</i>	<i>Kozie Siódło</i>	<i>Grabina</i>	
K50	2,3 km 11 PK 135 m	3,3 km 11 PK 130 m	2,5 km 12 PK 70 m	3,4 km 12 PK 270 m	K50
K55	2,3 km 11 PK 130 m	3,1 km 12 PK 125 m	2,4 km 12 PK 60 m	2,9 km 10 PK 200 m	K55
K60	2,3 km 11 PK 130 m	3,1 km 12 PK 125 m	2,4 km 12 PK 60 m	2,9 km 10 PK 200 m	K60
K65	2,2 km 10 PK 130 m	2,7 km 10 PK 105 m	2,3 km 11 PK 55 m	2,6 km 7 PK 195 m	K65
K70	2,2 km 10 PK 130 m	2,7 km 10 PK 105 m	2,3 km 11 PK 55 m	2,6 km 7 PK 195 m	K70
K75	2,0 km 9 PK 105 m	2,4 km 9 PK 80 m	2,1 km 10 PK 40 m	2,3 km 8 PK 180 m	K75
K80	2,0 km 9 PK 105 m	2,4 km 9 PK 80 m	2,1 km 10 PK 40 m	2,3 km 8 PK 180 m	K80
M10	1,8 km 10 PK 95 m	2,1 km 9 PK 90 m	1,9 km 9 PK 85 m	1,8 km 7 PK 110 m	M10
M12	2,4 km 10 PK 165 m	3,2 km 11 PK 120 m	2,8 km 11 PK 60 m	2,4 km 9 PK 205 m	M12
M14	2,7 km 10 PK 165 m	3,9 km 12 PK 130 m	2,9 km 13 PK 75 m	3,4 km 10 PK 225 m	M14
M16	2,9 km 13 PK 165 m	5,0 km 17 PK 180 m	3,0 km 14 PK 90 m	4,3 km 13 PK 345 m	M16
M18	3,1 km 14 PK 180 m	6,0 km 17 PK 255 m	3,3 km 14 PK 95 m	5,2 km 16 PK 320 m	M18

	1/4	2/4	3/4	4/4	
	<i>Sokolica</i>	<i>Wielka Sowa</i>	<i>Kozie Siódło</i>	<i>Grabina</i>	
M20	3,2 km 17 PK 210 m	7,1 km 22 PK 320 m	3,6 km 16 PK 100 m	6,4 km 19 PK 390 m	M20
M21	3,5 km 18 PK 210 m	6,4 km 20 PK 300 m	3,7 km 16 PK 110 m	6,1 km 18 PK 410 m	M21
M21B	4,0 km 23 PK 275 m	9,8 km 27 PK 400 m	4,7 km 20 PK 160 m	8,3 km 25 PK 515 m	M21B
M35	3,2 km 17 PK 210 m	7,1 km 22 PK 320 m	3,6 km 16 PK 100 m	6,4 km 19 PK 390 m	M35
M40	3,0 km 15 PK 200 m	6,3 km 18 PK 265 m	3,4 km 14 PK 85 m	5,2 km 14 PK 335 m	M40
M45	2,9 km 15 PK 155 m	5,1 km 17 PK 200 m	3,2 km 15 PK 85 m	4,7 km 16 PK 340 m	M45
M50	2,9 km 16 PK 160 m	4,7 km 16 PK 175 m	3,0 km 13 PK 75 m	4,5 km 14 PK 350 m	M50
M55	3,0 km 14 PK 180 m	4,0 km 13 PK 165 m	2,9 km 15 PK 80 m	4,3 km 12 PK 300 m	M55
M60	2,4 km 12 PK 135 m	3,9 km 12 PK 155 m	2,6 km 12 PK 75 m	3,5 km 11 PK 260 m	M60
M65	2,3 km 11 PK 135 m	3,3 km 11 PK 130 m	2,5 km 12 PK 70 m	3,4 km 12 PK 270 m	M65
M70	2,3 km 11 PK 130 m	3,1 km 12 PK 125 m	2,4 km 12 PK 60 m	2,9 km 10 PK 200 m	M70
M75	2,2 km 10 PK 130 m	2,7 km 10 PK 105 m	2,3 km 11 PK 55 m	2,6 km 7 PK 195 m	M75

