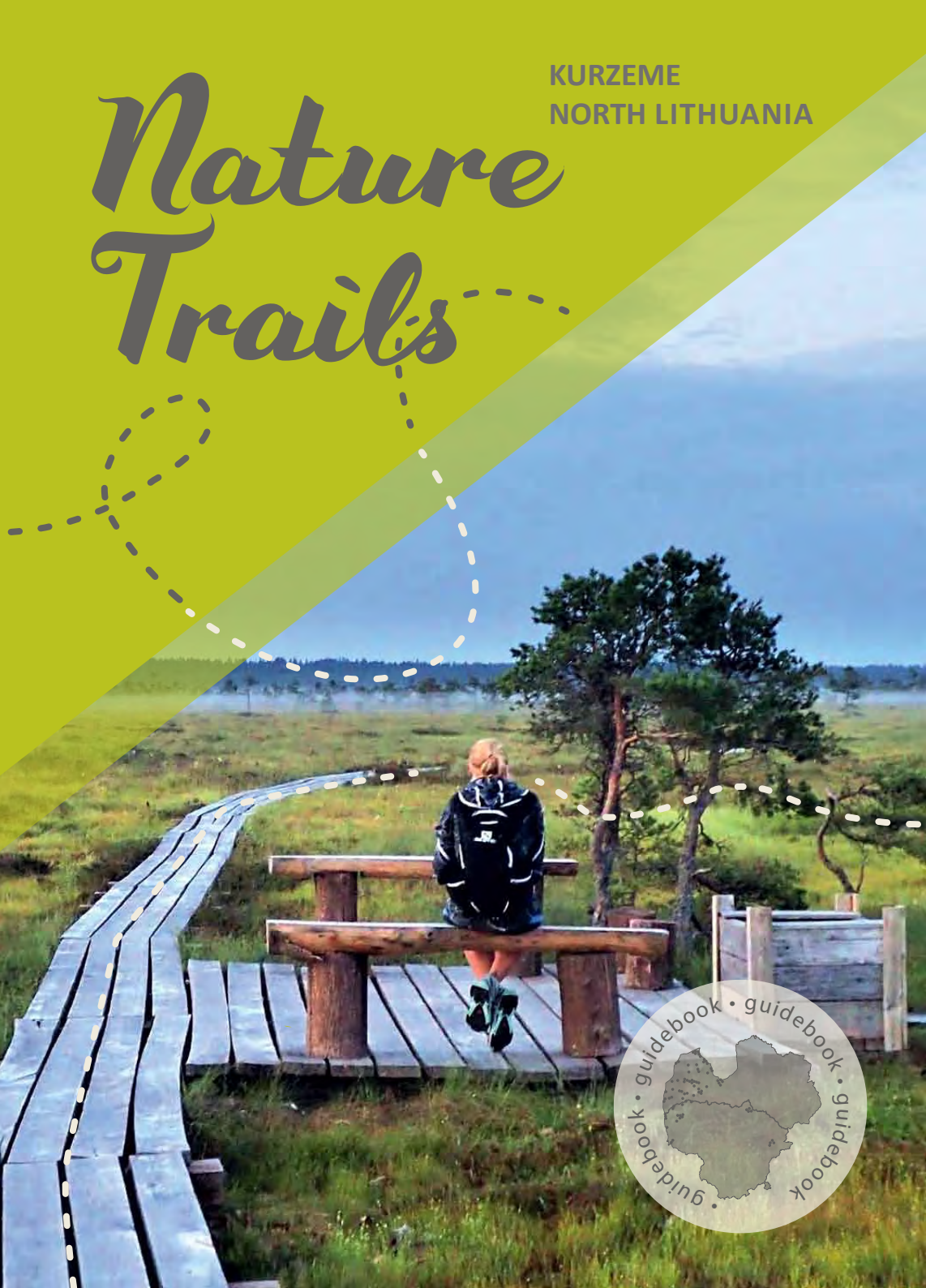


KURZEME  
NORTH LITHUANIA

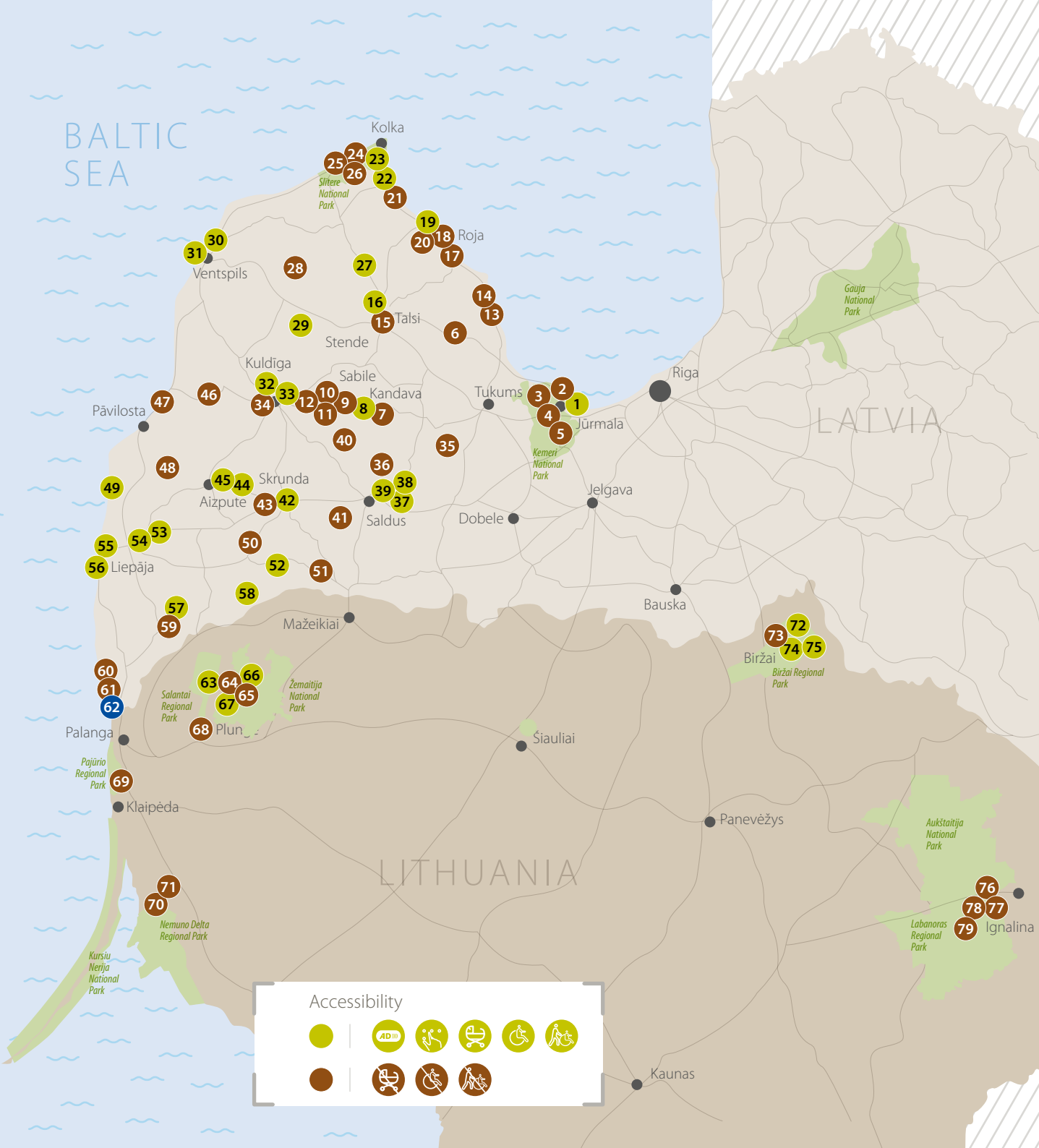
# Nature Trails



# Legend

	START OF THE ROUTE		TYPE		TRAIL ADMINISTRATOR
	LOCATION COORDINATES		DIFFICULTY		SHOPS NEARBY
	HIKING TIME		TRAIL SURFACE		GAS STATIONS NEARBY
	DISTANCE		GETTING THERE		INFORMATION
	MARKING		RULES TO FOLLOW		

	Accessible to persons in wheelchairs with an assistant		Information stand		Boating allowed
	Accessible to persons in wheelchairs		Pharmacy		Swimming allowed
	Audio recorded information		Wi-Fi		Fishing allowed
	Accessible with baby-strollers		Table/resting area/bench		Bicycle rent
	Blind guidance line/tactile information/tactile objects/information in Braille script		Watching tower		Boat/catamaran rent
	Walking		Viewing platform		Cliff/steep coast/slope
	Cycling		Activities/playground/open-air gym devices/swings		Ticks
	Nording-hiking		Drinking water		During rain and in winter the trail is slippery
	Skiing		Catering		Tenting forbidden
	Horse riding allowed		Tenting area		Mechanical vehicles forbidden
	Parking lot		Camping		Pets forbidden
	Toilets		Guest house/hotel		Fireplaces forbidden
	Trash bins		Fireplace site		Swimming forbidden
	No trash bins		Firewood available		Cycling forbidden
			Keep silence		Fishing forbidden
			Pets allowed		Writing/painting forbidden
					Plant picking forbidden



Accessibility

●	ADMI			
●				

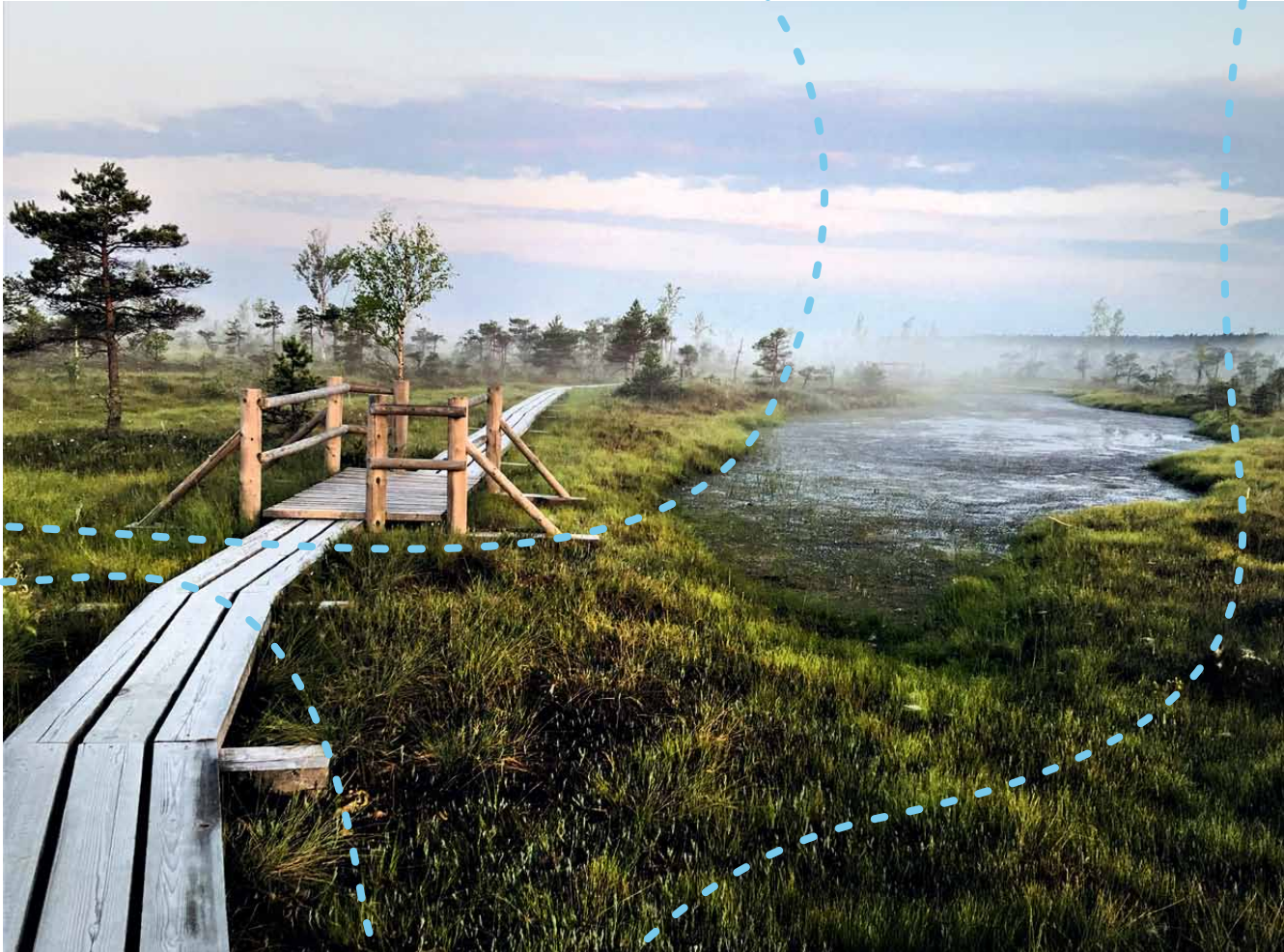
# Contents

## LATVIA

- 1 Kupskalni Nature Trail
- 2 Kaņieris Reeds Trail
- 3 Kaņieris Castle Mound Nature Trail
- 4 Sulphur Ponds' Trail
- 5 Great Ķemeri Bog Boardwalk
- 6 Jāņupīte Nature Trail
- 7 Čužu Mire Trail
- 8 Fairy Tale Forest Trail
- 9 Horse Trail and Love Trail
- 10 Drubazu Botanical Trail
- 11 Virsaiši Waterfall Nature Trail
- 12 Trail to the Caves of Māra's Chambers
- 13 Orchid Trail
- 14 Mežtaka-Jūrtaka "Mērsrags-Engure"
- 15 Walking Trail Rīti
- 16 Talsi Hills Charm
- 17 Kaltene Birds' Trail
- 18 Kaltene Stone Ridges
- 19 Walking Path at Roja Beach
- 20 Trail along the River Roja
- 21 Pūrciems White Dune
- 22 Ēvaži Nature Trail
- 23 Kolka Pine Trail
- 24 Narrow Gauge Railway Nature Trail
- 25 Pēterezers Nature Trail
- 26 Šlītere Nature Trail
- 27 Recreation Park Laumas
- 28 Vasenieki Mire Trail

- 29 Usma Elkrags Nature Trail
- 30 Lake Būšnieki Nature Trail
- 31 Ventspils Seaside Park
- 32 Mārtiņsala Nature Trail
- 33 The River Venta Left Bank Trail
- 34 Pārventa Park Trail
- 35 Viesata River Circles
- 36 Satiķi Nature Trail
- 37 Walking Path along Lake Ciecere
- 38 Walking Paths at Remte Manor Park
- 39 Brocēni Forest Park Trails and Open-air Tracks
- 40 Kalnansi Bog Trail
- 41 Sātiņi Ponds
- 42 Skrunda Walking Trail along the Venta
- 43 Rudbārži Forest Park Nature Trail
- 44 Kazdanga Castle Trail
- 45 Kazdanga Park Nature Trail
- 46 Žibgrava Health Trail
- 47 Rīva River Circles
- 48 Cīrava Beavers' Trail
- 49 Nature Trails at Dvēseles Veldzes Dārzs
- 50 Embūte Nature Trail
- 51 Kalni Nature Trail
- 52 Volzbahs Nature Trail and Trail to Lielbāta Spring
- 53 Durbe Castle Mound Trail
- 54 Ālande River Park Trail
- 55 Lake Liepāja Horse Island Trail and Lake Liepāja Boardwalk

- 56 Liepāja Seaside Park
  - 57 Kalēti Forest Park Priediens
  - 58 Aizviķi Park
  - 59 Dunika Bog Trail
  - 60 Trail of Ecological Processes
  - 61 Lake Pape Trail
  - 62 Baltic Coastal Hiking Route
- ## LITHUANIA
- 63 Nature Path Through the Boulder of Šaukliai
  - 64 Mikytai Cognitive Walking Trail
  - 65 Paplatelė Cognitive Walking Trail
  - 66 Plateliai and surroundings
  - 67 Šeirė Cognitive Walking Trail
  - 68 Cognitive Path in the Forest of Šipelkė or Dauginčiai
  - 69 Ecological Cognitive Path Litorina
  - 70 Aukštumala Cognitive Trail
  - 71 Tulkiarage Cognitive Path
  - 72 Trail in Kirkilai Landscape Reserve
  - 73 Trail in Karajimiškis Landscape Reserve
  - 74 Trail to Biržai Smardonė Spring
  - 75 Biržai Town Pedestrian and Bicycle Trail
  - 76 Šiliniškės Cognitive Trail
  - 77 Biking through the Lakeside
  - 78 Meironys Nature Trail
  - 79 Labanoras Forest Cognitive Trail



# Introduction

This Guidebook will be useful to anyone who enjoys leisurely walks in nature and is eager to get to know the nature values of Kurzeme and border regions of Lithuania – the sea, dunes, lakes, rivers, forests, meadows, swamps together with plants and animals inhabiting there.

The Guidebook contains information on 82 nature trails. Apart from the 1200 km long Coastal Hiking Route that stretches along the Baltic Sea coast from the border of Latvia – Lithuania up to Tallin, the total distance of nature trails included in the Guidebook is 380 km, incl. 270 km in Kurzeme and 110 km in North Lithuania. The distance of one trail is 4 km on average and it will take about one hour in a leisurely step.

Trail difficulty is classified in several levels, with one dot attributed to the trails of the easiest class of complexity that are suitable also for children and seniors. 34 of the trails included in the Guidebook are either fully or partly accessible also to persons with reduced mobility, the blind, seniors and families travelling with baby-strollers. These trails in the Guidebook are highlighted in green.

The start of each trail is marked with coordinates that had been taken from the parking lot near the trail. Information on the closest catering and accommodation sites as well as the other nearby places of interest is provided at the tourism information section on the homepages of each county municipality. The exact link is specified at each trail.

In order to get more information on the specific trail and its accessibility, use the QR code. Scan the code using the QR code reading app on the phone and it will open the link, which contains the trail's GPX file and video from the relive app with the trail's route, landscape and photos. GPX files of nature trails are also available on [www.alltrails.com](http://www.alltrails.com), [www.gpsies.com](http://www.gpsies.com), [www.wikiloc.com](http://www.wikiloc.com) and their mobile apps.

Follow the principle – hiking in nature, what you brought, take away with you! In case you see any trash on the trail or any other mess or damage, contact the trail administrator. Detailed contact information is provided at each trail.

Nature can be enjoyed all year long – each season has its beauty and magic. Nature trails will take you through all Kurzeme counties, the largest cities and the most beautiful trails in the direction of Kurzeme near Riga, as well as the nearby nature trails in the border region of Lithuania – at Klaipėda, Pajevėžys, Telšiai and Utena districts. Enjoy being outdoors in nature and fall in love with Kurzeme and Lithuania!

## Kurzeme Planning Region



# Kupskalni Nature Trail



← RIGA 41 km  
 ← ENGURE 32 km  
 ← LAPMEŽCIEMS 2 km

**KĒMERI NATIONAL PARK, LAPMEŽCIEMS PARISH**  
 At the roadside of Sloka-Talsi highway, car can be parked at the gas station Mc behind the brown sign (straight behind the River Siliņupe)

**GPS** Lat: 56.99165 Lon: 23.52354

15 min (one way)

0,5 km (one way)

Not marked, but can easily follow the trail

Out&back

●○○○○

Wooden boardwalk, seashore

by car  
 by bus

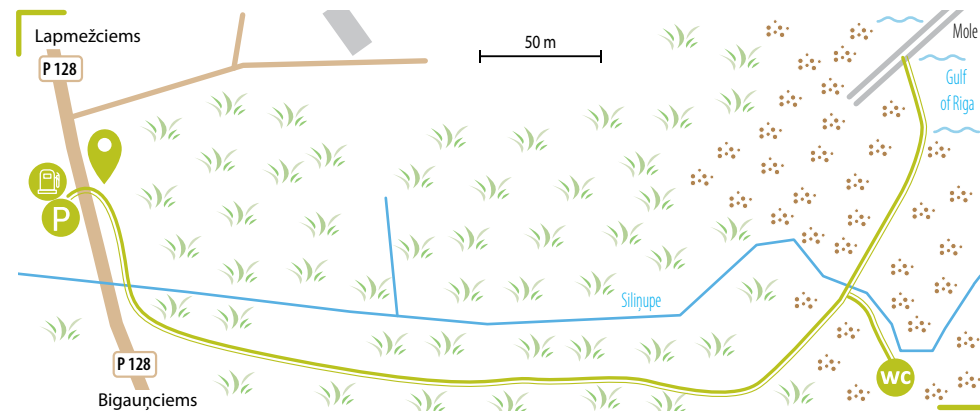


A short, nice, easy to hike trail allowing to reach the sea in Bigauņciems Village quickly and comfortably. A wooden boardwalk along the River Siliņupe coast and dunes stretches all the way up to the wide and the very beautiful beach at the old pier of Lapmežciems. Various water birds can often be spotted at the River Siliņupe – mallards, common coots, grey herons etc.

## FACILITIES



Partly accessible wooden boardwalk and WC. Movement in the start of the trail may be hindered due to tree roots, but overall the path is accessible for people in wheelchairs with an assistant and for parents with baby-strollers.



Lapmežciems Parish Council,  
 T: +371 63163230,  
 E: info@lapmezeiems.lv

Lapmežciems, Ragaciems, Kauguri

Lapmežciems, Kauguri

**NATURE EDUCATION CENTRE "MEŽA MĀJA"**  
 Kēmeri, T: +371 29149365,  
[www.daba.gov.lv/public/lat/vides\\_izglitiba/dabas\\_izglitiba centri/](http://www.daba.gov.lv/public/lat/vides_izglitiba/dabas_izglitiba centri/)

**ENGURE TOURISM INFORMATION POINT**  
 114 Jūras Street, Engure,  
 T: +371 63161701,  
 E: tic@enguresnovads.lv,  
[www.enguresnovads.lv](http://www.enguresnovads.lv)





# Kaņieris Reeds Trail



← RIGA 45 km  
 ← ENGURE 33 km  
 ← LAPMEŽCIEMS 3 km

**KEMERI NATIONAL PARK, LAPMEŽCIEMS PARISH**  
 Suggested starting point: Sign to Bird Watching Tower, 1,2 km behind the Lake Kaņieris Boat Base

**GPS** Lat: 56.99763 Lon: 23.47608

1 h

2,8 km

The car can be parked at the roadside. There is also a parking lot available at the Boat Base (1 EUR).

Not marked, but can easily follow the trail

Loop

●○○○○

Wooden boardwalk, path, forest road, gravel at the start and end of the trail\*

by car  
 by bus till Lapmežciems



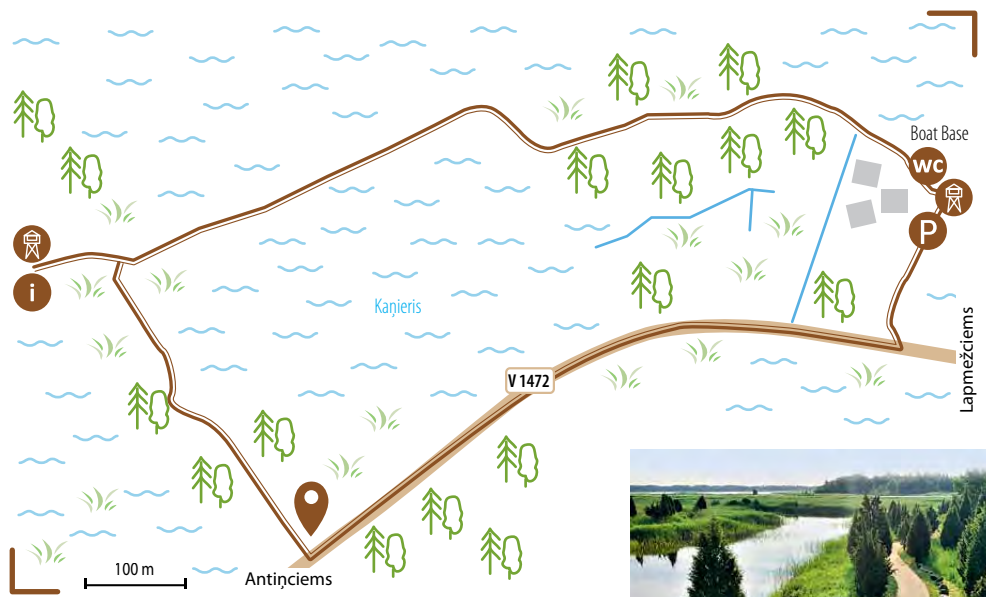
A heavily overgrown Lake Kaņieris is a lagoon-type lake and is a protected nature object located in Ķemeri National Park. The lake is one of the richest in Latvia in bird and plant diversity, therefore it is favoured by anglers and ornithologists. There are 14 islands on the lake, which are particularly loved by water birds as good resting spots during migration. More than 200 bird species have been identified at Lake Kaņieris overall. The richest diversity can be seen during the spring season and in early autumn.

The suggested starting route point is at the sign to Bird watching tower (*Putnu vērošanas tornis*) at the road Lapmežciems-Antiņciems. The tower allows to enjoy some truly spectacular views over the lake. Afterwards the trail continues to the wooden boardwalk, which is installed on pontoons and links two islands, allowing to observe the beauty of the lake landscape with dry legs. The boardwalk is swinging a little here and there, as around half of its length consists of floating constructions. The length of the boardwalk is 600 m and it allows to see the hard to reach reeds thicket, which is truly impressive. The wooden boardwalk stretches through the reed maze, sometimes shaping a kind of a reed tunnel and sometimes opening the view to the lake again. Be careful here, as some of the planks may be broken.

At the end of the boardwalk, there are additional wooden planks laid down recently, prolonging the route through the forest along the shore of the lake leading, first, to the boat base and after – along the gravel road to the starting point of the trail.

\*The trail is not being cleared from snow during winter. In spring and autumn, as well as during heavy rain, the trail may not be possible to be hiked loop-type.

## FACILITIES



Nature Conservation Agency, Pierīga Regional Administration, T: +371 67730078, E: pieriga@daba.gov.lv

Lapmežciems, Ragaciems, Kauguri

Lapmežciems, Kauguri

NATURE EDUCATION CENTRE "MEŽA MĀJA" Ķemeri, T: +371 29149365 [www.daba.gov.lv/public/lat/vides\\_izglitiba/dabas\\_izglitibas\\_centri/](http://www.daba.gov.lv/public/lat/vides_izglitiba/dabas_izglitibas_centri/)

**ENGURE TOURISM INFORMATION POINT**  
 114 Jūras Street, Engure, T: +371 63161701, E: tic@enguresnovads.lv, [www.enguresnovads.lv](http://www.enguresnovads.lv)





# Kaņieris Castle Mound Nature Trail



← RIGA 52 km  
 ← ENGURE 41 km  
 ← LAPMEŽCIEMS 8 km

**KĒMERI NATIONAL PARK, LAPMEŽCIEMS PARISH**

**GPS** Lat: 56.99197 Lon: 23.42601

0,5 h

1,4 km

Not marked, but can easily follow the trail

Loop

●○○○○

Wooden boardwalk, path, dolomite gravel

by car  
 by bus till Lapmežciems\*\*



The trail is not being cleared from snow during winter.

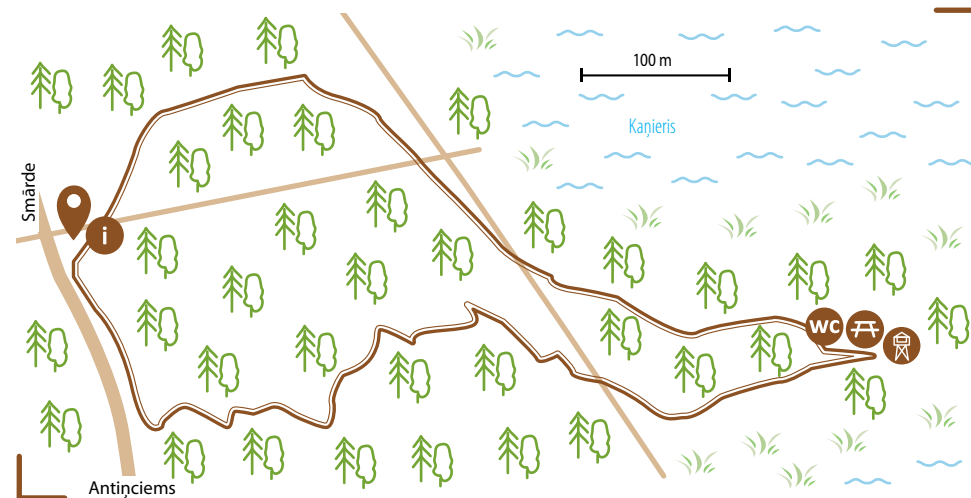
\* The boardwalk constructions have not been adapted for parents with baby-strollers. However, depending on the type of the stroller and skills of the driver, the boardwalk, although quite narrow, might be accessible.

The trail stretches along the forest and the rich fen to the Kaņieris castle mound. Historians still argue on the age of the castle mound and on who actually inhabited it. Ones are of the opinion that this is a very old tribal settlement place, the others – that it had been used by sea robbers to attack the ships. On the way, the trail crosses the stone formations. Over the time, scientists have come with a number of hypotheses on these peculiar stone formations, yet it had been concluded that they have most likely been formed by glacier melting processes. There is a watching tower at the farthest point of the trail, opening a wide view to Lake Kaņieris. There is a nice picnic area at the castle mound as well. Behind the picnic site, where the wooden boardwalk starts, try to move as quiet as possible and you shall hear the grass-snake crawling around the reeds, and if you're lucky, you might even spot one laying under the sun on the boardwalk.

## FACILITIES



\*\* With a car or a public bus on routes Riga-Talsi, Riga-Kolka, Riga-Mazirbe (schedule available on [www.autoosta.lv](http://www.autoosta.lv)) follow the road P128 (Riga-Talsi) till Lapmežciems. In the centre of the village, at the administration/culture building, turn on the Liepu Street and follow the sign "Antņiņciems 5" for about 5 km (through the village, passing the Lake Kaņieris Boat Base and the bird watching tower) till reaching the T type crossroad in Antņiņciems. Turn right and go straight for about 3km till the parking lot and information stand on the right side of the road.



Nature Conservation Agency,  
 Pierīga Regional Administration,  
 T: +371 67730078,  
 E: [pieriga@daba.gov.lv](mailto:pieriga@daba.gov.lv)

Lapmežciems, Ragaciems, Kauguri

Lapmežciems, Kauguri

**NATURE EDUCATION CENTRE "MEŽA MĀJA"**  
 Kēmeri, T: +371 29149365  
[www.daba.gov.lv/public/lat/vides\\_izglitiba/dabas\\_izglitiba\\_centri/](http://www.daba.gov.lv/public/lat/vides_izglitiba/dabas_izglitiba_centri/)

**ENGURE TOURISM INFORMATION POINT**  
 114 Jūras Street, Engure,  
 T: +371 63161701,  
 E: [tic@enguresnovads.lv](mailto:tic@enguresnovads.lv),  
[www.enguresnovads.lv](http://www.enguresnovads.lv)





# Sulphur Ponds' Trail



← RIGA 48 km  
 ← ENGURE 38 km  
 ← LAPMEŽCIEMS 7 km

**ĶEMERI NATIONAL PARK,  
 LAPMEŽCIEMS PARISH**

**GPS** Lat: 56.96522 Lon: 23.46955

20 min (one way)

0,8 km (one way)

Not marked, but can easily follow the trail

Loop

● ○ ○ ○ ○

Wooden boardwalk

by car  
 by train or bus till Ķemeri

When reaching Ķemeri, drive along Robežu Street in the direction of Antīnciems, 2 km along forest/bog road, parking lot on the left side, start of the trail on the right side



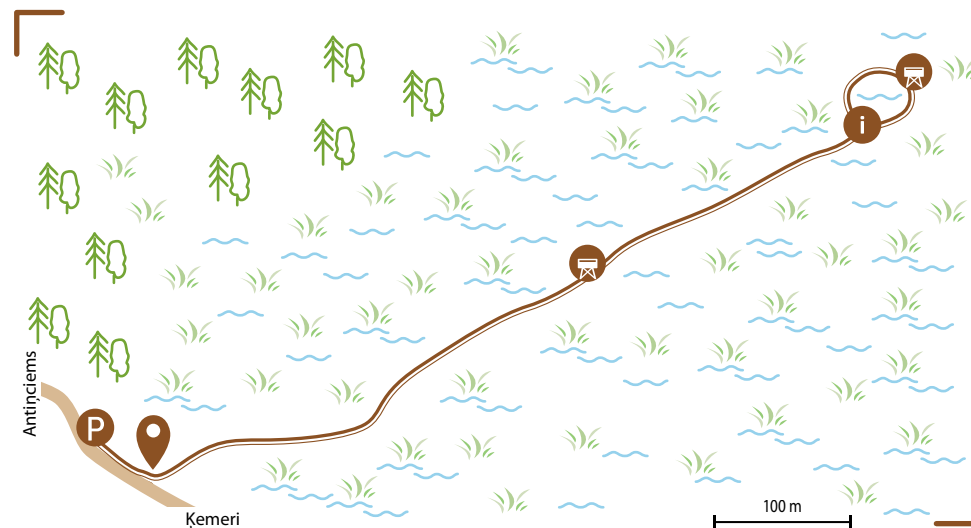
The trail is located at the Raganu (Witches) bog, which is one of the largest raised bogs at Ķemeri National Park. Here you may see a rare natural phenomenon in Latvia – several ponds have formed at sites where sulphur water outflows onto the surface, where the water flowing out of the springs accumulates. A quite unique sight turns out in spring, when different microorganisms start breeding, shading the water in ponds yellow. Being here, you shall feel a strong rotten eggs' aroma, typical for sulphur water. Yet, before wrinkling the nose, remember – sulphur water has healing properties.

The trail is of good quality, covered with wooden planks. It is one-way (out&back) with a small loop at the end.

## FACILITIES

Bicycle parking stand at the start of the trail

The trail constructions have not been adapted for people in wheelchairs and parents with baby-strollers. However, depending on the type of the stroller and skills of the drivers, the boardwalk, although quite narrow, might be accessible – yet, at one's own responsibility.



Nature Conservation Agency,  
 PieRīga Regional Administration,  
 T: +371 67730078,  
 E: pieriga@daba.gov.lv

Lapmežciems, Ķemeri

Lapmežciems, Kauguri

**NATURE EDUCATION CENTRE  
 "MEŽA MĀJA"**  
 Ķemeri, T: +371 29149365  
[www.daba.gov.lv/public/lat/vides\\_izglitiba/dabas\\_izglitiba\\_centri/](http://www.daba.gov.lv/public/lat/vides_izglitiba/dabas_izglitiba_centri/)

**ENGURE TOURISM  
 INFORMATION POINT**  
 114 Jūras Street, Engure,  
 T: +371 63161701,  
 E: tic@enguresnovads.lv,  
[www.enguresnovads.lv](http://www.enguresnovads.lv)







# Great Kemeris Bog Boardwalk



← RIGA 46 km  
TUKUMS 26 km  
KEMERI 5 km

**KEMERI NATIONAL PARK**

**GPS** Lat: 56.91661 Lon: 23.46481

1,5 h

Small loop 1,5 km,  
large loop – 3,5 km

Not marked, but can easily follow the trail

Loop



Wooden boardwalk, gravel at the start and end of the trail

by car  
by train or bus till Kemeris



The trail is not being cleared from snow during winter. The most beautiful views can be caught in spring and autumn.

One of the most popular swamp trails in Latvia offering a fabulous walk through one of the greatest raised bogs in Latvia. Visitors may notice the carnivorous plant – sundew, as well as variety of birds – wood sandpipers, white wagtails, tree pipits. The bog has been designated as internationally important Bird Area. The key feature distinguishing the Great Kemeris Bog and other raised bogs in Kemeris surroundings and making them unique on European level is the sulphurous mineral waters, which are forming deep underneath the surface of the bogs and bursting out on the surface in more than 30 open springs in the vicinity of Kemeris.

