



EN

ENTER  
GAUJA

# TOURIST GUIDE

GAUJA NATIONAL PARK

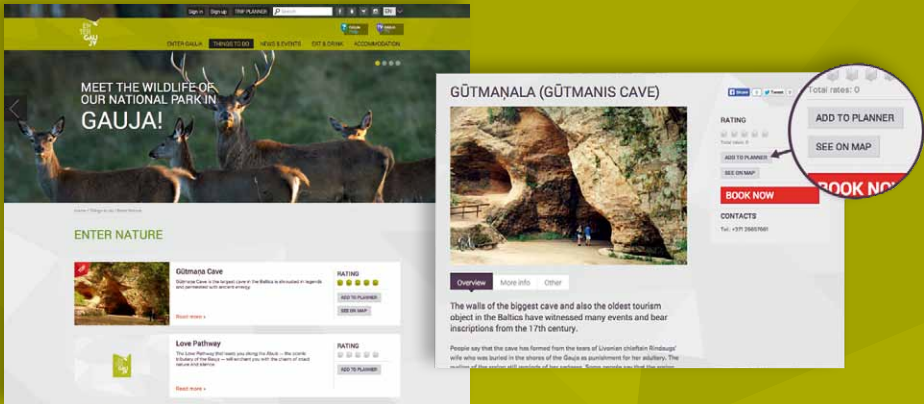
SIGULDA, LĪGATNE, CĒSIS, VALMIERA, PĀRGAUJA,  
AMATA, INČUKALNS, KOCĒNI, PRIEKUĻI

[www.entergauja.com](http://www.entergauja.com)

2016

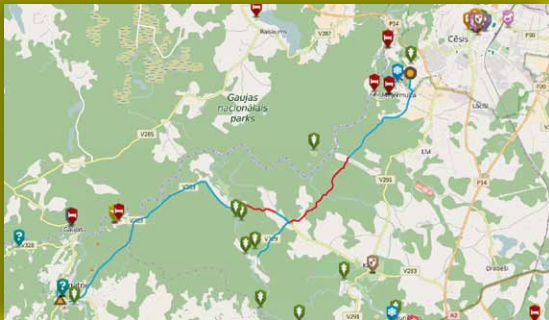


View the most detailed information on travel options in the Gauja National Park at [www.entergauja.com](http://www.entergauja.com)



- Plan your trip at Gauja National Park, pick natural, cultural and historical objects and add them to your route
- Choose your type of active leisure
- Find out the latest information about events and festivals
- Get information on best hotels, guest houses and campings of the Gauja National Park, and make reservations
- Explore the gourmand offers of the restaurants and pubs of the Gauja National Park
- View the chosen objects on a map, create and print a PDF file or save a GPX file, and open it on your smartphone
- Explore 30 natural tourism routes for walking, cycling, boating and driving
- View the weekend and holiday packages
- View photographs and videos of the selected places
- Download tour guides and brochures

Create your own hike, bike ride or boating route with the routing system that covers roads, paths and rivers in the length of approx. 1800 km



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## GAUJA NATIONAL PARK

Enter the Gauja National Park – place, where the history, culture and nature allow you to enjoy the primordial with your own eyes, ears and hands. Each moment and each experience at the Gauja National Park is embraced by nature. Besides, this is not an ordinary park, it is park, where each encounter can become a new experience, enriching it through play, study and challenges. Variety of adventures allows each traveller to choose one's own place and scenario.

Like a fern that unfolds its fan of leaves while blooming, the river Gauja leads us deeper into the mysterious and untouched world of the nature, where every tree has its own story about ancient occurrences and legends. The time itself does not flow straight here, it flows in curves full of rapids just like the river Gauja, merging the present with the tales of the old times that have left their unique mark in the scenery and the people. All that is left to do is to breathe the misty morning fog, touch the moist landed trunk and loose oneself in the forked paths of legends, where the stems of grass are vibrating with life, souls dwell in the breeze and boulders bloom in ravines... ENTER GAUJA

### NATURE

The biggest national park in Latvia was established more than 40 years ago. Gauja National park protects the rich nature of the ancient Gauja River valley and its surrounding areas as well as the vast diversity of plant, bird and insect species found here.