	1/4	2/4	3/4	4/4	
	<i>Sokolica</i>	<i>Wielka Sowa</i>	<i>Kozie Siodło</i>	<i>Grabina</i>	
<i>MSO</i>	☞ 2,0 km ☑ 9 PK ↗ 105 m	☞ 2,4 km ☑ 9 PK ↗ 80 m	☞ 2,1 km ☑ 10 PK ↗ 40 m	☞ 2,3 km ☑ 8 PK ↗ 180 m	<i>MSO</i>
<i>MS5</i>	☞ 1,7 km ☑ 7 PK ↗ 75 m	☞ 2,2 km ☑ 8 PK ↗ 75 m	☞ 1,8 km ☑ 9 PK ↗ 50 m	☞ 2,0 km ☑ 6 PK ↗ 170 m	<i>MS5</i>
<i>Rodzinna</i>	☞ 1,9 km ☑ 5 PK ↗ 115 m	☞ 1,8 km ☑ 7 PK ↗ 85 m	☞ 1,8 km ☑ 7 PK ↗ 75 m	☞ 2,0 km ☑ 5 PK ↗ 100 m	<i>Rodzinna</i>
<i>Enka</i>	☞ 1,9 km ☑ 5 PK ↗ 110 m	☞ 1,8 km ☑ 7 PK ↗ 85 m	☞ 1,8 km ☑ 7 PK ↗ 75 m	☞ 2,0 km ☑ 5 PK ↗ 100 m	<i>Enka</i>
<i>Krótka</i>	☞ 2,3 km ☑ 11 PK ↗ 135 m	☞ 2,2 km ☑ 9 PK ↗ 105 m	☞ 1,9 km ☑ 10 PK ↗ 80 m	☞ 1,9 km ☑ 7 PK ↗ 120 m	<i>Krótka</i>
<i>Średnia</i>	☞ 3,2 km ☑ 13 PK ↗ 205 m	☞ 4,0 km ☑ 10 PK ↗ 170 m	☞ 3,1 km ☑ 12 PK ↗ 90 m	☞ 3,9 km ☑ 11 PK ↗ 255 m	<i>Średnia</i>
<i>Challenge</i>	☞ 2,6 km ☑ 14 PK ↗ 180 m	☞ 3,5 km ☑ 13 PK ↗ 135 m	☞ 2,6 km ☑ 13 PK ↗ 80 m	☞ 3,5 km ☑ 13 PK ↗ 175 m	<i>Challenge</i>
<i>Ultra</i>	☞ 3,4 km ☑ 17 PK ↗ 230 m	☞ 5,1 km ☑ 17 PK ↗ 220 m	☞ 3,4 km ☑ 17 PK ↗ 85 m	☞ 5,2 km ☑ 14 PK ↗ 330 m	<i>Ultra</i>





