



KAMPINOSKIE
BAGNA 2



Kampinoski
Park Narodowy



SZKOŁA GŁÓWNA
GOSPODARSTWA
WIEJSKIEGO



REGIONALNE CENTRUM
EKOLOGICZNE
REC Polska

Central and Eastern European LIFE Projects' Platform Meeting
CEE InterLIFE 2 – Poland, 2026

FIELD TRIP OPTIONS

23rd April 2026

Option 1: Wetlands restoration in the Kampinos National Park

Projects title:

- Protection and restoration of wetlands in “Puszcza Kampinoska” Natura 2000 site (LIFE 19/NAT/PL/000746) kampinoskiebagna.pl/en/home-kampinos-wetlands-2
- Wetlands conservation and restoration in “Puszcza Kampinoska” Natura 2000 site LIFE12/NAT/PL/000084 kampinoskiebagna.pl/en/home-kampinos-wetlands-1
- others water system restoration projects

Coordinating Beneficiary: Kampinos National Park kampn.gov.pl

Contact person: Anna Andrzejewska andrzejewska@kampinoski-pn.gov.pl



Kampinos wetlands; photo: Robert Przybysz



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1. Canal is being naturalized; photo: REC Polska
2. Gravel riffle in the main canal; photo: REC Polska

The main objective of these projects is to restore and increase ecological resilience of Natura 2000 habitats and habitats of Natura 2000 species by increasing wetland hydration. 13 impounding structures in form of rock/gravel riffles is being built in the main canals. In addition 8,5 km of canals is being naturalized by construction of light groynes and berms made of wooden stakes, soil and branches. Many other activities have been undertaken in this project in order to improve state of the wetland nature.

Description of the visit

The group will depart from the meeting venue at 11:00. After an approximately 1.5-hour bus transfer, participants will arrive in the western part of Kampinos National Park, where the visit will continue as guided walking tours combined with short bus transfers. The route follows channels and wetland areas, showcasing various technical and nature-based solutions used to raise groundwater and surface water levels on wetlands, including stone riffles, weirs, and earth- and wood-based blockages. Methods applied for the naturalisation of channels will also be presented.

The visit offers an opportunity to discuss practical aspects of nature conservation, such as communication with local stakeholders, flood-risk management, advantages and disadvantages of different hydrotechnical measures, and management of wet meadows.

Due to weather conditions and the water level on marshes, rubber boots may be needed, and the exact route may be adjusted accordingly.

The end of the trip is planned at 18.00 in Granica village where there will be dinner by bonfire.

Guides: project professional leader, nature protection ranger and a natural values guide.

Distance to walk: about 11 km



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Option 2: Dune habitats and bats protection in the Kampinos National Park

Projects title:

- Active protection of bats and the renaturalisation of dry grassland habitats in the northern part of Łużowa Góra, Kampinos National Park (POIS.02.04.00-00-0017/16-01); kampn.gov.pl/czynna-ochrona-nietoperzy-i-renaturyzacja-siedlisk-murawowych
- For the preservation of biodiversity – protection of habitats and species in the dune areas of the Kampinos National Park (abbreviated to "The Kampinos Dunes", POIS.02.04.00-00-0016/18); kampn.gov.pl/kampinoskie-wydmy
- FlorIntegral – Integrated in situ and ex situ conservation of rare, endangered and priority species of flora in Poland (No: POIS.02.04.00-00-0006/17).

All above mentioned projects were conducted in the frame of the Operational Programme Infrastructure and Environment.