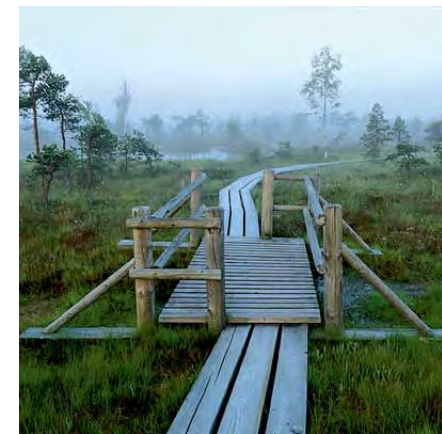
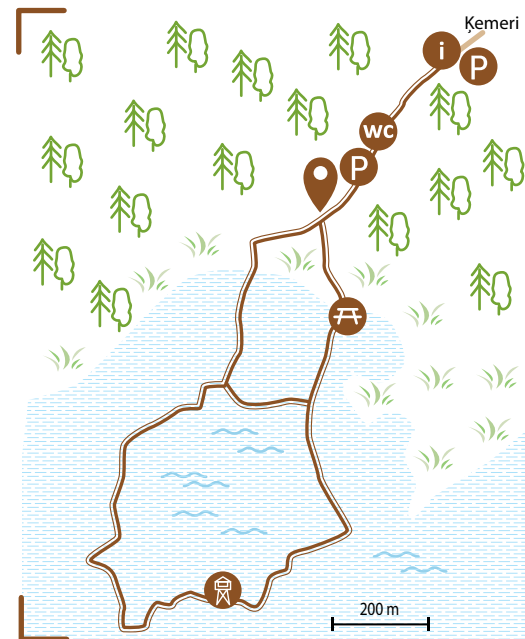
The boardwalk has 2 loops – the small one of 1,5 km and the long one of 3,5 km, the latter also includes a sightseeing platform. The overall hiking time is around 1,5 hours. Available throughout the year, though the most beautiful scenery in the bog is in spring and autumn, and especially, in early morning watching the sunrise.

## FACILITIES



\* The average width of the trail is 64 cm. The trail constructions have not been adapted for people in wheelchairs and parents with baby-strollers. However, depending on the type of the stroller and skills of the driver, the boardwalk, although quite narrow, might be accessible – yet, at one's own responsibility.

The Kemeris National Park Nature Education Centre Meža māja is accessible to people in wheelchairs.



"Rabarbers-BR" Ltd.,  
T: +371 29239273, 26492894,  
E: rabarbers-br@inbox.lv

Kemeris

Sloka

**NATURE EDUCATION CENTRE  
"MEŽA MĀJA"**  
Kemeris, T: +371 29149365  
[www.daba.gov.lv/public/lat/vides\\_izglitiba/dabas\\_izglitibas\\_centri/](http://www.daba.gov.lv/public/lat/vides_izglitiba/dabas_izglitibas_centri/)

**TUKUMS TOURISM INFORMATION CENTRE**  
5 Talsi Street, Tukums,  
T: +371 63124451, E: tic@tukums.lv  
[www.visittukums.lv](http://www.visittukums.lv)





# Jāņupīte Nature Trail



← RIGA 87 km  
TUKUMS 20 km

**KAZINAS, DZIRCIEMS, ZENTĒNE PARISH**  
Suggested starting point (parking lot):  
Lat: 57.11190 Lon: 23.04368

**GPS** Lat: 57.11319 Lon: 23.03858

1 h

2 km

Marked with signs – info stands and direction arrows

Loop

●●○○○

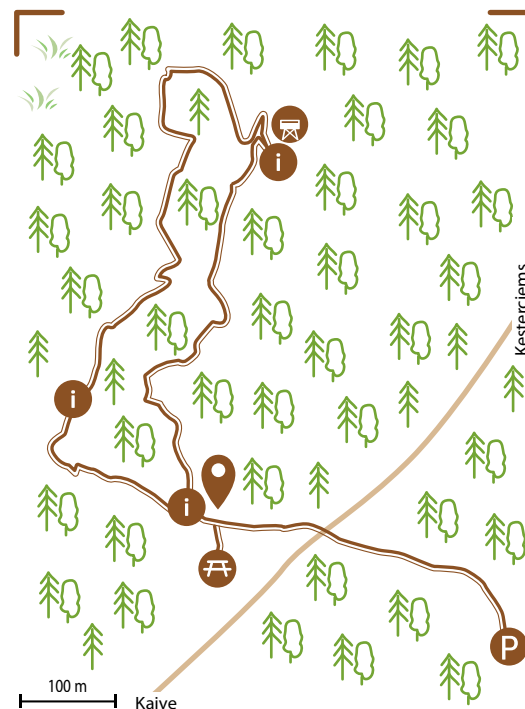
Wooden boardwalk, path, forest road

by car



The trail itself is slightly more than 1 km long, but the car should be parked some distance before, therefore the total walking distance will take 2 km. The trail is designed to introduce the visitors to the diverse terrain of the area and forest ecosystem, which has not had a significant impact by human economic activity over the last 100 to 150 years. While walking along the trail it is possible to observe the high diversity of plants, mosses, lichens and insects, heritage trees, impressive old-age trees broken by storms, the steep bank of the River Jāņupīte. It is also possible to count and calculate the age of the tree by looking at the year rings in its trunk, as well as to see the different types of polypores on the trunks of broken and rotten birches. Being here, try to find the longest tree in Latvia – a spruce tree with a height of over 46 m!

## FACILITIES



JSC Latvia's State Forests, Zemgale Forestry,  
T: +371 26423557, E: lvm@lvm.lv

Pūre, Kandava, Engure

Pūre, Kandava, Engure

**TUKUMS TOURISM INFORMATION CENTRE**  
5 Talsi Street, Tukums,  
T: +371 28311557, 63124451,  
E: tic@tukums.lv  
[www.visittukums.lv](http://www.visittukums.lv)





# Čužu Mire Trail



RIGA 96 km  
KANDAVA 2 km

**KANDAVA**  
Suggested starting point:  
Parking lot at the start of the trail  
on Sila Street

**GPS** Lat: 57.02644 Lon: 22.78550

2 h

4,4 km

Part of the trail (on the way to Velna acs (Devil's eye) spring) marked with special signs – red dots on trees

Loop

●○○○○

Wooden boardwalk, path, forest road, gravel road at the start and end of the trail

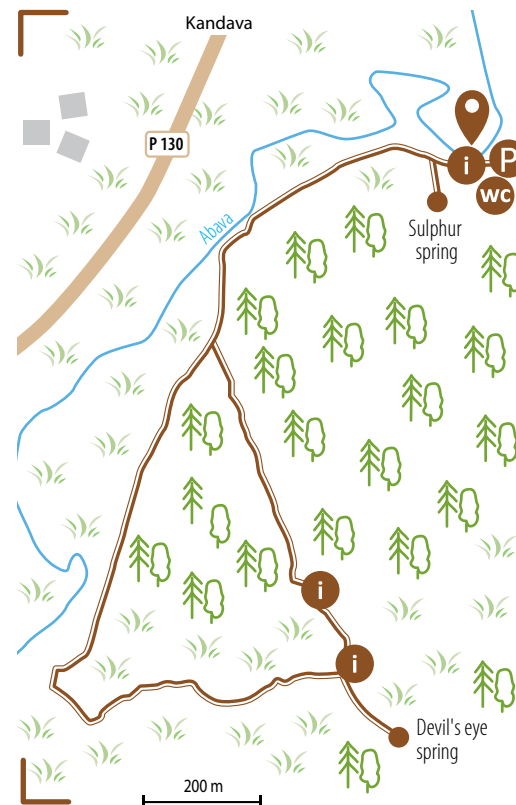
by car  
 by bus (Kandava)



The trail is accessible the whole year, yet suggested in summer – the shrubby Cinquefoil *Pentaphylloides fruticosus* blooming time, as the nature reserve Čužu mire is the only place in Latvia, where the shrubby Cinquefoil grows in wild in such a large area. There is also a number of other rare plants to be seen – birdseye primrose *Primula Farinosa*, fragrant orchid *Gimnadenia Conopsea*, marsh helleborine *Epipactis Palustris* etc. Also the stoneworts *Characeae*, which are among the largest and most complex of the green algae, can be spotted at the mire. The mire is inhabited by a number of especially protected butterfly species. The mire is a rare and specially protected biotope – calcareous fen – a limestone layer lays down under the peat in the mire and several sulphurous springs outflow onto the surface. Part of the trail (heading to the Devil's eye spring) is marked with red dots on the trees, part is covered with wooden planks.

In autumn and spring the trail can be really wet and some parts can be flooded, therefore it is suggested to bring rubber boots along. There's also a small bridge along the way (Lat: 57.01956; Lon: 22.77878), which is of a poor quality (old, broken, slippery), therefore be careful passing it.

## FACILITIES



Kandava County Municipality,  
T: +371 63182028,  
E: dome@kandava.lv

Kandava

Kandava

**KANDAVA TOURISM  
INFORMATION CENTRE**  
2 Ūdens Street, Kandava,  
T: +371 28356520,  
E: info@kandava.lv,  
[www.visitkandava.lv](http://www.visitkandava.lv)





← RIGA 104 km  
TALSI 30 km  
SABILE 6 km

# Fairy Tale Forest Trail



**IMULAS, ABAVA PARISH**  
Suggested starting point:  
Roadside Cafe Plostkrogs

**GPS** Lat: 57.02073 Lon: 22.64499

1 h

1,6 km

Marked with direction signs

Loop

● ○ ○ ○ ○

Path, forest road

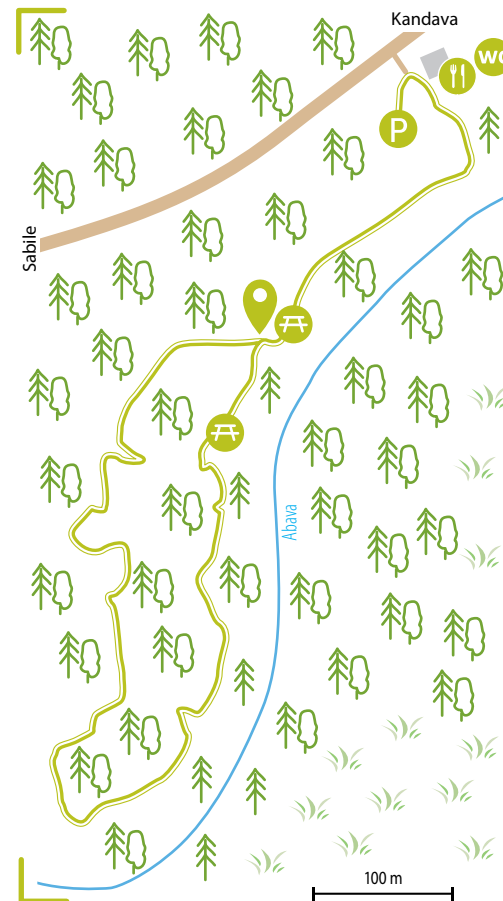
by car

The trail is free of charge for the visitors of cafe Plostkrogs, the rest can visit the trail for a symbolic donation

\* Getting onto the trail through the small wooden log cabin at the start and movement in some stretches due to tree roots may be hindered, but overall the trail is accessible for people in wheelchairs with an assistant and for parents with baby-strollers. WC is not accessible.

This trail with lots of interesting wooden sculptures and constructions, is situated just behind the roadside cafe Plostkrogs. The nature trail is 1,6 km long, loop-type, and will be particularly interesting for children. There are both, wooden sculptures of various animals – snakes, ants, owls etc., as well as several wooden cabins and other constructions for children to run around and play with.

## FACILITIES



Plostkrogs Ltd.,  
T: +371 29196494

Sabile, Kandava

Kandava

**TALSI COUNTY TOURISM  
INFORMATION CENTRE**  
19/21 Lielā Street, Talsi,  
T: +371 26687442, E: tic@talsi.lv  
[www.talsitourism.lv](http://www.talsitourism.lv)





# Horse Trail and Love Trail



In addition at  
the Horse Trail

← RIGA 109 km • TALSI 28 km  
KANDAVA 14 km • SABILE 4 km

**RECREATION BASE:**  
ZVIEDRU CEPURE, PILTIŅI,  
MATKULE PARISH

**GPS** Lat: 57.02451 Lon: 22.59271

**Horse Trail:** 1 h (one way)  
**Love Trail:** 20 min (one way)

**Horse Trail:** 3 km (one way)  
**Love Trail:** 0.6 km (one way)

Not marked, but there are several  
direction signs and info stands

Out&back



**Horse Trail:** Path, forest road,  
gravel road, asphalt  
**Love Trail:** Path, stairs

by car  
by bus



There might be some broken trees  
fallen down on the Horse trail.  
Should pass a small stream.

The suggested starting point of both trails is at the recreation base – Zviedru cepure (Swedish Hat), where a free-of-charge parking lot is available. The Horse trail leads to Sabile, therefore the start of the trail is marked with a sign Sabiles taka (Sabile trail). Further on the information stands along the route mark the trail as Zirgu taka (the Horse trail) together with objects to be visited and detailed route information. The Horse trail has got its name from the route itself, as it introduces to the route that had been used in the old days, when more distant locations had to be reached by horses. The trail stretches along the forest, meadows and the Abava River, allowing to enjoy the charming views of the Ancient Valley of Abava, incl. the so called Egypt of Sabile – a resting site famous among the locals – once a meadow, now a very nice pine stand on the coast of the Abava River.

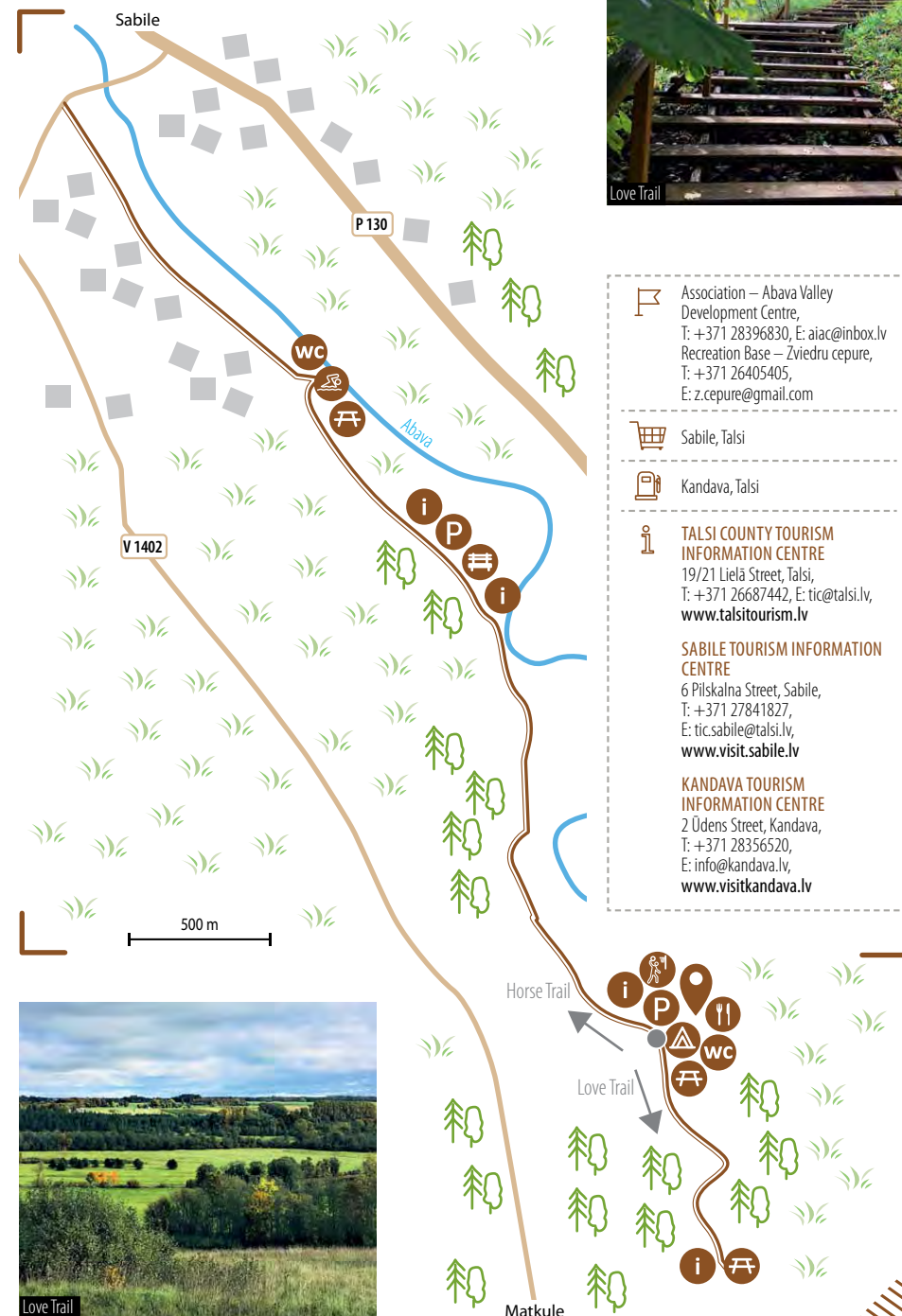
The Love trail offers to experience a small mountain hike. It stretches through the forest with few nice and small bridges, a spring and stairs that lead to the top of the hill opening great view over the Ancient Valley of Abava. Thanks to the outstanding and scenic terrain, this area is called the Switzerland of Kurzeme. A small resting site is available on the top of the hill as well.

Both trails are one way, therefore the total distance there and back is 7 km.

## FACILITIES



Toboggan run,  
horseback riding, go-karts



Love Trail

**Association – Abava Valley  
Development Centre,**  
T: +371 28396830, E: aiac@inbox.lv  
Recreation Base – Zviedru cepure,  
T: +371 26405405,  
E: z.cepure@gmail.com

Sabile, Talsi

Kandava, Talsi

**TALSI COUNTY TOURISM  
INFORMATION CENTRE**  
19/21 Lielā Street, Talsi,  
T: +371 26687442, E: tic@talsi.lv,  
[www.talsitourism.lv](http://www.talsitourism.lv)

**SABILE TOURISM INFORMATION  
CENTRE**  
6 Pilskalna Street, Sabile,  
T: +371 27841827,  
E: tic.sabile@talsi.lv,  
[www.visit.sabile.lv](http://www.visit.sabile.lv)

**KANDAVA TOURISM  
INFORMATION CENTRE**  
2 Ūdens Street, Kandava,  
T: +371 28356520,  
E: info@kandava.lv,  
[www.visitkandava.lv](http://www.visitkandava.lv)



Horse Trail



Love Trail





# Drubazu Botanical Trail



RIGA 107 km  
TALSI 27 km  
SABILE 3 km

## NATURE PARK: ANCIENT VALLEY OF ABAVA, DRUBAZAS

Suggested starting point:  
Parking lot at Farm Drubazas

**GPS** Lat: 57.03040 Lon: 22.59662

1 h

Small loop 1,2 km,  
Long loop – 2 km

Not marked, but can easily follow the trail

Loop

●○○○○

Path, forest road,  
wooden boardwalk

by car  
 by bus (Sabile)



A trail for those who enjoy botanical walks. The trail stretches up and down the slope through the Abava valley grasslands. It contains 2 loops – the short (1,2 km) and the long one (2 km). Here you can observe one of the densest and prettiest juniper glades in Latvia. The diverse humidity conditions of the slope and soil differency has facilitated the creation of several grassland types. In the dry calcareous grassland on the top of the slope you may see the mountain clover. Here and at the rich fen you can also spot a number of protected rare plant species.

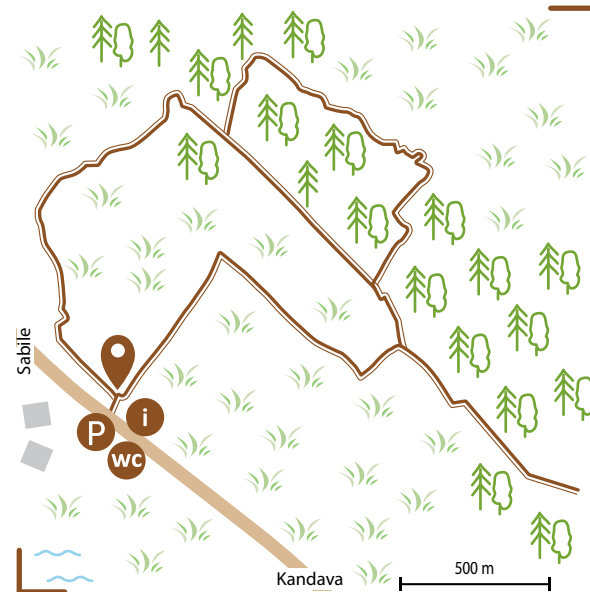
## FACILITIES



If visiting the Farm Drubazas  
(Ģirts Dzērve, +37126342050)

Wine  
degustation

Riding on cable  
ropes across Abava



Farm Drubazas, T: +371 26342050,  
E: drubazas@inbox.lv

Sabile

Talsi, Kandava

**TALSI COUNTY TOURISM  
INFORMATION CENTRE**  
19/21 Lielā Street, Talsi,  
T: +371 26687442, E: tic@talsi.lv,  
[www.talsitourism.lv](http://www.talsitourism.lv)

**SABILE TOURISM INFORMATION  
CENTRE**  
6 Pilskalna Street, Sabile,  
T: +371 27841827,  
E: tic.sabile@talsi.lv,  
[www.visit.sabile.lv](http://www.visit.sabile.lv)





# Virsaiši Waterfall

## Nature Trail



← RIGA 118 km  
TALSI 19 km  
STENDE 6 km

**NATURE MONUMENT: VIRSAIŠI WATERFALL, ABAVA PARISH**  
Suggested starting point:  
Passing the arboretum Mazsili from the road Stende – Sabile, direction sign at the roadside – Dabas taka (nature trail)

**GPS** Lat: 57.09522 Lon: 22.54177

40 min (one way)

1,4 km (one way)

Marked with red dots on trees

Out&back

●●○○○ in summer under dry weather conditions  
●●●○○ under wet weather conditions, as several stretches are very slippery

Path

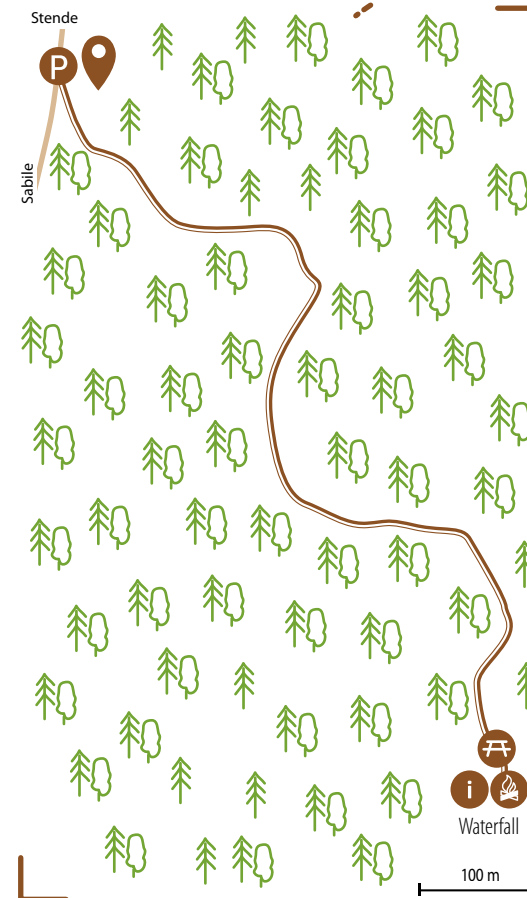
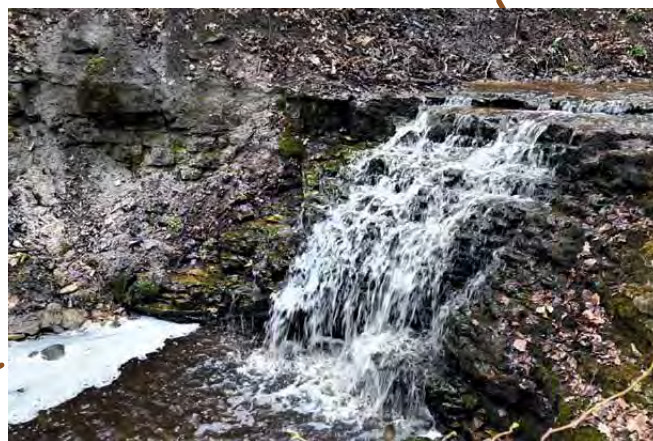
by car



Virsaiši has become known to a wider society only in 1998, when geographer Ivars Strautnieks measured its height and width of water course while studying geological and geomorphological objects at Abava Valley. The waterfall was shown to the geographer by locals. It is 1,7 m high and its width in spring and autumn seasons may reach 4 m. This waterfall is specific due to its water flow, which does not fall vertically as it is generally assumed, but flows down over a sloping dolomite outcrop. Since 2001 the waterfall has been acknowledged as a state protected geological and geomorphological nature monument. In 2010 it was chosen as the Geological Monument of the Year.

The trail is an out&back type trail, so it will take 2,8 km overall to hike there and back. Few stages of the trail can be very slippery under wet weather conditions, making it difficult to climb up and down the hills. In addition, there might be some trees fallen down on the route, as the trail stretches through quite a wild forest, barely touched by civilisation. Up the gully, right at the waterfall, there is a resting area with a fireplace site.

### FACILITIES



Talsi County Municipality,  
T: +371 26687442, E: tic@talsi.lv

Sabile, Talsi, Stende

Stende, Talsi

**TALSI COUNTY TOURISM INFORMATION CENTRE**  
19/21 Lielā Street, Talsi,  
T: +371 26687442, E: tic@talsi.lv,  
[www.talsitourism.lv](http://www.talsitourism.lv)





RIGA 125 km  
TALSI 28 km  
RENDA 10 km

# Trail to the Caves of Māra's Chambers



**NATURE PARK:  
ANCIENT VALLEY OF ABAVA,  
ĢĪBUĻI PARISH**

**GPS** Lat: 57.08240 Lon: 22.37690

20 min (one way)

0,85 km (one way)

Marked with direction signs

Out&back

●○○○○

Wooden boardwalk, path, forest road

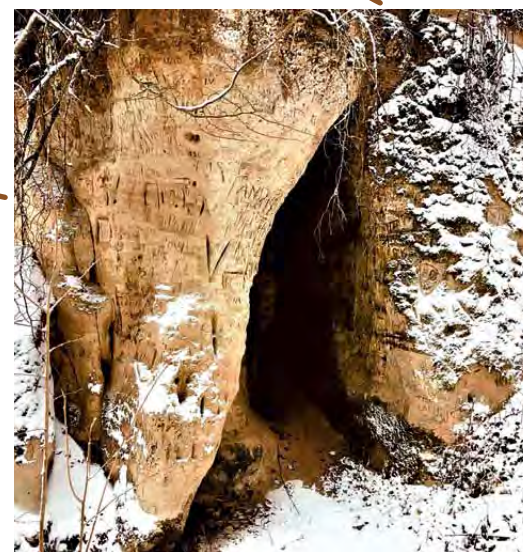
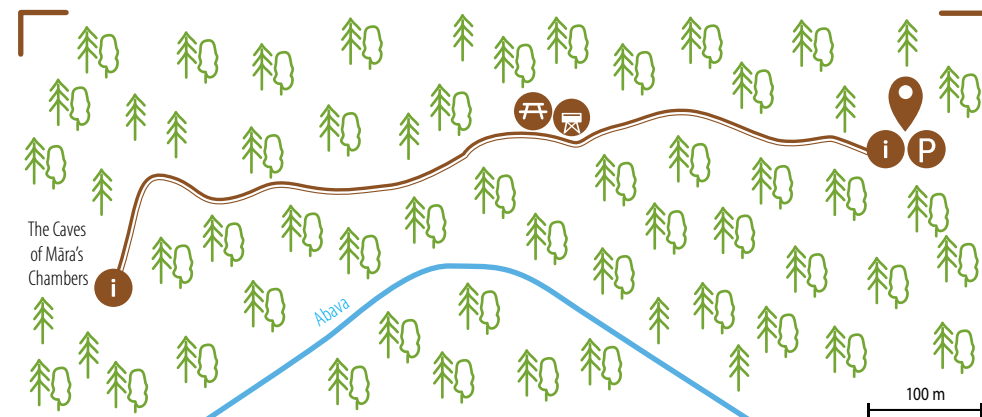
by car  
—



Māra's Chambers is a cave system on the outcrop of the sandstone on the right bank of the Abava valley. They are located in the very heart of Kurzeme between Sabile and Renda. Overall there are seven niches or caves that have originated naturally by water eroding the sandstone. Nowadays the caves are dry and have a height of half a meter to two and a half meters. The width and depth are about a meter. Since the middle of the last century, a number of different stories have been told about the origin of Māra's chambers. One of them claims that there had been a castle on the hill of Māra's chambers, where maids called Maras lived, but the castle had sunk and only the ravine stayed. Later it had been stroked by the thunder, whereas Māra's chambers arise from.

There is also a nice viewing platform with benches on the way to caves to observe the magnificent landscape of Abava valley.

## FACILITIES



Nature Conservation Agency,  
Kurzeme Regional Administration,  
T: +371 63286000,  
E: kurzeme@daba.gov.lv

Renda

Stende, Talsi, Kuldīga

**TALSI COUNTY TOURISM  
INFORMATION CENTRE**  
19/21 Lielā Street, Talsi,  
T: +371 26687442, E: tic@talsi.lv,  
[www.talsitourism.lv](http://www.talsitourism.lv)

**SABILE TOURISM INFORMATION  
CENTRE**  
6 Pilskalna Street, Sabile,  
T: +371 27841827,  
E: tic.sabile@talsi.lv,  
[www.visit.sabile.lv](http://www.visit.sabile.lv)







RIGA 105 km  
ENGURE 14 km

### NATURE PARK: LAKE ENGURE, BĒRZCIEMS

Suggested starting point:  
Parking lot by the coast  
of Lake Engure

GPS Lat: 57.25805 Lon: 23.13639

2 h

5 km  
(with visiting the watching tower)

Marked with direction signs:  
Orhideju taka (Orchid Trail), Putnu  
verošanas tornis (Bird watching  
tower), Ganības (pasture ground)

Loop

Wooden boardwalk, path

by car

by bus, by train

Road P131 (Engure – Mērsrags),  
sign on the left side of the road to Lake  
Engure (2,2km) about 12 km from  
Engure road



Suggested from April 15 till October  
31. In late autumn, winter and early  
spring the wooden boardwalk to the  
bird watching tower can be flooded.



# Orchid Trail



Lake Engure is the third largest lake in Latvia. There are 187 bird species nesting at the park territory. Lake surroundings is one of the floristically richest territories in Latvia – it stands out with a high diversity of species and naturalness. Overall, there are about 800 plant species in the park. There are animal fodders, a bird watching tower and the Orchid trail available for visitors. The Orchid Trail is accessible the whole year through, though most advisable in June, during the orchid blossoming period, as of all 32 orchid species existing in Latvia, more than 22 orchid species are to be found here. Combine the Orchid Trail with visiting the bird watching tower, which opens a view to the specific landscape of Lake Engure with its reed and water fields, as well as the pasture of wild horses and cows that have been present here since 2002 and now are to be met at the floodplain meadows of the lake. Be careful – the pasture ground of wild animals is connected to the electric pasture, do not touch the wire.

### FACILITIES



At Boat  
Base:

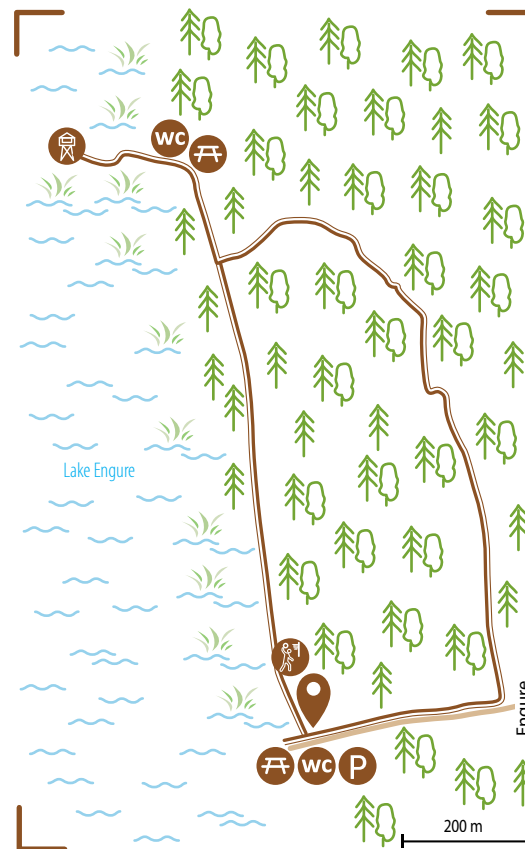


Photo: Iluta Kažmēre



🚩 Lake Engure Nature Park Fund,  
T: +371 29474420

🛒 Engure, Bērziems, Mērsrags

📍 Engure, Mērsrags

📍 NATURE PARK LAKE ENGURE  
Bērziems, T: +371 29474420,  
[www.eedp.lv](http://www.eedp.lv)

ENGURE TOURISM INFORMATION  
POINT  
114 Jūras Street, Engure,  
T: +371 63161701,  
E: [tic@enguresnovads.lv](mailto:tic@enguresnovads.lv),  
[www.enguresnovads.lv](http://www.enguresnovads.lv)



# Mežtaka-Jūrtaka Mērsrags-Engure



← RIGA 111 km  
ENGURE 20 km

**MĒRSRAGS-ENGURE**  
Suggested starting point:  
Mērsrags Fairy tale hill  
Suggested end point:  
Port of Engure

**GPS** Lat: 57.32788 Lon: 23.12750

5 h (one way)

21,5 km (one way)

Stickers in Bērziems town area and white-blue-white flag or arrows painted on trees/stones (Jūrtaka marking)  
Not marked along the seashore, but can easily follow the trail

Point-to-point



Seashore with sand, fine gravel, pebbles, seagrass meadows. Path, forest road. At villages – asphalt, gravel

by car  
 by bus



The trail is one of the Baltic Coastal Hiking route stretches – Mērsrags-Engure (Day 19). The key characteristic feature of this trail is true nature diversity. Hiking this trail, you will wonder how different is the coast of the Gulf of Riga. The suggested starting point is the Fairy tale hill on the border of Mērsrags town which is situated in the forest just along the beach, near the windmills. The route continues in the direction of Bērziems Village, where you can observe seagrass meadows with lagoons rich in reeds, rushes and other maritime plants, grey dunes with a wide variety of plant species, pebbles and stony beaches. Bērziems surroundings is particularly distinctive with wide seagrass meadows and sandbanks stretching far in the sea, especially popular among birds. The overgrown sea coast stretches up to Abragciems Village, but further on continues with a sandy beach with pebbles up to Engure town. The route is suitable for active hikers, the total time required is about 5 h. The route is marked (except for the beach line) – follow the Baltic Coastal Hiking marking (white-blue-white flag or arrow or Jūrtaka stickers in urban area of Bērziems Village). It's impossible to get lost – in case of doubts just follow the route along the coast in the direction of Engure. The marking is mainly to be used when there is a need to get off the coast to pass some obstacle – overgrown seagrass meadows etc. There are several resting areas along the route, guest houses, campings, cafes. In the urban area of the villages – also food shops. As this is a one-way route, it is suggested to previously plan your way back or your way to further destination (there's a parking lot at the Engure port). Public bus is available. More info on Baltic Coastal Hiking: [www.coastalhiking.eu](http://www.coastalhiking.eu).