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Lasy Państwowe

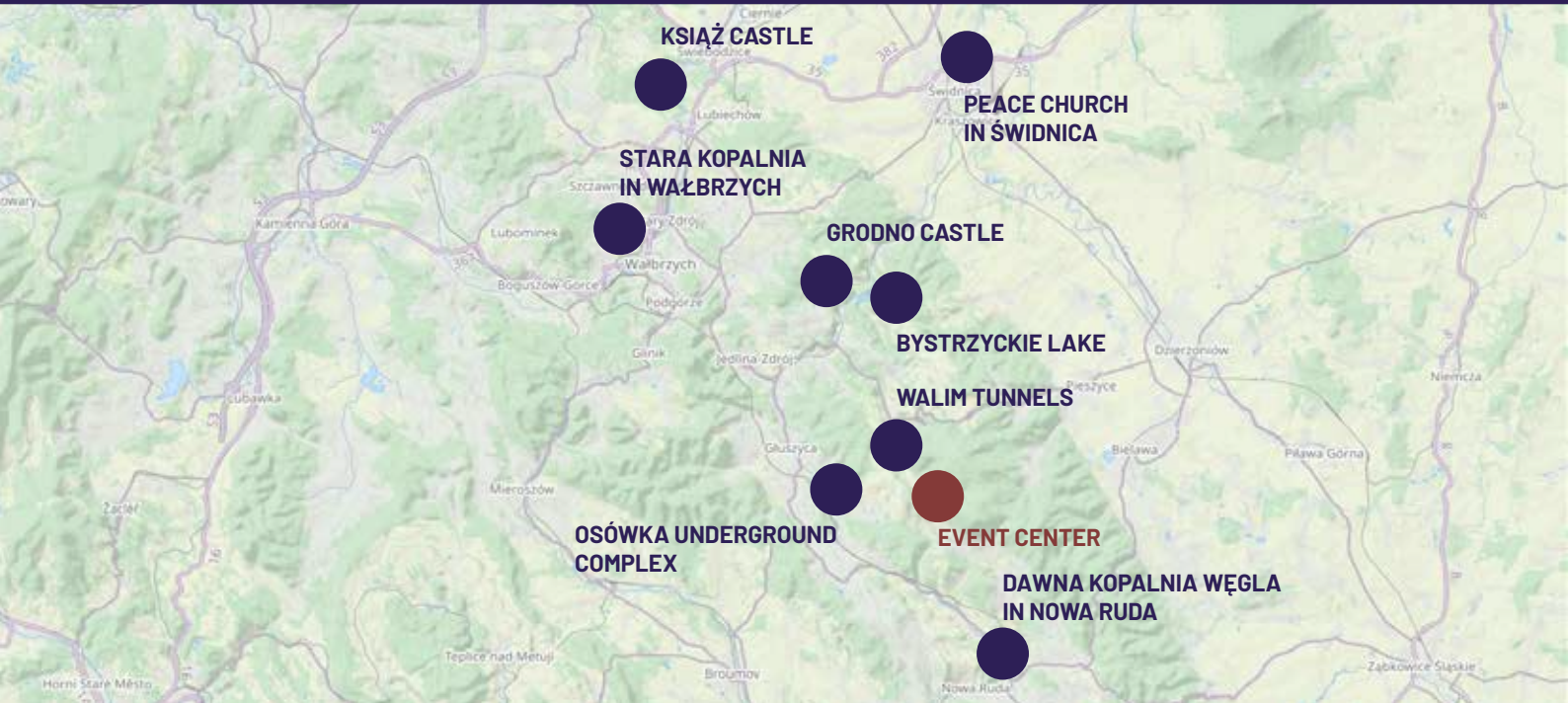
31.07-3.08.2025

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Walim tunnels

Admission: Paid
Distance from EC: 6 minutes (4 km)
More: [sztolnie.pl](#)

Hidden in the Owl Mountains, the Walim Tunnels are part of Nazi Germany's secretive "Riese" project from World War II. Built with forced labor between 1943-1945, the site still puzzles historians with its unknown purpose and unfinished construction.

Visitors can choose between two routes: the Historical Route, showcasing vast halls and eerie chambers, or the Adventure Route (seasonal), offering hands-on exploration of narrow tunnels. The dramatic lighting, mysterious architecture, and abandoned equipment enhance the haunting atmosphere. Guided tours reveal stories of the laborers and theories behind the project, making the tunnels both a remarkable engineering feat and a powerful war memorial.

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Dawna Kopalnia Węgla in Nowa Ruda

Admission: Paid
Distance from EC: 15 minutes (12 km)
More: kopalnia-muzeum.pl

Visit the Dawna Kopalnia Węgla (Old Coal Mine) in Nowa Ruda to experience underground mining in one of Poland's most authentic preserved sites. Explore real tunnels, original equipment, and reconstructions that bring the region's industrial past to life.

The main attraction is a 700-meter underground tour with helmets and lamps, led by former miners who share personal stories and demonstrate vintage machinery. Some tunnels still show 19th-century techniques, while others reflect modern mining methods. Above ground, a museum showcases tools, minerals, and photos. Visitors can try a simulated mine elevator, shop for coal souvenirs, or join special events, including atmospheric night tours.