Coordinating Beneficiary: Kampinos National Park kampn.gov.pl

Contact person: Anna Andrzejewska andrzejewska@kampinoski-pn.gov.pl



1. Heathland in Kampinos National Park; photo: KPN

2. The footbridge on Łużowa Góra, where the sandy grassland was being restored in 2019; photo: mazowsze.szlaki.pttk.pl

3. The building of the Warsaw Pact Command Headquarters on Łużowa Góra transformed into bat hibernation site; photo: KPN



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Description of the visit:

Departure from the meeting venue at 11.00. Bus transfer to the Łużowa Góra, Kampinos National Park. Demonstration of bat hibernation site on the Łużowa Góra on the eastern side of the Kampinos National Park with short walk through the forest. Bus transfer from the Łużowa Góra to the Palmiry Cemetery Parking, and walk near the peat area to the Janówek heath area. After bus transfer to Górki village walk between inland dune and wetland area where participants will see results of removal of plant alien species as well as reintroduction of *Adenophora liliifolia*. The end of the trip is planned at 18.00 in Granica village where there will be dinner by bonfire.

Guides: project professional leader, nature protection ranger and a natural values guide.

Distance to walk: about 10 km



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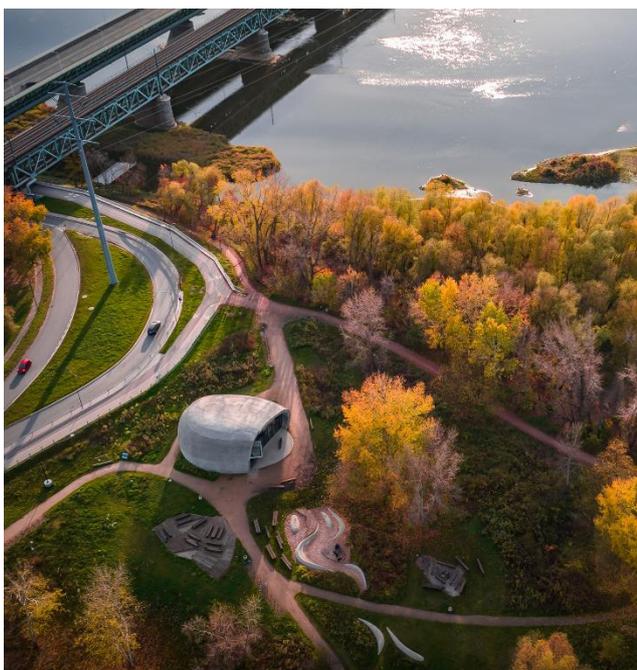
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Option 3: River in the city

Project title: Protecting the habitats of priority bird species of the Vistula valley under conditions of intensive pressure of Warsaw agglomeration (acronym: WislaWarszawska.pl, LIFE09 NAT/PL/000264)

Coordinating Beneficiary: City of Warsaw



1. *Kamień Pavilion; photo: zzw.waw.pl*
2. *The permanent island and two sandbanks, built as part of the project in Gołędzinów in Warsaw; photo: WislaWarszawska.pl*
3. *One of common tern broods on an artificial floating island in the Żerański Port; photo: Leszek Iwanowski*

The main objective of the project: The general project objective is to restore the breeding colonies of waders, gulls and terns in the Middle Vistula Valley Natura 2000 network site (SPA), especially those within the Warsaw borders. As part of this project, a number of active and passive bird protection measures have been carried out in the Warsaw section of the Vistula River. These included the creation of a several-hectare permanent island as well as two sandbanks.

Description of the visit:

11:00 Departure from the meeting venue. Bus transfer to the *Kamień* Educational Pavilion.

Tour of the Pavilion, created as part of the Life+ WislaWarszawska.pl project as an educational space showcasing the natural values of the Vistula River and presentation of the project. The building has received numerous prestigious architectural and educational awards.

Walk along the eastern bank of the Vistula River (approx. 1,5 hours), passing through partially restored floodplain meadows. Presentation of the project's ecological outcomes, including the creation of two



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sandbanks and the restored permanent island in Gołędzinów, serving as breeding habitats for birds. The walk continues through riverside riparian forests to a viewpoint offering a panorama of the UNESCO-listed Old Town.

