

Workshop 4:

TO FAVOR THE MODES OF TRAVELS SOFT

Rabka-Zdrój because of its attractive location is the perfect retreat for those who actively spend their free time. In the summer you can go by foot or by bike in the Gorce and Beskid Wyspowy. Trails have their origin in the center of Rabka-Zdrój, or in the Park. Recreational activities offer in Rabka-Zdrój also includes horseback riding, sports stadium, a skate park, tennis courts, beach volleyball courts and a summer pool. In the area of Rabka-Zdrój also acts of extreme sports center, offering among others: paintball, quad biking, zorbing, paragliding and rope fun. In the winter, the municipality invites skiers on a perfectly prepared slopes and cross-country skiing routes. In the center there is an ice rink and toboggan run for children. An additional attraction of the city in the winter are sleigh rides around the Rabka-Zdrój and its surroundings.

In the middle of Rabka-Zdrój is a Park, which is a center of culture and entertainment. Here children ride on gokarts, bicycles, roller skates and skateboards (in the skate park), and the older ones train Nordic Walking. The park also hosts a number of events.

Furthermore from Park throughout the mountains lead numerous bike trails, suitable for cyclists, wide and paved and clearly marked. Trails lead among others by Luboń Wielki and Turbacz, by Maciejowa and Stare Wierchy.

Culture of bike riding

In countries where the development of road infrastructure is largely restricted to cars, more and more people create for ethical or emotional reasons subculture of cycling . It is considered as a social movement to popularize and support the use of bicycles on public transport. Cycling culture consists of magazines, fashion, websites, art, music, and events organized by active cyclists. The aim is to encourage novice cyclists, gather large groups of dedicated and express enthusiasm for the benefits arising from the choice of "living with the bike." Cycling, not only for recreational purposes, helps to reduce air pollution, traffic volume, noise, savings on road repairs and treatment of diseases of civilization and the creation of local communities.

For encourage to cycling helps:

- practical facilities introduced by local authorities, for example: paths and bicycle parkings, access to public transportation,
- products that improve riding comfort, eg. durable tires, better security (to prevent theft of the bike),
- various forms of cycling culture contribute to the promotion of bicycles and promote alternative, ecological, healthier lifestyle.

Why we should promote cycling?

Cycling have beneficial effect on health. Smooth cycling can burn about 500 calories. Stimulated to work muscles consume energy reserves from fat cells, so it is not only weight loss for us, but also normalization of blood sugar levels. Cycling is an excellent protection against atherosclerosis. Regular

rides allow to lower levels of "bad" cholesterol and raise "good". Equal, steady effort makes it increases lung capacity, blood is oxygenated, and the heart works better. This improves the overall performance of the organism. Increases the endurance and muscle strength. The only contraindications for cycling are serious cardiovascular and advanced disease of joints and spine.

Cycling not only increases muscle endurance and strength, but also improves the overall efficiency of body. First of all trains lungs and heart. Those who regularly rides a bike, 2 times less likely to suffer on heart disease than amateurs 4 wheels. Much less is also the risk of disease to hypertension, asthma, varicose veins.

Cycling also protects joints against overload, because in sitting position legs do not carry the weight of the body. Rhythmic movements of the knee while improving the production of synovial fluid, so that the joints become more flexible. Cycling is also a way to keep the spine in good shape, provided that you are driving in the correct position - with straight and slightly curved back.

Cycling safety

Driving around the city, choose the route, where they are designated bike lanes (bike must have lighting). When you are going out of town, be sure to follow the rules of the road and bike marking to be clearly visible to motorists - in addition to the mandatory lights front and rear should have special reflections - stickers, self-locking bands. Be sure to wear a helmet and dress in bright, strong colors. If you drive in a group, it will be useful reflective vest (although for the first and the last person in the column).

On the bike there are fewer accidents than moving other transport modes.

Impact on the environment

Move using the bike definitely reduces noise, and does not emit any gases harmful to the environment as it is even the cars case. Thereby in the atmosphere is less particulate matter, nitrogen oxides and greenhouse gases, which is not without significance for our health.