Osówka underground complex

Admission: Paid
Distance from EC: 20 minutes (12 km)
More: osowka.eu

Hidden in Poland's Owl Mountains, Osówka is the most mysterious part of the Nazi "Riese" project—an unfinished underground complex built with forced labor between 1943–1945. Its purpose remains unknown, fueling theories about secret weapons, factories, or a Führer headquarters.

Visitors can choose between a Historical Tour, featuring vast halls and ventilation systems, or the Extreme Route (seasonal), involving narrow tunnels and steep climbs. Unfinished corridors, strange architecture, and dramatic lighting enhance the eerie atmosphere. Guided tours, led by experts, share wartime stories and recent discoveries, making Osówka both a chilling memorial and a captivating historical enigma.



Grodno Castle

Admission: Paid
Distance from EC: 17 minutes (13 km)
More: zamekgrodno.pl

Perched atop Chojna Hill with views over Lake Bystrzyckie, Grodno Castle is a well-preserved medieval fortress dating back to the late 13th century. It blends Gothic and Renaissance styles, inviting visitors to explore centuries of Silesian history.

The castle offers stunning views of the Owl Mountains and lake. Inside, visitors can see the Knights' Hall with period armor, a dungeon with medieval graffiti, and defensive towers. The 15th-century main tower rewards climbers with panoramic vistas. Grodno Castle's rich history spans from a Bohemian stronghold to a Renaissance noble residence, with exhibits showcasing medieval artifacts. Visitors can enjoy daytime historical tours or atmospheric lantern-lit evening tours featuring castle's legends.



Lake Bystrzyckie

Admission: Free access to lake area
Distance from EC: 17 minutes (13 km)

Lake Bystrzyckie, nestled in the Owl Mountains, is a stunning artificial reservoir created in 1917 by damming the Bystrzyca River. Stretching 3.5 km long and up to 38 meters deep, its waters shift colors seasonally from emerald to turquoise.

The lake's highlight is its massive 44-meter stone dam, an early 20th-century engineering marvel with guided tours inside. Visitors enjoy kayaking, hiking to waterfalls, fishing, and cycling around the lake. Nearby Grodno Castle overlooks the water, while shoreline restaurants serve local trout. The dam was built using prison labor, with legends of secret inmate carvings. Seasonal events include summer water sports and autumn foliage displays.



Stara Kopalnia in Wałbrzych

Admission: Paid
Distance from EC: 35 minutes (24 km)
More: starakopalnia.pl

Step into the world of coal mining at Stara Kopalnia (Old mine), a beautifully restored 19th-century complex in Wałbrzych. This industrial heritage site offers interactive exhibits, authentic machinery, and immersive underground tours that bring Poland's mining history to life.

Once one of Lower Silesia's largest mines, Stara Kopalnia now serves as a modern museum. Visitors explore re-constructed shafts with atmospheric effects and see exhibitions on mining technology and regional history. Highlights include a working 1911 steam-powered winding engine, an art gallery, craft workshops, and a café in the former director's villa. The site's park displays mining equipment and offers panoramic views, while concerts and light shows enhance the cultural experience.



Peace Church in Świdnica

Admission: Paid
Distance from EC: 35 minutes (28 km)
More: kosciolpokoju.pl

The Peace Church in Świdnica, a UNESCO World Heritage Site since 2001, is a remarkable half-timbered Lutheran church built in 1657 under strict conditions—using only wood, clay, and straw, without nails, and completed in just one year.

Despite these limits, the church impresses with its size and artistic detail. Inside, three levels of wooden balconies feature 78 biblical scenes, a Baroque altar, and a 17th-century organ still used for concerts. Designed for quick dismantling, it has survived nearly four centuries. The surrounding Peace Park and tower offer peaceful grounds and panoramic views of Świdnica and the Sudeten foothills.

