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The journal has had 7 points in Ministry of Science and Higher Education parametric evaluation. Part B item 1223 (26.01.2017). 1223 Journal of Education, Health and Sport eISSN 2391-8306 7 © The Authors 2018; This article is published with open access at License Open Journal Systems of Kazimierz Wielki University in Bydgoszcz, Poland Open Access. This article is distributed under the terms of the Creative Commons Attribution Noncommercial License which permits any noncommercial use, distribution, and reproduction in any medium, provided the original author(s) and source are credited. This is an open access article licensed under the terms of the Creative Commons Attribution and reproduction in medium, provided the original author(s) and source are credited. This is an open access article license (http://creativecommons.org/licenses/by-nc/4.0) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited. This is an open access article licensed under the terms of the Creative Commons Attribution non commercial License (http://creativecommons.org/licenses/by-nc/4.0) which permits unrestricted, non commercial License (http://creativecommons.org/licenses/by-nc/4.0) which permits unrestricted, non commercial License (http://creativecommons.org/licenses/by-nc/4.0). This authors declare that there is no conflict of interests regarding the publication of this paper. Received: 19.06.2018. Revised: 25.06.2018. Accepted: 30.06.2018.

The Upper Notec and Goplo Lake sailing trail and place of water tourism

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Abstract. The Upper Notec as sailing trail were built jfl 1870-1878 aim of supply of the Bydgoszcz Canal in water. The Upper Notec made possible sailing among Goplo Lake and Bydgoszcz. The article presents the Upper Notec from Pakosc to Kruszwica and Goplo Lake as water trail, touristic advantage of Goplo Lake, and restriction of sailing on water trail, with today used predominantly in tourism.

INTRODUCTION

For inland navigation sailor condition of water trail are substantial flair water trail, tourism development and amusements touristic. Firstly, we will talk about change of sailing on water trail (absence of absaicle), transit deph, good technical condition of canal locks, place to spashdawn boat, place to where we can throw away garbage.

THE UPPER NOTEC AND GOPLO LAKE AS WATER TRAIL

The Notec river is the biggest river dewater of Kujawy. The spring of this river locate between Szczecin and Bogolomia village in Chodecz district (Kuyavian – Pomeranian Voivodeship). In this place river also call East Notec River it flows in south-westerly direction to Przedecz Lake.

Przedecz Lake is woale on Kuyavian Lakeland in Greate Poland Greater Poland is a region in west-central Poland. Next Notec flows by Lakes: Madzerowskie, Dlugie, Brodowskie, near Izbica Kujawska. Morover far Notec river flovs to Sompolno where river starts flow to east part of Goplo Lakes.

After river flovs Goplo, Notec finish in Pakoskie Lake and then flowst by Mielno Lake and after river passes Barcin Falls to Wolickie Lake. A few kilometers far from Labiszyn Notec River connect with Bydgoszcz Canal and floks to Naklo (*http://www.nasze.kujawskopomorskie.pl/przyroda/strugi-rzeki-kanaly /578-notec.html*)

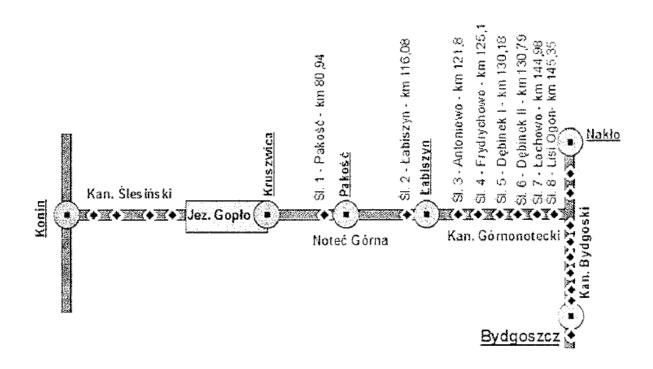


Photography 1. Inlet East Notec River to the Goplo Lake (km 32 + 000) (*R. Gotowski*)

The main cause of transformation Notec River from natural river to water trail was building Bydgoszcz Canal (1772-1774), conect basin of Odra and Vistula. The building of water trail was accompanied creation of sailing things (Kabaciński i. in., 1980) between Bydgoszcz and Naklo requiring permanent supply of water.