The proposed cycling routes in Rabka-Zdrój and around:

- Footsteps of Gorce Nature
The trail leads from the Park, on Krzywoń and back to Rabka-Zdrój.
Distance: 10 km
- World Railways Retro
The route leads from the park to the Rolling Stock Heritage Park in Chabówka and back to Rabka-Zdrój.
- Trace of robber Siarka
The route leads from the park to the shelter on Maciejowa and back to Rabka-Zdrój.
Distance: 5,5 km
- Rabka-Zdrój – Chabówka – Piątkowa – Krzywoń
Distance: 12 km
- Rabka-Zdrój – Stare Wierchy
Distance: 9,5 km
- Rabka-Zdrój – Królewska Góra (z wieżą widokową)

Distance: 3,7 km

- Rabka-Zdrój – Zaryte – Luboń Wielki

Distance: 7,4 km

- Rabka-Zdrój – Maciejowa – Ponice – Rdzawka – Piątkowa

Distance: 5,3 km

From Rabka-Zdrój to Chabówka cyclists can move using adapted bicycle path. The path length is 3 km. Those routes are only a proposal, not marked in the area.

The Communication Town

In Rabka-Zdroj we also find a special place for children and adults - the communication town, equipped with asphalt alleys and street signs. The place is designed for cycling and bumper cars, and provides an excellent opportunity to familiarize themselves with the basic rules of the road. An additional advantage of the town of communication is an attractive location on the main avenue of the Park.

Skate and Trial Park

New Skate Park is located in the Park. In the square there were a lot of obstacles and devices for performance driving enthusiasts. There are reinforced concrete obstacles: mini ramps, benches, pyramids, large ramps and much more. Especially for trial enthusiasts (cycling sportsmen) is Trial Park, where cyclists will find rocks, boulders, stones, logs, tree trunks, spools of cables - all in order to be crazy on them.

Users will find there a bench to rest and racks for bicycles. The whole area is covered with asphalt, fenced and accordingly lighted.

Gokarts

Gokarts, also known as cycling vehicles, are ones of the most popular attractions for younger (and sometimes older) offered in Rabka-Zdroj. Walking by the Park in the season it is hard not to come across a smaller or larger objects, which run throughout the park - along its alleys and streets. For a small sum you feel almost like a champion of Formula 1.

Where to rent?

The oldest of the points has been running for 13 years. Again and again changed its location, now it is located on the street Orkana, near the entrance to the park and the Graduation Tower. Prices for rental are in the range from 1 to 5 €, customers can choose between different types of gokarts and bikes.

In Rabka-Zdroj you can also use the bike rental, which is located in the "Health and Beauty" (this spa centre belongs to Uzdrowisko Rabka SA)

Bicycles can be rented every day in hours 7.00-19.00

The Salt Trail Cup

Every year the riders compete on a forest road in the area of Krzywoń. Contest has a wide character - the riders are not only fighting for points in the Salt Trail Cup, but also fight for the Cup of Town Rabka-Zdrój and compete as part of the Games, compete between gymnasiums, lyceums in Mountain Biking MTB. The event is very popular among both players and fans. The organizers of the event are Mayor Rabka-Zdrój and Municipal Cultural Centre in Rabka-Zdrój.

KOXX Fighters

Fighters Koxx this spectacular event is addressed to all the inhabitants of Rabka-Zdroj and tourists, whose main feature is the International Trial Bike Competition scored to Polish Cup.

The main objectives of the Koxx Fighters are attractive sport and cultural activities on the territory of the commune and the promotion of Rabka Zdroj on Polish territory and abroad. The city and its surroundings is an ideal place to enjoy the many disciplines of cycling due to the varied terrain (mountain streams, slopes, rocky tracts, etc.).

Champions in Trial from Rabka-Zdrój

Brothers Peter and Paul Reczek, dating from Rabka-Zdroj, thereby to their achievements in Trial - Peter Polish champion, Paul European champion and vice-champion - played a major role in the design of the trial park located in Park.

Tour de Pologne

Rabka-Zdroj is also famous for the fact that a couple of times the route of the Tour de Pologne ran through the center of the city. We were also a cooperator of a part of this rivalry -14 July 2012 in Rabka-Zdroj entered into a phase which was the fifth part of the competition in the 69th edition of the Tour de Pologne. The final was held in Zakopane.