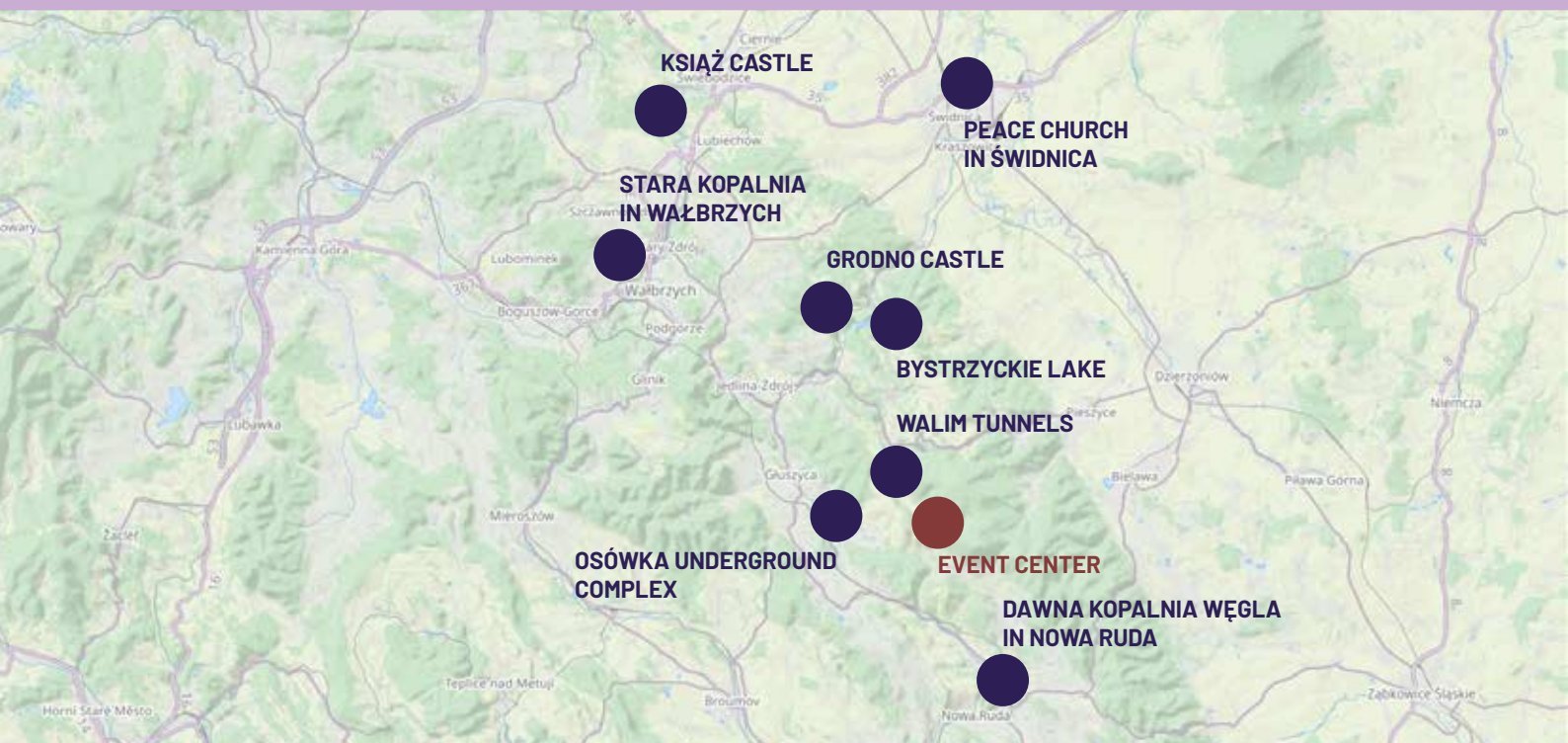


Książ Castle

Admission: Paid
Distance from EC: 40 minutes (30 km)
More: ksiaz.walbrzych.pl

Perched on a rocky hilltop and surrounded by forest, Książ Castle is one of Poland's largest and most beautiful castles. Known as the "Pearl of Lower Silesia," it has over 400 rooms and blends Gothic, Baroque, and Renaissance styles across 700 years of history.

Once a medieval fortress, it became a grand residence of the Hochberg family. Visitors can explore its ornate halls, underground Nazi tunnels from the "Riese" project, and stunning terraced gardens. The nearby Palm House adds charm with exotic plants and a café. Legends of hidden treasures and wartime secrets still surround the castle, which hosts concerts, festivals, and evening light shows.