Taking into consideration, the main part of water from Notec was redirecting to Bydgoszcz Canal. It regulated course of river and created artifical trawl a Little bit far from main course of river to north. This North course Leeds to Bydgoszcz Canal near Wladyslawowo (betwen canal locks Dembinek I and Dembinek II). It was couse of working Bydgoszcz Canal and also further development (Gotowski, 2009) this water trail,

Water trail create River Notec (upper) from Lake Goplo to the link with the Gornonotecki Channe and two water lock - Pakosc and Labiszyn). The Gornonotecki Channel has 6 locks -Frydrychowo, Antoniewo, Dębinek I, Dębinek 2, Łochowo, Lisi Ogon.



Ryc. 1. The location kanal locks on the Upper Noteć River and Gornonotecki Channel (*R. Gotowski, 2009*))

The officially project the end of water trail in the Kujawy region was open Warta – Goplo Canal (Slesin Canal) after the end of the Second World War (Gotowski 2009), which close water way Wielka Petla Wielkopolska



Photography 2. Canal Lock Koszewo on the Canal Warta – Goplo (W. Karczewska)

According to the reguation *w sprawie klasyfikacji śródlądowych dróg wodnych* (Dz.U. z 2002 r., Nr 77, poz. 695), Notec water trawl is included to type of water trail (Ia). Also in this category is included part of Nysa Luzycka (from Gubin to finisz water trawl in Odra), part of Odra from Raciborz to Kedzierzyna-Kozle, Elblag Canal. Goplo Lake Has Got type III, so with Upper Notec River are region al water trails (tab. 1)

Name	Waterway of class	Deep water	km
Bydgoszcz Canal	II	1,8	
Gornonotecki Channel	Ia	1,2	121,6-146,6
River Notec (upper)	Ia	1,2	59,6-121,6
Goplo Lakes	III	1,8	32,0-59,5
Warta – Goplo Canal	II	1,8	0,0-32,0

Source: A. Gotowska, W. Karczewska

In terms of equpment on hydrotechnical objects on the Upper Notec are located two canal lock - Pakosc (nr 1) and Labiszyn (nr 2). Canal locks are single-chamber and have 42 meters of Leigh and 4,93(5,0) meters of width. Canal lock are made from concrete, bricks. Propulsion are mechanizm chich work manualy.



Photography 3. Canal locks - Pakosc (nr 1) and Labiszyn (nr 2) (A. Gotowska)

THE GOPLO LAKE AS A WATER BASIN.

Parameters

Lake Gopło is located in Kujawy in the Kuyavian-Pomeranian Voivodeship. The Lake is connected with the Ślesin Canal and rivers: the Warta, the Noteć, the Vistula and the Odra. This is a glacial gutter lake. The surface of the water table together with islands is about 2 154,5 ha. The surface of the islands is 25,5 ha. There are 11 islands (Startowa Island, the Sucha Mountain, Koń Island, the Popowskie Hills). The lake is located at the height of 77 meters above sea level. Average depth is 3,6 m, but in the deepest point it is 16,6 m. It is near the town Przewóz. The coastline is 91 km long and maximum length of the lake is 25 km. At the widest point (Szerzawy) lake is 2,5 km and in the narrowest point (narrow-gauge railway bridge) it is 50 m. This is the biggest lake in Kujawy and in the Kuyavian-Pomeranian Voivodeship. In terms of size Goplo is the 11th place out of 33.



Photography 4. Putting mark on the Goplo Lake (*R. Gotowski*)

Environmental advantages

Lake Gopło along with the adjacent area create Nadgoplańska Bulwark. The coastline is very well developed, flat banks and a large number of islands help the evolution of bulrushes and wetland meadows. It creates good conditions for breeding and migratory birds. The Bulwark is the place of their brood. There are about 198 species. During the breeding season you can meet such species as: battalion, little bittern, bluethroat, short-eared owl, great crested grebe, greylag goose, shoveler, sedge warbler, savi's warbler, bearded tit. During the migration period you can meet: black tern, tufted duck, red-backed shrike, ortolan, mallard, coot, peewit, common redshank, common crane, gooses including graylag goose, bean goose, white-fronted goose. Species occurring in the fields and gardens are: skylark, yellow wagtail, garden warbler, meadowlark. Birds living in the meadows are: meadow pipit, peewit, garganey, shoveler. Humid meadows are places of migrating cranes and gooses. Cormorants have their habitats in this area as well. There are also endangered species of birds. They are inscribed in the Polish and The World Red Book of Animals.