Nature enthusiasts can observe one of these rare species at the Gauja NP:  
Tree lungwort *Lobaria pulmonaria*  
Luminescent moss *Schistostega pennata*  
Northern bat *Eptesicus nilssonii*  
Common kingfisher *Alcedo atthis*  
Perennial honesty *Lunaria rediviva*

### GAUJA VALLEY

The origins of the ancient Gauja River valley go back more than 350 million years, but its current ravine-ridden terrain was moulded by the glacier meltwater at the end of the Ice Age. The Gauja, which is the longest river in Latvia (452 km), winds through the national park.

### HISTORY

The river once served as a trading route, and the Livonians built their settlements on its banks. Strong stone castles, which were enclosed by steep slopes and deep valleys, were built in the 13th century. The cities and the social and cultural life grew around these castles.

### NOWADAYS

Today, the park is a place where legends of the past live alongside modern and cosy guest houses, restaurants and leisure spots. Here you can enjoy the aura of antiquity in old castles, receive a burst of energy at one of the ancient sacred places or experience the healing properties of the springs. You can also touch trees planted by kings, hear your voice echoing off sandstone rocks, or let the nature trails carry you off into rich forests. All of this should be enjoyed slowly, letting the taste, smell and colours introduce you to the rhythm of the local life. This is best done by hiking, riding a bicycle or a horse, or even taking a boat down the gentle stream of the Gauja River.

### PLACODERMS – THE WITNESSES OF THE PAST

During the Devonian period (400 million years ago) a warm and shallow sea spread across the current territory of the Gauja NP and at the bottom of it dolomite and sandstone were forming. The sea was home to the placoderms and a multitude of fossils have preserved until today. There are still places in the park today where intact placoderm bodies can be found in the Devonian period strata.

## GAUJA TRAVEL AROUND



### Train

The railway line Rīga – Valka/Valga goes through the Gauja NP ensuring a convenient and regular opportunity to travel between Rīga, Sigulda, Cēsis and Valmiera throughout the whole day. There are special bicycle racks on the trains for transporting bicycles.  
**Get to know train schedules and buy tickets: [www.mobilly.lv](http://www.mobilly.lv)**

### Bus

All of the territory of the Gauja NP can be easily reached by buses which run from Rīga to Sigulda, Cēsis and Valmiera approximately once an hour. Travelling by bus between populated places within the Gauja NP has to be planned in accordance with the bus schedules.  
**Get to know bus schedules and buy tickets: <http://www.1188.lv/transport>**

### Bicycle

The starting point of a picturesque bicycle ride can be the train station. There are countless bicycle routes within the Gauja NP which will allow you to explore

the rich nature, history and culture of the region. We suggest you avoid the busy highways A2 and A3 and take backroads and forest roads instead.

### Boat

Whenever Gauja is ice free, many tourists take the opportunity to go boating in it in inflatable boats, canoes or on rafts. Amata and Brasla are also suitable for boating.

### Car

The Gauja NP is located between highways A2 and A3 and has a dense network of roads and parking lots. The majority of the tourism objects are easily accessible by car.

### 1 | Sigulda tour in Electromobiles

Excursions in electromobiles with a guide will let you see the most beautiful places of Sigulda in an attractive and environment-friendly way.  
**Sigulda, ph. +371 26022919, [www.impresso.lv](http://www.impresso.lv)**

### 2 | Gauja tram

The only tram on the Gauja in Latvia offers rides and excursions on the water. The tram has offers for both newly-weds and students, as well as an opportunity to organize birthday parties. The Gauja tram is open to visitors in summertime only.  
**Valmiera, ph. +371 27828221, [www.ezi.lv](http://www.ezi.lv) GPS: 57.5380, 25.4280**

### 3 | Līgatne crossing

The crossing, which is operated by the power of the stream, is a monument of technology history in Latvia and it is also the only Gauja crossing. The crossing was built after World War II during which the bridge across the Gauja was demolished.  
**Līgatne, ph. +371 29189707, [www.visitligatne.lv](http://www.visitligatne.lv) GPS: 57.2549, 25.0444**