## FACILITIES



Mērsrags County Municipality,  
T: +371 63237704,  
E: [infocentrs@mersrags.lv](mailto:infocentrs@mersrags.lv)  
Engure County Municipality,  
T: +371 63161701,  
E: [tic@enguresnovads.lv](mailto:tic@enguresnovads.lv)

Mērsrags, Bērziems, Engure

Mērsrags, Engure

**MĒRSRAGS INFORMATION CENTRE**  
2 Zvejnieku Street, Mērsrags,  
T: +371 63237704,  
E: [infocentrs@mersrags.lv](mailto:infocentrs@mersrags.lv),  
[www.mersrags.lv](http://www.mersrags.lv)

**ENGURE TOURISM INFORMATION POINT**  
114 Jūras Street, Engure,  
T: +371 63161701,  
E: [tic@enguresnovads.lv](mailto:tic@enguresnovads.lv),  
[www.enguresnovads.lv](http://www.enguresnovads.lv)





# Walking Trail *Riti*



RIGA 120 km  
TALSI 4 km

**RECREATION SITE RĪTI, LAIDZE PARSĪH**  
Suggested starting point:  
Info stand at Recreation site Riti

**GPS** Lat: 57.25265 Lon: 22.62033

1 h

3 km

Partly marked – several  
information boards along the trail

Loop

Resting area for fee

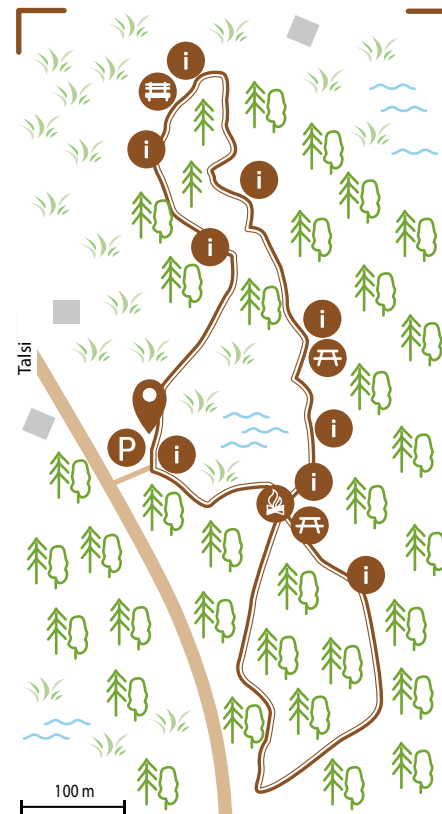
Path

by car



Walking trail stretches along the hills and valleys of Talsi hillocks, spruce forest and meadows. The trail is made up in two circles – the Plant trail and the Animal trail. Those, who want to do some sporting activities, may choose also the longer third circle – the Sports track. Along the trail, there is a number of information stands providing description on the plants and animals that inhabit nearby. There are also few resting areas, fireplace sites, a volleyball court and minifootball. The owners of the spot offer also a number of services for fee – arbour with a fireplace site, active recreation activities covering various thematics (picnic parties for kids, angling for kids, sheep shearing, collecting tea herbs, night hike etc.).

## FACILITIES



**Biedrība „Talsu pauguraines dabas parka atbalsts”**

Uz augu taku **aktīvās atpūtas vieta „RĪTI”** Uz dzīvnieku taku

**TE ĪSĀS ATBODĀTIES**

**A AUGU TAKAS SĀKUMS (otrosm)**  
**B DZĪVNIĒKU TAKAS SĀKUMS (pirmo)**

1. Spēle puķu dārzā, vārdnīca.
2. Īpašādi augus, iekasniekus putniņu būvē.
3. Īpašādi un īpaši interesanti augi un dzīvnieki.
4. Ār saulsaistāvu un maģiskāro no lapas.
5. Vārdu dzīvnieku, iekasnieku dārzā skatīties un lasīt par dzīvnieku taku ar bērnu kājām.
6. Sēdēt pie sēdētāja mēģi.

Maksa par apģiānu vietā iznomāšanu:  
 ◆ iznomāšana 2 EUR  
 ◆ iznomāšana bērniem 1 EUR  
 ◆ iznomāšana (arī iznomāšanai ar grāmatu) 5 EUR  
 ◆ grāmatu līdz 20 cilvēkiem 20 EUR  
 ◆ iznomāšana arīza iznomāšana un maģiā iznomāšana 10 EUR  
 ◆ ar „Zaļās lapas” iznomāšana iznomāšana visu sezonai 5 EUR  
 Dodies iepazīties ar kājām, nājiem vai velosipēdi un iznomā ar sēdētāju pie sporta trase!

Lūdzam sākotnēji iepazīties ar noteikumiem, sagaidām!

29287285 Ilze

**Pastaiga pa takām bez maksas!**

Association – Talsu pauguraines dabas parka atbalsts,  
T: +371 29279461,  
E: segita@apollo.lv  
Riti, T: +371 29287285,  
E: ilze@inboks.lv

Talsi

Talsi

**TALSI COUNTY TOURISM  
INFORMATION CENTRE**  
19/21 Lielā Street, Talsi,  
T: +371 26687442, E: tic@talsi.lv,  
www.talsitourism.lv





← RIGA 118 km

# Talsi Hillocks Charm

The Promenade  
of Lake Talsi



**TALSI HILLOCKS,  
LIBAGI PARISH**  
Suggested starting point:  
Talsi Tourism Information Centre

**GPS** Lat: 57.24411 Lon: 22.59070

4 h

18 km

Not marked

Loop



Asphalt, gravel, path, forest road. Wooden boardwalk at the Promenade along the lake.

by car  
by bus

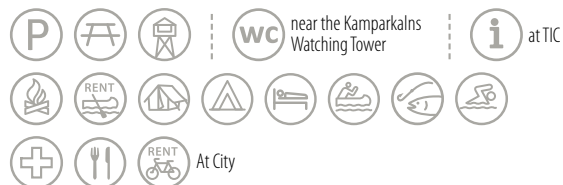


Talsi Tourism Information Centre is suggested as the starting point of the route. There you can also get a brochure with detailed information on the route and its objects of interest. Together with visiting the Kamparkalns' watching tower the hiking time is about 4 h and gives a fantastic opportunity to burn the daily calorie intake while enjoying spectacular views along the way on an 18 km distance.

The trail stretches away from the city centre along the Promenade of Lake Talsi in the direction of Ābeļi. Here you can see one of the 9 hillocks of Talsi city – Talsi Hillfort, at the foothills of which an ancient Curonian city had been located. The trail further passes the Ābeļezers (Apple tree Lake) and leads to Vanagkalns (Hawk Hill), where mosaic-like landscapes with expressive hills' terrain characteristic to Talsi hillock region can already be noticed. The most distant point of the trail is Kamparkalns, which is the highest point in northern Kurzeme (174,8 m). A 28 m high watching tower rises on the top opening a great view on the Talsi hillocks' landscape, forest, lakes and other objects. In winter 2 skiing tracks are operating in the area. Further on the route goes in the direction back to Talsi, passing Milzu kalns (Giant Hill) and Sirdsezers (Heart Lake). As one may suspect, the lake has got its name because of its heart-like shape. The area between Milzu kalns and Sirdsezers is called Vinleja (Wine Valley), as there were wine gardens cultivated during the times of the Duchy of Courland. Sapņu lake (the lake of Dreams) is located at the foot of Milzu kalns. A nice resting area is installed here with a good view to the romantic lake. The last stage of the trail goes along the Beech (Fagus sylvatica) wood planted in 1890. In the end of the route you'll return to Talsi and climb up on the Talsi Hillfort, which opens one of the best views to the Promenade of Lake Talsi and gives an opportunity to take some great pictures.

The trail is not marked, though there are many red, yellow and purple-coloured stripes on the wooden pales and trees along the way – don't get confused, this is the marking for several cycling routes, as this area is very popular among cyclists. The route is also suitable both, for hikers and for cyclists.

## FACILITIES



Talsi County Municipality,  
T: +371 26687442, E: tic@talsi.lv

Talsi

Talsi

**TALSI COUNTY TOURISM  
INFORMATION CENTRE**  
19/21 Liela Street, Talsi,  
T: +371 26687442, E: tic@talsi.lv,  
[www.talsitourism.lv](http://www.talsitourism.lv)

**SPORTS GROUND AND SKI TRACK  
DZILLEJAS**  
Libagi Parish, T: +371 29518415,  
[www.kamparkalns.lv](http://www.kamparkalns.lv)





← RIGA 131 km  
← ROJA 10 km

# Kaltene Birds' Trail



**NATURE MONUMENT: GEOLOGIC FORMATION - KALTENE COASTAL FORMATIONS, KALTENE**  
Suggested starting point: Brown direction sign at the roadside Tukums-Kolka (P 131)

**GPS** Lat: 57.44570 Lon: 22.90463

20 min (one way)

1,1 km (one way)

Start of the trail, at the parking lot, is marked with a sign Sākums (Start) following with direction arrows afterwards. When the trail is mowed, it is easy to follow the path. Till the beginning of July the trail is not being mowed due to bird nesting in the coastal reeds and bushes.

Out&back

●○○○○

Path

by car  
 by bus

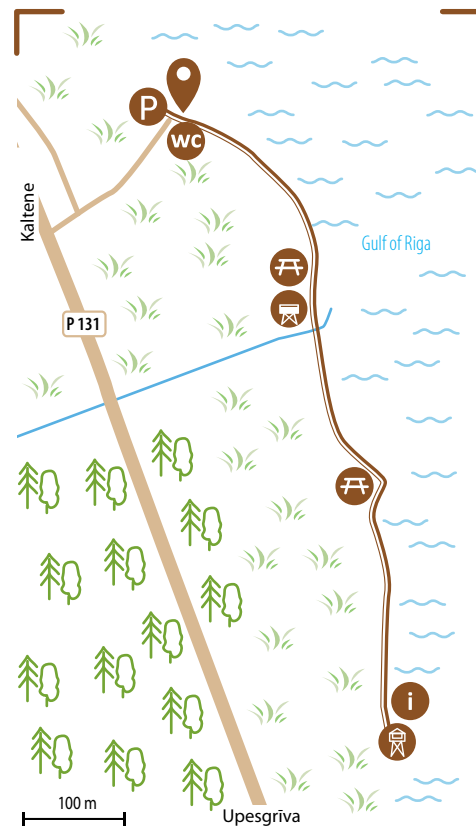


Kaltene coastal formations is a specially protected nature territory, geologic and geomorphological nature monument. Sediments rich in mollusc fossils have been found here dating back to the Litorina Sea period (around 6000 years ago). This nature territory is significant not only for its geology and geomorphology, it is also interesting for its landscape, botany and ornithology.

The nature trail goes along the sea coast un leads to the watching tower, which opens the view to the landscape characteristic to the Riga Gulf shore and Kaltene sea coast strewn with boulders. Bird lovers are specifically recommended to visit the trail and the watching tower in spring and autumn during the bird migration period, when high diversity of Anseriformes and Charadriiforms is present here. For bird watching beginners an info stand is installed at the tower on how to distinguish the various birds.

In rainy weather the trail may be wet.

## FACILITIES



Roja County Municipality,  
T: +371 63220836, E: roja@roja.lv

Kaltene, Roja

Roja

**ROJA TOURISM INFORMATION CENTRE**  
14E Selgas Street, Roja,  
T: +371 28630590, E: tic@roja.lv  
[www.roja.lv/lv/turisms](http://www.roja.lv/lv/turisms)





← RIGA 134 km  
ROJA 8 km

# Kaltene Stone Ridges



**NATURE MONUMENT: GEOLOGIC FORMATION – KALTENE STONE RIDGES, KALTENE**  
Suggested starting point: Brown direction sign at the roadside Tukums-Kolka (P 131)

**GPS** Lat: 57.45806 Lon: 22.85598

45 min

1,7 km

Direction arrows on wooden pales

Loop

●○○○○ in summer when the boardwalk is dry  
●●●○○ in winter, autumn and spring when the boardwalk is slippery

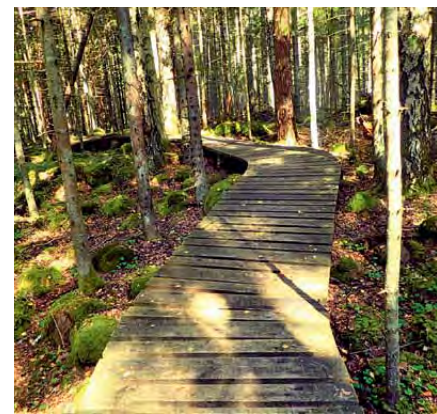
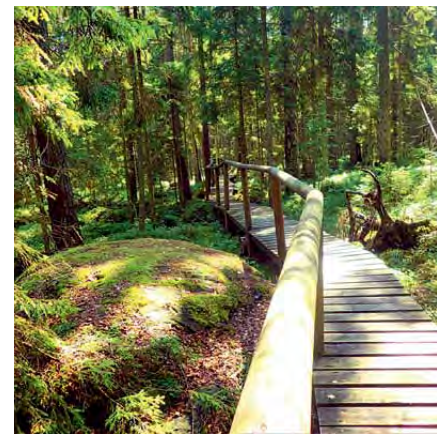
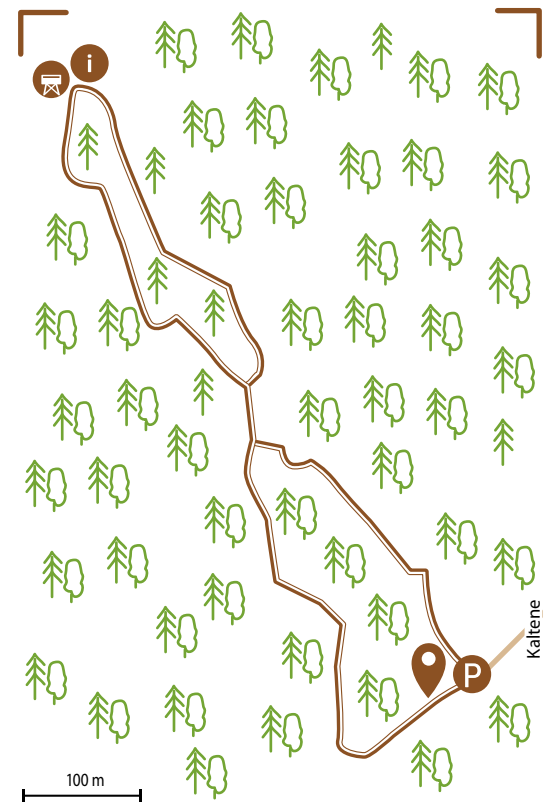
Wooden boardwalk, path

by car  
 by bus



Kaltene Stone Ridges is one of the most unique sightseeing objects in Roja County. The nature trail is located in the forest, approximately 1,5 km from Kaltene seaside. The trail itself is not long, ~1,7 km, loop-type, but it is special because of its numerous stone layers covered with moss. Such stone piles do not exist anywhere else on the coast of Latvia. These boulder piles are called kalvas (stone ridges) and were formed around 10 thousand years ago, when the Baltic Ice Lake retreated. Once they were the same height with the treetops (20 m high), though were almost completely destroyed during the Soviet time processing the stones into stone chips for the road construction needs. Only the bottom layer of the ridge has left nowadays, its height is around 1,5-2,5 m, yet it is still impressive. Over the time, the boulders had been covered with moss and makes you to feel as if you were walking through the forest from some phantasy movie series like The Lord of the Rings or Twilight. Be careful when hiking in autumn, the boardwalks are slippery.

## FACILITIES



JSC Latvia's State Forests,  
Noth Kurzeme Forestry,  
T: +371 26134357, E: lvm@lvm.lv

Kaltene, Roja

Roja

**ROJA TOURISM INFORMATION CENTRE**  
14E Selgas Street, Roja,  
T: +371 28630590, E: tic@roja.lv  
[www.roja.lv/lv/turisms](http://www.roja.lv/lv/turisms)





← RIGA 140 km

# Walking Path at Roja Beach

Along the seashore



**ROJA**  
Suggested starting point:  
Parking lot at Ostas Street

**GPS** Lat: 57.50994 Lon: 22.79975

1 h for the whole loop (walking along the boardwalk, beach and the mole)

Walking only the wooden boardwalk 0,5 km (one way)  
Walking the whole loop (the boardwalk, beach and the mole) – 2,8 km

Not marked, but can easily follow the trail

Out&back – walking only along the boardwalk  
Loop – walking also along the beach and the mole

●○○○○ Boardwalk  
●●●○○ Along the North Mole till the lighthouse (boulders)

Wooden boardwalk, seashore, mole

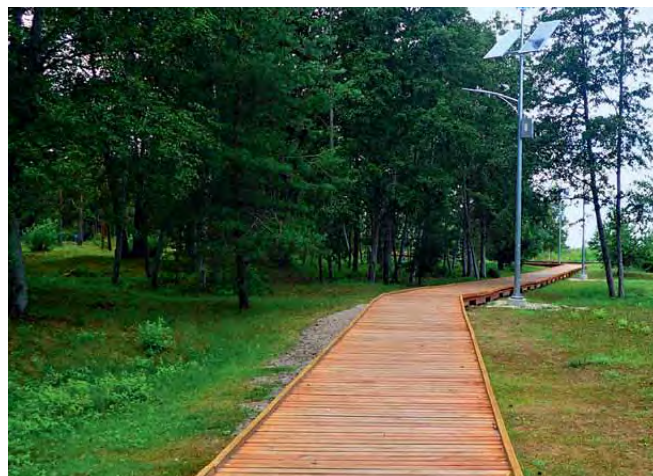
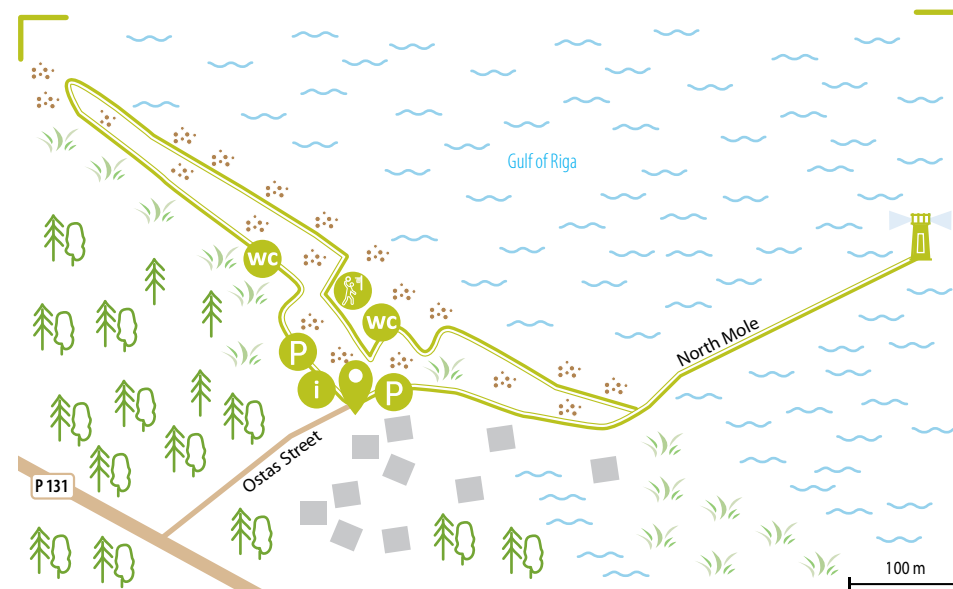
by car  
by bus

during swimming season (May–October) and except assistance dogs

Roja beach is one of the most comfortable beaches in Latvia and its boardwalks – of the few fully accessible to everyone – people in wheelchairs, parents with baby strollers, seniors etc. There are also football and volleyball courts on the beach and a spacious playground for children. The informative stand contains information also in Braille with the tactile map of the beach.

The route can be adjusted as needed. The long option is to walk along the wooden boardwalks, the sea-coast and the North Mole with a lighthouse at the end. The boardwalk stretches along the oldest dunes that have overgrown with forest as well as the grey dunes. There you can notice the various coastal plants growing here. The route can be continued back along the sandy beach. Most active travellers can stretch out the legs on the boulders of the North Mole and walk up to the very end of the Mole.

## FACILITIES



Roja County Municipality,  
T: +371 63220836, E: roja@roja.lv

Roja

Roja

**ROJA TOURISM INFORMATION CENTRE**  
14E Selgas Street, Roja,  
T: +371 28630590, E: tic@roja.lv  
[www.roja.lv/lv/turisms](http://www.roja.lv/lv/turisms)





# Trail along the River Roja



← RIGA 141 km

**ROJA**  
Suggested starting point:  
From Jūras Street turn left to Kāpu Street before shop Maxima

**GPS** Lat: 57.50824 Lon: 22.78451

2 h (medium loop)

↔ Small loop 2 km, medium loop 7 km, long loop – 15 km

Marked with special signs – yellow loop 2 km, blue loop – 7 km, red loop – 15 km

→ Loop

●○○○○ short and medium distance  
●●●○○ long distance

Path, forest road

by car  
by bus

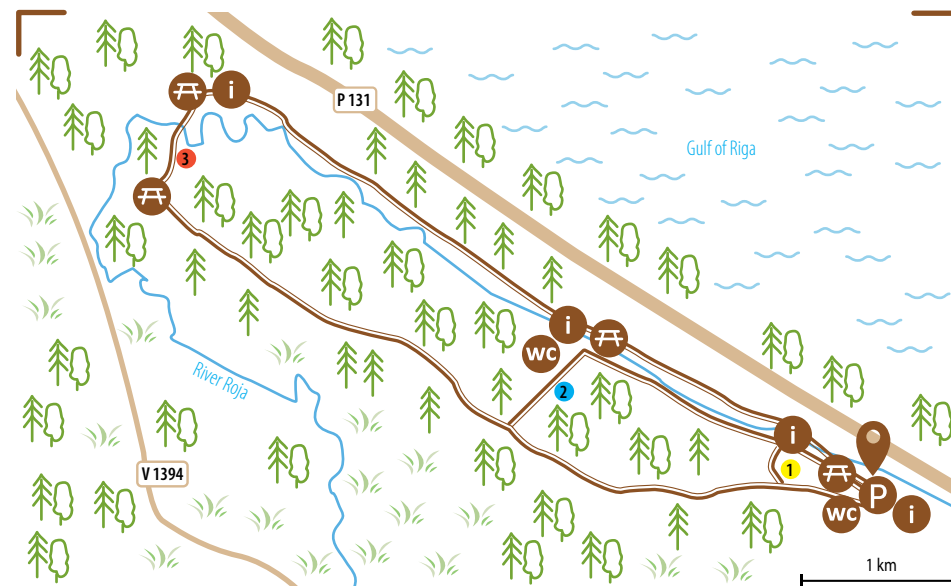


The steep shores of the River Roja are surrounded by an old-growth (virgin) forest, which is untouched by forestry activities for already 100 years. This is a biologically old forest, quite rare in Latvia, rich in plants and animals. River shore is a habitat for beavers, otters, roe deers, red deers, boars, elks, grey herons, goosanders, common goldeneyes and various other bird species. Fish like perch, river lamprey, trout, pike, roach lives in the river.

The nature trail along the river offers 3 routes of various distances – 2 km, 7 km and 15 km, each of it marked with a certain colour. Choose the distance you prefer and hit the road!

A number of resting areas have been installed along, with benches, tables, WC, swings, gymnastic devices, waste bins, as well as fireplace sites and tenting areas. There are also two boat piers – at resting areas in Žocene and Roja. At the start of the trail, a nice spring site has been set up, particularly used by locals to collect the water from the spring.

## FACILITIES



Roja County Municipality,  
T: +371 63220836, E: roja@roja.lv

Roja

Roja

**ROJA TOURISM INFORMATION CENTRE**  
14E Selgas Street, Roja,  
T: +371 28630590, E: tic@roja.lv  
[www.roja.lv/lv/turisms](http://www.roja.lv/lv/turisms)







# Pūrciems White Dune

← RIGA 153 km  
ROJA 13 km



**PŪRCIEMS**  
Suggested starting point:  
Brown direction sign at the  
roadside Tukums-Kolka (P 131)

**GPS** Lat: 57.57676 Lon: 22.62746

0,5 h

0,9 km

Not marked, but can easily follow the trail

Loop

●●○○○

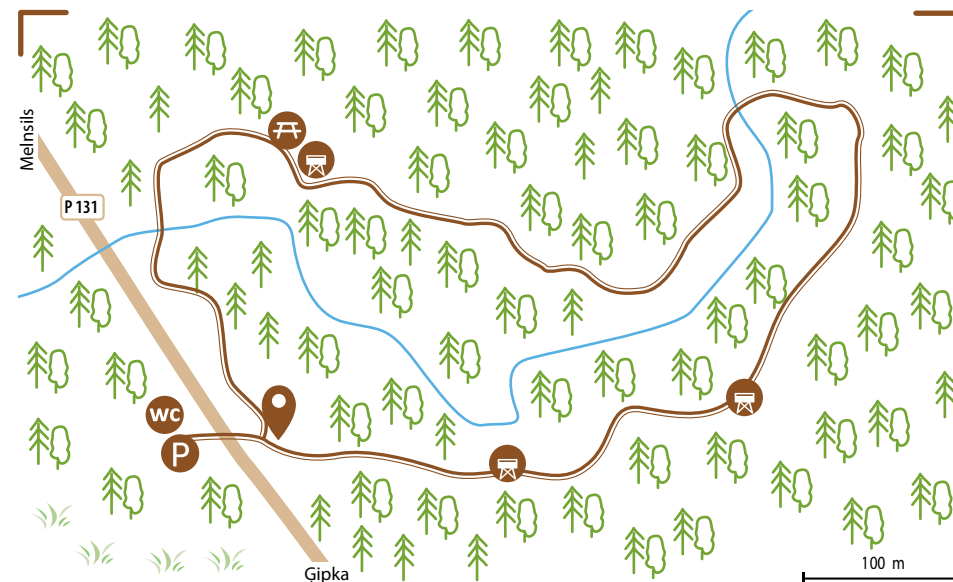
Wooden boardwalk

by car  
 by bus



Nice, short loop-type wooden trail along the Pilsupe river through the pine forest to the 20 m high Pūrciems White Dune. Few simple viewing platforms on the way opening a spectacular view on the white sand outcrops and the Pilsupe river banks. The dune holds more than 6000-year-old artifacts of human material culture. Few ups and downs, but easy to walk.

## FACILITIES



JSC Latvia's State Forests,  
North Kurzeme Forestry,  
T: +371 26134357, E: lvm@lvm.lv

Roja

Roja

**ROJA TOURISM INFORMATION CENTRE**  
14E Selgas Street, Roja,  
T: +371 28630590, E: tic@roja.lv  
[www.roja.lv/lv/turisms](http://www.roja.lv/lv/turisms)



# Ēvaži

## Nature Trail



Until the viewing platform, stairs follow afterwards

← RIGA 165 km  
← DUNDAGA 28 km  
← KOLKA 8 km

**SLĪTERE NATIONAL PARK, KOLKA PARISH**  
Suggested starting point: Parking lot at the roadside of Tukums-Kolka (P 131) – brown sign to Ēvažu stāvkrasts (Ēvaži Steep) on the border of Slitere Park

**GPS** Lat: 57.67759 Lon: 22.56800

10 min (one way)

0,6 km (one way)

Not marked, but can easily follow the trail

Out&back

●○○○○

Path, wooden boardwalk and stairs at the viewing platform

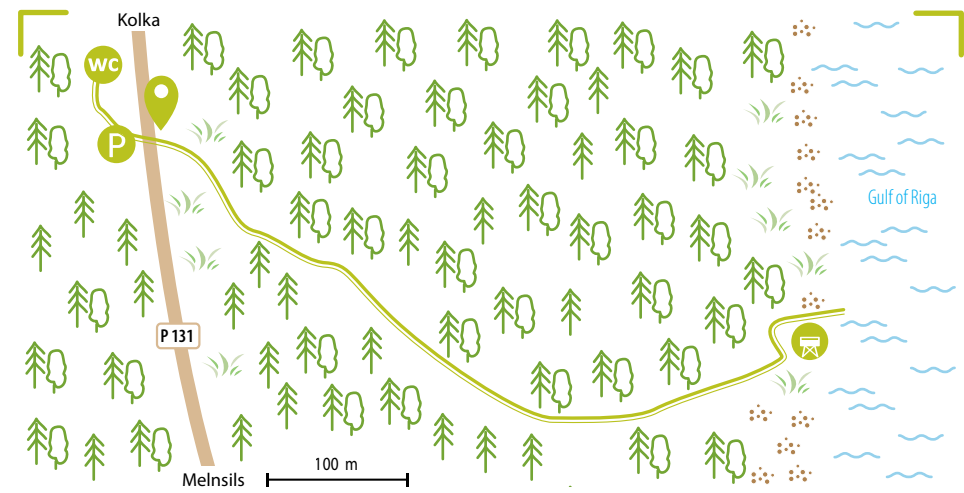
by car  
 by bus



Berry pickers and jet skis forbidden

The trail starts near the highway Riga-Kolka (P 131) at the border of Slitere National Park marked with the brown sign Ēvažu stāvkrasts (Ēvaži Steep) and introduces visitors to one of the few steep coasts of the Riga Gulf – Ēvaži Steep, which is 8-15 m high. This is a one-way trail, the route out and back takes about 1,2 km. The trail leads to a nice wooden viewing platform with stairs going down to the beach. The edge of the bluff opens an amazing sea panorama. The beach line is quite thin and during stormy weather it disappears in the waves completely. Thanks to the ground waters of Bažu bog, which filters down into the soil and flows out onto the surface of the beach, the sand of the beach is always wet.

### FACILITIES



Nature Conservation Agency,  
Kurzeme Regional Administration,  
T: +371 63286000,  
E: kurzeme@daba.gov.lv

Kolka, Roja, Dundaga

Kolka, Roja, Dundaga

**DUNDAGA COUNTY TOURISM INFORMATION CENTRE**  
Dundaga Castle, 14 Pils Street,  
T: +371 63232293, 29444395,  
E: tic@dundaga.lv,  
[www.visit.dundaga.lv](http://www.visit.dundaga.lv)

**SLĪTERE NATIONAL PARK: ŠLĪTERE FORESTRY**  
Dundaga Parish,  
T: +371 63286000,  
E: kurzeme@daba.gov.lv,  
[www.slitere.lv](http://www.slitere.lv)





# Kolka Pine Trail



← RIGA 175 km  
 ← DUNDAGA 37 km  
 ← KOLKA 2 km

**SLĪTERE NATIONAL PARK, KOLKA**  
 Suggested starting point:  
 Parking lot behind the road  
 Tukums-Kolka (P 131)  
 roundabout – brown direction  
 sign to the trail, about 500 m from  
 Cape Kolka

**GPS** Lat: 57.75630 Lon: 22.59131

40 min

1,8 km (with climbing the  
 watching tower)

Not marked, but can easily  
 follow the trail

Loop

●○○○○

Path, wooden boardwalk,  
 seashore

by car  
 by bus (Kolka)  
 Drive along the road Ventspils – Kolka  
 (P 124) or Tukums-Kolka (P 131) till the  
 turn to Cape Kolka. Then follow the sign  
 on the roadside.

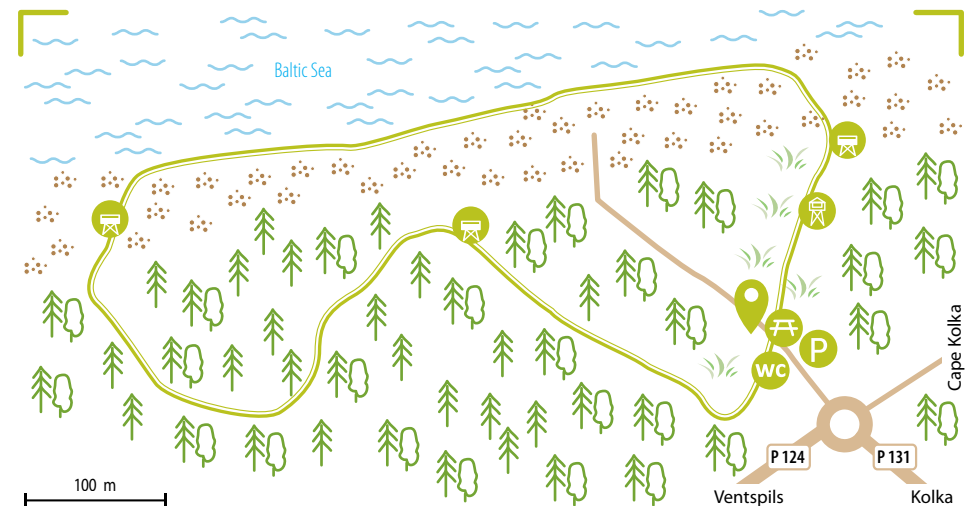
Berry pickers forbidden

Kolka pine trail gives an opportunity to enjoy an easy, pleasant walk through a gorgeous pine forest, gray and white dunes and, of course, the seashore. The trail is remarkable for its hundred year old, forked, low branched pine trees covered with sand up to 2-3 m. The age of the trees can be guessed from their size, as well as the lichens and moss on the branches. Here you can also see the oldest dunes that have overgrown with forest. In the forest and dunes you can also see the typical plants, such as bilberries, heather, crowberries, thyme, stonecrop, as well as protected plants and various bugs living in the old trees. Along the route, there are two viewing platforms and a 15 m high watching tower to observe the sea views and birds.

## FACILITIES



Can reach and access the viewing  
 platforms, but the trail is not fully  
 accessible. WCs partly adapted.



Nature Conservation Agency,  
 Kurzeme Regional Administration,  
 T: +371 63286000,  
 E: kurzeme@daba.gov.lv

Kolka, Roja, Dundaga

Kolka, Roja, Dundaga

**SLĪTERE NATIONAL PARK:**  
**SLĪTERE FORESTRY**  
 Dundaga Parish,  
 T: +371 63286000,  
 E: kurzeme@daba.gov.lv,  
 www.slitere.lv

**DUNDAGA COUNTY TOURISM**  
**INFORMATION CENTRE**  
 Dundaga Castle, 14 Pils Street,  
 T: +371 63232293, 29444395,  
 E: tic@dundaga.lv,  
 www.visit.dundaga.lv





# Narrow Gauge Railway Nature Trail



← RIGA 174 km  
DUNDAGA 24 km  
SĪKRAGS 8 km

## SLĪTERE NATIONAL PARK, MAZIRBE

Suggested starting point:  
Liivs National House

GPS Lat: 57.68406 Lon: 22.31742

4 h (small loop)

Small loop: 15 km  
Long loop: 19 km

On the stretch Mazirbe River –  
Ķikāns: wooden poles with green  
cycling signs  
Suggested to follow Lauku  
ceļotājs route description:  
[https://www.celotajs.lv/content/tour/tours/files/Sliteres\\_NP/LV/tour\\_snp\\_velo\\_mazbanitis.pdf](https://www.celotajs.lv/content/tour/tours/files/Sliteres_NP/LV/tour_snp_velo_mazbanitis.pdf)

Loop



Asphalt, path,  
forest road, seashore

by car  
by bus



Berry pickers and  
jet skis forbidden

The trail starts with a route along the former narrow gauge (600 mm) railway or the so called Little-train track of North-Kurzeme which in the past connected Dundaga and coastal villages with Ventspils and Talsi and operated between 1916 and 1962. Before that, one could reach the small coastal villages of North-Kurzeme only by foot or horse carriages. The construction of the narrow gauge railway significantly benefited the economic and cultural growth of the region. On the way, you will notice the former railway station site in Mazirbe, which is now marked with a memorial stone. Once you've reached the Jaunmuiža-Sīkrags road, turn right to the sea and return to Mazirbe having a pleasant walk along the quiet seaside. Those, who have got enough strength and vigour, may prolong the trail by hiking a small additional bit till the small Ķikāns bridge (direction of Jaunciems) and see the memorial stone to the former Sīkrags station built in 1892, as well as the central part of Sīkrags (on the way to the sea from the Jaunmuiža-Sīkrags road), which still preserves the features of the state-protected ancient fishing village. Depending on the season, there might be lots of gadflies on the trail stretch Mazirbe River – Ķikāns, therefore proper clothing and insect repellents are suggested.

