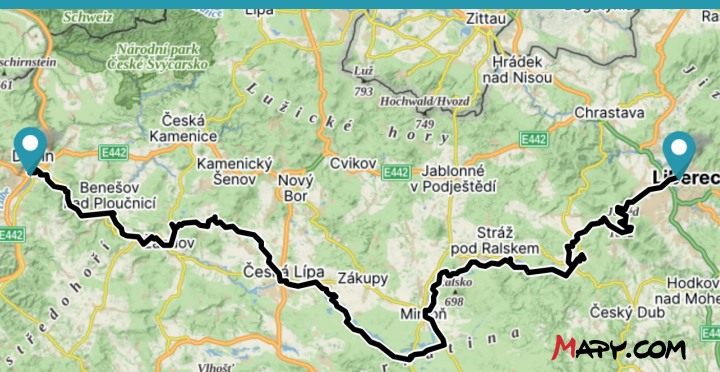


Stages of the Ploučnice Cycle Path

For cycling along this route, we recommend dividing the trip into three stages, so you have enough time to explore the tourist attractions along the way. We suggest riding the Ploučnice Cycle Path in the direction of the river's flow. In this direction, the route is mostly downhill (route profile), which is also suitable for cycling with children.



Safety and surface of the cycle path

The Ploučnice Cycle Path mostly follows routes without motor vehicles. In some places, there is a marked cycle lane, and part of the route runs along minor roads with low car traffic. However, there are a few sections where extra caution is needed for this reason — especially the stretch between Soutěsky and Děčín-Březiny, and some spots when passing through the town of Česká Lípa. The surface of the path is varied, ranging from asphalt and pleasant gravel trails to interlocking pavement. The Ploučnice Cycle Path is therefore suitable for almost all types of bicycles. Some sections are not ideal for road bikes, but even road cyclists will find parts of the route to enjoy.

 Central Bohemian Uplands



 Máchův KRAJ

 JIZERA MOUNTAINS
TOURIST REGION

 REGION LIBEREC

 Gate to Bohemia

Top Attractions Along the Ploučnice Cycle



City of Děčín



Průrva



Benešov nad Ploučnicí Castle

Osečná



Ploučnice Cycle Path

Discover the beauty of the Ploučnice Cycle Path. The route is marked as cycle route No. 15 and runs from the source of the Ploučnice River at the foot of Mount Ještěd to its confluence with the Elbe River in Děčín. The trail is almost 100 km long and connects the Liberec and Ústí nad Labem regions. Experience beautiful nature and unique landmarks. Visit the castles in Benešov nad Ploučnicí or Děčín, the castle ruins in Hamr na Jezeře or Česká Lípa. Also worth seeing is a natural curiosity — the Průrva rock tunnel near Noviny pod Ralskem.



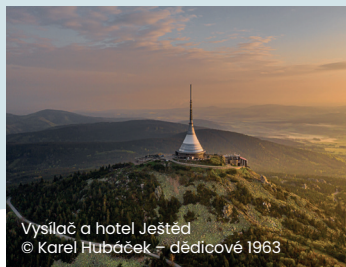
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Stage 1 – Křižany/Liberec – Hamr na Jezeře

You will start your cycling trip at the Křižany railway station, which is easily accessible by train with your bike from Liberec, Česká Lípa, Mimoň, or even from Děčín. The first stage leads to the main source of the Ploučnice River near the small town of Osečná. The route then continues through the picturesque Podještědí landscape, partly along minor roads with low traffic and mostly on paved (mainly asphalt) forest paths. The destination of the first stage is the town of Hamr na Jezeře, a popular recreational area with beautiful beaches, a rope park, and many other services.



For the first stage along the Ploučnice, you can also choose other starting points. Option A, starting in Křižany, is recommended for its good train accessibility and favorable terrain profile. Other possible starting points are:

- From Liberec by bike via Kryštofovo Údolí to Křižany
- From Liberec by cycle bus No. 270 to the Světlá pod Ještědem – Semerink stop, then by bike via Družcov to the Ploučnice source and on to Osečná
- From Liberec with a challenging climb to Mount Ještěd, then via Družcov to the Ploučnice source and on to Osečná

ROUTE LENGTH **16 km** ELEVATION GAIN **85 m** ELEVATION LOSS **267 m**

Scan the stage map via QR code



Stage 2 – Hamr na Jezeře – Česká Lípa

The second stage of the Ploučnice Cycle Path leads from Hamr na Jezeře to Stráž pod Ralskem, where you can enjoy a natural swimming area and a water ski lift. From Stráž, the cycle route continues to a popular local attraction — the Průrva. Here, the Ploučnice River flows through solid rock, creating an especially attractive spot for paddlers, who pass directly through the rock tunnel by boat. Cyclists will appreciate the local refreshments. From the Průrva, it is just a short ride to Mimoň, home to the Chapel of the Holy Sepulchre. The route then continues through the Kokořínsko – Máchův kraj Protected Landscape Area, known for its rock formations and forests. From the Ploučnice, you can take a short detour to visit nearby Zákupy Chateau, just a short distance from Česká Lípa, where the stage ends. In Česká Lípa, you can visit the Lipý Water Castle or the exhibitions at the Textile Printing Centre. In summer, the Dubice outdoor swimming pool and recreational area make for a great stop, offering several pools, a water slide, a sandy beach, camping grounds, and activities such as mini golf, paddleboarding, and wakeboarding.



ROUTE LENGTH **37 km** ELEVATION GAIN **108 m** ELEVATION LOSS **166 m**

Scan the stage map via QR code



Stage 3 – Česká Lípa – Děčín

The final third stage leads from Česká Lípa along the cycle path known as Varhany. Here, the route leaves the Ploučnice River and follows a trail built on the former railway line. This beautiful cycle path continues to Volfartice and then heads back towards the Ploučnice in Žandov. From here, we recommend a short detour to the village of Horní Police to visit the pilgrimage site of the Visitation of the Virgin Mary. The cycle route then follows the Ploučnice to Starý Šachov, where the Ústí nad Labem Region begins. Here, the route runs mostly as a dedicated cycle path. Along the way, you can visit the chateau complex in Benešov nad Ploučnicí or attractions in the city of Děčín (castle, zoo, or the Shepherd's Wall with its via ferrata and viewpoint). In summer, we recommend refreshing yourself at swimming areas located on the route — in Děčín, there is an aquapark, and in Benešov nad Ploučnicí, an outdoor thermal swimming pool. In Děčín, the route connects to the Elbe Cycle Route, which you can follow into Germany or upstream along the Elbe to Ústí nad Labem or Litoměřice.



ROUTE LENGTH **36 km** ELEVATION GAIN **287 m** ELEVATION LOSS **417 m**

Scan the stage map via QR code