Photography 5. Island of cormorants in the western bay (Nadgoplański Park Tysiąclecia, D. Pach)

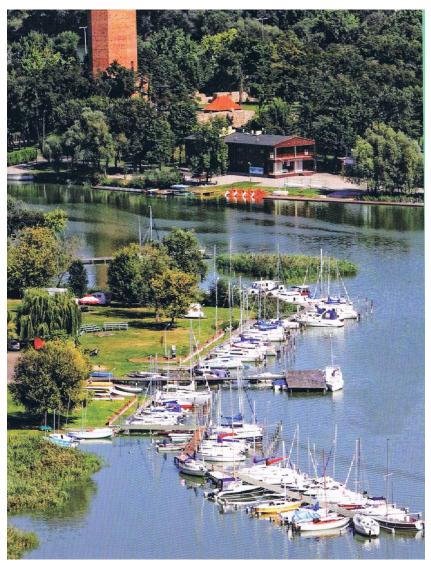
This area is rich in diverse vegetation. There are about 800 species. There are, including halophytes (sea milkwort, spergularia) and thermophilic plants. On the lake there are also aquatic species such as: water milfoil, yellow water-lily, European white water-lily. There are coastal plants such as reeds and schoenoplectuses i.e. common reed, narrowleaf cattail, water horsetail, simplestem bur-reed. The most interesting species are: meadow buttercup, epipactis, willow leaf yellow head, globeflower, ragged robin, stachys, purple mullein. In this area 11 species are dying, 50 endangered species, 12 rare species, 9 partially protected species in Poland and 21 completely protected species. In the Lake Gopło there are 25 species of fish. The most common are roaches, breams and white breams. Apart from them there are such species as: pike, zander, catfish, eel, tench, carp, crucian. This is a big attraction for anglers. This area is inhabited by 11 species of amphibians including: common newt, common toad, European green toad, European tree frog and common frog. A grass snake is the only reptile in this area.

Land development

Around the lake there is a green bike route so-called small loop. This route is around 40 km. It starts in Kruszwica next to the Mysia Wieża. It leads by ferry from Ostrówek to Złotowo. It is open from 5.30 am to 9.00 pm every day. The exception is Christmas Eve when it is open longer. Traveiling by ferry is free. You can see numerous mansions, churches and others historical buildings on the way. Around the Lake Gopło there is also so-called big loop. This route is around 65 km. It also begins and ends near the Mysia Wieża. The lake is crossed in the town of Przewóz. A big attraction is a plane which is in Mielnica Duża. The plane was used in the military unit in Powidz.

In Kruszwica there is a sailing club "Popiel". It has around 100 members. They are fans of inland sailing and water recreation. The location of the club is very good. This is great place for taking a rest and sightseeing, because it is the bosom of nature and it is close to monuments, for example the Mouse Tower and the Collegiate Church of St. Peter and Paul. The Mouse Tower is brick, octagonal building. It is 32m high. It was built by Kazimierz the Great around 1350. The Collegiate Church of St. Peter and Paul was built in 1120-1140. It is in the Romanesque style. It was the seat of the bishopric. The club organizes regatta on the lake. These tournaments are very popular. In addition to the Sailing Club "Popiel" there is a Rowing Club 'Gopło'. It organizes international competitions.

In Kruszwica there is a main office of the PTTK. This is the oldest Polish association of huge numbers of tourists and sightseers. It was founded in 1950. The association organizes rallies, canoeing and others events. It cares about maintenance of tourist routes. In Kruszwica you can hire a guide, buy maps and guidebooks, go on cruises on the ship "Rusałka". In the past it was called "Margitka". It has been in Kruszwica since 1971.



Photography 6. Mouse Tower in Kruszwica (Nadgoplański Park Tysiąclecia, D. Pach)

Along the coastline there are beaches in Łuszczewo, Mielnica Duża and Połajewo. In Łuszczewo there is a bar on the beach. You can eat there warm meals, snacks or drink something. Close to the bar there is "Osada nad Gopłem" which offers lodging place. This place is adapted for tourists. The beach in Mielnica Duża was opened in 2010. Communal celebrations are organized there very often. Polish Water Skiing Championship are organized there. Another interesting place is a beach in Połajewo. This is a well-developed place. There is a catering point and accommodation. There are lots of tourists in the summer season.Outdoor events, parties and concerts are organized there very often.



Photography 7. Beach in Mielnica Duża (*W. Karczewska*)

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