Ornithological cruise on small boats (1 hour), during which participants will be able to observe Vistula wildlife — not only birds — and learn about how these species live in the urban environment.

Tour of the recently renovated Warsaw boulevards, including a discussion on plant selection along the riverfront in the context of climate change.

~ 16:00 Bus transfer to Granica village, where dinner by the bonfire will be served.

Guides: LIFE project coordinator, eco educator and local ornithologists

Distance to walk: about 3 km



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Option 4: Long-Term Ecohydrological Research and Implementation Activities at the UNESCO Ecohydrology Demosite – Pilica river catchment

Projects title:

- Implementation of River Basin Management Plan in the Vistula basin on the example of Pilica river catchment (abbreviated: LIFE Pilica) www.lifepilica.pl/en
- Ecotones for reducing diffuse pollution (EKOROB LIFE08 ENV/PL/000519) en.ekorob.pl

Coordinating Beneficiary: Państwowe Gospodarstwo Wodne Wody Polskie, Regionalny Zarząd Gospodarki Wodnej w Warszawie

Contact person: Mariusz Biernacki mariusz.biernacki@wody.gov.pl



1. *Pociosek oxbow lake; photo: erce.unesco.lodz.pl*
2. *Barkowice demonstration site; photo: ERCE*

The main objective of the project LIFE Pilica is to improve the quality of water in the Pilica catchment and increase its retention by supporting the implementation of the Vistula River Basin Management Plan (RBMP). The project is implemented in the Pilica catchment with an area of approx. 9,000 km². The assumed end result is the improvement of the quality and biodiversity of surface waters, with particular emphasis on the Sulejów dam reservoir.

The goal of the LIFE EKOROB project was setting up a program of activities for reducing diffuse pollution in the basin of the Pilica River by means of cost-effective ecohydrological methods, that will help achieve a good ecological status of water in the Sulejów dam reservoir. Another goal was preparation of a manual for optimal ecotone formation, with special attention being paid to the effectiveness of diffuse pollution removal and formation of biodiversity.



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Description of the visit:

Departure from the meeting venue at 11.00. Bus transfer to:

1. The Pociosek oxbow lake and wetland complex, which covers approximately 40 hectares of the Pilica floodplain. As part of the LIFE Pilica project, research was conducted on the hydrological, biotic and abiotic conditions and elements of the ecosystem, as well as the key pressures observed in the contrasting hydroclimatic conditions in 2024 (dry and warm) and 2025 (cooler and wetter). The biological inventory revealed exceptionally high biodiversity in the Pociosek oxbow lake. A total of 62 species of macrophytes, 18 taxa of benthic fauna, 160 taxa of vascular plants, four taxa of amphibians, three species of reptiles, 76 species of birds, 10 species of mammals, and 13 species of fish were recorded. During the visit, the wetland–oxbow lake ecosystem will be presented, along with a discussion of its potential for various ecosystem services and the main forms of pressure. Planned restoration activities will also be outlined. (1.5 hours)

2. The LIFE+EKOROB Barkowice demonstration site, where a highly effective ecotone zone was implemented in 2012. Here, the riparian vegetation zone is reinforced by a denitrification barrier that removes nitrates from floating groundwater. (0,5 hour)

Bus transfer to Granica village where there will be dinner by bonfire.

Guides: ecohydrologists involved in the projects

Distance to walk: about 2 km



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Dinner by bonfire for all groups at the end of the day

Beginning at 18.00, end at 21.00-22.00. Granica KPN parking place – 55 km from meeting venue at SGGW
[Google maps](#)

In the meantime there will be possibility to visit museum of Kampinos National Park situated in recently restored historic wooden buildings, the rampart with old forest village houses, and viewing platform. There will be guided tours for all willing persons. About 1 km to walk.

After the dinner bus transfer to hotels.

OTHER INFO

The participation in the field trips is free of charge and transportation will be organized.

For further questions, please contact us at cee.interlife.2025@gmail.com.