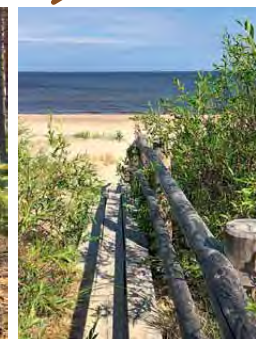
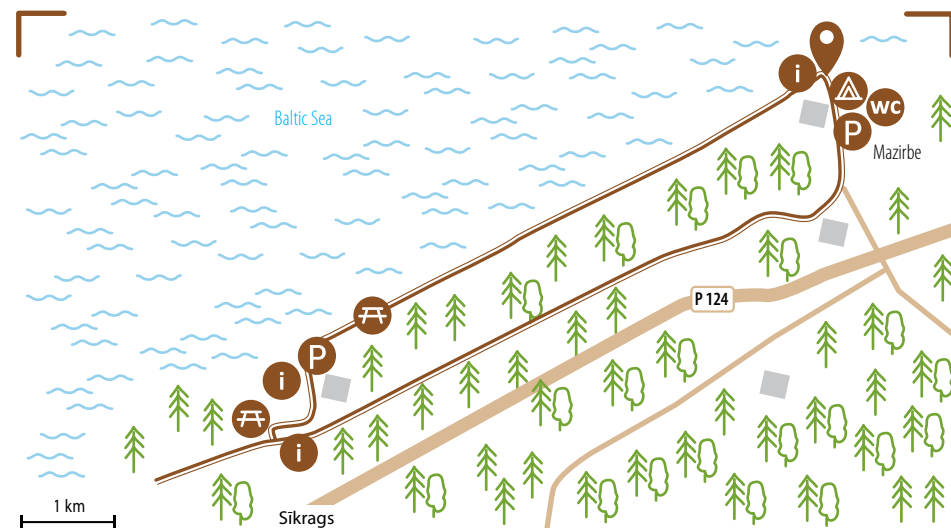
Suggested: April-October

## FACILITIES



At tourist accommodations Mazirbes  
Kalēji, Ūši, Pītagi and Jaunlidumi

Ķikāns, Pēterezers,  
Pītrags River, Vaide Pond



Nature Conservation Agency,  
Kurzeme Regional Administration,  
T: +371 63286000,  
E: kurzeme@daba.gov.lv

Mazirbe, Kolka, Dundaga

Kolka, Dundaga

DUNDAGA COUNTY TOURISM  
INFORMATION CENTRE  
Dundaga Castle, 14 Pils Street,  
Dundaga. T: +371 63232293,  
29444395, E: tic@dundaga.lv,  
[www.visit.dundaga.lv](http://www.visit.dundaga.lv)

SLĪTERE NATIONAL PARK:  
SLĪTERE FORESTRY  
Dundaga Parish,  
T: +371 63286000,  
E: kurzeme@daba.gov.lv,  
[www.slitere.lv](http://www.slitere.lv)





# Pēterezers Nature Trail

← RIGA 169 km  
DUNDAGA 18 km  
MAZIRBE 5 km

**SLĪTERE NATIONAL PARK, DUNDAGA PARISH**  
Suggested starting point: Parking lot at the brown sign at the roadside Talsi-Dundaga-Mazirbe (P125)

**GPS** Lat: 57.65414 Lon: 22.27086

1 h

3,5 km

Marked with direction signs

Loop

Path, wooden boardwalk, stairs

by car

Driving northward from Dundaga on the road P125 for about 17 km, direction sign to Pēterezers trail on the left side of the road

Berry pickers forbidden



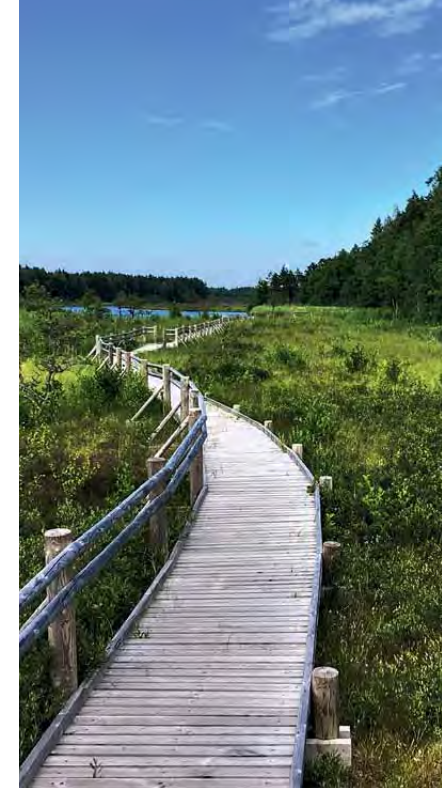
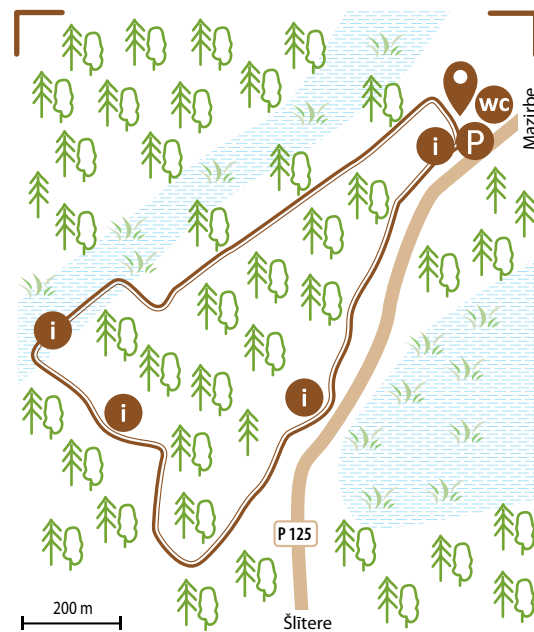
Pēterezers nature trail is notable for its marshy lowlands, which alternate with sandy hills overgrown with pine forests. Here you will find out not only of flora and fauna present along the route, but also a tiny bit of a history and geography that relates to the area.

The route starts as a forest path crossing the former narrow gauge railway or the so called Little-train track of North-Kurzeme which in the past connected Dundaga and coastal villages with Ventspils and Talsi and operated between 1916 and 1962. The route continues through a unique nature formation that does not exist anywhere else in the world – the system of dunes and lowlands (kangari and vigas), which were formed around 6000 years ago, when the Baltic Sea was emerging in the area. Here you shall face few steep ups and downs with long stages of staircases. When more than half of the route is behind, the trail finally comes to its most interesting and nicest point – a wooden boardwalk along the marshy vigas known as Pīļu Dīķis (the Ducks' pond) and Pēterezers (Peter's Lake), which is the home of rare plant and animal species. The trail finishes with a well-trodden path through the pine forest.

### FACILITIES



The trail is also used as a cognitive trail by the Nature Protection Agency's Slītere Nature Educational Centre. Group tours accepted, target group: Grade 1 – 12 schoolchildren. Contact person: Andra Ratkeviča, T: +371 28385025, E: andra.ratkevica@daba.gov.lv



Nature Conservation Agency, Kurzeme Regional Administration, T: +371 63286000, E: kurzeme@daba.gov.lv

Mazirbe, Kolka, Dundaga

Kolka, Dundaga

**DUNDAGA COUNTY TOURISM INFORMATION CENTRE**  
Dundaga Castle, 14 Pils Street, T: +371 63232293, 29444395, E: tic@dundaga.lv, www.visit.dundaga.lv

**SLĪTERE NATIONAL PARK: SLĪTERE FORESTRY**  
Dundaga Parish, T: +371 63286000, E: kurzeme@daba.gov.lv, www.slitere.lv



RIGA 165 km  
DUNDAGA 15 km  
MAZIRBE 11 km

**SLĪTERE NATIONAL PARK,  
DUNDAGA PARISH**  
Suggested starting point:  
Slītere Lighthouse

**GPS** Lat: 57.62650 Lon: 22.29191

45 min

2,2 km

Not marked, but can easily follow the trail

Loop

●●●○

Wooden boardwalk

by car  
Driving northward from Dundaga on the road P125 for about 13 km, direction sign to Slītere lighthouse on the right side of the road

by bus



# Slītere

## Nature Trail



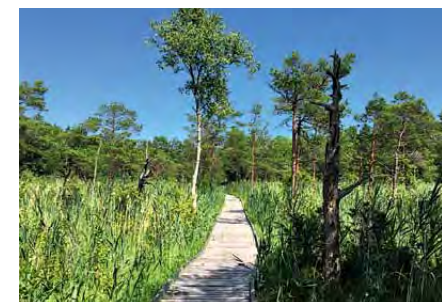
The trail starts at the Slītere lighthouse with a steep staircase downhill to the wooden boardwalk. As soon as you reach the boardwalk, the great ferns and other plants around create the impression of real wilderness as if you have entered into the dinosaur era kingdom. For almost a century, the nature processes have been untouched here. This area is a protected nature territory since 1923 and had been closed for tourists for many years. Relatively natural forest has been growing here since the end of the Ice Age. Hence, the trail reveals old, natural broadleaf (deciduous) and spruce forests with big trees and fallen deadwood. The trail crosses the alkaline fen and wetland. The small swamp and forest territory that the trail passes, is home for many rare, endangered plant and animal species.

### FACILITIES



The trail is not accessible for people in wheelchairs and parents with baby-strollers, but it is possible to reach the lighthouse and the Oak house nearby with nature exposition, games and an oak model.

The trail is also used as a cognitive trail by the Nature Protection Agency's Slītere Nature Educational Centre.  
Group tours accepted, target group: Grade 1 – 12 schoolchildren.  
Contact person: Andra Ratkeviča, T: +371 28385025, E: andra.ratkevica@daba.gov.lv



Nature Conservation Agency,  
Kurzeme Regional Administration,  
T: +371 63286000,  
E: kurzeme@daba.gov.lv

Mazirbe, Kolka, Dundaga

Kolka, Dundaga

**DUNDAGA COUNTY TOURISM  
INFORMATION CENTRE**  
Dundaga Castle, 14 Pils Street,  
T: +371 63232293, 29444395,  
E: tic@dundaga.lv,  
[www.visit.dundaga.lv](http://www.visit.dundaga.lv)

**SLĪTERE NATIONAL PARK:  
SLĪTERE FORESTRY**  
Dundaga Parish,  
T: +371 63286000,  
E: kurzeme@daba.gov.lv,  
[www.slitere.lv](http://www.slitere.lv)





RIGA 137 km  
TALSI 20 km  
VALDEMĀRPILS 7 km

# Recreation Park *Laumas*



**LAUMAS, ĪVE PARISH**  
Suggested starting point:  
Ticket Office

**GPS** Lat: 57.37181 Lon: 22.52713

3 h

5 km

Marked with special signs

Loop



Mainly gravel

by car  
6,6 km from Valdemārpils, brown  
direction sign at the road.



\* Path at the Plants trail, Bees trail and Birds trail, WC not accessible.

April – October, working hours: 10:00-18:00, Monday – closed.

**PRICE:** 5 EUR adults, 4 EUR kids, 15 EUR family,  
3 EUR pre-school kids in groups  
(no cards accepted)



Laumu nature park offers a number of activities for the whole family. It is a privately owned park offering several trails to learn about nature and it's processes: The Plants Trail, The Bees Trail, The Forest Trail and The Birds Trail. For most active visitors a special Sports Trail is available offering different sporting activities along the route to try one's agility, balancing, jumping and other skills. The park also offers a cafe, a guest house, camping cottages, as well as tenting, resting and picnic areas with fireplace sites. Tourist groups are offered to experience a special Bee Tour, which includes visiting all trails in the park, special excursion on the Bees Trail together with visiting the real bees and making of wax candles. Gourmets are offered to have a special tour called The Gourmet Bee Tour offering also to taste some delights, such as pancakes, honey, jam and home-made lemonade. A leisurely visit will take around 3 h. The overall length of all trails is about 5 km.

## FACILITIES



Laumas Ltd., T: +371 29477731,  
E: info@laumas.lv

Valdemārpils

Valdemārpils

**TALSI COUNTY TOURISM  
INFORMATION CENTRE**  
19/21 Lielā Street, Talsi,  
T: +371 26687442, E: tic@talsi.lv,  
www.talsitourism.lv

**LAUMAS LTD.,**  
T: +371 29477731,  
E: info@laumas.lv,  
www.laumas.lv



← RIGA 167 km  
 VENTSPILS 42 km  
 UGĀLE 18 km

# Vasenieki Mire Trail



**NATURE RESERVE:**  
 STIKLI MIRES, PUZE PARISH

**GPS** Lat: 57.35689 Lon: 22.15348

1,5-2 h

3,8 km

Not marked, but can easily follow the trail

Loop

●○○○○

Wooden boardwalk, path

by car  
 Driving from Ventspils on A10 (E22) – in 20 km turn left to Valdemārpils and drive straight for 17,3 km. Direction sign to Vasenieku purva laipa on the right side of the road.



Suggested in snowless periods from spring to autumn, when the mire scenery is particularly picturesque.

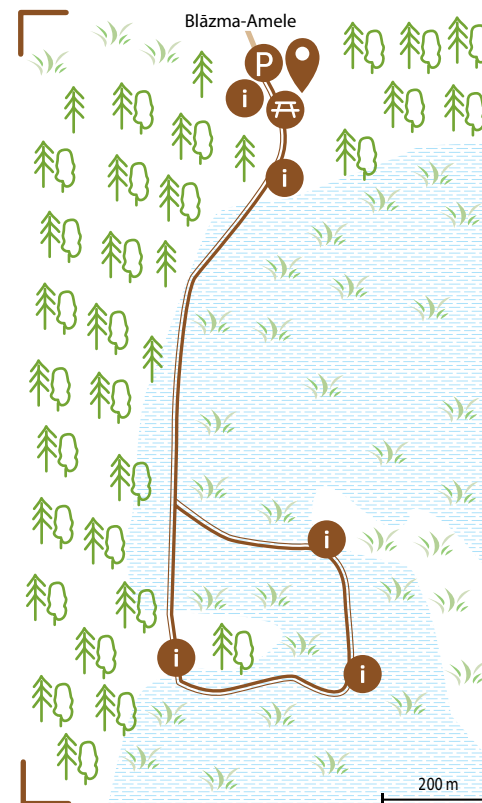
Vasenieki mire is a raised bog, located in the Stikli Mires Nature Reserve. The trail is loop-type, mostly laid down of wooden boardwalk with a short distance on a well-trodden pathway off the wooden boardwalk. Here are present both, a natural bog, full of life, and a degraded bog landscape, which can be observed in the start of the trail when walking along the draining-ditches, which once have been dug up to prepare the bog for peat extraction, now blocked up to restore the proper water conditions. The boardwalk stretches along beautiful, small bog lakes, through the forest, passes the beaver dam, then stops, where the trail turns on a short-distance path off the boardwalk and goes along the ditch until reaches the boardwalk again to return back to the start of the trail. The watching tower and a resting area in the middle of the trail, which are now closed for the construction period, are going to be reinstalled soon again.

There are some broken planks in the middle of the boardwalk and depending on the weather conditions a small stretch may be flooded, therefore some caution and proper boots are advised.

## FACILITIES

The tower is under reconstruction

The trail constructions have not been adapted for people in wheelchairs and parents with baby-strollers. However, depending on the type of the stroller and skills of the driver, the boardwalk, although quite narrow, might be accessible.



JSC Latvia's State Forests,  
 North Kurzeme Forestry,  
 T: +371 29182907, E: lvm@lvm.lv

Spāre, Ugāle, Pope

Usma, Ugāle

**VENTSPILS TOURISM INFORMATION CENTRE**  
 6 Dārzu Street (Ventspils Ferry Passenger Terminal, 1st Floor),  
 T: +371 29232226,  
 E: tourism@ventspils.lv,  
 www.visitventspils.com







← RIGA 145 km  
VENTSPILS 54 km

# Usma Elkrags Nature Trail



**USMA**  
Suggested starting point:  
Open-air sanctuary

**GPS** Lat: 57.20721 Lon: 22.15261

15 min

0,7 km

Not marked, but can easily follow the trail

Loop

●○○○○

Wooden boardwalks, path

by car  
 by bus



This is a completely new nature trail built in the end of 2018. The trail stretches along Lake Usma, which is the sixth largest lake in Latvia for its total area and the second – for its water storage capacity. The trail opens the view to the fabulous and famous Morics Island, also mentioned in Latvian songs. The island is part of the Moricsala Nature Reserve with a total area of 818 ha. It is the second oldest nature reserve in Europe, founded in 1912. In 1727, the Saxon Count named Morics, fleeing from the Russian troops, retreated to the island with his soldiers. However, seeing the predominance of the Russian troops, the Count decided to flee from the island under the guise of the night, and went to Ventspils, later becoming the famous French army marshal. Since then, the island has been called Moricsala, although it was originally called the Fish Island. The island has an invaluable natural value, as it is home to 1/5 of all Latvian plants and many valuable insect species.

## FACILITIES



Photo: Atis Maldonis



Photo: Atis Maldonis



Photo: Atis Maldonis

Usma Parish Council,  
T: +371 29287631,  
E: usma@ventsplsnd.lv

Spāre, Ugāle, Pope

Usma, Ugāle

**VENTSPILS TOURISM  
INFORMATION CENTRE**  
6 Dārzu Street (Ventspils Ferry  
Passenger Terminal, 1st Floor),  
T: +371 29232226,  
E: tourism@ventsplsnd.lv,  
[www.visitventsplsnd.lv](http://www.visitventsplsnd.lv)





← RIGA 191 km  
VENTSPILS 12 km

# Lake Būšnieki

## Nature Trail



### NATURE RESERVE: THE COAST OF LAKE BŪŠNIEKI, VENTSPILS

Suggested starting point:  
Lake Būšnieki Boat Base  
(70 Staldzenes Street)

**GPS** Lat: 57.45294 Lon: 21.62905

⌚ 2 h

↔ 9 km

— Marked with special signs — small wooden boards indicating the distance accomplished after each km

→ ↻ Loop



🌳 Gravel, wooden boardwalk, asphalt

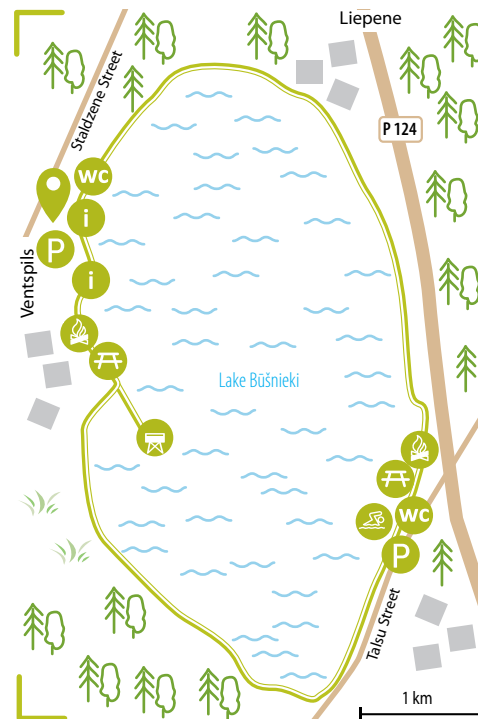
🚗 by car  
🚌 by bus



🚫 Forbidden at the swimming area of the beach

Lake Būšnieki has become a wonderful destination for all active leisure lovers. The outstanding natural beauty here is now accessible not only to those who enjoy swimming and boating, but also to cyclists, runners, ornithologists and those who love hiking. Everyone can now enjoy the new nine km long nature trail, which stretches around the entire lake. 10 information stands with exercise descriptions have been installed along the route so that active leisure fans of every age group can practice along the way. A 187 m long wooden boardwalk with an observation platform for birdwatching with benches and an information board with pictures of birds that can be seen at Lake Būšnieki is located in the marshy shore zone of the lake. Information stands on the nature reserve and its flora and fauna have been installed along the cycling stretch of the trail. The coast of Lake Būšnieki is a nature reserve that was established in 2004 to protect various biotopes of European significance. It is 49 hectares wide and is included in the European Protected Areas Natura 2000 network. There are well-equipped swimming and picnic areas, bicycle stands, as well as boardwalks for the convenience of all those who also enjoy active water sports.

### FACILITIES



🚩 Municipal Authority – Communal Administration, T: +371 29478091, E: kom.parvalde@ventspils.lv

🛒 Ventspils

📄 Ventspils

📍 **VENTSPILS TOURISM INFORMATION CENTRE**  
6 Dārzu Street (Ventspils Ferry Passenger Terminal, 1st Floor),  
T: +371 29232226,  
E: tourism@ventspils.lv,  
[www.visitventspils.com](http://www.visitventspils.com)





← RIGA 190 km

# Ventspils Seaside Park



Except for the Jungle Trail

**VENTSPILS**  
Suggested starting point:  
Crossroads of Parka and Loču Streets

**GPS** Lat: 57.38586 Lon: 21.53668

Anchor Trail and Jungle Trail – 0,5 h in total  
Walking through the whole Park – 1-2 h

Anchor Trail and Jungle Trail 1 km in total. The overall length of the paths at the Park – 3,5 km

Marked with direction signs

Anchor Trail and Jungle Trail – point-to-point  
Other paths at the Park – loop

●○○○○

Gravel  
Jungle Trail – various

by car  
by bus



Ventspils Seaside Park is a wide and well-equipped park near the sea in Ventspils offering recreational and walking opportunities for whole family. There are many walking paths curling over the park with two specific trails – the Anchor trail and the Jungle Trail. The Anchor trail is 730 m long and it presents the largest collection of real ship anchors in Baltics with more than 140 different anchors, which are among the largest ones in the world. The greatest of which is 23 tons heavy and 6 meters tall. The Jungle trail is 380 m long and it will be particularly interesting to children – it offers a number of amusement activities with climbing and exploring over several boardwalk tracks, small bridges, a tower and a high tree rope track reaching 2 m at its highest point. The track does not require any special physical skills, it can be accomplished both, by small kids and grown-ups. There is also a small train of the Seaside Open-air Museum running through the Park along the narrow-gauge railway line.

## FACILITIES



Municipal Authority – Communal Administration, T: +371 29478091, E: kom.parvalde@ventspils.lv

Ventspils

Ventspils

**VENTSPILS TOURISM INFORMATION CENTRE**  
6 Dārzu Street (Ventspils Ferry Passenger Terminal, 1st Floor),  
T: +371 29232226,  
E: tourism@ventspils.lv,  
[www.visitventspils.com](http://www.visitventspils.com)





← RIGA 147 km

# Mārtiņšala

## Nature Trail



### NATURE RESERVE: VALLEY OF THE RIVER VENTA, KULDĪGA

Suggested starting point:  
Kuldīga brick bridge on the Venta Rapid side

**GPS** Lat: 56.97058 Lon: 21.97934

0,5 – 1 h

1 km

Not marked, but can easily follow the trail

Loop

● ○ ○ ○ ○

Wooden boardwalk, gravel

by car  
 by bus

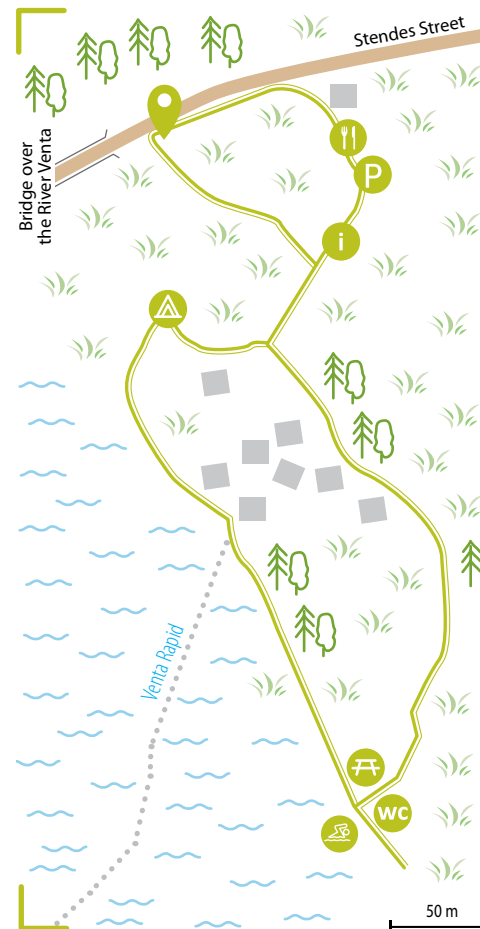


Mārtiņšala nature trail is located in the very centre of Kuldīga. It stretches along the right bank of the River Venta and allows to access the Venta Rapid. A leisurely walk will take less than an hour. The trail is loop-type, around 1 km long. Grab the swimsuits along and take a swim, when visiting in summer, to not miss the opportunity of experiencing the stunning feeling of splashes of the widest waterfall in Europe. Mārtiņšala swimming site has got the Blue flag award certifying its good quality.

### FACILITIES



Part of the trail. WC accessible at the City Park and on Krasta Street



Kuldīga County Municipality,  
T: +371 63322469,  
E: dome@kuldiga.lv

Kuldīga

Kuldīga

**MUNICIPAL AUTHORITY – KULDĪGA ACTIVE RECREATION CENTRE**

5 Baznīcas Street, Kuldīga,  
T: +371 29334403,  
E: tourinfo@kuldiga.lv,  
[www.visit.kuldiga.lv](http://www.visit.kuldiga.lv)





# The River Venta

## Left Bank Trail



← RIGA 149 km

### NATURE RESERVE: VALLEY OF THE RIVER VENTA, KULDĪGA

Suggested starting point:  
8 Pils Street

GPS Lat: 56.96741 Lon: 21.97676

40 min (one way)

2,4 km (one way)

Not marked, but can easily follow the trail. Info stands at the start and the end of the trail.

Out&back



Gravel, wooden boardwalk

by car  
by bus



Movement in few stretches may be hindered due to sandy gravel.

WC accessible at the City Park and on Krasta Street.

The trail stretches along the River Venta up until the Kuldīga's new bridge, allowing to enjoy the beautiful nature views, to watch birds, the flow of the Venta and, of course, the Venta Rapid, which is the most significant geological object in the nature reserve and the widest waterfall in Europe – 249 meters. The trail will allow to enjoy a leisurely walking even in the dark, because the trail is installed with lights from Pils Street up to Vienības Street. The car can be parked on both sides of the river at the Kuldīgas brick bridge – at Mārtiņšala parking lot or on Stende Street.

### FACILITIES

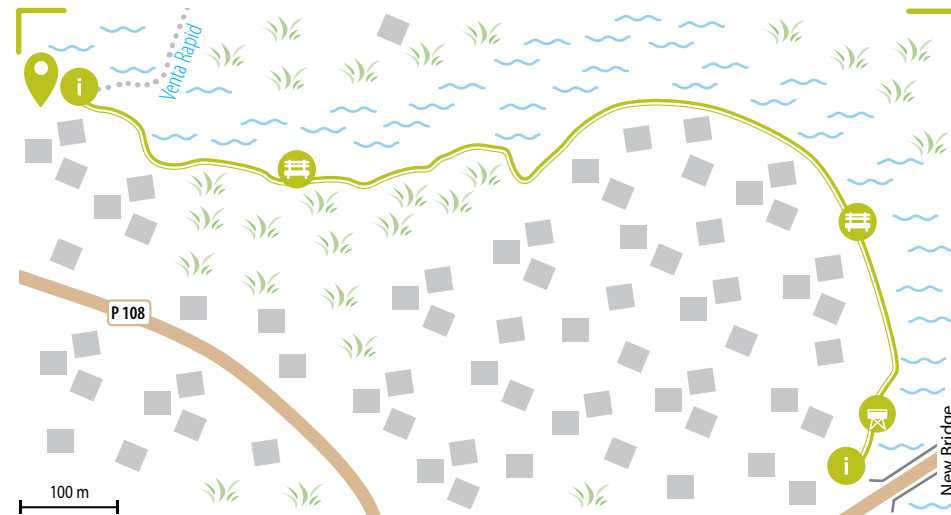


Photo: Rīčards Sotaks

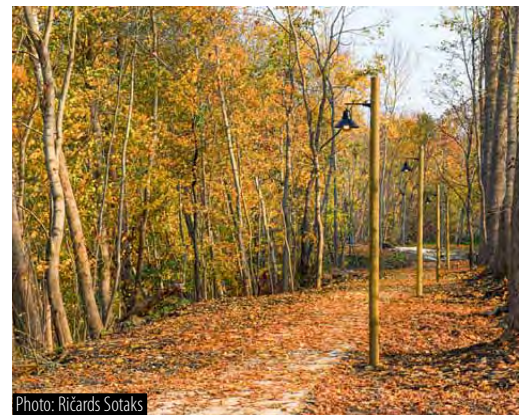


Photo: Rīčards Sotaks

Kuldīga County Municipality,  
T: +371 63322469,  
E: dome@kuldiga.lv

Kuldīga

Kuldīga

MUNICIPAL AUTHORITY –  
KULDĪGA ACTIVE RECREATION  
CENTRE  
5 Baznīcas Street, Kuldīga,  
T: +371 29334403,  
E: tourinfo@kuldiga.lv,  
www.visit.kuldiga.lv





← RIGA 146 km

# Pārventa

## Park Trail



**NATURE RESERVE: VALLEY OF THE RIVER VENTA, KULDĪGA**

Suggested starting point:  
Kuldīga brick bridge

**GPS** Lat: 56.97075 Lon: 21.98025

20 min

0,8 km

Not marked, but can easily follow the trail

Loop

●○○○○

Gravel, wooden bridges, asphalt

by car  
by bus



Pārventa walking trail offers to enjoy picturesque views across the Venta River to the old town of Kuldīga, the Alekšupīte waterfall, the Castle mills and the ancient brick bridge over the River Venta.

Alekšupīte waterfall is the highest waterfall in Latvia – 4,15 m. It has been firmly embanked since the 17th century so that the stream would be strong enough to run the first paper mills in Kurzeme. During the Duke's time, also the gunpowder was made at the Castle mills.

The trail starts at the Kuldīga's pride – the brick bridge over the River Venta. Since 1998, it is a national architectural monument. Bridge is the third longest brick bridge in Europe and the second oldest brick vault bridge in Latvia. The Kuldīga brick bridge had been built according to the standards of the 19th century – 500 feet long and 26 feet wide, so that carriages could easily change on it.

The trail distance at the park area is 0,4 km, but it can be hiked circle-like, walking along Krasta street on the way back. There are two resting areas with benches at the trail. Due to stairs, terrain and slopes, the trail has limited access to people with movement impairment and parents with baby-strollers.

### FACILITIES



Photo: Rīčards Sotaks



Kuldīga County Municipality,  
T: +371 63322469,  
E: dome@kuldiga.lv

Kuldīga

Kuldīga

**MUNICIPAL AUTHORITY – KULDĪGA ACTIVE RECREATION CENTRE**  
5 Baznīcas Street, Kuldīga,  
T: +371 29334403,  
E: tourinfo@kuldiga.lv,  
[www.visit.kuldiga.lv](http://www.visit.kuldiga.lv)





# Viesata River Circles



← RIGA 87 km  
TUKUMS 24 km  
IRLAVA 8 km

**AT KRAUJAS, IRLAVA PARISH**

**GPS** Lat: 56.82316 Lon: 22.97218

3,5 h (the long route with the shortest way back)

8,2 km (the long route with the shortest way back)

Marked with special signs on trees – yellow stripe – the short route, red stripe – the long route, green stripe – the shortest way back

Loop

Path, forest road

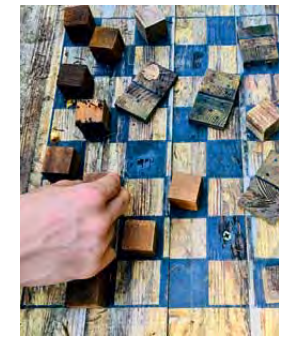
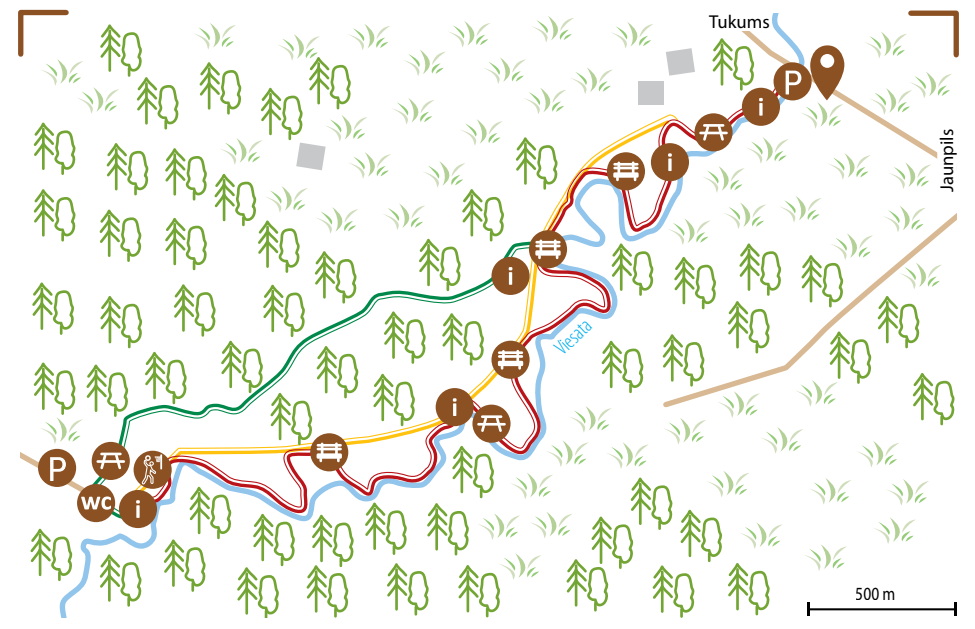
by car

This is a truly beautiful nature trail, which will be especially enjoyed by those who love to take a longer distance walk. The trail stretches along the Viesata River bank through the forest. Walking along the path, you might observe not only the birds, insects and forest plants, but will also see a number of interesting objects – peculiar shape trees, 200-year-old pines, rocky outcrops from sand, loam and pebbles, a spring, swine baths, as well as the spectacular big stone called Spunnakmens at the farthest end of the trail.

Along the way, there are several viewing spots with benches for observing the scenery of the river circles, and few nice resting areas with games and campfire sites.

Under wet weather conditions, several parts of the trail may be slippery, which makes it difficult to descend/climb up the steep slopes and climbs of the trail.

## FACILITIES



Association Viesatas Upesloki,  
T: +371 28302871,  
E: viesatasupesloki@inbox.lv

Vaski, Tukums, Jaunpils

Vaski, Tukums, Jaunpils

**TUKUMS TOURISM INFORMATION CENTRE**  
5 Talsi Street, Tukums,  
T: +371 28311557, 63124451,  
E: tic@tukums.lv,  
[www.visittukums.lv](http://www.visittukums.lv)





# Satiki Nature Trail



RIGA 116 km  
SALDUS 17 km

**SATIKI**  
Suggested starting point:  
Parking lot at Satiki Mill Lake  
water locks

**GPS** Lat: 56.80334 Lon: 22.53467

1 h

1,6 km

Marked with special signs  
indicating the way to objects  
of interest. Brown sign to  
the trail in Satiki centre.

Loop



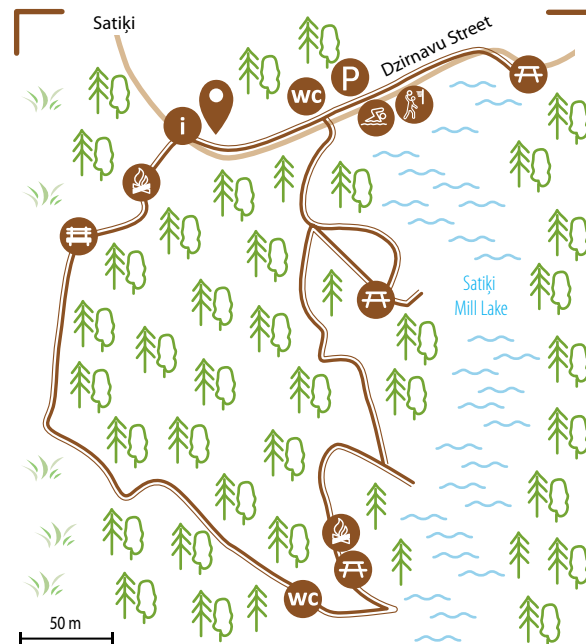
Path. Gravel road at the start  
and end of the trail near the  
parking lot.

by car  
by bus



A short, well-maintained nature trail, that stretches along Satiki Mill Lake and Aitu (Sheep) Hill and allows travellers to get introduced to the Ancient Valley of Imula. There is a number of nice resting areas on the way, incl. a peculiar vigvam, a well-equipped beach area at the lake together with a sports field, fishing site etc. You will also pass the Sacrifice Oak, a spring, see the lake water locks etc.