### 4 | Boat "Kārlis" in Cēsis

Whenever there is good weather and the pond of the Castle Park is not frozen over, the boat "Kārlis" provides a ride to every interested person. During an excursion, captains of the boat will tell historical events and stories about the castle and city of Cēsis in many languages.  
**Pond of Cēsis, Castle Park, ph. +371 29534175 GPS: 57.3142, 25.2688**

### Distances between the cities (km)

.....	Sigulda	.....	Līgatne	.....	Cēsis	.....	Valmiera
Rīga	.....54	.....	71	.....	90	.....	107
Valmiera	.....62	.....	60	.....	32	.....	
Līgatne	.....20	.....		.....	30	.....	60
Cēsis	.....38	.....	30	.....		.....	32





## SPAWNING OF SALMON-LIKE FISH IN GAUJA NATIONAL PARK

The “central artery” of Gauja National Park is the River Gauja with many tributaries. Many of these are rapid and swift, with clean, unpolluted water enriched with water coming from many springs, and therefore they are suitable for spawning of salmon-like fish — the Atlantic salmon (*Salmo salar*), brown trout (*Salmo trutta*), and stream trout (*Salmo trutta fario*). After a longer trip, the salmon-like fish travel in autumn to their birth places, and thus this is the time best suitable not only to watch the fish, but also enjoy what is happening on the riverside. A salmon watcher is a sort of a ranger, who has come to study the natural environment and create a positive effect from the presence of a human being.

**Time to go:**  
Late October, beginning of November.

### Best places to watch fish

The success of spotting salmon-like fish depends on the water table in rivers, the clarity of water, and weather conditions. If there was heavy rain prior to or during the migration, the water in Gauja and its tributaries will be mixed up with sand and loam particles which will make it dark and non-transparent. It will be hard to see the fish in such case. Other more suitable places might be an option — natural or man-made obstacles: rapids, waterfalls, low dams, or fish ladder, which the salmon-like fish have to pass by jumping over these!

### Bridge over the River Gauja in Sigulda

A site easy to access — approximately 2 km from the centre of Sigulda. A popular place to watch salmon..

### Pedestrian bridge over the River Gauja in Sigulda

The walk to the bridge (2 km from Kaķīši in Sigulda) can be combined with a walk along the banks of the primeval valley of the River Gauja.

### Trail aimed at watching fish spawning in Līgatne

Established in 2011 with the support of the European Fisheries Fund in the centre of Līgatne, between Ānfabrika Cliffs and Lustūzis (opposite of Līgatne Tourism Information Centre); around 500 m long. Fish ladder is constructed at the former mill dam in Līgatne.

### Kārļi Dam

On the River Amata. Fish ladder is established next to it. The dam can be reached by road leading from Kārļi or Ieriķi, or on foot along the Amata trail.

### Nature trail of the River Ieriķupīte

The small River Grūba (Ieriķupīte, Melderupīte) flows into a deep ravine behind the road A2, where on a short section of the river four waterfalls are located — 2.3 m, 0.5 m, 1.7 m, and 0.8 m high, which consist of dolomite rock outcrops from Pļaviņas suite.

### River Strīķupīte

Around 3 km long section of the river between Jenči–Jāņmuiža road and the mouth of the River Strīķupīte with the River Gauja.

### Bridge over the River Gauja in Cēsis

3.5 km off the centre of Cēsis.

### Bridge over the River Gauja in Rāmnieki

Easy accessible from Cēsis. The river is shallow in this place and fish might be clearly spotted under suitable circumstances.

### River Vaive

The best places to watch salmons are downstream — in the section where the river mouths the River Rauna till Vaive Mill Dam.

### Bridge over the River Gauja in Valmiera

Located in the centre of the city (Cēsu iela), near Vidzeme University College.

Get detailed information and route maps in Tourist information centres and [www.entergauja.com](http://www.entergauja.com)



## MUSHROOMS OF GAUJA NATIONAL PARK

There are more than 4000 various mushroom species in Latvia. Mushrooms are extraordinary organisms combining the features of plants and animals. Not for nothing they have their own fungi kingdom. Mushrooms vary very much in terms of colours and shapes, and therefore are interesting to watch. There is a huge biodiversity in Gauja National Park — dry and wet forests, forests of slopes, secular trees, old and decayed trees, deadwood, former manor parks, etc., which create a rich variety of mushroom habitats. During the respective time, the number of spotted species and shapes will be impressive! A well-prepared guide is needed to complete this “mission” with success.

