



On the Trail of Cieszynianka Spring Flower and More...

*A Family Nature Walk through
Cieszyn's Nature Reserves*

 EU
GREEN
WEEK



Integrated LIFE project "Silesia, Blue Sky Restored". Comprehensive implementation of the Air Quality Plan for the Silesian Voivodeship. LIFE20 IPE/PL/000007 - LIFE-IP AQP-SILESIA-SKY

On the Trail of the Cieszynianka Spring Flower and More... A Family Nature Walk through Cieszyn's Nature Reserves

When: 20 June 2026, 10:00 – 12:00

Where: Lasek Miejski nad Olzą Nature Reserve, Kantora "Bolko" A.,
43-400 Cieszyn

Host: Ewa Chrobok, eco-manager of the Cieszyn Municipality



The initiative is an official EU Green Week Partner Event.

Can true natural treasures be found in the middle of a city? In Cieszyn, the answer is yes. During the educational family walk "Tracking the Cieszyn Spring Flower and More...", residents will have the opportunity to discover remarkable natural sites located just steps away from everyday urban life.

The walk will lead participants through two unique nature reserves: Lasek Miejski nad Olzą and Lasek Miejski nad Puńcówką. Although relatively small, these protected areas preserve fragments of natural deciduous forests and a rich flora characteristic of the Cieszyn Foothills.

One of the main "heroes" of the walk will be the Cieszyn spring flower (*Hacquetia epipactis*) – a rare and remarkable plant that has made the region well known among botanists. Both reserves were established partly to protect its natural habitats. During the walk participants will learn why this modest-looking flower is so unique and how local protected areas play a crucial role in safeguarding biodiversity.

The walk will also provide an opportunity to discover other elements of the region's natural richness. Participants will encounter tree species typical of deciduous forests such as oak, lime, hornbeam and maple, as well as a variety of forest floor plants, including rare and protected species. Among them are plants such as periwinkle, snowdrop, Turk's cap lily and Alpine arum.

During the journey participants will learn about the important role such green enclaves play within urban landscapes. They protect local ecosystems, improve air quality, regulate microclimates and provide valuable recreational spaces for residents. At the same time, these reserves are located close to urban areas and are strongly influenced by human activity, which makes environmental awareness and responsible use of such places especially important.

The family walk "Tracking the Cieszyn Spring Flower and More..." demonstrates that investing in nature also means protecting local ecosystems and building environmental awareness within communities. It is an opportunity to rediscover the natural richness of Cieszyn, see familiar places from a new perspective and realise how extraordinary nature can thrive even in close proximity to the city.

The event is open to families, children and adults, combining outdoor recreation with learning about the natural heritage of the region.

The event is organised as part of the project "Silesia. Blue Sky Restored".



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