Sudety Cup

2026

Orlickie Mountains
Orlické hory

1/4

Siwa Skala

middle distance
30.07.2026

2/4

Góra Kłobuk

long distance
31.07.2026

3/4

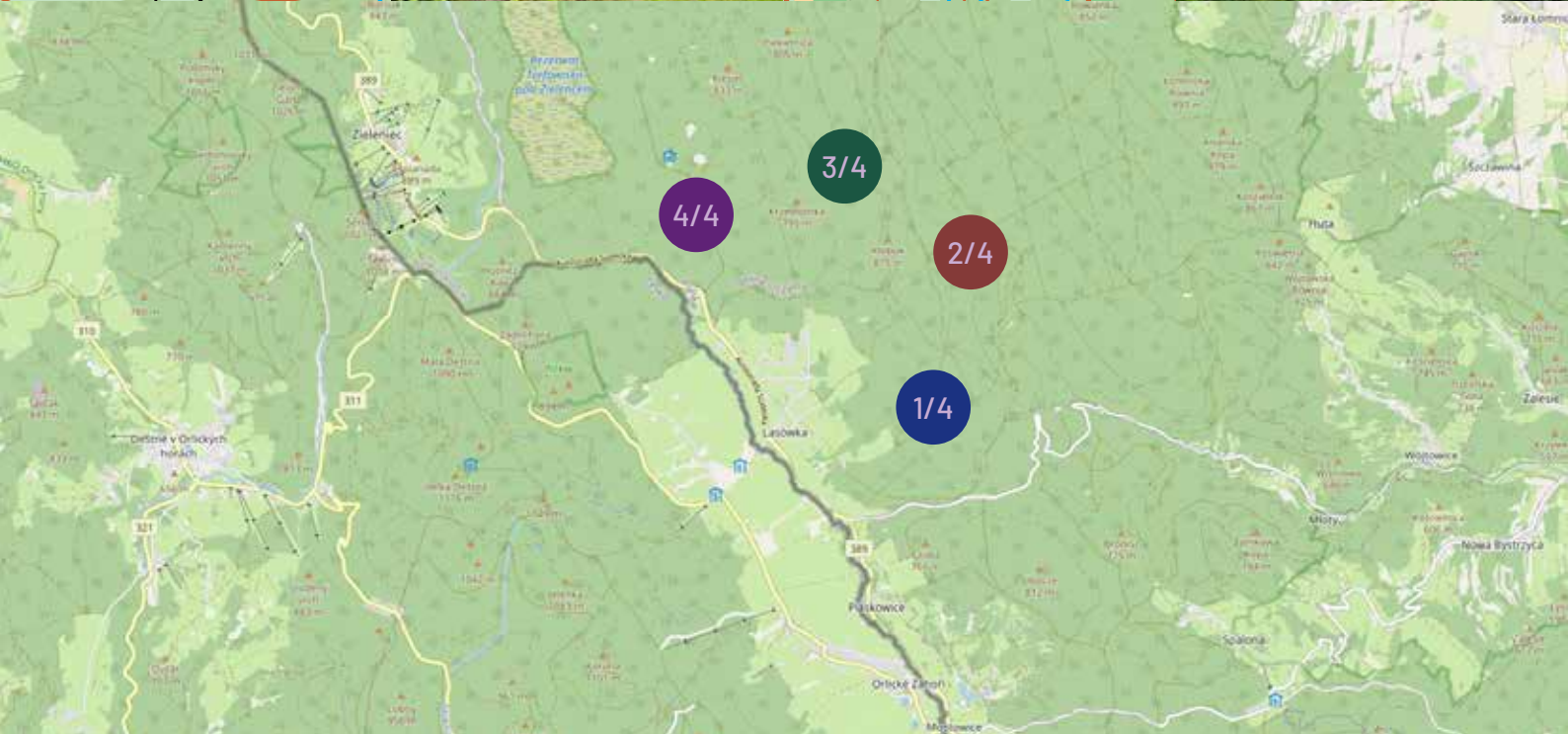
Mostowy Potok

middle distance
1.08.2026

4/4

Dzika Orlica

chasing start
2.08.2026



30.07-2.08.2026

Sudety
Cup

sudetycup.pl

MAZURY CUP...→