## FACILITIES



Gaiķi Parish Council,  
T: +371 26808054, E: gaiķi@saldus.lv

Satiki, Gaiķi, Brocēni

Brocēni

ADMINISTRATION OF BROCĒNI  
COUNTY MUNICIPALITY  
3 Lielciēres Street, Brocēni,  
T: +371 63807306,  
[www.broceni.lv/turisms/](http://www.broceni.lv/turisms/)







← RIGA 113 km  
SALDUS 7 km

# Walking Path along *Lake Ciecere*



**BROCĒNI**  
Suggested starting point:  
Parking lot at Brocēni Culture  
and Education Centre

**GPS** Lat: 56.68010 Lon: 22.56659

20 min (one way)

1 km (one way)

Not marked, but can easily follow the trail

Out&back

●○○○○

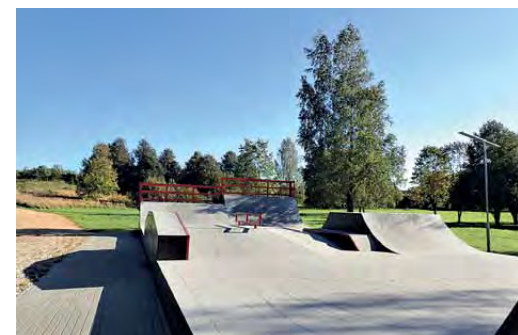
Concrete bricks, gravel,  
wooden boardwalk

by car  
by bus



A well equipped city walking path along the coast of Lake Ciecere with a boardwalk stretching into the lake, several resting areas, sporting spots, incl. a skate park, viewing platform. Accessible to parents with baby-strollers and people in wheelchairs. Point-to-point type – use the same route on the way back or adjust according to your wishes.

## FACILITIES



Brocēni County Municipality,  
T: +371 63807300,  
E: dome@broceni.lv

Brocēni

Brocēni

**ADMINISTRATION OF BROCĒNI  
COUNTY MUNICIPALITY**  
3 Lielcieceres Street, Brocēni,  
T: +371 63807306,  
[www.broceni.lv/turisms/](http://www.broceni.lv/turisms/)





# Walking Paths at Remte Manor Park



← RIGA 105 km  
BROCĒNI 15 km

**REMTE**  
Suggested starting point:  
Love Oak (heritage tree) at the  
road Jaunpils–Ošenieki (V1429)

**GPS** Lat: 56.73886 Lon: 22.69686

1 h

2,3 km

Marked with special signs  
indicating the way to objects of  
interest

Loop

● ○ ○ ○ ○

Wooden boardwalk, gravel

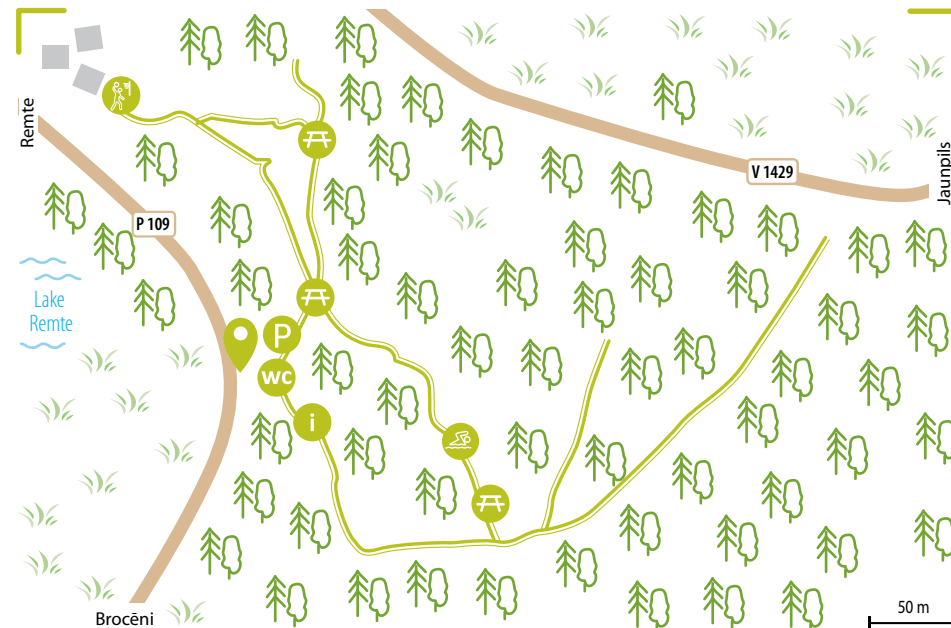
by car  
by bus



\* Movement in few stretches may  
be hindered due to sandy gravel.  
WC is not accessible.

The establishment of the park (26 ha) started in the 19th century. It was the former manor centre, with alleys, spectacular tree plantations and its own system of ponds and channels. Along the paths, there are also several interesting small architecture elements – the Bears' house, base stone for holding the Snake Vase, Torment Chamber, Hunting Tower, heralding about the history of the park. An impressive Love Oak grows at the start of the trails, 5,3 m in circuit. And a so called Love Island has been artificially created on the river flowing through the park, with nice wooden boardwalks leading to it. Recently, a Sense path has also been created at the park, to train and test various senses while walking through a number of stretches with different pavements and constructions.

## FACILITIES



JSC Latvia's State Forests,  
T: +371 67610015,  
E: [mammadaba@mammadaba.lv](mailto:mammadaba@mammadaba.lv)  
Remte Parish Council,  
T: +371 26338243,  
E: [krisjanis.valters@broceni.lv](mailto:krisjanis.valters@broceni.lv)

Brocēni, Remte

Brocēni

**ADMINISTRATION OF BROCĒNI  
COUNTY MUNICIPALITY**  
3 Lielciēceres Street, Brocēni,  
T: +371 63807306,  
[www.broceni.lv/turisms/](http://www.broceni.lv/turisms/)





← RIGA 114 km  
SALDUS 8 km

# Brocēni

## Forest Park Trails and Open-air Tracks



except for Open-air tracks

**BROCĒNI**  
Suggested starting point:  
Parking lot at Brocēni Forest Park

**GPS** Lat: 56.66974 Lon: 22.56860

Forest Park trails: 1 h  
High track: 1 h  
Low track: 15 min

Forest Park trails: 3 km  
High track: 173 m  
Low track: 100 m

Forest Park trails are marked with special signs

Loop

●○○○○ Forest Park trails  
●●●●● High track  
●○○○○ Low track

Forest Park trails: gravel  
Open-air tracks: rope stretches with obstacles

by car  
 by bus



WC accessible at the Market Square, near Brocēni Culture and Education Centre.

Brocēni Forest Park is a nice place to enjoy active recreation activities, with walking paths to learn about the forest, playground areas for children and picnic sites. The park is accessible to parents with baby-strollers and people in wheelchairs. The overall length of the paths is 3 km, however the route may be adjusted as one wishes. There are also 2 open-air tracks at the park – the high track for the bravest, installed 8 m above the ground, and the low track for the youngest visitors. Open-air tracks are free of charge.

### FACILITIES



Brocēni County Municipality,  
T: +371 63807306,  
E: dome@broceni.lv

Brocēni

Brocēni

**ADMINISTRATION OF BROCĒNI COUNTY MUNICIPALITY**  
3 Lielciēceres Street, Brocēni,  
T: +371 63807306,  
[www.broceni.lv/turisms/](http://www.broceni.lv/turisms/)

**BROCĒNI OPEN-AIR TRACKS: INSTRUCTORS**  
T: +371 24933055,  
[www.facebook.com/BrocenuGaisaTakas/](https://www.facebook.com/BrocenuGaisaTakas/)





# Kalnansi Bog Trail



← RIGA 125 km  
KULDĪGA 33 km  
KABILE 5 km

**KABILE PARISH**  
Suggested starting point:  
Brown sign at the road  
Lutriņi-Kabile

**GPS** Lat: 56.90632 Lon: 22.39933

0,5-1 h

1 km

Not marked, but can easily follow the trail

Loop

●○○○○

Path, wooden boardwalk

by car



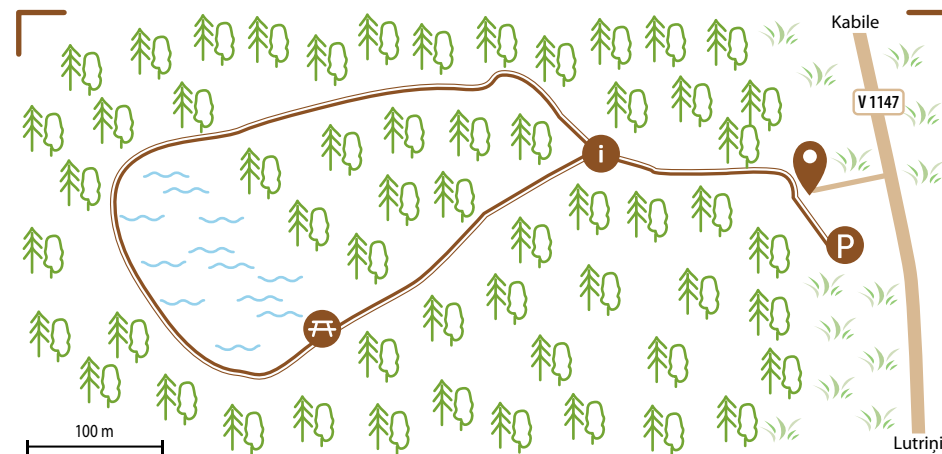
\* Partly accessible to parents with baby-strollers – movement in the start of the trail may be hindered due to tree roots and in the boardwalk part – due to few broken planks, as well as quite wide gaps between planks. Depending on the type of the stroller and skills of the driver, the trail might be accessible.

Kalnansi bog trail is located 34 km from Kuldīga, near to Kabile. It is a 1 km loop-type bog trail with really beautiful landscape – a bog forest, lake and bog-specific plants. The lake is credited of having a very “soft” and healing water. In past, stories were told that it could be the deepest lake in Latvia and because of that it had been named Bezdibenis (Bottomless) Lake. Later it turned out that its true depth is only 7 m. Kalnansi bog is a protected high moss bog.

## FACILITIES



Photo: Andris Jermuts



JSC Latvia's State Forests  
South Kurzeme Forestry,  
T: +371 29182907, E: lvm@lvm.lv

Kabile, Kuldīga

Kuldīga

MUNICIPAL AUTHORITY –  
KULDĪGA ACTIVE RECREATION  
CENTRE  
5 Baznīcas Street, Kuldīga,  
T: +371 29334403,  
E: tourinfo@kuldiga.lv,  
[www.visit.kuldiga.lv](http://www.visit.kuldiga.lv)





# Sātiņi Ponds



← RIGA 131 km  
SALDUS 12 km

**NATURE RESERVE:**  
SĀTIŅI PONDS, BITĪTES,  
NOVĀDNIĒKI PARISH  
Suggested starting point:  
At Sātiņi ponds information stand

**GPS** Lat: 56.62741 Lon: 22.34980

1 h (one way)

1,8 km (one way)

Not marked

Out&back

●○○○○

Gravel road

by car



It is advised to inform the land owner upon arrival – see information sign at the start of the trail.

Sātiņi ponds is a nature reserve, which is part of the Natura 2000 network of protected areas, with an artificially constructed pond complex located 8 km from Saldus. They cover a territory of 3780 ha with 30 ponds. Sātiņi ponds are distinguished with a large number of birds during nesting and migration periods. The nearby forests provide shelter to many protected bird and bat species. A bird watching tower has been constructed at the end of the trail together with an information stand on bird species present in the territory as well as services available for tourists.

## FACILITIES

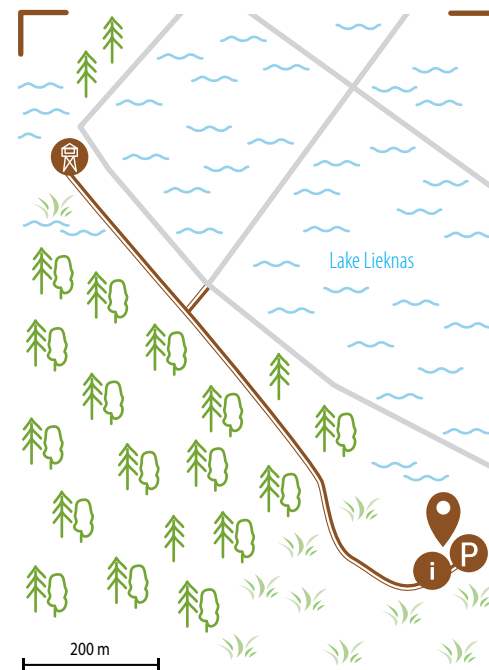


Photo: Valdis Jansons



Land owner – Anatolijs Grigorjevs,  
T: +371 29165144  
Bird watching tower –  
Saldus County Municipality,  
T: +371 63807950,  
E: dome@saldus.lv

Saldus

Saldus

**SALDUS TOURISM INFORMATION,  
CULTURE AND SPORTS CENTRE**  
3 Striķu Street, Saldus,  
T: +371 63807443,  
E: tic@saldus.lv,  
[www.turisms.saldus.lv/](http://www.turisms.saldus.lv/)





← RIGA 148 km

# Skrunda

## Walking Trail along the Venta



**SKRUNDA**  
Suggested starting point:  
23 Saldus Street, Skrunda (parking  
lot at Skrunda open-air stage)

**GPS** Lat: 56.67338 Lon: 22.02398

0,5-1 h

1,6 km

Not marked, but can easily  
follow the trail

Loop

Gravel

by car  
by bus



On the coast of the River Venta there is the Skrunda castle mound, which is a popular leisure spot among locals and tourists. There is an open-air stage and it is surrounded by a park where one can also see the wooden chairs of Curonian kings designed by the sculptor Ģ. Burvis. There is a number of legends on the Skrunda castle mound – on underground passages, the white woman “Ventas Vārava” that comes out once in 100 years. The walking trail stretches along the Skrunda castle mound and the river and allows to enjoy the beautiful nature sights, watch the birds and the calm flow of the River Venta. There is a number of benches along the trail, a resting area and several stops created to view the scenic Kurzeme landscape. A barefoot path has also been installed nearby. The trail also serves as the starting and closing point for boating.

### FACILITIES



Skrunda County Municipality,  
T: +371 63350454,  
E: zane.eglite@skrunda.lv

Skrunda

Skrunda

**SKRUNDA COUNTY MUNICIPALITY**  
1 Amatnieku Street, Skrunda,  
T: +371 63350454,  
E: zane.eglite@skrunda.lv,  
[www.skrunda.lv](http://www.skrunda.lv)





# Rudbārži

## Forest Park Nature Trail



← RIGA 158 km  
SKRUNDA 9 km

### RUDBĀRŽI FOREST PARK, RUDBĀRŽI

Suggested starting point:  
7 Liepu Street, Rudbārži  
(Rudbārži Manor)

**GPS** Lat: 56.64482 Lon: 21.88786

1 h

3 km

Marked with special signs on trees: white-orange-white stripes

Loop

● ○ ○ ○ ○

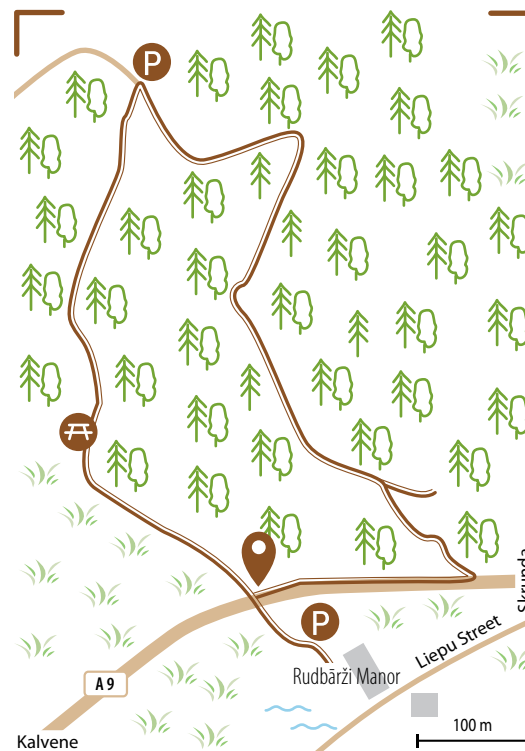
Path

by car  
 by bus



Rudbārži forest park is notable with its virgin land and old trees. It is the former manor park and its overall area is 9,6 ha. There are both, local and 57 introduced species. Here you shall see a remarkable oak alley, as well as the beech, fir, European Larch, Weymouth pine and Douglas pine stands. The natural forest biotope provides a good nesting area for woodpeckers and owls. There are 121 bird species at the park and its surroundings. In the past, Baron Fon Firks family burial ground had been located here, being destroyed during the Soviet time, yet the impressive ruins can still be visited at the park. Starting the trail at the Rudbārži Manor be careful when crossing the road and walking along the roadside.

### FACILITIES



Skruna County Municipality,  
T: +371 63350454,  
E: zane.eglite@skruna.lv

Rudbārži, Skruna, Kalvene

Skruna

**SKRUNA COUNTY MUNICIPALITY**  
1 Amatnieku Street, Skruna,  
T: +371 63350454,  
E: zane.eglite@skruna.lv,  
[www.skruna.lv](http://www.skruna.lv)





← RIGA 168 km  
AIZPUTE 9 km

# Kazdanga

## Castle Trail



**KAZDANGA**  
Suggested starting point:  
Parking lot at Kazdanga Castle

**GPS** Lat: 56.73229 Lon: 21.73375

1 h

2,2 km

Marked with special signs – blue and yellow stripes on trees

Loop

●○○○○

Path

by car  
by bus



The castle building is not accessible for people in wheelchairs.

Kazdanga Castle Trail is 2 km long and stretches through the Kazdanga Castle Park along the spectacular manor castle built in 1800 that once belonged to the barons of Courland – the Manšteifels. Around the castle, there is a number of household buildings and living areas, together making an impressive and architecturally valuable ensemble. Now the castle and the adjacent land belongs to the state. The Kazdanga Castle Museum and the Tourism Information Point are both located there. The Park is a home for around 60 singingbird species and there are lots of old and foreign trees, incl. heritage trees.

### FACILITIES



Kazdanga Parish Council,  
T: +371 63448188,  
E: padome@kazdanga.lv

Kazdanga, Aizpute

Aizpute

**AIZPUTE COUNTY TOURISM  
INFORMATION AND LIFE-LONG  
LEARNING EDUCATION CENTRE**  
16 Atmodas Street, Aizpute,  
T: +371 29817180,  
E: turisms@aizpute.lv,  
[www.visitaizpute.lv](http://www.visitaizpute.lv)

**KAZDANGA TOURISM  
INFORMATION POINT**  
1 Jaunatnes Alley, Kazdanga,  
T: +371 29103813,  
E: kazdanga.tic@inbox.lv,  
[www.kazdangaspils.com](http://www.kazdangaspils.com)







# Kazdanga Park Nature Trail



Part of the trail

← RIGA 169 km  
AIZPUTE 9 km

**KAZDANGA**  
Suggested starting point:  
Kazdanga Park labyrinth in Kapleja  
(sports and recreation square)

**GPS** Lat: 56.72480 Lon: 21.73576

3 h

9 km

Marked with special signs – stripes  
painted on interest objects and trees

Loop

Wooden boardwalk, gravel, path

by car  
by bus



Kazdanga Park is the biggest park in Latvia (~196 ha) and offers wide prospects for stretching the legs. With the new viewing platform and wooden boardwalk in place, the two parts of the Park (Valāta Park and Šēfers' Birch Grove) on both sides of Kazdanga Dzirnezers (Mill Lake) are now connected, making a total hiking distance of 9 km. The route allows interpretation, as there is a number of paths in the Park. To help yourself finding the way, see the informative signs and marking on trees (yellow, green and red coloured stripes, marking the different distance routes). There are several resting areas along the way. The route leads through the old manor parks with various foreign tree species and heritage trees, fish ponds, lake, river, coniferous forest. There are lots of hollow trees around. The Valāta Park part is characteristic with its hilly terrain and glens. There have been 154 bird species identified on the route. High diversity of nesting birds. During the day time, various bird species can be observed the whole year through.

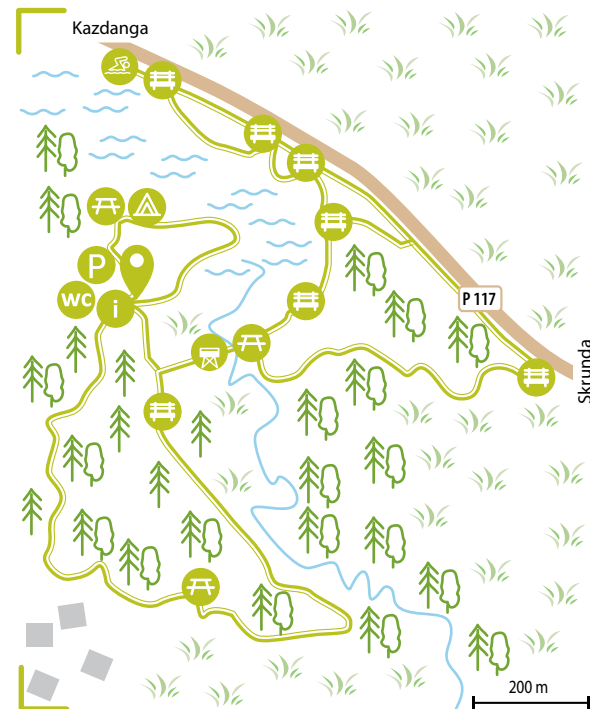
Few stretches of the trail (incl. the wooden boardwalk on the lake) are adjusted to people in wheelchairs and parents with baby-strollers.

## FACILITIES



RENT RENT Catamaran rental in the summer season  
(Kazdanga Castle Museum, T: +371 28616717)

At Saieta House and at Culture Centre.  
A room for people in wheelchairs is available at Saieta House.



Kazdanga Parish Council,  
T: +371 63448188,  
E: padome@kazdanga.lv

Kazdanga, Aizpute

Aizpute

**AIZPUTE COUNTY TOURISM  
INFORMATION AND LIFE-LONG  
LEARNING EDUCATION CENTRE**  
16 Atmodas Street, Aizpute,  
T: +371 29817180,  
E: turisms@aizpute.lv,  
[www.visitazpute.lv](http://www.visitazpute.lv)

**KAZDANGA TOURISM  
INFORMATION POINT**  
1 Jaunatnes Alley, Kazdanga,  
T: +371 29103813,  
E: kazdanga.tic@inbox.lv,  
[www.kazdangaspils.com](http://www.kazdangaspils.com)





# Žibgrava

## Health Trail



● ← RIGA 176 km  
KULDĪGA 28 km

**ALSUNGA**  
Suggested starting point:  
Parking lot behind the brown  
sign at the road P119  
(Kuldīga – Alsunga)

**GPS** Lat: 56.98428 Lon: 21.57882

1 h

1,5 km

Marked with special signs – a hiker on yellow background with direction and distance indication.

Loop

●○○○○

Path, gravel road

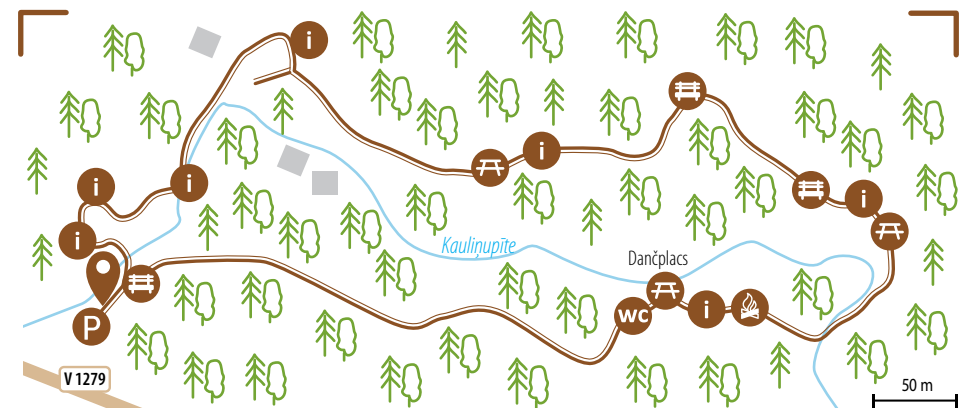
by car  
 by bus



- Access to resting area (Dančplacis) and the Small trail (Mazā taka).
- Suggested in spring and autumn.

Žibgrava health trail is noticeable because of its ravine. At some points its height reaches 15 m. The route stretches through the hilly forest terrain along the picturesque, winding coast of the River Kauliņupīte. The ravine attracts with its primordialism, unhampered nature processes and nature diversity. You may spot a number of peculiar, old trees there, a spring, a pond, as well as some protected species like Jet ant, lichen *Arthonia spadicea* and Liver-brown polypore. Ten information stands along the way provide catchy information on the plants and animals present here, legends and riddles related to Suiti dialect, revealing correct answers at every next stand. A resting area is available at the end of the trail, accessible to people in wheelchairs. Part of the trail may be flooded during the rainy periods, appropriate footwear is advisable.

### FACILITIES



Alsunga County Municipality,  
T: +371 26425015,  
E: muzejs@alsunga.lv

Alsunga

Jūrkalne, Ēdole, Kuldīga

**ALSUNGA COUNTY TOURISM  
INFORMATION CENTRE**  
11a Skolas Street, Alsunga,  
T: +371 26425015,  
E: muzejs@alsunga.lv  
[www.alsunga.lv](http://www.alsunga.lv)





RIGA 195 km  
 VENTSPILS 54 km  
 PĀVILOSTA 16 km

# Riva River Circles



**LABRAGS**  
 Suggested starting point:  
 Ulmale-Labragš Lutheran Church  
 Suggested end point: Gumbu Bridge

**GPS** Lat: 56.97027 Lon: 21.34781

2,5 h (one way)

First stretch: 3 km (one way)  
 Second stretch: 3 km (one way)  
 Third stretch: 2 km (one way)

Marked with green stripes on trees at the first stretch  
 Marked with green dots on trees at the second stretch  
 Third stretch is not marked – follow the river bank

Out&back

●●●○ first two stretches  
 ●●●○ third stretch

Marked with green stripes on trees at the first stretch  
 Marked with green dots on trees at the second stretch  
 Third stretch is not marked – follow the river bank

by car  
 by bus



Although the brown sign marking the way to the trail is not yet installed on the highway, it's rather easy to find it. Follow the sign to Ulmale-Labragš Lutheran church, the starting point of the trail is marked with a special trail name sign just after the church. The route goes in the direction away from the sea and stretches up and down along the Riva river picturesque valley. The river flows in a canyon-type ravine, the depth of which reaches 12 m. The trail reveals countless river twists and turns, steep coastal cliffs, diversity of plants. If lucky, you can be able to spot even a kingfisher or a black stork.

The trail is accessible all year round. If canoeing/kayaking, spring and autumn is the most suitable.

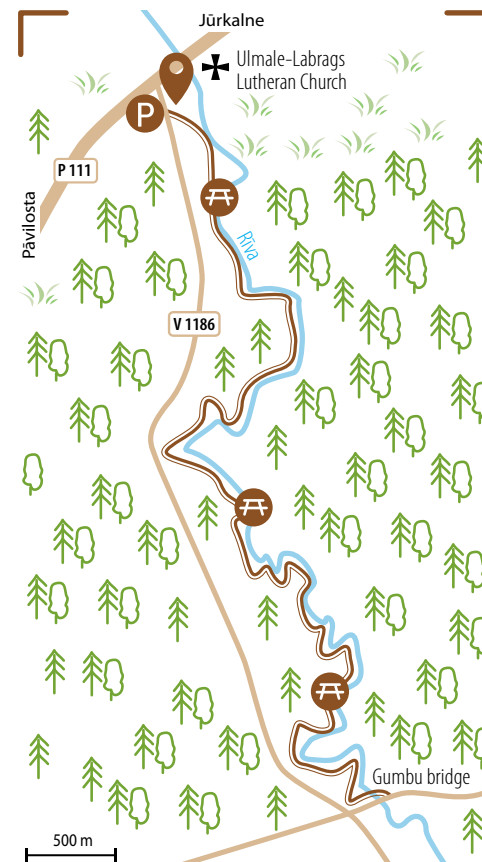
The trail has 3 stages. The route is suitable for active travellers, it shall take around 2,5 h to accomplish the total distance of 8 km. There are several simple resting areas along the route with benches and fireplace sites.

The first two stages are marked with green paint on trees. The last – the hardest one – has not been specifically formed and marked, it will be enjoyed by hikers who prefer wilderness and are ready to overcome various obstacles – broken trees fallen over the trail path, overgrown shore etc. Here you are advised to follow the river coastline in order to not to get lost until you reach the Gumbu bridge at the end of the trail. The route is point-to-point, you may return by the road near the trail. The public transport is not accessible though, you should think of leaving a car nearby before starting the trail or walk all the way back.

## FACILITIES



Spring and autumn suggested for canoeing/kayaking



Ingus Antonovičs, T: +371 26586582  
 Dainis Ansons, T: +371 26427606

Pāvilosta, Jūrkalne

Pāvilosta, Jūrkalne

**PĀVILOSTA COUNTY TOURISM INFORMATION CENTRE**  
 2 Dzintaru Street, Pāvilosta,  
 T: +371 63498229,  
 E: tic@pavilosta.lv,  
[www.pavilosta.lv/lv/trismsunatpt](http://www.pavilosta.lv/lv/trismsunatpt)

**VENTSPILS TOURISM INFORMATION CENTRE**,  
 6 Dārzu Street (Ventspils Ferry Passenger Terminal, 1st Floor),  
 T: +371 29232226,  
 E: tourism@ventspsils.lv,  
[www.visitventspsils.com](http://www.visitventspsils.com)





# Cirava Beavers' Trail



RIGA 191 km  
AIZPUTE 16 km

**CĪRAVA**  
Suggested starting point:  
Parking lot at Cirava Evangelical  
Lutheran Church

**GPS** Lat: 56.73578 Lon: 21.38335

2 h

4 km

Marked with special signs –  
beaver on wooden pales

Loop

●●○○○

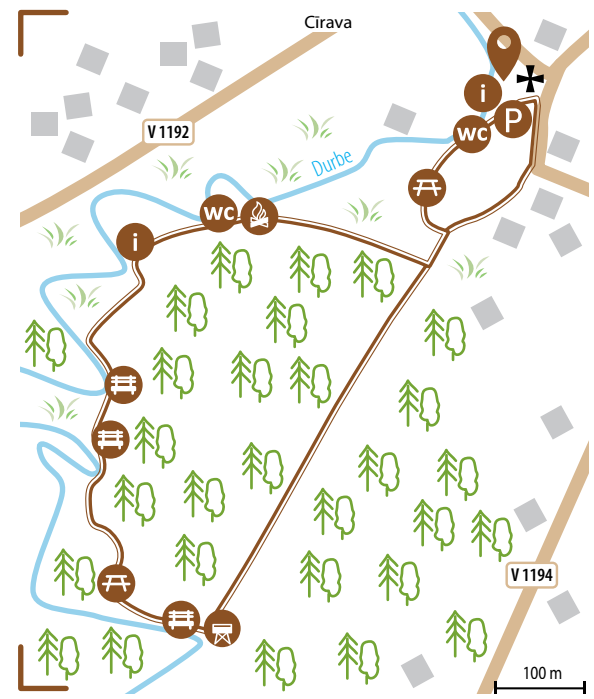
Path

by car  
 by bus



The Beavers' trail is located at the Cirava Forest Park. It's a loop-type, 4 km long trail that stretches through a beautiful, old mixedwood forest along the Durbe River bays. The trail will be of special interest to children, as it provides for a number of amusement activities along the way – a wire rope bridge, climbing walls, swings, small viewing towers, open-air reading boxes, resting areas etc. There are lots of different birds around and nice wood-carvings at the Castle Park, which is on the way to the Forest Park. In addition, it is possible to walk around the Anglers' trails which stretch along the Durbe River shore, as well as the 1km long Sonorous trail, which is the only one in Latvia so far, with art environmental objects of metal creating different sounds, such as the Trumpets – whistles, Reverberant boxes, Forest Harp etc.

## FACILITIES



Cirava Parish Council,  
T: +371 63449931,  
E: padome@cirava.lv

Cirava, Aizpute

Aizpute

AIZPUTE COUNTY TOURISM  
INFORMATION AND LIFE-LONG  
LEARNING EDUCATION CENTRE  
16 Atmodas Street, Aizpute,  
T: +371 29817180,  
E: turisms@aizpute.lv,  
[www.visitaiizpute.lv](http://www.visitaiizpute.lv)

**CĪRAVA TOURISM  
INFORMATION POINT**  
Atbalsti, Cirava, T: +371 25435898,  
E: cirava.tic@inbox.lv,  
[www.cirava.lv/turisms/](http://www.cirava.lv/turisms/)





← RIGA 223 km  
PĀVILOSTA 31 km

# Nature Trails at Dvēseles veldzes dārzs



LAIVENIEKI, ZIEMUPE

GPS Lat: 56.727804 Lon: 21.093084



1-2 h



3 trails: Barefoot trail (530 m),  
Park of Senses (diameter 60 m),  
Labyrinth (800 m<sup>2</sup>)



Marked with special signs and  
tactile tile for visually impaired



Loop



● ○ ○ ○ ○



Path, brick paving, gravel,  
forest road



by car  
by bus (Ziemeupe)



Suggested in spring – autumn  
during opening hours

Liepāja Society of the Blind has constructed 3 short nature trails at its rehabilitation centre Dvēseles veldzes dārzs (soul refreshment garden), which have been particularly adapted for visually impaired – the Barefoot trail, the Park of Senses and Labyrinth.

The Park of Senses gives a possibility to feel lots of different plants (herbs, flowers, bushes etc.) – to touch them, smell them, taste them and even do some weeding! The flower-beds have been specially raised a bit higher from the ground to be accessible for people in wheelchairs.

Right beside the Park, in the forest, lies the 530 m long Barefoot trail. It's got specific covering which changes every 10 m and is interwoven with various obstacles of different degrees of difficulty.

Also a special Labyrinth has been created which consist of decorative shrubs planted in a maze-type shape with the overall area of 800 m<sup>2</sup>.

## FACILITIES



Special gaming and  
exercise areas

\* Barefoot trail is not accessible to people in wheelchairs.

Excursions with blindfolded eyes, which help to comprehend the perception of the blind, workshops and active recreation for disabled, including adapted pond (for people with functional disability using customised swimming aids), T: +371 26371443.



Liepāja Society of the Blind,  
T: +371 22007874,  
E: info@redzigaismu.lv

Kapsēde, Pāvilosta, Grobiņa

Kapsēde, Pāvilosta, Grobiņa

PĀVILOSTA COUNTY TOURISM  
INFORMATION CENTRE  
2 Dzintaru Street, Pāvilosta,  
T: +371 63498229,  
E: tic@pavilosta.lv,  
[www.pavilosta.lv/lv/trismsunatpt](http://www.pavilosta.lv/lv/trismsunatpt)

VĒRGALE/ZIEMUPE TOURISM  
INFORMATION CENTRE  
Ziemeupes tautas nams, Ziemeupe,  
T: +371 29437166,  
E: daina.vitola@pavilosta.lv

LIEPĀJA REGION TOURISM  
INFORMATION OFFICE  
5/6 Rožu Square, Liepāja,  
T: +371 29402111,  
E: info@liepaja.travel,  
[www.liepaja.travel](http://www.liepaja.travel)

LIEPĀJA SOCIETY OF THE BLIND  
197/205 Ganību Street, Liepāja,  
T: +371 22007874,  
E: info@redzigaismu.lv,  
[www.redzigaismu.lv](http://www.redzigaismu.lv)





# Embūte

## Nature Trail



← RIGA 173 km  
← VAIŅODE 12 km

**NATURE PARK EMBŪTE, EMBŪTE**  
Suggested starting point:  
Embūte Tourism Information Centre

**GPS** Lat: 56.50560 Lon: 21.81922

1,5-2 h

3 km

Not marked. It is suggested to follow the direction sign to Joda dambis, afterwards it is easy to follow the trail

Loop

●●●○

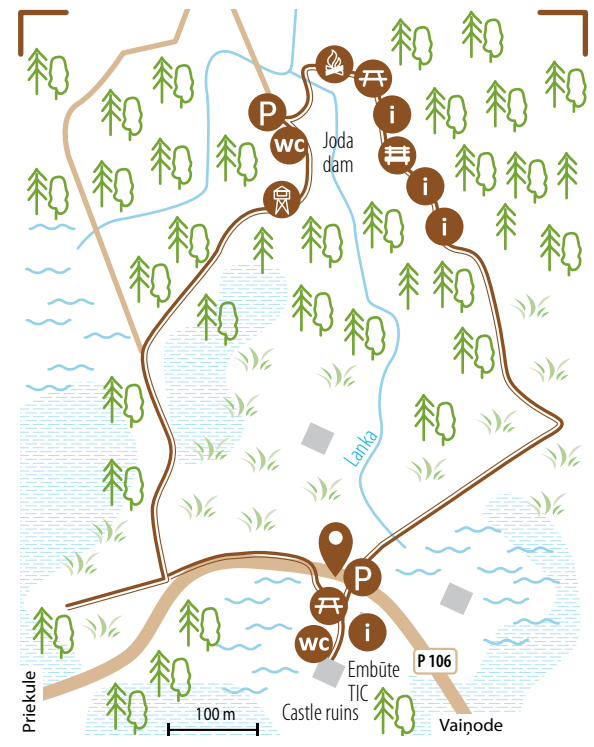
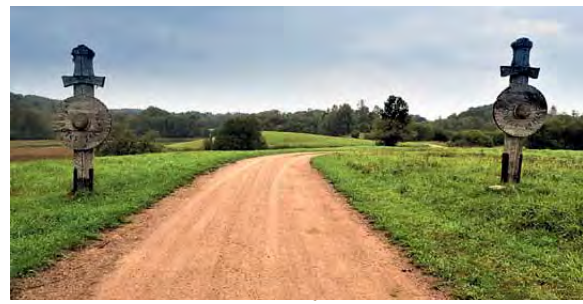
Path, stairs

by car  
 by bus  
Follow the road P106 till the centre of Embūte (Embūte TIC). Start the trail with visiting the ruins of the castle and afterwards follow the sign to Joda dambis.



