

2 July 2020



## For cyclists and swimmers

**When travelling through the Świętokrzyskie region, it is worth stopping to rest in the Końskie area. We can admire the forest landscape along the Czarna River and its creeks. There are interesting cycle routes and reservoirs such as in Sielpia.**

Exceptional rock formations are worth seeing, especially in the Piekło Reserve near Niekłań. These Triassic and Jurassic rocks took the form of mushrooms, pulpits and chimneys. What is interesting, near to the settlement called Piekło (Hell), there is also Niebo (Heaven).

The Końskie region is also associated with the tradition of heavy industry. Ancient metallurgical plants in Maleniec, Sielpia and Stara Kuźnica are the relics of the time.