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Active Leisure

Convenient location

Konstancin-Jeziorna’s convenient location is one of its strongest assets. The resort is situated less than 20 kilometres from central Warsaw and about 16 kilometres from Warsaw Chopin Airport. The Municipal Transport Company (ZTM) operates public transport services from Warsaw, Piaseczno, and Góra Kalwaria. The entire municipality of Konstancin-Jeziorna is fare zone 1. The only health resort in Mazovia is accessible by bus routes 200, 251, 264, 710, 724, 742, and N50 (on weekend nights). In addition, Konstancin-Jeziorna has its own local bus services: six bus routes (L14, L15, L16, L21, L28, and L42) carry tourists to many riverside villages and to nearby Czarnów. For current timetables, visit: wtp.waw.pl.

For bicycle fans

One of the routes that cyclists can take to reach Konstancin-Jeziorna from Warsaw is the Vistula Cycling Route, which starts in Wilanów. The travelling distance from Wilanów to Konstancin-Jeziorna is only 11 kilometres. There is another, more attractive option — from Warsaw via Powsin and then onwards, either through the Kabaty Forest Nature Reserve to the Chojnów Cycling Route, or straight ahead along the Vistula Cycling Route. Alternatively, cyclists can take the pleasant path that starts at Warsaw’s Siekierkowski Bridge and continues along the river on top of the levee, passing the villages of Obórki and Bielawa, and ending in Konstancin-Jeziorna.



Konstancin-Jeziorna is a perfect place for sports and active leisure. Photo credit: A. Piętka

Konstancin-Jeziorna has a bike rental system that is compatible with the Veturilo bike rental system used in Warsaw, and with the municipal bike rental systems used in Piaseczno and Otwock. Bikes can be rented from six docking stations located around the town in the following spots:

- Klarysew, ul. Warszawska (near the junction with ul. Mirkowska),
- Mirków, ul. Mirkowska,
- Grapa, ul. Wilanowska (in the car park next to the post office),
- Spa Park, the path at the main entrance (from ul. Piłsudskiego), children's bikes are also on hire,
- Skolimów, ul. Prusa (at the junction with ul. Rycerska),
- Old Town Hall, ul. Warszawska 32.

For details, visit: konstancinskirower.pl

In addition, many attractive cycling paths of various lengths have been designed around the edge of town. They are suitable for cyclists at various levels of proficiency.



The bikes of the Konstanciński City Bike system. Photo credit: Cezary Puchniarz

Kayaking on the River Jeziorka

Local kayaking offers a very special outdoor leisure experience. The River Jeziorka runs through Konstancin-Jeziorna and joins the River Vistula not too far from the town. The trip starts either at Zalesie Dolne (travelling distance 14 kilometres, travelling time about 3 hours) or at Pólko (travelling distance 7 kilometres, travelling time about 1.5 hours), and goes through many interesting places, including the Spa Park, to end at St John's Stream (a distributary of the River Jeziorka) near the Stara Papiernia Shopping Centre. There is a raised boardwalk for visitors, and a marina for kayaks. Kayaks can be hired from rental companies operating in Piaseczno County.



River Jeziorka. Photo credit: A. Piętka

Walks and thematic trails

Konstancin-Jeziorna is ideal for walkers and hikers. The footpaths in the Spa Park and along the River Jeziorka should not be too difficult, not even for those with little training. Alternatively, one can explore thematic trails, including the highly recommended trail that follows in the footsteps of Stefan Żeromski through the area where the writer often took strolls, looking for literary inspiration. Lovers of old architecture will enjoy the Famous Families Trail, with villas built by eminent Warsaw families. The Modernist Architecture Trail shows luxury residential homes dating from the 20th century. The Local Artists of the Past Trail is dedicated to influential local people and places associated with the world of art, and the Urzecze Trail affords picturesque views of the waterfront section of Konstancin-Jeziorna.



A bench with a statue of Żeromski in the Spa Park. Photo credit: A. Piętka

Active all year round

Fans of outdoor activities will love the sports and recreation area (ul. Bielawska) that comes complete with a skate park, an outdoor gym, a football and handball field on artificial turf, and a climbing wall. More multi-purpose sporting facilities can be found in ul. Południowa and in the Grapa area. In winter, an artificial ice-skating rink opens in the Spa Park next to the amphitheatre. There are also beach volleyball courts. Konstancin runs many children’s playgrounds and outdoor gyms that are accessible all year round. Another exciting leisure option available locally is wakeboarding in the commercial wakeboard parks in Bielawa (ul. Wspólna 80) and Konstancin-Jeziorna (ul. Mirkowska 47).



Wakeboarding is a combination of water skiing, snowboarding, surfing. Photo credit: A. Piętka

Nordic walking, anyone?

Konstancin-Jeziorna and the surrounding areas are excellent for Nordic walking. Group walks with a trainer are organised every Saturday morning by the Municipal Sports and Recreation Centre. The route includes the fitness trail dedicated to Tomasz Hopfer, a popular sports commentator, in Chojnów Scenic Park (entry from ul. Od Lasu). For more information, visit www.gosir-konstancin.pl.



Nordic walking competition in the Spa Park. Photo credit: GOSiR

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