Embūte valley nature trail introduces with the Embūte valley, which was once an old settlement and sacral area. It is one of the most beautiful and mysterious sites in Kurzeme, surrounded by hills, several tens of meters high – Pavārkalns, Vēreskalns, Rādīņkalns, Embūte castle mound and Krievu hill. The valley stretches out for over 4 km. Since 1977 the nature park has been established here to protect the natural values – outstanding virgin ravines and slope forests. The valley is considered to be an old sacred place tied with legends and tales. Two stylized Curonian swords serve as the symbol of the entrance into the valley gates. The swords and shields are supposed to be left on each side of the road by the Curonian leader Indulis and his friend Pūdiķis to protect the road that goes towards the Embūte and Joda valleys. The swords create a mythical mood and still highlight the presence of the great Courts at Embūte valley. There are stairs, viewing platforms and a watching tower recently built on the way. The suggested starting point is at the Embūte Tourism Information Centre, where you can also leave the car at the parking lot. Hiking the trail, it is suggested to visit the ruins of the former Embūte Manor and German Knights Castle, ruins of Embūte Church, Curonian swords, the watching tower, Joda dam and valley, Joda foot stone, castle mound spring, the Curonian or Indulis' castle mound and mill pond locks. Due to a number of long and steep climbs the trail is not accessible to people with movement disorder and parents with baby-strollers. The trail might also be difficult to seniors.

### FACILITIES



Vainode County Municipality,  
T: +371 63451572,  
E: turisms@vainode.lv

Vainode

Vainode

**EMBŪTE TOURISM INFORMATION CENTRE**  
Embūte Manor, T: +371 26632134,  
E: embutes.tic@vainode.lv,  
[www.vainode.lv](http://www.vainode.lv)





RIGA 165 km  
SALDUS 45 km  
NĪGRANDE 7 km

# Kalni

## Nature Trail



**NĪGRANDE**  
Suggested starting point:  
Kanavišķi water locks (see brown  
direction sign to the trail)

**GPS** Lat: 56.45871 Lon: 22.11609



1 h

↔ 2,6 km

— Info stands with riddles

→|G Loop



Path, wooden boardwalk

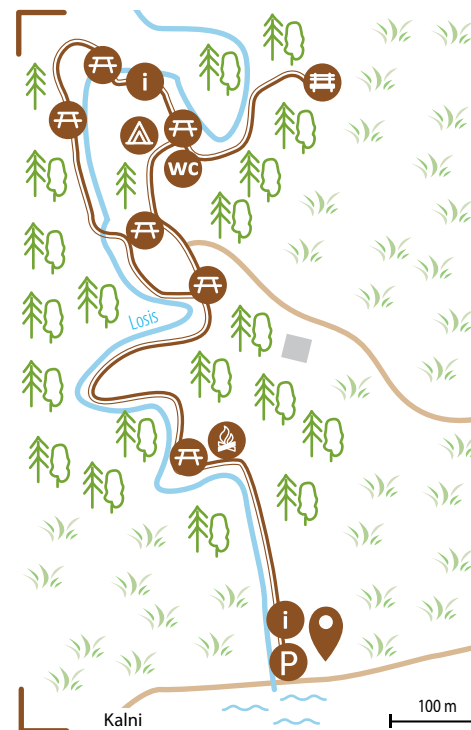
by car



Not advised in winter

Kalni nature trail stretches along the coast of River Losis – a nice, shallow, pebbly river. You will see a number of info stands with riddles, also helping to assure that you're on the right track, as well as information on interest objects – railway embankment once made for the transportation of brown coal, the blue clay bluff and the Airiši secular stone. There are also few resting areas, a fireplace site and a picnic shed. The trail is suitable for both, leisurely walk and hiking – there are some wooden boardwalks, stairs and two quite surprising small bridges, requiring some courage and concentration skills to cross them – but that is exactly what makes this trail special.

### FACILITIES



Nīgrande Parish Council,  
T: +371 63864239,  
E: nigrande@saldus.lv  
Land owner: Vineta Ignāte,  
T: +371 29341073

Kalni, Nīgrande

Ezere, Skrunda, Saldus

SALDUS TOURISM INFORMATION,  
CULTURE AND SPORTS CENTRE  
3 Striķu Street, Saldus,  
T: +371 63807443, E: tic@saldus.lv,  
www.turisms.saldus.lv





# Volzbahs

## Nature Trail and Trail to Lielbāta Spring



← RIGA 183 km  
VAINODE 2 km

**VAINODE**  
Suggested starting point:  
2 km from the centre of Vainode  
in the NW direction

**GPS** Volzbahs Nature Trail:  
Lat: **56.43446** Lon: **21.84496**  
Trail to Lielbāta Spring:  
Lat: **56.44316** Lon: **21.85927**

**⌚** Volzbahs Nature Trail: 15 min  
Trail to Lielbāta Spring:  
15 min (one way)

**↔** Volzbahs Nature Trail: 0,6 km  
Trail to Lielbāta Spring: 0,6 km  
(one way)

**—** Not marked, but can easily  
follow the trail

**→** Volzbahs Trail: loop  
Trail to Lielbāta Spring: Out&back

**▲** ●○○○○ Trail to Lielbāta Spring  
●●○○○ Volzbahs Trail

**🌿** Volzbahs Trail: wooden  
boardwalk, stairs, path  
Trail to Lielbāta Spring:  
concrete pavement path

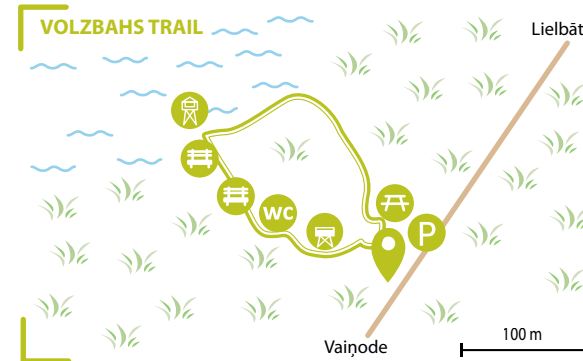
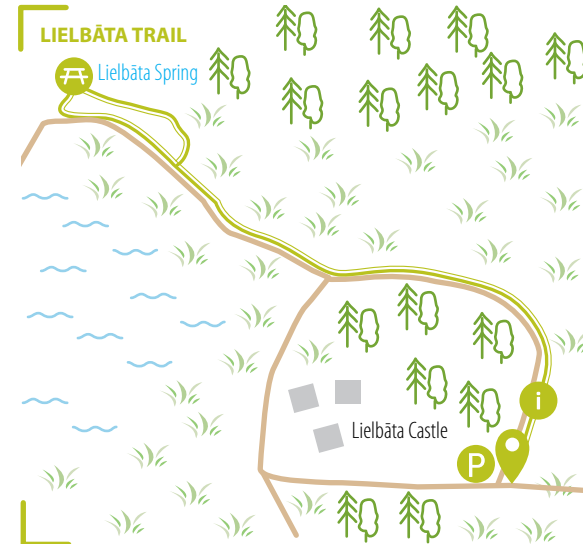
**🚗** by car



Volzbahs hill is a great place to rest – it offers both, a viewing platform on the top of the hill to enjoy the gorgeous scenery, as well as a cosy place for a picnic and magnificent views to take pictures. Recently, a nice 600 m long nature trail stretching around the hill, with stairs, wooden boardwalk and a viewing platform on the water has been installed here. In autumn, Volzbahs hill is one of the best places in Vainode area to enjoy the glorious autumn views. In winter season the area is suitable for skiing, snowboarding and sliding over the 130 m distance hill slope. The hill can be easily reached by car. A bit further on along the road, just over a kilometre from Volzbahs' hill, there is the spring of Lielbāta that will surprise everyone with its unusual clarity – it is the largest natural clear spring in Latvia and one of the few in northern Europe that produces biologically active and properly structured water from the bowels of the earth. For centuries, it has been attributed with its healing properties. Historical sources tell that a sanatorium was created here in 1923 at the Lielbāta Castle due to the naturally pure and healing environment in this area that lasts up to this day. The water temperature of Lielbāta spring is 6 degrees Celsius all year through, therefore in winter, at a heavy frost, the steam is rising up from the spring. As time went by, the source of water flow has become even stronger and with amazing power continues to supply us with its unique natural gift – pure and biologically active water. The car can be left at the start of the trail near the Lielbāta Castle. The walk to the spring and back will take 1,2 km. There is also a nice resting area at the spring.

### FACILITIES

Volzbahs Trail: **P** **A** **☕** **WC** **🍰** **🏂** Skiing track in winter  
Trail to Lielbāta Spring: **P** **A** **i**



**🚩** Volzbahs Trail: Association Volzbahs,  
T: +371 29391023,  
[www.facebook.com/BiedribaVolzbahs/](http://www.facebook.com/BiedribaVolzbahs/)  
Trail to Lielbāta Spring:  
Vainode County Municipality,  
T: +371 63451572,  
E: [turisms@vainode.lv](mailto:turisms@vainode.lv)

**🛒** Vainode

**📄** Vainode

**i** **VAINODE COUNTY MUNICIPALITY**  
23a Raiņa Street, Vainode,  
T: +371 63451572,  
E: [turisms@vainode.lv](mailto:turisms@vainode.lv),  
[www.vainode.lv](http://www.vainode.lv)







# Durbe Castle

## Mound Trail

Trail stretch till the end of Durbe Pond



← RIGA 191 km  
GROBIŅA 14 km

**DURBE**  
Suggested starting point:  
Durbe Museum

**GPS** Lat: 56.58979 Lon: 21.36563

0,5 h

1,8 km

Not marked, but can easily follow the trail

Loop

●○○○○

Wooden boardwalk, grants šķembu segums, Path

by car  
 by bus



The trail stretches along the Durbe castle mound and the Durbe pond. Here, in the 13th century, the Durbe Battle took place, in which the Samogitian and Curonian troops defeated the joint forces of the Livonian and German orders. Durbe Battle is considered to be one of the most impressive battles in the history of the Baltic nations. To commemorate the Samogitian victory over the crusaders, a memorial stone from Samogitia has been brought and installed at the Durbe castle mound on the 750th anniversary of the Durbe Battle. The ruins of the German Order Castle, built in the 14th century, can also be seen on the Durbe castle mound. The castle yard had once been surrounded by a high wall, the part of which is still standing on the south side. The castle served as an important object to guard the road from Prussia to Livonia and was destroyed 300 years ago. At the top of the mound, a viewing platform has been built allowing to enjoy the beautiful landscape of Durbe.

While in Durbe, it is also suggested to visit the recently built Bird watching tower on the coast of Lake Durbe (Lat: 56,59782; Lon: 21,34384). Audio information on the tower is available through the QR code below.

### FACILITIES



In summer season

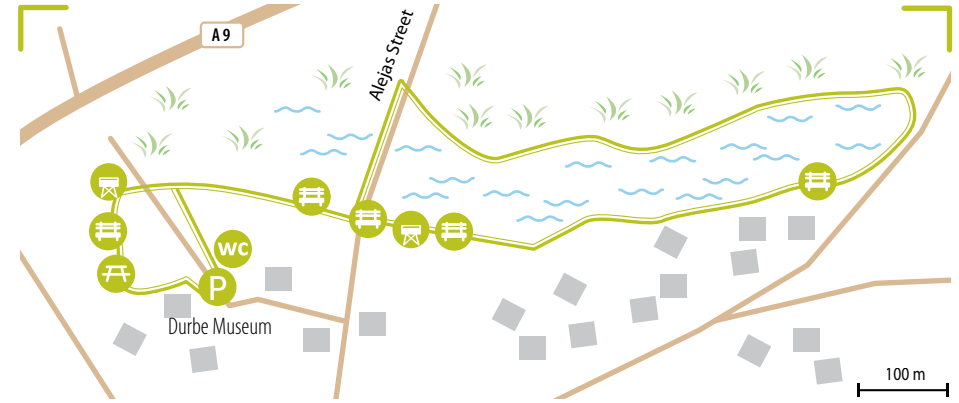


Photo: Normunds Kaprano



Durbe County Municipality,  
T: +371 63498097,  
E: dome@durbe.lv

Durbe

Durbe Parish

**DURBE MUSEUM**  
17 Raiņa Street, Durbe,  
T: +371 28677141,  
E: muzejs@durbe.lv,  
[www.visitdurbe.lv](http://www.visitdurbe.lv)





# Ālande River Park Trail



← RIGA 206 km  
LIEPĀJA 12 km

**GROBIŅA**  
Suggested starting point:  
Grobiņa Livonian Order Castle Ruins

**GPS** Lat: 56.53513 Lon: 21.16260

**1 h** (one way)

**2,6 km** (one way)

Not marked, but can easily follow the trail

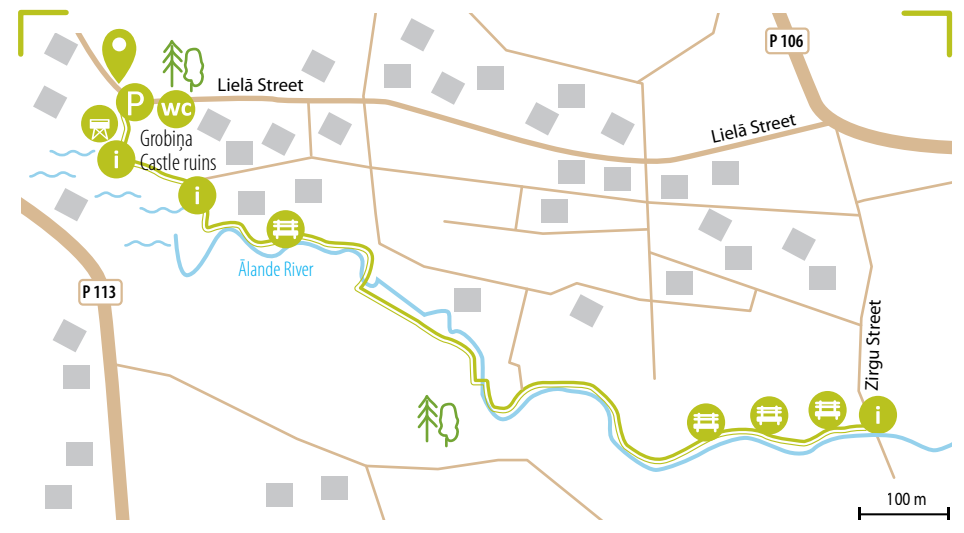
Out&back

Wooden boardwalk, gravel

by car  
by bus

The trail stretches along the circles of the Ālande River through the town of Grobiņa. There is a number of information stands along the route, each telling of the history of Grobiņa. On the way you shall see the Grobiņa castle mound, the old town and the ancient burial grounds. Grobiņa, once called as Seeburg (Sea castle or Lake castle), is the first inhabited locality in Latvia recorded in written sources. It has been inhabited already in the Stone Age and later – at the beginning of the 1st century AD – Grobiņa becomes the center of the Ancient West-Balts tribe Curonians. Up to the 9th century Grobiņa had been a vast, city-like settlement of Curonians and Vikings, well known in the world of that time. The park and the trail are suitable for walking, cycling, and is accessible for parents with baby-strollers and for people in wheelchairs with an assistant. You may also enjoy the Ālande River Park by boat.

### FACILITIES



Grobiņa County Municipality,  
T: +371 22024940,  
E: info@grobinasturisms.lv

Grobiņa

Grobiņa

**GROBIŅA COUNTY MUNICIPALITY**  
76 Lielā Street, Grobiņa,  
T: +371 22024940,  
E: info@grobinasturisms.lv,  
www.grobinasturisms.lv





# Lake Liepāja

## Horse Island Trail and Lake Liepāja Boardwalk



In addition at the Horse Island trail

← RIGA 217 km

**NATURE RESERVE: LAKE LIEPĀJA, LIEPĀJA**  
Suggested starting point for the Horse Island trail: Horse Island parking lot  
Suggested starting point for the Lake Liepāja boardwalk: East end of Lauku Street

**GPS** Horse Island trail:  
Lat: 56.51718 Lon: 21.03084  
Lake Liepāja boardwalk:  
Lat: 56.49449 Lon: 21.02443

Horse Island trail: 0,5 – 1 h (one way)  
Lake Liepāja boardwalk: 15 min (one way)

Horse Island trail: 2 km (one way)  
Lake Liepāja boardwalk: 0,5 km (one way)

Not marked, but can easily follow the trail. Direction signs at the start of the trails

Horse Island trail: Loop  
Lake Liepāja boardwalk: Out&back

●○○○○

Horse Island trail: wooden boardwalk, gravel road  
Lake Liepāja boardwalk: wooden boardwalk

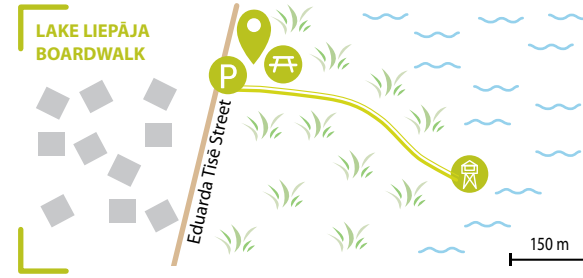
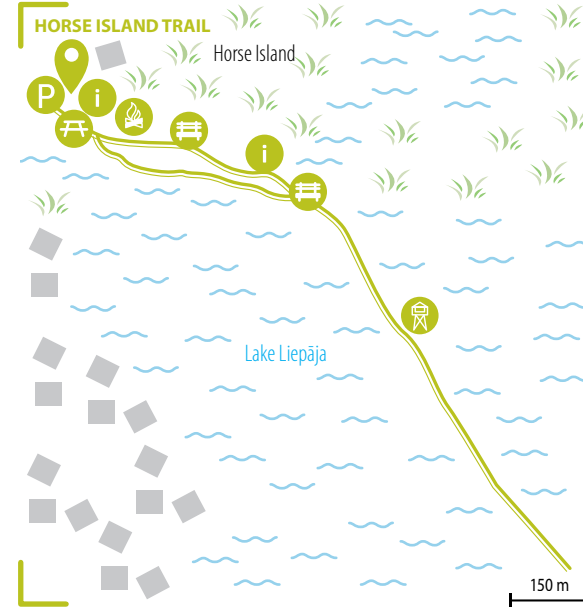
by car  
 by bus

Lake Liepāja Horse Island trail is a nice walking trail, with several pathways at the start, including a wide, good-quality wooden boardwalk along the coast with few viewing platforms. There are few outdoor gym devices and resting areas with picnic tables and fireplace sites along the boardwalk. At the end of the boardwalk, the path continues along a narrow dam, with a watching tower opening a nice view to the lake landscape and bird watching.

Lake Liepāja boardwalk is a wide, good quality wooden boardwalk through the lake reeds to the bird watching tower, which opens a great view to the lake and its surroundings.

Both boardwalks are accessible to people in wheelchairs and parents with baby-strollers. The towers, however, are not accessible. Movement on the dam stretch of the Horse Island trail may be hindered due to small stones on the pavement.

### FACILITIES



Lake Liepāja boardwalk



Horse Island trail



Horse Island trail



Horse Island trail



Horse Island trail

Liepāja City Council,  
T: +371 63404750,  
E: pasts@liepaja.lv

Liepāja

Liepāja

**LIEPĀJA REGION TOURISM INFORMATION OFFICE**  
5/6 Rožu Square, Liepāja,  
T: +371 29402111,  
E: info@liepaja.travel,  
[www.liepaja.travel](http://www.liepaja.travel)





# Liepāja Seaside Park



← RIGA 218 km

**LIEPĀJA**  
Suggested starting point:  
crossroad of Liepu and Peldu  
Streets

**GPS** Lat: 56.506298 Lon: 20.997178

1-1,5 h

Route may be adjusted as needed

Marked with direction signs

Loop



Gravel, brick paving, wooden  
boardwalk, asphalt

by car  
by bus



Liepāja Seaside Park is one of the biggest dendrological parks in Latvia with more than 140 local and foreign tree species. It is 3 km long and offers wide recreational and walking opportunities for whole family. There is a number of noteworthy interest objects in the Park – concert stage Pūt, vējiņil, the Swan Pond with fountains, a small island and bridges, the memorial site to Liepāja rock band Līvi – musical and illuminated environmental design object Spoku koks (Ghost tree), as well as the biggest drums in Latvia, reminding that Liepāja is the capitol of Latvian music. There is also the NBA basketball court in the Park constructed as a gift from the famous basketball player Kristaps Porziņģis, who was born in Liepāja. The Park is located on the sea coast with a wide beach area, which has got the Blue flag award certifying its good quality. It is also the first beach in Latvia, which is adapted for people with visual and movement impairment.

## FACILITIES



Liepāja City Council,  
T: +371 63404750,  
E: [pasts@liepaja.lv](mailto:pasts@liepaja.lv)

Liepāja

Liepāja

**LIEPĀJA REGION TOURISM  
INFORMATION OFFICE**  
5/6 Rožu Square, Liepāja,  
T: +371 29402111,  
E: [info@liepaja.travel](mailto:info@liepaja.travel),  
[www.liepaja.travel](http://www.liepaja.travel)





# Kalēti Forest Park Priediens

← RIGA 214 km  
PRIEKULE 19 km

**NATURE MONUMENT: KALĒTI FOREST PARK, KALĒTI PARISH**  
Suggested starting point:  
Kalēti Forest Park (Liepu Alley)

**GPS** Lat: 56.35929 Lon: 21.48929

1,5 h

Various distances, total length 5 km

Mushroom trail – yellow coloured wooden poles  
 Plant trail – green coloured wooden poles  
 Animal trail – red coloured wooden poles and white coloured wooden poles

Loop

●○○○○

Path

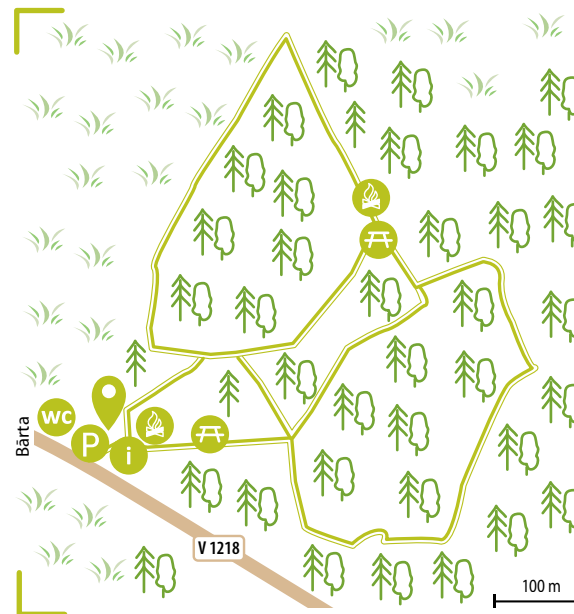
by car  
 by bus



Certain trail stretches

Kalēti Forest Park was once the manor's hunting garden where wild animals had been kept. It is the place where the red deer, imported from Germany in 1848, has spread from all over Latvia. These days, Kalēti Forest Park has become a place for discovering nature, school excursion and a leisure spot for families with children. There are 3 thematic nature trails – a mushroom trail, a plant trail and an animal trail, a number of interesting nature objects, as well as a small adventure park for children. Here you can stretch the legs on an obstacle track, walk around the thematic trails, study the various wooden figures along the trails and explore the diversity of plants and animals that can be met in the park. Some trail stretches are accessible to people with disabilities (with an assistant), incl. the blind, as the wooden figures can be touched by hand, thus offering an impression of plants and animals in the park.

## FACILITIES



Priekule County Municipality,  
T: +371 63461006,  
E: dome@priekulesnovads.lv

Priekule

Priekule

**RIEKULE COUNTY TOURISM INFORMATION POINT**  
T: +371 26423893,  
E: turisms@priekulesnovads.lv,  
[www.priekulesnovads.lv/turisms#menu-anchor](http://www.priekulesnovads.lv/turisms#menu-anchor)





← RIGA 199 km  
PRIEKULE 21 km

# Aizvīki Park



Certain trail stretches

**AIZVĪKI PARK, GRAMZDA PARISH**  
Suggested starting point:  
Aizvīki manor pub and parish house

**GPS** Lat: 56.334407 Lon: 21.724638

1 h - 1,5 h

4 km

Marked with special signs indicating the way to objects of interest

Loop and out&back



Path, forest road

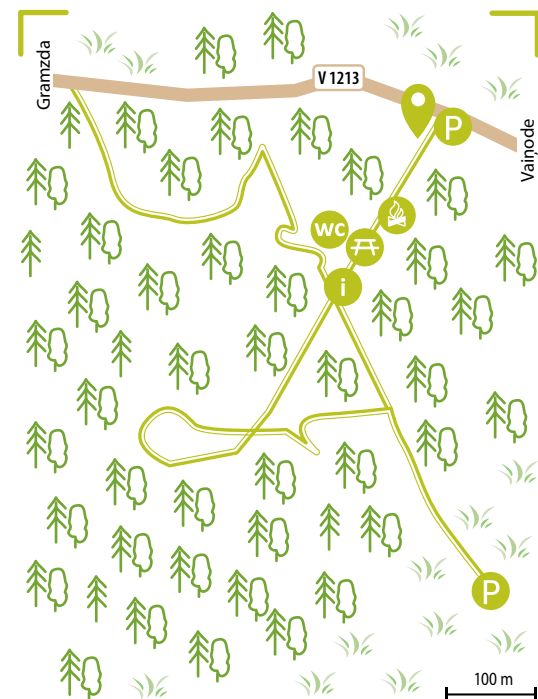
by car  
by bus



This is a peculiar forest park, woven with secrets and legends. It was formed in the end of the 19th century as the Aizvīki manor park, when the manor baron for Korf sowed the nearby hilly land with pine and spruce forest. Later the 40 ha large territory had been sowed with other trees and installed with walking paths and a pheasant garden.

In addition to the picturesque forest landscape, you will also find a number of characters from fairy tales and legends carved in wood, telling the visitors of the Aizvīki history and cultural heritage sites – the Dark Gutter, Footstone, Witch’s Punishment Site, Witch’s Puddle, Ghost Hill and the 18th century cemetery. There’s also a Green Class site at the Park for children to learn about the nature.

## FACILITIES



Association Aizvīki Park,  
T: +371 29186717,  
E: henrijskeruzis@inbox.lv

Priekule

Priekule

**PRIEKULE COUNTY TOURISM INFORMATION POINT**  
T: +371 29186717,  
E: turisms@priekulesnovads.lv,  
[www.priekulesnovads.lv/](http://www.priekulesnovads.lv/)  
turisms#menu-anchor





# Dunika Bog Trail



RIGA 242 km  
RUCAVA 24 km

## NATURE RESERVE DUNIKA, RUCAVA PARISH

Suggested starting point: start of the boardwalk on the north side  
Suggested end point: end of the boardwalk on the south side behind the Lukne Hornbeam stand

GPS Lat: 56.28120 Lon: 21.38282

1,5 h (one way)

5 km (one way)

Not marked, but can easily follow the trail

Point-to-point



Wooden boardwalk, path

by car  
Road Liepāja – Lithuanian border (A11), turn left to „Grobiņa 52“, 19,4 km, sign to bog trail at the right side of the road  
by bus



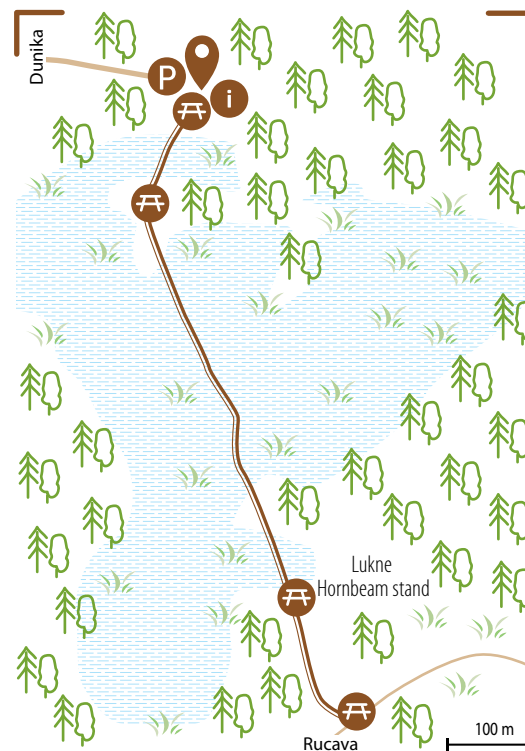
Wide gaps between planks – caution is advised

Dunika bog trail is one of the longest bog boardwalk trails in Europe – it is 5 km long, though point-to-point type, which means that you should either arrive with two cars, leaving one at the end of the trail, or hike the trail twice – out&back, hiking the total distance of 10 km and leisurely enjoying the fantastic bog atmosphere twice. The small pine-trees in the bog are in reality already more than 100 years old. The trail ends with the Lukne Hornbeam stand, which is also more than 100 years old and is the only one in Latvia. The boardwalk through the Hornbeam stands has just been renovated. Yet, there are some obstacles in the central part of the trail in the bog due to the poor condition of the boardwalk (broken, rotten planks), therefore some caution is advised. You may use the same route on your way back or take the gravel road which goes around the bog.

## FACILITIES



\* Also guided tours with bog shoes



JSC Latvia's State Forests,  
South Kurzeme Forestry,  
T: +371 29182907,  
E: lvm@lvm.lv

Rucava

Nica

RUCAVA TOURISM INFORMATION  
CENTRE  
T: +371 29134903,  
E: rucava.tic@inbox.lv,  
[www.rucava.lv/index.php/turisms](http://www.rucava.lv/index.php/turisms)  
Address:  
1.05. – 30.09. Pietura, Rucava  
1.10. – 30.04. Pagastmāja, Rucava





RIGA 263 km  
RUCAVA 9 km

# Trail of Ecological Processes



**NATURE PARK PAPE**  
Suggested starting point:  
Pape Canal in Pape Village

**GPS** Lat: 56.15066 Lon: 21.03089

3-4 h

9,6 km

Direction signs, yellow dots

Loop

●●●●

Path, gravel road, wooden boardwalk, forest road, seashore

by car till Pape Canal in Pape Village

by bus from Liepāja bus station till Rucava, then ~8 km till Pape Village by foot



The trail of ecological processes introduces travellers to the lower part of the Nature Park Pape through five eco-systems: lake, meadow, forest, marsh, dunes. There are several stops on the way – each of them telling about the development of the nature landscape influenced by different nature processes. The nature trail passes the Ķoņu village in the direction of Nida marsh, which is the only marsh in Latvia so close to the Baltic sea and is one of the most valuable marshes in Latvia. There's a wooden boardwalk that takes you to the viewing platform in the west side of the marsh to observe the area. Moving on, the trail turns to the sea and leads you back to Pape canal in the village of Pape along the incredibly white sea shore.

On your way, visit the fishermen yard Vītolnieki administered by the Latvian Open-air Museum, the Mikjāņi yard and the traditional buildings at Ķoņu village, which is one of the two Latvian fishermen villages that have managed to keep the authenticity of fishermen village construction until nowadays. In spring and autumn the trail stretch Ķoņciems village – Nida marsh may be wet.

## FACILITIES



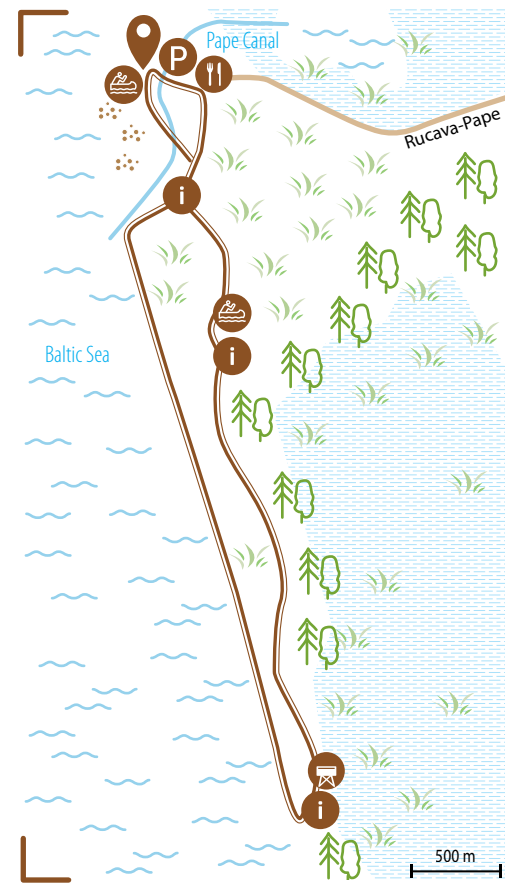
RENT RENT RENT RENT Fishery Dzintarvēji (in summer operates also as a tourism information point)

At the fishermen yard Vītolnieki

At Jauntīlībi in Ķoņciems village

At Mikjāņi yard in Ķoņciems village, which is a culturally historical object of interest and operates also as a tourism information point

In Nida marsh



The World Wide Fund for Nature,  
T: +371 67505640, E: info@pdf.lv

Rucava

Nica

### RUCAVA TOURISM INFORMATION CENTRE

T: +371 29134903,  
E: rucava.tic@inbox.lv,  
[www.rucava.lv/index.php/turisms](http://www.rucava.lv/index.php/turisms)  
Address:  
1.05. – 30.09. Pietura, Rucava  
1.10. – 30.04. Pagastmāja, Rucava

Information on Nature Park Pape and other objects of interest at the Park [www.pdf-pape.lv](http://www.pdf-pape.lv)







# Lake Pape Trail



← RIGA 263 km  
RUCAVA 9 km

**NATURE PARK PAPE**  
Suggested starting point:  
Pape Canal in Pape Village

**GPS** Lat: 56.15068 Lon: 21.03084

8-9 h

↔ Small loop: 32 km (just the trail)  
Long loop: 36 km (with visiting  
objects of interest)

→ Direction signs

→ Loop

●●●●○

Path, forest road, gravel road

by car  
Road Liepāja – Lithuanian border  
(A11), turn left to „Grobinā 52”,  
19,4 km, sign to bog trail at the right  
side of the road

by bus



The trail stretches around the entire Lake Pape. The lake itself is an overgrown lagoon-type lake with a saltwater vegetation. Very shallow, its average depth is just 0,5 m. A number of interest objects can be seen on the way: a bird watching tower, the bird ambush, the Paurupe River, the Līgupe River, beavers' dwelling, flood-land meadows, holy grove and Ezerskola sacrificial stone, Pape polder meadows, black alder, pine and spruce forests, ornithological station and Pape lighthouse.

The trail does not have direct access to the shore of the lake. Yet, some parts can be easily accessed by having a small sidetrack or with a guide while visiting the wild horses and Taurus cattle pasture, where quite a surreal lake view opens up.

The actual distance with visiting all objects of interest is ~36 km. Therefore appropriate, comfy footwear is advised to endure the long distance. Some trail stretches on the north and south side are wet in spring and autumn. Depending on the season, there might be lots of mosquitos and gadflies, therefore proper clothing and insect repellents are suggested.

