

## **Tour de Pologne, here's the 79th edition's full route revealed** *Seven stages from Kielce to Krakow with a lot of unreleased tracks*

The 79th edition of the Tour de Pologne, UCI World Tour race, was officially presented today, during the live on TVP Sport. There, Czeslaw Lang explained in detail the seven stages of the Polish race that will take place from 30 July to 5 August 2022.

As in the previous edition, the riders will have to compete on a pretty varied and impressive route facing short, steep and decisive climbs, just like in the past but more than in the previous edition. The time trial will again be the key point of the race, although in 2022 it will be an uphill time trial. In addition there will be three stages for pure sprinters, two for climbers and one will suit the Classics specialists. A long and intense race is expected with a total of 1.226,7 kilometres across some of the most beautiful places in the country.

"The route will be very interesting. We will be riding on unprecedented and very difficult terrains, as we are introducing a new challenge - the uphill individual time trial," declares Czeslaw Lang, Tour de Pologne General Director. '90% of the route of the Tour de Pologne 2022 was already set at the end of last year's edition, which ended with Joao Almeida's victory. In the following months we completed it and now we will work, as usual, to give a wonderful experience to the riders, teams and our passionate supporters," he concludes.

### The stages in detail

**Stage 1 Kielce - Lublin** - The 79th edition of the Tour de Pologne UCI World Tour will start in Kielce, a big city with a glorious mining past, lying in the Świętokrzyskie Mountains. The first stage will be the first chance for the fast wheels. After 220 kilometres, the riders will face a slightly uphill finish with 300 metres at only a 4% gradient in the centre of Lublin, which was the departure city of the 2021 edition.

**Stage 2 Chełm - Zamość** - The second stage will unfold between Chełm and Zamość for a total of 203,9 kilometres and about 1200 metres elevation gain. These two cities together - also featured in the last edition of the race - represent Poland's medieval and Renaissance cultural heritage with a rich history and architecture. Once again, the stage will favour the sprinters with a city circuit on paved roads.

**Stage 3 Kraśnik, Powiat Kraśnicki - Przemyśl** - Starting from Kraśnik and arriving at Przemyśl, the 229,7 kilometres long stage will be the first test for climbers. The route is characterized by the initial completely flat 190 kilometres and a very hard second part, where the circuit includes three climbs over a distance of 40 kilometres and a gruelling finale with the last ascent featuring sections of 14 to 15% gradients.

**Stage 4 Lesko, Powiat Leski - Sanok** - The 176,8 kilometres long stage four, will start from Lesko, a fourteenth-century city near the valley of San river, in the area characterised by the stretching ridges of Sanok-Turczan mountains. The undulating route, with various ups and downs, is quite suitable to the Classic's riders, considering the final quite hard 500 metres before the finish line heading in the city centre of Sanok. Here the puncheurs will undoubtedly be the favorites.

**Stage 5 Łańcut - Rzeszów** - The 205 kilometres long stage five will start from Łańcut, famous for its homonymous castle, and promises to be hard and selective with a total of 2970 metres elevation gain. The route is characterized by several climbs which will select the peloton. The final 20-kilometre circuit around the city includes an unprecedented climb of 14% gradients before the finish in Rzeszów, a capital with a modern soul and a rich historic centre, also home to one of the most important Universities of Technology.

**Stage 6 Szaflary - BUKOVINA Resort** - The sixth stage will be a 15,4-kilometre individual uphill time trial between Szaflary and the BUKOVINA Resort. The route runs entirely on paved road with 415 metres elevation gain, a turning point in the entire race. For sure, here the riders will have a chance to make a difference on the GC.

**Stage 7 Valsir, Skawina- Kraków** - The 79th Tour de Pologne ends with a 175 kilometres stage with an elevation gain of about 1971 metres. The 7th stage will start from Valsir's company, based in Skawina, a very charming town in the Lesser Poland Voivodeship, only 15 kilometres south-west of Krakow.

After two climbs in the first 40 kilometres and a slightly uphill route, the sprinters will have the opportunity to organise themselves in the final 30 kilometres leading up to the race finish. As a tradition, the 2022 edition of the Polish race will end up in the splendid setting of Krakow, a city of kings. Its historic center has been recognized by UNESCO as one of the 12 most precious heritage sites in the world.