



Run-up

Recreational Sports

This is an event for everyone, big and small, young and old, seasoned runners, those who take their time and those who are there to take a walk – with sticks or without. The event traditionally starts and ends at the National Centre of Polish Song, that is the legendary Opole Amphitheatre. The organisers prepare routes for both seasoned runners and beginners, because fun is all that matters, as well as encouraging everyone to enjoy exercising together – performance is secondary.

Every edition starts with a warm-up and ends with the handing out of gifts and participation certificates. The routes run through the prettiest and greenest recreational areas of Opole, including the picturesque path along the Młynówka Canal down to the Bolko bathing spot very close to the city centre. From there, participants head to the beautifully green Bolko Island before, and then to Pasięka Island with its Oder Park, bicycle paths and unique outdoor gym, which is available to everyone on the banks of the Oder. The view is breath-taking, and the lungs fill with crisp, fresh air.



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Location

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