Wild horses and Taurus cattle pasture – 4 EUR

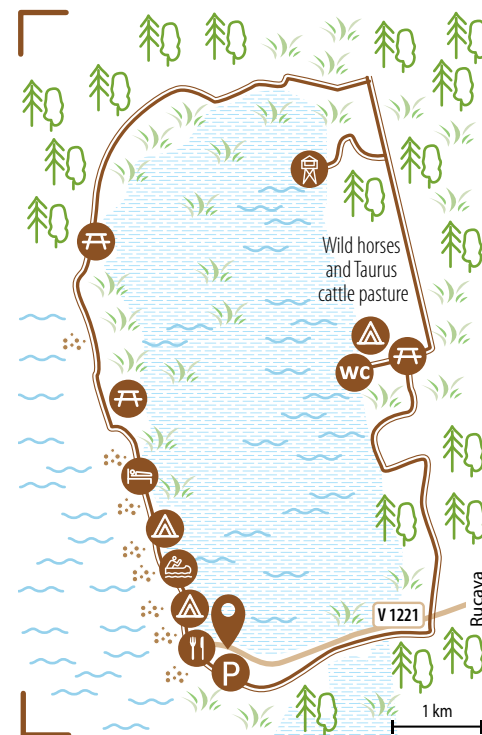
## FACILITIES



Bird ambush

RENT RENT  
Fishery Dzintarvēji (in summer operates  
also as a tourism information point)

At the wild horses and  
Taurus cattle pasture site



The World Wide Fund for Nature,  
T: +371 67505640, E: info@pdf.lv

Rucava

Nica

**RUCAVA TOURISM INFORMATION  
CENTRE**

T: +371 29134903,  
E: rucava.tic@inbox.lv,  
[www.rucava.lv/index.php/turisms](http://www.rucava.lv/index.php/turisms)  
Address:  
1.05. – 30.09. Pietura, Rucava  
1.10. – 30.04. Pagastmāja, Rucava

**NĪCA TOURISM INFORMATION  
CENTRE**, 6 Bārtas Street, Nica,  
T: +371 29458532,  
E: turisms@nica.lv, [www.nica.lv](http://www.nica.lv)

Information on Nature Park Pape  
and other objects of interest at the  
Park [www.pdf-pape.lv](http://www.pdf-pape.lv)





# Baltic Coastal Hiking Route



**FROM THE BORDER OF LATVIA – LITHUANIA (NIDA VILLAGE IN LATVIA) TILL PORT OF TALLINN**

**GPS** Lat: 56.06945 Lon: 21.06473

**60 days (one way)**

**1200 km (one way)**

Stickers in Bērziems living area and white-blue-white flag or arrows painted on trees/stones (Jūrtaka marking) Not marked along the seashore, but can easily follow the trail.

**Point-to-point**

one day stretch  
whole route

Seashore with sand, fine gravel, pebbles, seagrass meadows. Path, forest road. At villages – asphalt, gravel

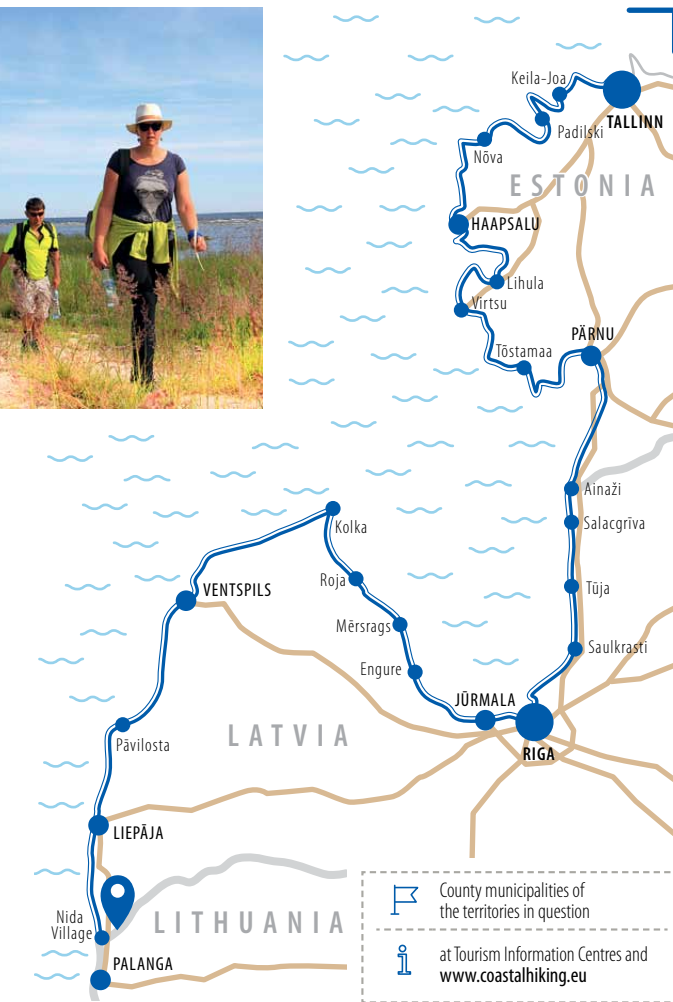
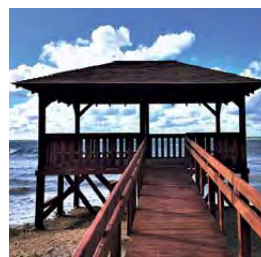
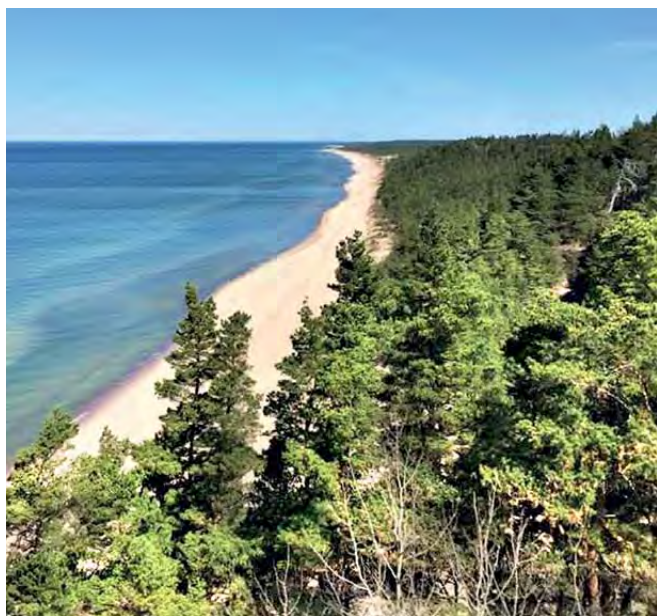
by car (starting the trail on the border of Latvia-Lithuania)

by car and bus (starting the trail in Tallinn)



The Baltic Coastal Hiking Route is part of the European long distance path E9, stretching from the border of Latvia-Lithuania up to Tallinn. It is more than 1200 km long and involves 60 separate sections of one day long walk. Jūrtaka is the name of the Baltic Coastal Hiking Route stretch in Latvia. It will take you from sandy beaches to rocky and pebbled shores. At times, it will lead you through seaside forests or bring you to fishing villages. As it reaches cities, the Jūrtaka Trail becomes almost unrecognisable, but once in Estonia, where it is called Ranniku matkarada, it continues winding through growths of juniper and coastal meadows. All along the route you will be accompanied by the sea, gulls, sun and wind, as well as the warm feeling that you are welcome everywhere you go. Just wish for it, and the Jūrtaka Trail will take you to the nearest place offering warm dinner and safe accommodation. You can start and stop your hike on the Jūrtaka Trail at any point, only to resume it whenever you feel like it. The Jūrtaka trail will always be there for you!

To find out more about the entire route visit – [www.coastalhiking.eu](http://www.coastalhiking.eu) or [www.facebook.com/estlathiking](https://www.facebook.com/estlathiking).



County municipalities of the territories in question  
at Tourism Information Centres and [www.coastalhiking.eu](http://www.coastalhiking.eu)





RIGA 230 km  
VILNIUS 320 km  
KLAIPĖDA 66 km

# Nature Path Through the Boulder of Šaukliai



Wooden boardwalk  
WC is not accessible

**SALANTAI REGIONAL PARK, ŠAUKLIAI VILLAGE, SKUODAS DISTRICT**

**GPS** Lat: 56.12609 Lon: 21.59004

**Time** 1-2 h

**Distance** 2,7 km

**Information stands and arrows**

**Loop**

**Difficulty** ●●○○○

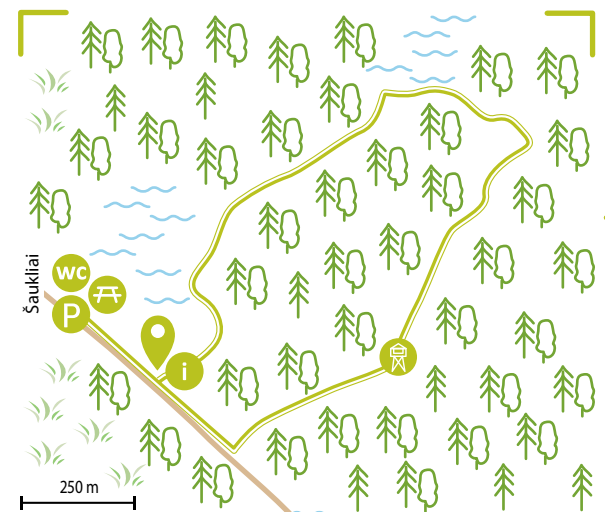
**Wooden boardwalk, path**

**by car**



The boulder of Šaukliai is distinguished by the unique tundra-like landscape, unusual in Lithuania. A nature path with an observation tower and information pointers introduces with the unique flora and fauna of this area. The boulder of Šaukliai is one of the largest boulders in Lithuania and is part of the Šaukliai Landscape Reserve. The Reserve spans a total area of 79 ha and was formed in the last glacial period. It is also known as the Lithuanian tundra, in which, in its primeval position, the rocks of 0,3-1 m or even 3 m in diameter are fairly evenly distributed. Very lush, high, reaching even 6 m, junipers of various forms grow between them, forming a full brushwood. Part of the boulder area is fenced, because of the mouflons band grazing there for nature management purposes. People in wheelchairs and parents with baby-strollers are suggested to contact the trail administrator in advance of the visit to access the trail because of the fence.

## FACILITIES



Salantai Regional Park Directorate,  
T: +370 445 58761,  
E: direkcija@salanturp.lt

Salantai, Mosedis

Salantai

**SKUODAS DISTRICT MUNICIPALITY**  
Vytauto Street, Skuodas,  
T: +370 440 73 935,  
www.skuodas.lt





# Mikytai

## Cognitive Walking Trail



← RIGA 200 km  
← VILNIUS 320 km  
← PLUNGĖ 41 km

**ŽEMAITIJA NATIONAL PARK (NORTHERN PART), SKUODAS DISTRICT**  
Suggested starting point:  
1 Alkakalnis Street, Mikytai Village, parking lot is located close to the trail

**GPS** Lat: 56.12722 Lon: 21.82533

0,5 h

1,2 km

Marked with direction signs

Loop

●●●○

Path

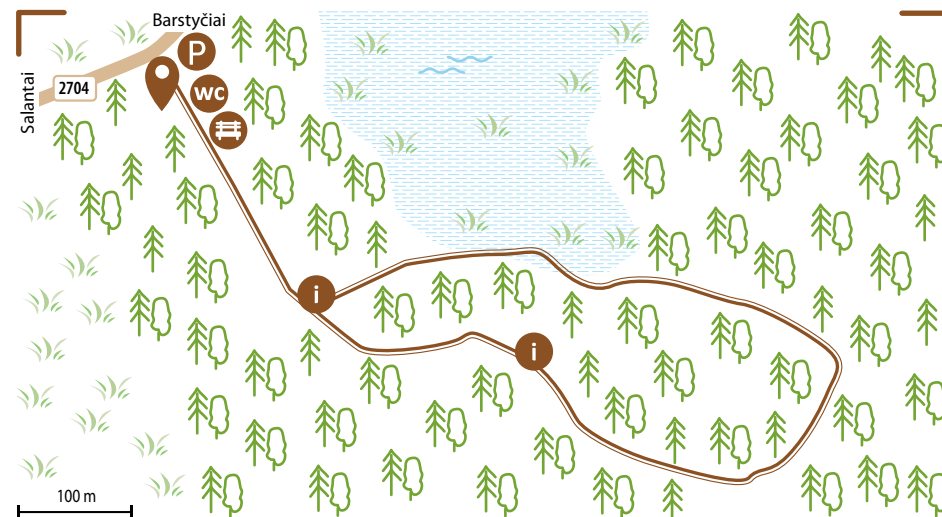
by car

From Plateliai to the northern part of Žemaitija Nat. Park along Zemaičių Kalvarijos Steet. At the roundabout turn to the right and drive along the main road to the crossroad with the sign – Zemaičių Kalvarija, then turn to the left. Drive straight to the first crossroad keeping right (gravel road) in the Barstyčiai direction (crossing Mačiūkiai, Jockiai villages). In the Mikytai Village follow the sign – Mikytų alkakalnis.



This trail provides the hikers with opportunities to explore the Mikytai Landscape Reserve. The reserve has been established to preserve and show to the visitors this mosaic hilly landscape that is characteristic of Žemaitija, featuring the entire complex of woods, fields, meadows, hills interspersed with small swamps and single farmsteads, archaeological finds, rare vegetation, habitats of rare species of plants, fungi and animals and natural hydrographic elements. Also, there are some valuable state protected archaeological finds. One of them – Mikytai Altar Hill. The height of the 1st millennium middle – 2nd millennium beginning Mikytai altar hill is 30 metres. According to legends, the Mikytai altar hill was erected by the Swedes; while in ancient times this was a place, where sacrifices used to be offered to gods. Moving down the Altar Hill, you will reach the Well of Prayers (Offerings), which is a funnel type pit about 2 m in diameter and up to 50 cm in depth, cobbled with small stones. According to the legend, sacrifices used to be offered here. Later, in order to save the sacrifices, the well had been hidden under the stones. Further on, there is a swamp on one side of the trail, but on the other side – a bumpy mythological stone with a “Devil’s Footprint” of 4.5x2.5x4 m in size: “a foot with the heel”. According to the legend, a devil destroyed the church that stood on the altar hill and pressed its foot into a stone when scurrying away. It is thought that this stone’s age is not less than 1,5 billion years. Due to a number of long and steep climbs the trail is not accessible to people with movement disorder and parents with baby-strollers. The trail might also be difficult to seniors.

### FACILITIES



Žemaitija National Park Directorate,  
T: +370 448 49231,  
E: info@zemaitijosnp.lt

Barstyčiai, Plateliai

Plateliai

ŽEMAITIJA NATIONAL PARK  
VISITOR CENTRE  
8 Didžioji Street, Plateliai,  
T: +370 448 49231;  
E: info@zemaitijosnp.lt,  
www.zemaitijosnp.lt





# Paplatelė

## Cognitive Walking Trail



RIGA 202 km  
VILNIUS 309 km  
PLUNGĖ 29 km

### ŽEMAITIJA NATIONAL PARK, PLUNGĖ DISTRICT

Suggested starting point:  
Parking lot near the trail in  
Paplatelė Village (close to the  
guest house Banga),  
11 Plokštinės Street

GPS Lat: 56.04684 Lon: 21.88582

⌚ 40 min

↔ 2,5 km

➡ Marked with direction signs

→🔄 Loop

🏠 ●●●●○

🚶 Path, asphalt

🚗 by car

Driving through Plateliai head northwards towards the main road Plungė-Mažeikiai, about 7 km. Turn right onto Plokštinės Street and drive straight until you see the sign – Pažintis takas (Cognitive Trail).

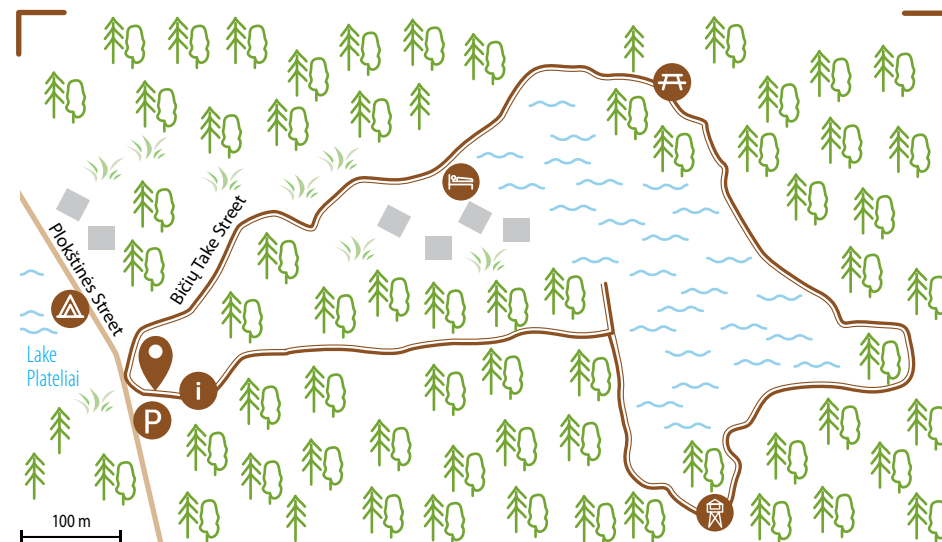
Driving along the main road Plungė-Mažeikiai, Plokštinės Street is 6 km away from the crossroads of Mažeikiai-Alsėdžiai-Plungė.



The trail is situated on the eastern shore of Lake Plateliai. It allows not just to see, but also to experience the hilly relief of Žemaitija National Park, which is immensely picturesque along the trail. Which means that due to a number of long and steep climbs the trail is not accessible to people with movement disorder and parents with baby-strollers. The trail might also be difficult to seniors.

The relief of Paplatelė neighbourhood was formed by the last glacial period 13-13,5 thousand years ago. The hills reach a height of 189 m above the sea level. This trail is the only one in the National Park where wooden sculptures, created following the motives of Lithuanian fairy tales, have survived from the 9th decade of the 20th century. Several sculptures are tailor made to meet the needs of agile children and those who seek active rest. The trail runs its first 300 m through the Woodland Key Habitat. This is a wooded area not affected by economic activity, or affected at the slightest extent, where one may come across to some endangered, vulnerable and protected rare species of plants, fungi and animals. The habitat existing here is attributed to the type of pine forests and mixed woods with single pines, with the area of 10,5 ha and century-old pines and spruces. The trail meanders along the Pond Sultekis, formed in the 8th decade of the 20th century, which is slowly becoming into a swamp. The watching tower nearby opens great view to the pond and the forest surrounding it. Here, you can see and listen to various birds – Honey buzzard *Pernis apivorus*, Marsh Harrier *Circus aeruginosus*, Common buzzard *Buteo buteo* and other. Also the protected Common spotted orchids *Dactylorhiza fuchsii* grow by the pond. In the woods you shall see anthills and paths trodden by various animals (moose, roe deer, wild boars), as well as hollows hammered by birds of woodpecker family.

### FACILITIES



🚩 Žemaitija National Park Directorate,  
T: +370 448 49231,  
E: info@zemaitijosnp.lt

🛒 Plateliai, Plungė

🚰 Plateliai, Plungė

📍 ŽEMAITIJA NATIONAL PARK  
VISITOR CENTRE  
8 Didžioji Street, Plateliai,  
T: +370 448 49231;  
E: info@zemaitijosnp.lt,  
[www.zemaitijosnp.lt](http://www.zemaitijosnp.lt)

🏰 COLD WAR MUSEUM  
4 Šilinės Street, Plokščiai Village





RIGA 208 km  
VILNIUS 303 km  
PLUNGĖ 25 km

# Plateliai and surroundings



## ŽEMAITIJA NATIONAL PARK, PLATELIAI

Suggested starting point:  
Visitor Centre  
(8 Didžioji Street, Plateliai)

GPS Lat: 56.04229 Lon: 21.81529

1-2 h (one way)

4 km (one way)

No specific marking, but there are informational boards and direction signs close to objects of interest

Point-to-point



Brick paving, asphalt, gravel, stairs

by car  
by public transport from Plungė



\* Traditional Craft Centre and 1st floor of the Visitor Centre. Shrove Tuesday Exposition is partly adapted. The trail stretch to Siberija watching tower and the tower itself are not accessible.



66

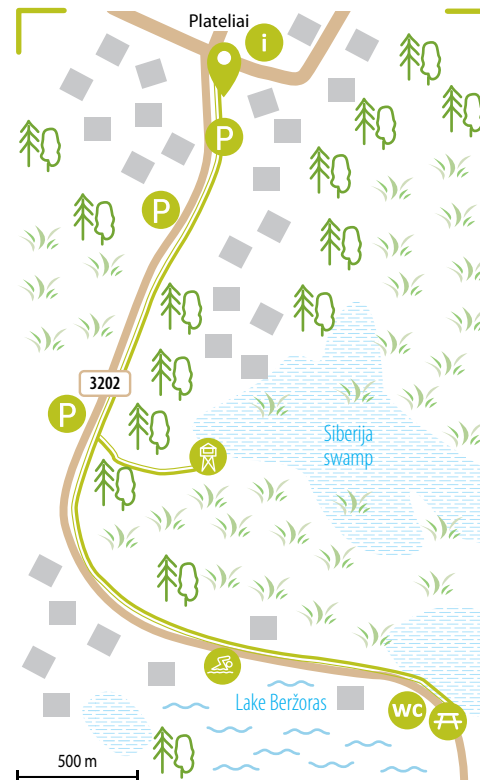
Suggested starting point is at the Visitor Centre in Plateliai, where tourists can visit the exposition – Mysteries of Žemaitija land, as well as find information about Žemaitija National Park and buy maps with the different trail routes.

The trail offers to walk around Plateliai and Beržoras Ethnocultural Village. Both settlements are known for their old and rich history. Heading south from the Visitor Centre you can visit the exposition of Žemaitija National Park at Plateliai Manor Barn, as well as the Shrove Tuesday Exposition at Plateliai Manor Stable, which is the only one in Lithuania where more than 300 traditional Shrove Tuesday masks are presented. Continuing the way along the bike-pedestrian path passing the Siberija Thelmological Reserve the route leads to Beržoras Village. Walking around the village you can see 14 chapels of the Cross Way and visit St. Stanislovas Church built in 1746. Here you can also find the nature heritage object – Birškus beech, enjoy panoramic views of Beržoras Lake and relax at Beržoras recreation site with a parking lot, WC and swimming, picnic and children playground sites on the coast. You can return by the same route and visit some more points of interest on your way back: Siberija watching tower (15 m high), Traditional Craft Centre in the cellar of Plateliai Manor, Plateliai Manor Park and St. Peter and Paul church. Siberija watching tower offers to enjoy the panoramic views of Plateliai Lake and Siberija Thelmological Reserve. At the Traditional Craft Centre, also adapted for people in wheelchairs, you can take part at various traditional educational crafts' programmes. At the Manor Park it is recommended to visit the thickest Lithuanian ash – Witch's ash, see the ruins of the manor or walk along the cognitive trail for kids.

\* Open I-XII; 24/7; except the Visitor Centre, expositions and the Traditional Craft Centre.

PRICING only for expositions and educational programmes.

### FACILITIES



Žemaitija National Park Directorate,  
T: +370 448 49231,  
E: info@zemaitijosnp.lt

Plateliai, Plungė

Plateliai, Plungė

ŽEMAITIJA NATIONAL PARK  
VISITOR CENTRE  
8 Didžioji Street, Plateliai,  
T: +370 448 49231;  
E: info@zemaitijosnp.lt,  
www.zemaitijosnp.lt

ŽEMAITIJA NATIONAL PARK AND  
SHROVE TUESDAY EXPOSITIONS  
22 Didžioji Street, Plateliai,  
T: +370 65907918

TRADITIONAL CRAFT CENTRE  
19 Didžioji Street, Plateliai



# Šeirė

## Cognitive Walking Trail



← RIGA 208 km  
← VILNIUS 304 km  
← PLUNGĖ 25 km

### ŽEMAITIJA NATIONAL PARK, PLATELIAI

Suggested starting point:  
Visitor Centre  
(8 Didžioji Street, Plateliai)

**GPS** Lat: 56.04841 Lon: 21.82736

2 – 2,5 h

7 km

Marked with direction signs

Loop

●●○○○

Path, gravel, asphalt

by car  
Through Plateliai to Ežero Street



The trail which is located in the Plateliai Landscape Reserve offers to explore the relief characteristic to this region, Šeirė forest, the Gaudupis Bog, Lake Piktežeris and Lake Plateliai, as well as various species of plants, fungi and animals, including protected. The infrastructure installed along will assist in acquainting with the environment through seeing, smelling, hearing, touching, moving and thinking. Gaudupis is one of the largest swamps in the National Park. 8 species included in the Red List of Lithuania have been found here: Fen Orchid *Liparis loeselii*, Bog Orchid *Hammarbya Paludosa*, Butterwort *Pinguicula* and others, as well as beavers, Meadow Pipits *Anthus pratensis* etc.

Lake Piktežeris is an example of a lake turning into a swamp. The eye of the lake still exists reaching up to 16 m in depth, while near the shore – only up to 7 m. The water is sour with slight content of oxygen. Only one fish species lives here – a perch.

A recently renovated viewing platform is available on the coast of Lake Plateliai. The platform is adapted for people with disabilities (visual impairment and movement disorders) and it opens a truly gorgeous panoramic view of the lake, Skarbas (Treasure) Hill known from the old tales and Kumelkaktė peninsula, which, it is thought, an ancient temple once stood on. The information stand on the platform allows to touch the shape of the lake as well as the shape of islands in it.

### FACILITIES



Visitor Centre in Plateliai



Žemaitija National Park Directorate,  
T: +370 448 49231,  
E: info@zemaitijosnp.lt

Plateliai, Plungė

Plateliai, Plungė

ŽEMAITIJA NATIONAL PARK  
VISITOR CENTRE  
8 Didžioji Street, Plateliai,  
T: +370 448 49231;  
E: info@zemaitijosnp.lt,  
www.zemaitijosnp.lt





RIGA 233 km  
VILNIUS 313 km  
KLAIPEDA 48 km

# Cognitive Path in the Forest of Šilpelkė or Dauginčiai



**SALANTAI REGIONAL PARK, ŠILPELKĖ FOREST, DAUGINČIŲ VILLAGĖ, KRETINGA DISTRICT**  
Suggested starting point: Dauginčių Maro Cemetery

**GPS** Lat: 55.95135 Lon: 21.53947

2 h

2,7 km

Information signs

Loop

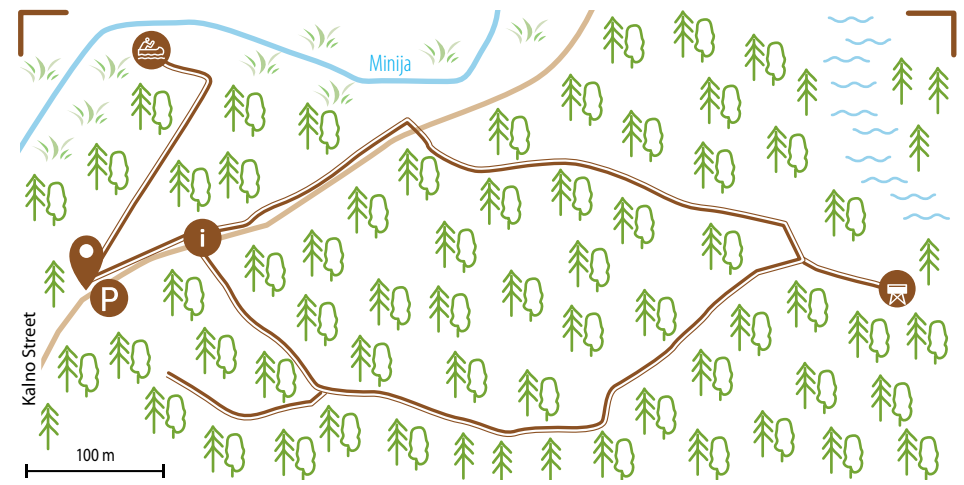
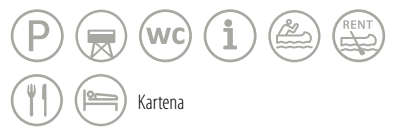
Gravel, forest path, stairs

by car



The path starts at the Dauginčių Maras graves, marked by a monumental cross and a couple of chapels. Along Pilalė – a base of mound called the Mėnulio (Moon) Hill, along the ground bastille, formed in the 16th-17th centuries, the path stretches up to the top of the slope and leads to one of the largest expositions of the coast of the Minija with a width of 44 m and a height of up to 22 m. It offers an amazing panorama of the winding river and old valley. The inhabitants of Kartena call this place the Switzerland of Lithuania. Next to the exposition, one of the northernmost Lithuanian hornbeam forest grows. Since most of the trail is covered with breakstone, as well as due to a number of long and steep climbs the trail is not accessible to people with movement disorder and parents with baby-strollers. The trail might also be difficult to seniors.

## FACILITIES



Salantai Regional Park Directorate,  
T: +370 445 58761,  
E: [direkcija@salanturp.lt](mailto:direkcija@salanturp.lt)

Kartena

Kartena

**KRETINGA DISTRICT TOURIST INFORMATION CENTRE**  
2B Vilniaus Street, Kretinga,  
T: +370 445 73 102,  
E: [tic@kretingosturizmas.info](mailto:tic@kretingosturizmas.info),  
[www.kretingosturizmas.info](http://www.kretingosturizmas.info),  
[www.minija.lt](http://www.minija.lt)







# Ecological Cognitive Path

## Litorina



RIGA 275 km  
VILNIUS 324 km  
KLAIPĖDA 14 km

### PAJŪRIO REGIONAL PARK, KLAIPĖDA

Suggested starting point:  
Olando kepturė, Karklė

GPS Lat: 55.79894 Lon: 21.06731

2 h

5,6 km

Information signs

Loop



Wooden boardwalk,  
seashore, path

by car  
by bus  
Public bus No 24 from Klaipėda  
city center

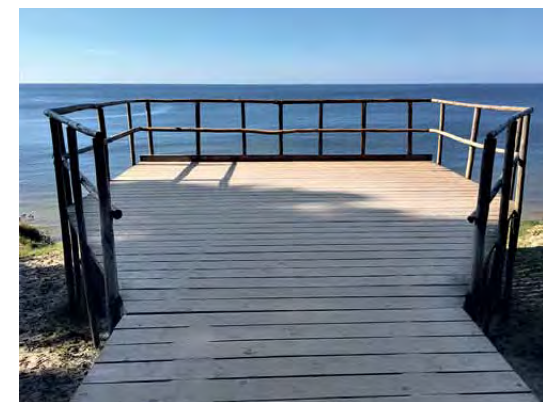
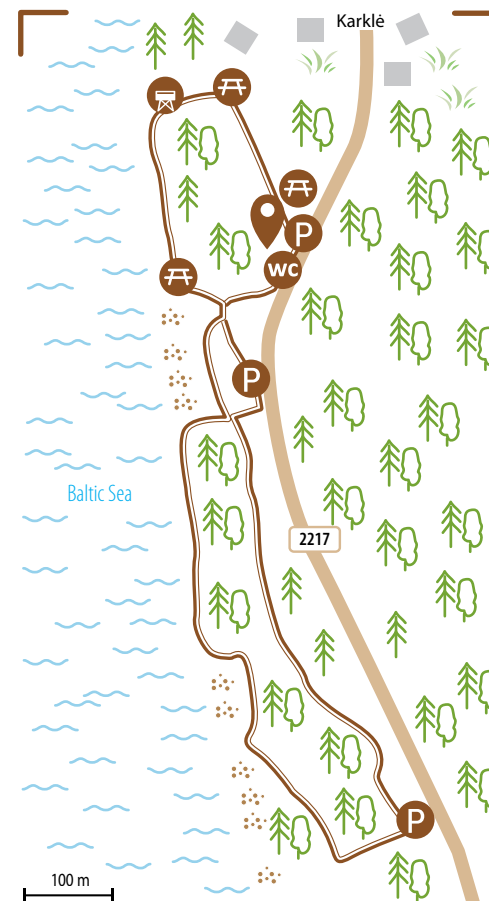


To the south and north from the Dutch Hat (Lith. *Olandų kepturė*) is the escarpment of an ancient Litorina sea shore, formed by the waves 5 – 7 thousand years ago. The relative height of this ancient slope (from the sea terraces below to the top of the morainic ridge above) is 8 – 21 m. Here there were deep springy caverns with short torrential brooks. At the end of the 19th century, landscaping the Giruliai seaside, a park for walks of Klaipėda inhabitants was created in these picturesque places. The Oaks, Beeches, Sycamore maples, other ornamental trees were planted. There is a nice viewing platform on the top of the slope opening an impressive view to the sea and the beach.

### FACILITIES



Giruliai and  
Karklė villages



Pajūrio Regional Park Visitor Centre,  
T: +370 46 412483,  
E: [direkcija@pajuris.info](mailto:direkcija@pajuris.info)  
Villa "Olandų kepturė – Žiogelis",  
T: +370 686 62915,  
E: [info@olandokepure.lt](mailto:info@olandokepure.lt)

Klaipėda

Kalotė, Klaipėda

KLAIPĖDA DISTRICT TOURIST  
INFORMATION CENTRE  
5 Kvietinių Street, Gargždai,  
T: +370 46 473 416,  
E: [info@klaipedosrajonas.lt](mailto:info@klaipedosrajonas.lt),  
[www.klaipedosrajonas.lt](http://www.klaipedosrajonas.lt)

PAJŪRIO REGIONAL PARK  
VISITOR CENTRE  
54 Placio Street, Karklė,  
T: +370 46 412483,  
E: [direkcija@pajuris.info](mailto:direkcija@pajuris.info),  
[www.pajuris.info](http://www.pajuris.info)





# Aukštumala

## Cognitive Trail



← RIGA 308 km  
 ← VILNIUS 293 km  
 ← KLAIPĖDA 49 km

### NEMUNO DELTA REGIONAL PARK, ŠILUTĖ DISTRICT

Suggested starting point:  
 on the road Šilutė – Kintai

**GPS** Lat: 55.38786 Lon: 21.35243

0,5 h (one way)

1,2 km (one way)

Direction signs and info boards

Out&back

●○○○○

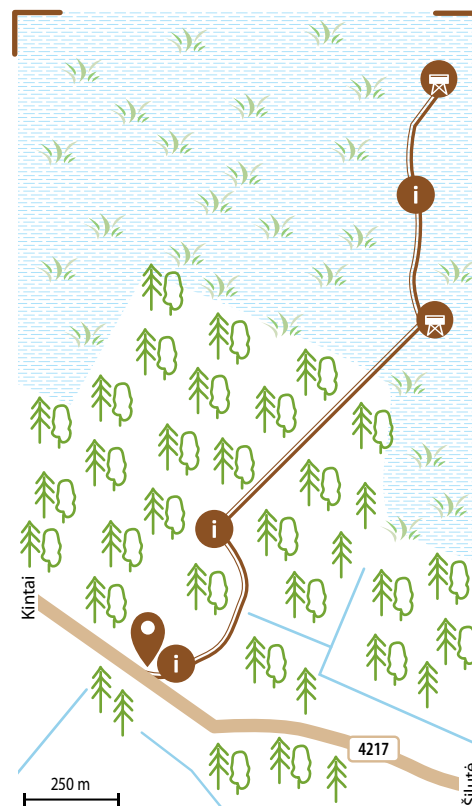
Wooden boardwalk, path

by car  
 —



It is one of the largest wetlands in Lithuania. Along with the nearby peatland, the marsh spans for over 2500 ha. In this trail, visitors have the opportunity to get acquainted with the marsh, its formation, rare herbs and animals, see the landscape. The path is waving on a former secret road under water, which was based on stones. In the 18th century this road connected several villages across the marsh. At that time there were almost 2000 inhabitants, who were growing potatoes and other vegetables and transported them to Eastern Prussia for sale, while others worked in peat turbaries. Nowadays, these villages do not exist anymore. Be careful when hiking the trail as the common adder (snake) lives in the marsh.

