

Sports practised on protected areas: challenge and danger

Nature Reserve – Lake Lubiatołskie



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In order to stay healthy and enjoy your sound physical condition it is recommended to practise sport. However, you can expect to get the best results when you combine sport and admiring the beautiful landscape. There is an amazing place neighbouring Koszalin – it's named Lake Lubiatołskie Nature Reserve. It is well-known among those who like to be active in their free time but it is also natural habitat of many species of birds and amphibians.

Lake Lubiatołskie is located nearby Koszalin, in Manowo County. The Nature Reserve was founded here in 1956 and its new borders were formed in 2007. Its surface is about 375,8136 hectares and it includes 3 lakes: Northern, Southern and Eastern Lake Lubiatołowe. The Reserve is named after a famous Polish ornithologist Wojciech Górski, The Principal of Biology and Environment Protection Institute at Pomeranian Academy in Słupsk. The scientist studied water birds in the reserve and his research findings contributed to more efficient protection of those species.

The lake and the surrounding area is full of various fauna and flora. There are 35 bird species but 48 bird species fly over the lake during their migrations. There are different habitats for over 374 plant species. The protection aims at preserving natural environment for rare endangered water birds. The whole area is available for the scientists but for fishing enthusiasts and tourists only Northern, Southern and Eastern Lake Lubiatołowe. Coexistence of mankind and nature allows recreation and sport in the area.



Active leisure

Canoeing is a free of charge summer season attraction. There are marked tourist routes from the south and east: the red route named after Józef Chrzęszczyński which is 50 km long; Koszalin, Gdańska Street → Chełmska Hill → Nature Reserve Jezioro Lubiatołskie → Manowo Village →

Rosnowo Village→ Tychowo Village. There is a green route of Border Stones: Dzierżęcino village → Bonin Village and there is a green bike route. The canoeing on Dzierżęcinka River from Manowo to Koszalin is a chance to spend 4 hours with the nature. In the summer there is a slow local narrow gauge train going from Koszalin to Rosnowo which is a unique experience.

We start our adventure in Manowo putting our canoes into the water. After about 35 minutes we reach Lake Bonińskie where finding the crossing to Lake Lubiatońskie is a real challenge. While being on Lake Lubiatońskie we move along the left river bank covered by dense cane. After 3 km we should spot the beginning of Dzierżęcinka River among the trees. Soon there will be a bay where we can have a rest. We continue calmly along the river among meadows and forests and have to carry our canoes only once on a short distance. Then we reach Water Valley in Koszalin where we can finish our water trip. If we are well-organized, we need 4-5 hours for the whole trip.



What is worth remembering? This form of spending leisure time is free of charge. However sometimes a tour guide would be a good idea if don't feel secure enough to look for the crossing between the lakes yourself. If you don't know it, you may lose a lot of time seeking the way. We recommend experienced tour guides on www.zimnywlodek.tp1.pl. They also offer equipment hiring and transportation .

Row your canoe and admire the views!

Lake Lubiatońskie is surrounded by reeds and other water plants and it's a swamp area. There are wetlands, little woods and bushes. There is a wetland forest containing various tree kinds when you approach the lake from Kretomino village. The nature here creates an amazing landscape that might even take your breath away. Unusual species of animals add to the picturesque views. Lake Lubiatońskie is a habitat of swans, little grebes, ducks, herons and many others. Most of these animals are protected species. They may feed themselves with fish, little mammals and birds, frogs, snails, snakes, crustaceans and plants. There are some kinds of reptiles and amphibians here for example common toad, grass frog, wetland frog, sand lizard and slow-worm.



Heron

Great crested grebe

Swan



Common toad



Sand lizard

Tourism and sustainable development

Using protected area for the needs of tourism has its advantages and disadvantages. Those areas are visited by numerous tourists and thanks to that it is possible to create parks and reserves. However, tourism brings certain dangers such as changing the landscape, human activity, waste production, deforestation, pollution, decreasing water reserves.

Noise pollution and negative influence on water habitats may cause biological variety destruction. So every tourist coming here should obey the regulations in this area and avoid situations that may result in environmental damage. Abandoning or reducing tourism in this area wouldn't be demanded in popularisation pro-ecological behaviour or using its value in ecological education.

The time spent on admiring the Beauty of The Lake Lubiawskie Nature Reserve won't be wasted. Canoeing will provide excellent impressions and you may be lucky to come across animals in their natural habitat. Such areas in Europe are becoming more and more unique. We should protect the richness of nature and preserve it for our own benefit as well as future generations.



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