2026

RUCIANE-NIDA

1/3

JEZIORO MAŁZY

middle distance
27.06.2026

2/3

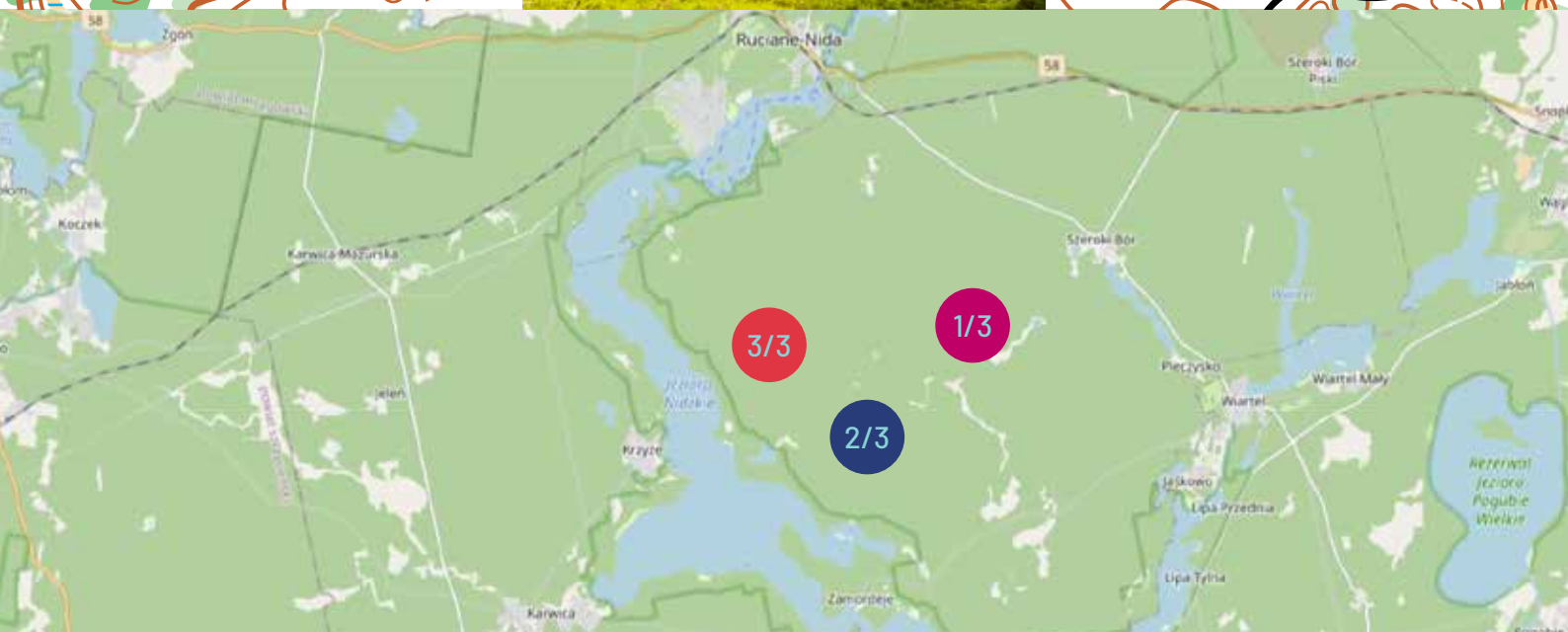
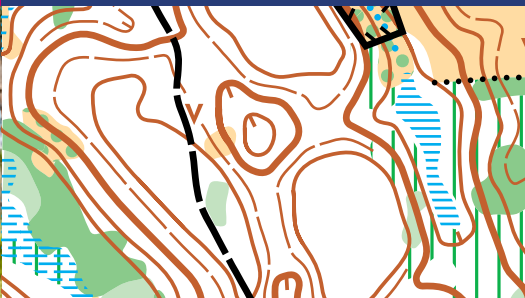
ZAMORDEJE MAŁE

long distance
28.06.2026

3/3

JEZIORO NIDZKIE

chasing start
29.06.2026



27-29.06.2026

MAZURY
CUP...→

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