### FACILITIES



Nemuno Delta Regional Park  
 Directorate, T: +370 441 75050,  
 +370 441 58154,  
 E: info@nemunodelta.lt

Šilutė, Kintai

Šilutė

ŠILUTĖ TOURIST INFORMATION  
 CENTRE, 4 Lietuvininku Street, Šilutė,  
 T: +370 441 77785,  
 E: info@siluteinfo.lt,  
 www.siluteinfo.lt

**NEMUNO DELTA REGIONAL PARK  
 DIRECTORATE,**  
 13 Kuršmarių g., Rusnė,  
 T: +370 441 75050, +370 441 58154,  
 E: info@nemunodelta.lt,  
 www.nemunodelta.lt



# Tulkiaragė

## Cognitive Trail



RIGA 303 km  
VILNIUS 293 km  
KLAIPĖDA 61 km

**NEMUNO DELTOS REGIONAL PARK**  
Suggested starting point:  
near Lake Kroky Lankos

**GPS** Lat: 55.35644 Lon: 21.35374

0,5 h (one way)

1,7 km (one way)

Direction signs and info boards

Out&back

●●○○○

Path

by car  
—

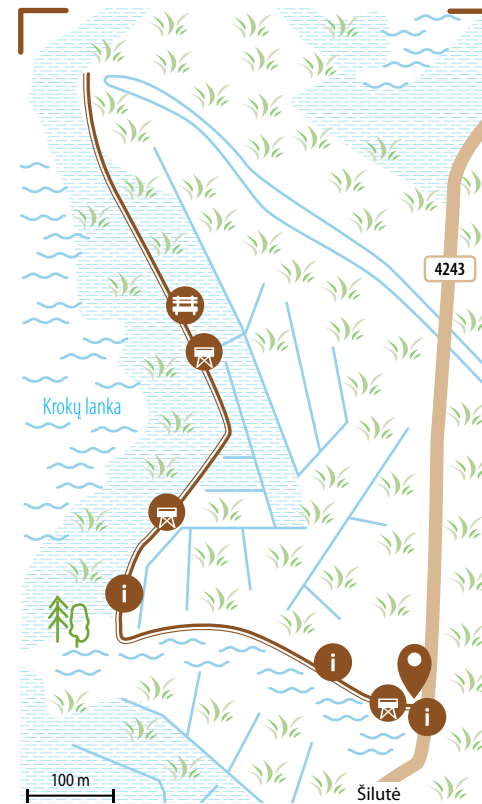


The Tulkiaragė Cognitive Path tells the unique story of Tulkiaragė, created by water and human. Since the formation of this area (approximately 400 years ago), the humans have settled there: they built bastilles, set up a polder, mowed and supervised the fertilized meadows.

The Aquatic Warbler – the largest in the world – has settled down here. This globally endangered bird has been painted on the restored pumping station that acts as a bird observation tower and a living school of nature.

Not only the station is original, but also the other structures at the path – you can listen to the Great Bittern while blowing into a glass bottle, look at the wood gnawed round by the beavers, fit the shoes used by swampmen in the peatbogs and test the special boots for horses. There are few small viewing platforms available to view the landscape, including a bench with unusually high legs, called the Dreamer's bench.

### FACILITIES



Nemuno Delta Regional Park  
Directorate, T: +370 441 75050,  
+370 441 58154,  
E: info@nemunodelta.lt

Šilutė

Šilutė

**ŠILUTĖ TOURIST INFORMATION CENTRE**, 4 Lietuvininku Street, Šilutė,  
T: +370 441 77785,  
E: info@siluteinfo.lt,  
[www.siluteinfo.lt](http://www.siluteinfo.lt)

**NEMUNO DELTA REGIONAL PARK DIRECTORATE**,  
13 Kuršmarių g., Rusnė,  
T: +370 441 75050, +370 441 58154,  
E: info@nemunodelta.lt,  
[www.nemunodelta.lt](http://www.nemunodelta.lt)





# Trail in *Kirkilai* Landscape Reserve



WC is not accessible

RIGA 95 km  
VILNIUS 205 km  
BIRŽAI 8 km

**BIRŽAI REGIONAL PARK,  
KIRKILAI LANDSCAPE RESERVE**  
Suggested starting point:  
Watching tower in Kirkilai  
Landscape Reserve

**GPS** Lat: 56.24849 Lon: 24.69088

20 min

0,8 km

Not marked, but can easily follow the trail

Loop

●●○○○

Path, wooden boardwalk, gravel

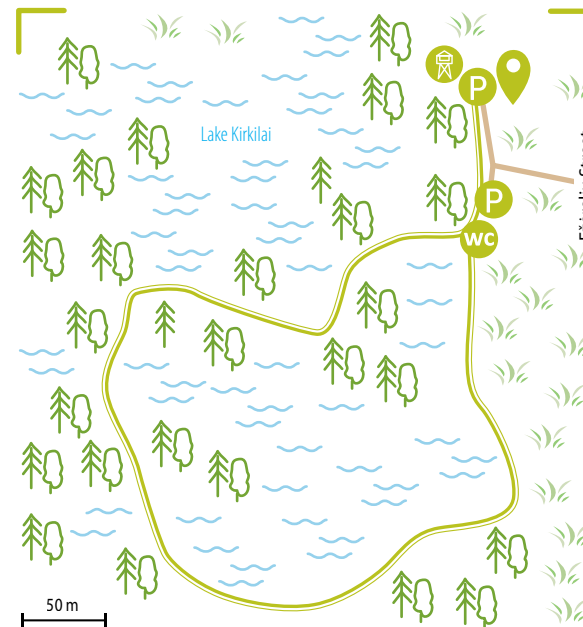
by car  
In Kirkilai Village turn to Ežerėlių Street and drive 1 km till the parking lot at Kirkilai Karstic Lakes and the watching tower



The trail offers to see the Kirkilai lakes and the unusual landscape of this area. This area is affected by karst processes. Here, and throughout all the karst area, gypsum layers melt and form the underground voids. Earth surface layer above them then falls in, turning into different size and shape karst ravines. They are commonly referred to as sinkholes, subsidence, slumps. Karst processes change the surface, deforms it and creates a unique landscape. When water fulfils the sinkholes, they become the karst origin lakes.

The largest karst lake in Lithuania is the Kirkilai or Long lake, it spans for 3,9 ha. The lake consists of 25 water sinkholes, merged among each other. The maximum depth of the lake is 6,3 m, the maximum width – about 120 m and the length – 410 m. During the dry period lake water level decreases. Then some of the lake forming sinkholes turn into separate lakes, which merge again after rainier season or year. The karst lakes are particularly attractive due to winding shores, picturesque peninsulas, isthmuses, lay-bys and islands. Kirkilai lakes are the unique landscape element, being the only one of this kind in the Baltic states. Due to the particular hydrological and hydrochemical conditions of those lakes fauna and flora is very distinctive here. There are 46 species of zooplankton found in karst lakes. The water is rich with sulphate-reducing sulphur bacteria, which purple stocks can sometimes be seen with a naked eye. Due to this, the lakes are included in the European Union Ecological Network of Protected Areas Natura 2000.

## FACILITIES



Biržai Regional Park Directorate,  
T: +370 687 58343,  
+370 608 51598,  
E: info@birzuparkas.lt

Biržai

Biržai, Valantiškis

**BIRŽAI REGIONAL PARK  
VISITOR CENTRE**  
10 Rotušės Street, Biržai,  
T: +370 687 58343,  
+370 608 51598,  
E: info@birzuparkas.lt,  
[www.birzuparkas.lt](http://www.birzuparkas.lt)

**BIRŽAI TOURISM  
INFORMATION CENTRE**  
2 J. Janonio Street, Biržai,  
T: +370 686 73742,  
E: info@visitbirzai.lt,  
[www.visitbirzai.lt](http://www.visitbirzai.lt)





# Trail in Karajimiškis Landscape Reserve



RIGA 101 km  
VILNIUS 199 km  
BIRŽAI 5 km

## BIRŽAI REGIONAL PARK, KARAJIMIŠKIS LANDSCAPE RESERVE

Suggested starting point:  
parking lot at the Cow's Cave

**GPS** Lat: 56.20586 Lon: 24.69287

40 min

1,8 km

Road signs

Loop

Gravel, asphalt, wooden boardwalk, path

by car  
Drive along the road No. 125 (Raubonyšs-Biržai), 4 km from/till Biržai take the direction of Cow's Cave (road sign), then drive along the gravel road for 1 km and turn right to the parking lot at the Cow's Cave or Drive along the road No. 1303 (Biržai-Saločiai), 4 km from/till Biržai take the direction of Cow's Cave (road sign), then drive along the asphalt road for 400 m and turn left to the parking lot at the Cow's Cave.

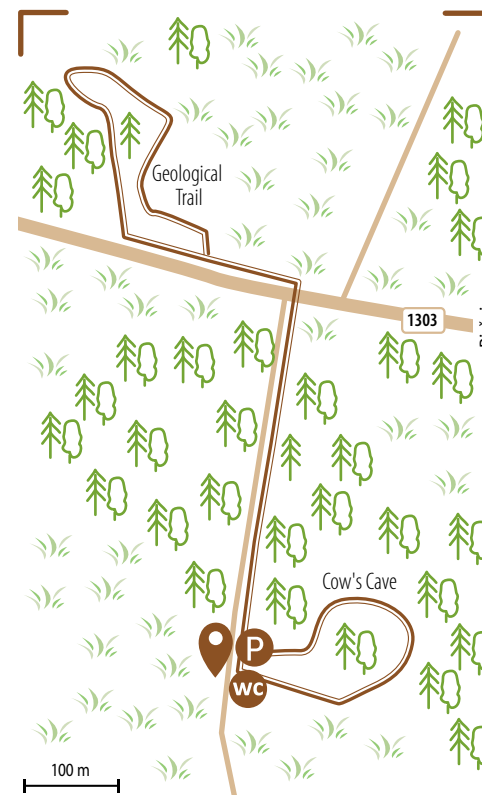
—



The first stretch of the trail leads to the most famous karstic sinkhole in Biržai Regional Park, the nature monument – Cow's Cave. Cow's cave is one of the best-preserved shallow-type sinkholes. In 1964 it was declared a natural monument. Legend says, that a maid of the nearby former Mantagailiškis manor was on her way to milk the cows when she heard the cry of her baby. She threw the buckets away and ran to calm the crying baby. When later she returned, she saw a huge hole and a chain next to it. Since then this place is called the Cow's Cave. It is a funnel-shaped, almost round sinkhole. According to speleologists, it appeared around 200 years ago. It is 10–12 m in diameter and around 12.6 m deep. There is an opening at the bottom of the sinkhole. The temperature there is about +5 °C. The sinkhole has five caverns (Wet Cave, Narrow Hole, Bat Hole, Frog Cave with a 1,5 m deep underground lake and Glossy cave). The Cow's Cave is still actively developing. Its parameters, the length of holes, the form of sinkhole and other cavities are changing.

After visiting the Cow's Cave the trail waves loop-type back to the parking lot, where, along the trail, you can find several other sinkholes. From the parking lot the trail continues along the road to the right, where you shall spot the road sign to Geologinis takas (Geological trail). It is a 0,7 km long loop-type trail, opened in 2012. The trail starts at the Geologist's Pit. The Pit occurred on 22 April 2003, shortly before the celebration of the Geologists' Day in Lithuania, that's where it got its name from. On the way you will see the Fox Cave and the Badger Cave, both having their names because of the animals once living there. Further the trail goes to Devonian rocks exposure in old sinkholes, and returns back to the Geologists' Pit.

### FACILITIES



Biržai Regional Park Directorate,  
T: +370 687 58343, +370 608 51598,  
E: info@birzuparkas.lt

Biržai

Biržai, Valantiškis

**BIRŽAI REGIONAL PARK  
VISITOR CENTRE**  
10 Rotušės Street, Biržai,  
T: +370 687 58343,  
+370 608 51598,  
E: info@birzuparkas.lt,  
[www.birzuparkas.lt](http://www.birzuparkas.lt)

**BIRŽAI TOURISM INFORMATION  
CENTRE**, 2 J. Janonio Street, Biržai,  
T: +370 686 73742,  
E: info@visitbirzai.lt,  
[www.visitbirzai.lt](http://www.visitbirzai.lt)





← RIGA 101 km  
← VILNIUS 202 km

# Trail to Biržai Swardonė Spring



**BIRŽAI REGIONAL PARK, BIRŽAI**  
Suggested starting point:  
Biržai Regional Park Visitor Centre,  
10 Rotušės Street, Biržai

**GPS** Lat: 56.20241 Lon: 24.75562

**⌚** 3 – 3,5 h (one way by foot)  
1 h (one way by bicycle)

**↔** 9,6 km (one way)

**==** Marked with road signs

**→** Point-to-point

**▲ ● ○ ○ ○**

**🌳** Concrete bricks, asphalt

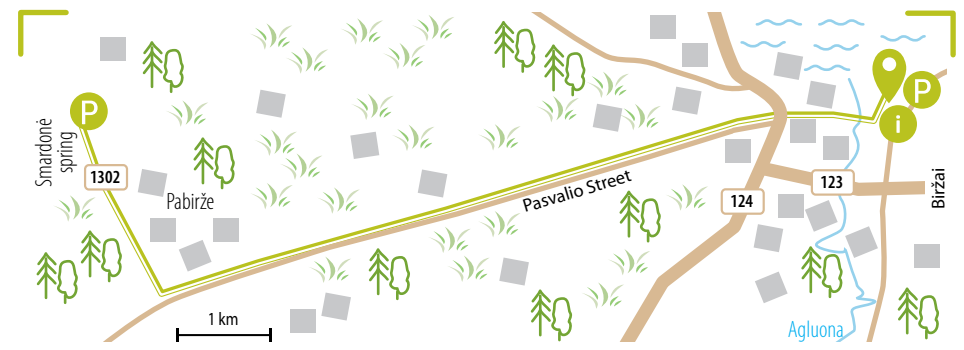
**🚗** by car  
**🚌** by bus



The trail starts at the Biržai Regional Park Visitor Centre. The route goes along the recently reconstructed sidewalk-bicycle path in Biržai town, then on a bicycle and pedestrian trail next to road No. 125 (Biržai-Raubonys) until Pabiržė, where continues along the sidewalk-bicycle path (Holy Trinity Church on the left), then crosses the road to the right in the direction of Likėnai and continues on a sidewalk, crossing the road near the school and continues on a pedestrian and bicycle path until Likėnai Village, reaching the Likėnai Park and Swardonė Spring.

The largest diameter of the spring's hollow is 18,3 m. Spring flow is not constant, varying from 130 to 540 l/s, and during a very dry year may be equal to zero. Since water comes from karst Tatula' rocks, it has got bitter taste and emits hydrogen sulfide gas odour. Water total mineralization reaches almost 1,9 g/l. The healing properties of the water from Swardonė spring were first mentioned in 1587, in a handwritten document, which is currently stored in the Central Archive in Vilnius. This is an old known karst origin spring, which became a hydrogeology monument in 1985. Because of the consistence of sulphur in water it was not suitable for cooking and laundry, therefore people discovered its healing properties. Water for the treatment is used already since the 16th century. The chemical composition of water and suitability for medical purposes had been analysed many times: the first analysis of water's chemical composition was made in 1816 by at this time well-known physicist, chemist T. Grotthuss. Later the chemical consistence of the mineral water was studied by other famous scientists as well, however, currently only the hydrogen sulphide rich peat is used for treatment with mud baths.

## FACILITIES



**🚩** Biržai District Municipality Administration, T: +370 686 73742, E: info@visitbirzai.lt

**🛒** Biržai

**🚰** Biržai, Valantiškis

**📍** **BIRŽAI REGIONAL PARK VISITOR CENTRE**  
10 Rotušės Street, Biržai,  
T: +370 687 58343,  
+370 608 51598,  
E: info@birzuparkas.lt,  
[www.birzuparkas.lt](http://www.birzuparkas.lt)

**BIRŽAI TOURISM INFORMATION CENTRE**, 2 J. Janonio Street, Biržai,  
T: +370 686 73742,  
E: info@visitbirzai.lt,  
[www.visitbirzai.lt](http://www.visitbirzai.lt)





# Biržai Town

## Pedestrian and Bicycle Trail



← RIGA 101 km  
← VILNIUS 202 km

**BIRŽAI REGIONAL PARK, BIRŽAI**  
Suggested starting point: bridge over the River Agluona in Kėstučio Street, Biržai

**GPS** Lat: 56.20173 Lon: 24.75408

1,5 h (one way)

3 km (one way)

Marked with road signs

Point-to-point

●●○○○

Brick paving, wooden boardwalk, asphalt, gravel

by car  
by bus



In spring and autumn part of the path may be flooded.

This newly built, modern bicycle and pedestrian path is located on the south side shore of Širvėna Lake in Biržai town. It connects Kėstutis and J. Basanavičius streets and runs parallel to J. Bielinis street. The trail is adapted for disabled people and there are lots of bicycle racks, benches, recycle bins and information signs on the way, along with the outdoor lighting at the resting areas. The trail introduces to the most important culture monuments in Biržai – bank's building complex built in 1934, fountains, Biržai castle (fortress) complex built in the 16th century and restored in the second half of the 20th century, now public library and Biržai region museum Sėla ([www.birzumuziejus.lt](http://www.birzumuziejus.lt)) are located in it, the evangelical reformat church built in 1874 according to Riga architect's Heinrich Schell project (evangelical reformats settled in town when Radziwiłł family was ruling). Further on, the trail continues along Lake Širvėna. It is the oldest artificial 400 ha area water body in Lithuania. It was formed in 1575, when Radvilos dammed two rivers flowing through Biržai – the Apašči and the Agluona, as a result of a construction of Biržai defensive fortress. Now the area of Lake Širvėna reaches about 325 ha and its average depth is 2,22 m. There are 15 islands in the lake. More than 80 bird species can be found in the lake reed.

The pedestrian bridge (525 m) connects the city with the Astravas Manor.

### FACILITIES



Biržai District Municipality Administration, T: +370 686 73742, E: [info@visitbirzai.lt](mailto:info@visitbirzai.lt)

Biržai

Biržai

**BIRŽAI REGIONAL PARK VISITOR CENTRE**  
10 Rotušės Street, Biržai,  
T: +370 687 58343,  
+370 608 51598,  
E: [info@birzuparkas.lt](mailto:info@birzuparkas.lt),  
[www.birzuparkas.lt](http://www.birzuparkas.lt)

**BIRŽAI TOURISM INFORMATION CENTRE**, 2 J. Janonio Street, Biržai,  
T: +370 686 73742,  
E: [info@visitbirzai.lt](mailto:info@visitbirzai.lt),  
[www.visitbirzai.lt](http://www.visitbirzai.lt)





# Šiliniškės

## Cognitive Trail



RIGA 245 km  
VILNIUS 111 km  
IGNALINA 20 km

### AUKŠTAITIJA NATIONAL PARK

Suggested starting point:  
Šiliniškės Observation Tower,  
Ginučiai Village

GPS Lat: 55.38102 Lon: 25.97555

4 h

10 km

Marked with direction signs and yellow dots on trees

Loop



Path, forest road

by car



Museum of Traditional Bee-Keeping



76

The trail represents the landscape of the Aukštaitija National Park and one of the most impressive terrain elements – the Šiliniškės Ridge. The path starts at the Šiliniškės Observation Tower, which is the first viewing platform in Lithuania installed on the mobile telecommunications tower – thereof its specific shape. The trail waves through the hills and foothills, through the forests and lakesides to the remote villages of Šiliniškės and Stripeikiai, which have preserved traditional architecture. Initially, the trail climbs up to the top of the ridge, then continues down to Lake Almajas, where you can refresh yourself on a hot day and return to the hill to enjoy the breath-taking view to cosy homesteads of Šiliniškės Village. To reach Stripeikiai, follow the path through the forest. In Stripeikiai, visit the Museum of Traditional Bee-keeping, which introduces with the history of beekeeping and offers to taste different sorts of honey. There is also a nice resting area at the Museum on the coast of the Tauragna River. From Stripeikiai, the route further on passes the beautiful Pakasas Mill and brings you back to Šiliniškės Village and the starting point of the trail.

### FACILITIES



Aukštaitija National Park and  
Labanoras Regional Park Directorate,  
T: +370 38647478,  
E: info@aparkai.lt

Palūšė, Ginučiai (summer time)

Ignalina

AUKŠTAITIJA NATIONAL PARK  
VISITOR CENTRE  
16 Lūšių Street, Palūšė,  
T: +370 38647478,  
E: info@aparkai.lt, www.aparkai.lt





# Biking

## through the Lakeside



RIGA 254 km  
VILNIUS 113 km  
IGNALINA 7 km

**AUKŠTAITIJA NATIONAL PARK**  
Suggested starting point:  
Aukštaitija National Park Visitor  
Centre, 16 Lūšių Street, Palūšė

**GPS** Lat: 55.32893 Lon: 26.10224

4 h (by bicycle)  
1 – 2 days (by foot)

45 km

Not marked

Loop



Asphalt, gravel road, forest road.  
At some stretches the forest roads  
are very sandy, therefore some  
caution is advised when driving  
by bicycle.

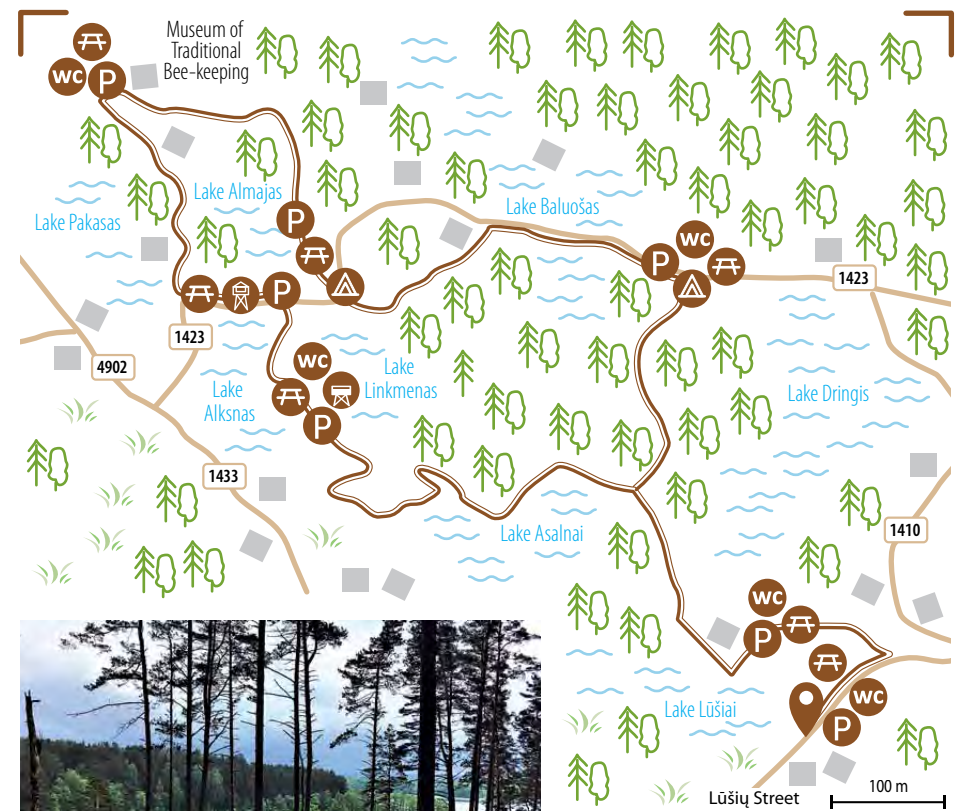
by car  
by bus  
by train (Ignalina)



The route curves along the forests and 6 lakes – Lūšiai, Asalnai, Baluošas, Almajas, Linkmenas and Alksnas. Aukštaitija National Park is the oldest park in Lithuania. Since the middle of the 20th century it is known as the water tourism Mecca because of its numerous lakes. There are plenty of spots on the way to stop for a short rest and admire nature, therefore even on a hot summer day you will not get tired.

The suggested starting point is at the Visitor Centre of Aukštaitija National Park, where visitors can get detailed information on the route and objects of interest. Before hitting the road, it is a must to visit the Palūšė wooden church nearby, which is one of the oldest wooden sanctuaries in Lithuania and has been built without using a single iron nail. Ride on the cycle path and asphalt road to the Meironys Village. At the end of the Village, the asphalt ends and the route continues along small gravel roads and forest roads. On the way it is worth visiting the beautiful Asalnai pine growing on the coast of Lake Asalnai, the oak tree and the castle mound at Puziniškis Village, as well as the Salos II Ethnographic Village. Climb up to the Ladakalnis hill, as the fantastic view from the top is definitely worth the effort. On your way, stop also at the 30 m high Šiliniškės observation tower, which has got quite a specific shape and is the first observation platform in Lithuania installed on the mobile telecommunications tower. There is a Traditional Bee-keeping Museum in Stripeikiai, which introduces with the bee-keeping history and offers to taste different sorts of honey. There are few nice resting areas on the way, both, at the Museum territory on the coast of the Tauragna River and at the Ginučiai Water Mill. Medžiukalnis Spring will sooth thirst before the final stretch back to Palūšė. The route is suggested for cyclists, though active hikers are welcome as well. The route avoids roads with a heavy traffic and therefore is safe enough even for beginners.

### FACILITIES



Aukštaitija National Park and  
Labanoras Regional Park Directorate,  
T: +370 38647478,  
E: info@aparkai.lt

Palūšė, Ginučiai (summer time)

Ignalina

**AUKŠTAITIJA NATIONAL PARK  
VISITOR CENTRE**  
16 Lūšių Street, Palūšė,  
T: +370 38647478,  
E: info@aparkai.lt,  
www.aparkai.lt





# Meironys Nature Trail

Skiing is possible along the coast of Lake Lūšiai



RIGA 254 km  
VILNIUS 114 km  
IGNALINA 6 km

**AUKŠTAITIJA NATIONAL PARK**  
Suggested starting point:  
Aukštaitija National Park Visitor Centre, 16 Lūšių Street, Palūšė

**GPS** Lat: 55.33182 Lon: 26.10571

**3 h**

Small loop: 2,5 km,  
Long loop: 5,3 km

Marked with directional signs, incl. on trees

Loop

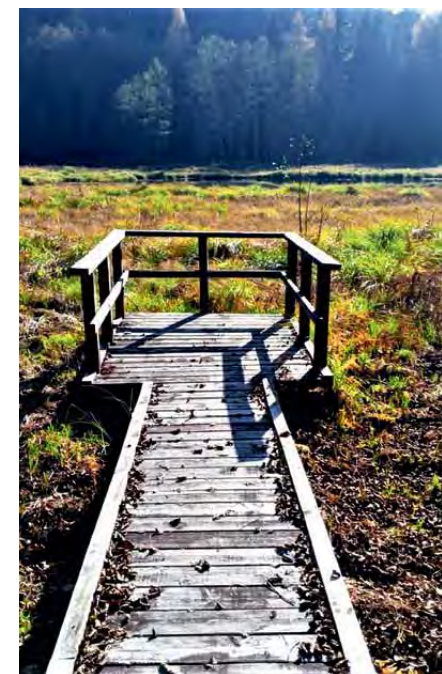
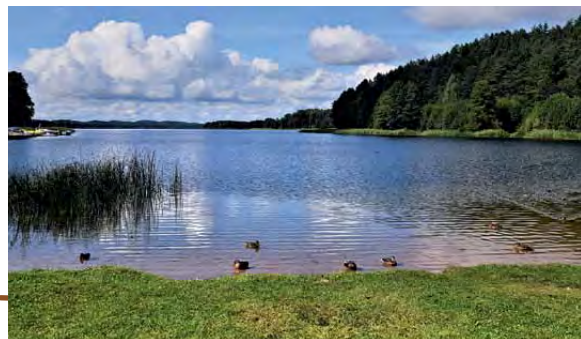
Path, wooden boardwalk

by car  
by bus  
by train (Ignalina)

In spring and autumn part of the path may be flooded.

Aukštaitija National Park Visitor Centre is suggested as the starting point of the route, where a brochure with detailed information on the route is available too. The long loop is ~5 km long and gives a fantastic opportunity to do the daily quota of steps while enjoying spectacular views of the Park along the way. Head right from the Visitor Centre towards Ignalina. At the end of the village, you will see the beach and a parking lot on the left side of the road. Cross the parking lot and go towards the forest. After crossing the bridge you will arrive at the first information board at the start of the trail. The trail winds up and down around the slopes and the foot of a hill. In the hollows, you can see small lakes, streams, wetlands, small natural meadows flowering on the lakesides and forest calmly murmuring around. From the floristic point of view, Aukštaitija National Park is one of the richest protected areas in Lithuania. In the middle of the trail, after passing few small wetland lakes, you will reach Lake Taramas that is mentioned in many stories about devils. Taraminis is, in fact, the name which local people used to call the devil. There are some information boards along the trail that will be of particular interest to children to find about local nature in a cheerful way. Few convenient resting areas are also provided. Reaching the Nature School of the Park that is located near the beautiful Lake Lūšiai, turn to Palūšė beach and head back along the coast to the starting point of the trail.

## FACILITIES



Aukštaitija National Park and  
Labanoras Regional Park Directorate,  
T: +370 38647478,  
E: info@aparkai.lt

Palūšė

Ignalina

**AUKŠTAITIJA NATIONAL PARK  
VISITOR CENTRE**  
16 Lūšių Street, Palūšė,  
T: +370 38647478,  
E: info@aparkai.lt,  
[www.aparkai.lt](http://www.aparkai.lt)





# Labanoras

## Forest Cognitive

### Trail



Part of the route

← RIGA 248 km  
← VILNIUS 88 km

#### LABANORAS REGIONAL PARK, LABANORAS

Suggested starting point:  
Near road Molėtai-Ignalina, 3 km from Labanoras in the direction of Ignalina

**GPS** Lat: 55.26376 Lon: 25.82226

1 h

↔ Small loop: 1 km, long loop: 3 km

— Not marked, but can easily follow the trail

→ Loop



Path, wooden boardwalk

by car  
Take the road Molėtai-Ignalina and drive until the red road sign - Labanoro girios pažintinis takas. Parking lot is just behind the sign.



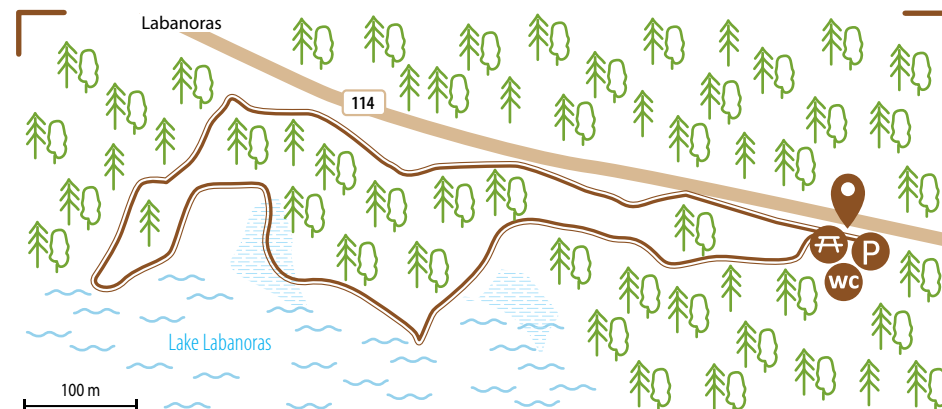
In spring and autumn part of the path may be flooded.

Labanoras coniferous forest is the second largest wood in Lithuania. Its key value is its system of lakes, which consists of 285 lakes that provide good growth conditions for flora and fauna. Here you will find the largest population of osprey in the Baltics. Since the 17th century the forest is known for its special pine trees. Already during the reign of the Russian czar Peter I these pine trees had been exported to Russia to be used in ship building as ship masts, as they are distinct for their height and small number of branches. In the Baltics, the pine trees most genetically close to those in Labanoras can only be seen in surroundings of Riga. Walking along the trail you shall notice several small hillocks – ancient burial grounds, which bespokes of the fact that this area had been inhabited already since the 9th century. The trail also stretches through the Woodland Key Habitat. This is a wooded area not affected by economic activity, or affected at the slightest extent. Be careful here, as in spring and autumn part of the path may be flooded, therefore it is suggested to take appropriate footwear along. There might also be few other obstacles in some parts of the trail due to the poor condition of the boardwalk (broken, rotten planks), therefore some caution is advised. Part of the boardwalk was renovated in 2018 and renovation continues.

#### FACILITIES



In Labanoras



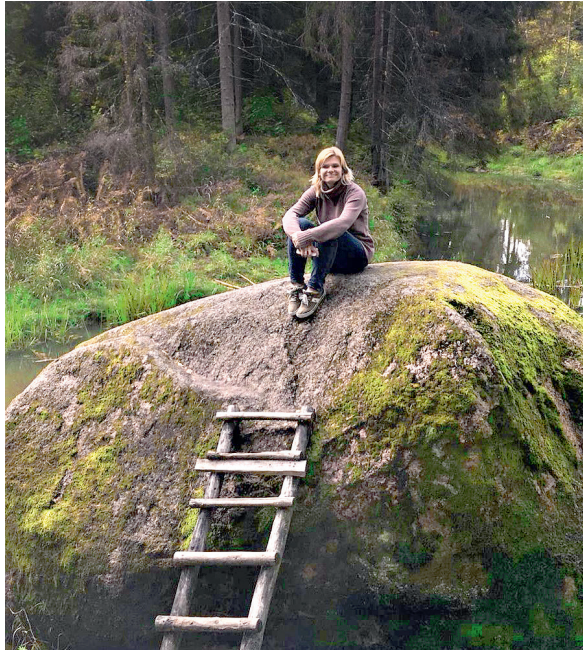
Aukštaitija National Park and Labanoras Regional Park Directorate,  
T: +370 659 73078,  
E: info@aparkai.lt

Labanoras, Molėtai, Švenčionėliai, Kaltanėnai

Molėtai, Švenčionėliai, Kaltanėnai

**LABANORAS REGIONAL PARK VISITOR CENTRE**  
19 Seniūnijos g., Labanoras,  
T: + 370 659 730 78,  
E: info@aparkai.lt, www.aparkai.lt





**Author:** Alise Lūse

**Trail inspections:** Alise Lūse, Danute Kondrotiene, Rovena Augustine, Rūta Antanavičiute, Žydris Mukuly, Darius Martinkus

**Photos:** Alise Lūse, Danute Kondrotiene, Rūta Antanavičiute, Rovena Augustine, Žydris Mukuly, Darius Martinkus, Agita Vucena, Iluta Kažmēre, Viktorija Lūse, Andris Zemels, Andris Jermuts, Valdis Jansons, Normunds Kaprano, Ričards Sotaks, Atis Maldonis

**Design and typesetting:** Piektdien Piektaļā Piecos Ltd.

We express our appreciation to all tourism information centres and project partners in Kurzeme and Lithuania, who contributed to the development of this Guidebook. Special thanks to Jānis Viškers, Rūta Antanavičiute, Inga Hartika, Kristīne Voldemāre, Aiva Jakovela, Zane Eglīte, Signe Rozenšteina, Gendrihs Šķesters, Inga Bredovska, Sarmīte Braša, Māra Timane, Antai Libiete, Ingus Antonovičs and Līva Dāvidsone.

**Publisher:** Kurzeme Planning Region, 2019

ISBN 978-9934-8816-7-1

This Guidebook has been produced with the financial assistance of the Interreg V-A Latvia – Lithuania Cross Border Cooperation Programme 2014 – 2020 as part of the Project No LLI-010 “Nature Tourism for All” (UniGreen).

The project objective is to facilitate the development of nature tourism in border regions of Latvia and Lithuania, by improving infrastructure and tourism products, i.e. adapting them to people with disabilities. The project is being implemented by Kurzeme Planning Region in cooperation with six county municipalities in Kurzeme (Durbes County Municipality, Kuldīga County Municipality, Roja County Municipality, Saldus County Municipality, Skrunda County Municipality and Ventspils County Municipality), one district municipality in Lithuania (Administration of Kretinga District Municipality) and three national and regional parks in Lithuania (Directorate of Aukštaitija National Park and Labanoras Regional Park, Directorate of Biržai Regional Park and Directorate of Žemaitija National Park). Apart from this Guidebook, during the two years’ project implementation period, the project partners have installed several walking trails equipped with various edutainment elements, resting areas, built 2 watching towers, a pontoon pier, reconstructed a viewing platform, carried out the nature guides’ training, as well as many other activities to facilitate the development of nature tourism and improve accessibility of nature sites.

Total project size is 1 176 867,14 EUR. Out of them co-financing of the European Regional Development Fund is 1 000 337,07 EUR.

The contents of this Guidebook are the sole responsibility of Kurzeme Planning Region and can under no circumstances be regarded as reflecting the position of the European Union.