### Dress code and tools:

- suitable clothes for various weather conditions and types of forests (including wet forests);
- rubber boots;
- basket and knife;
- mushroom identifier;
- magnifier;
- notebook;
- smartphone to post your special moments on social networks or make use of mobile applications — guides in the identification of mushrooms;
- navigation device in order not to get lost.

### Time to go:

Mushrooms are spotted during the whole year (also in winter), but the best time is July–September demonstrating the largest variety of species.

### Most interest places to watch mushrooms

#### Forests of Silciems

1–1.5 —km range around the Silciems Railway Station is among the most popular place to go for mushroom picking in the Greater Riga Area. Here you might find edible mushrooms popular in Latvia — various species of chanterelles, russulas, king boletes and other boletes, woolly milkcaps, orange milkcaps, gypsy mushrooms, etc. Most interesting is the chestnut bolete (*Gyroporus castaneus*), lurid bolete (*Boletus luridus*), edible polypore — sheep polypore (*Albatrellus ovinus*; an edible mushroom popular in Scandinavia) and the coral mushroom (*Ramaria aurea*).

#### Forests of Lielstraupe

A large forest 1–2 km southward, south-westward of Lielstraupe, where the largest of cap mushrooms in Latvia can be found — parasol mushroom (*Macrolepiota procera*). It is edible uncooked, or fried like pork chop. Wide range of cap mushrooms, including edible mushrooms. The car can be parked in the centre of Lielstraupe.

### Vicinity of Zvārte Rock

Excellent landscapes and ideal places to pick mushrooms along the banks of Amata, heading along the nature trail from Zvārte Rock to Veclauči Bridge (~4 km). The medical mushroom chaga (*Inonotus obliquus*), as well as alder bracket (*Inonotus radiatus*) can be found here. The alder bracket has surface of changing colour depending on the viewpoint angle. Various mushrooms with a decaying effect are found on fallen trees.

### Ungurmuiža Park

Notable due to the old oaks. Interesting polypores are growing on the trunks of fallen oaks. One might be lucky and spot the bright-coloured polypore *Hapalopilus croceus*, as well as other mushrooms related to oaks in autumn. Park your car near Ungurmuiža Manor.

### Vicinity of Lake Vaidava

Wooded area (within a range of 1 km) eastward of Lake Vaidavas, and slopes of the lake shores. Here you might find the summer bolete. Park your car near in the parking lot near the swimming place of Lake Vaidava.

Find detailed information of best mushroom picking places at Gauja National Park in Tourist information centres and [www.entergauja.com](http://www.entergauja.com)





## BIRD WATCHING IN GAUJA NATIONAL PARK



Bird fauna in Gauja National Park in terms of nature tourism is appreciated both by foreign and local tourists. The largest nesting population of grey wagtail in Latvia is just one example. Although these are just few pairs, in terms of access and concentration it is the safest place in Latvia to watch this species during the nesting period. The forests of slopes with old deciduous trees attract less common species of woodpeckers (white-backed woodpecker, three-toed woodpecker, black woodpecker, middle spotted woodpecker). Relatively often spotted are the

elsewhere rare greenish warbler, red-breasted flycatcher and locally common hazel grouse. Ural owl has started nesting in the park, and the smallest owl of Latvia — pygmy owl — is also seen more often. Many corn-crakes and some species of warblers, which are not common in Western Europe (river warbler, Blyth's reed warbler), are found in the riverside meadows of Gauja. Rivers which are not covered with ice during the winter are home to the wintering white-throated dippers. Similarly, kingfisher is seen more often than elsewhere on the small rivers and

ice-free rivers, oxbow lakes, or larger areas where the springs come out of the earth. Significant habitats are the parks and alleys of former manors attracting much more common and thus easily spotted species of birds (woodpeckers, tawny owl). During the migration period, the migratory birds like stopping over at former or present quarries (in Lode, Bāle, Cēsis) and the largest lake of the park — Lake Ungurs. Meadows adjoining to the Suda Bog located outside of the reserve area are a significant place where the cranes gather in autumn.

### “Baltic Wildlife”, bird and animal observation tours

Animal watching at Gauja National Park is a great opportunity to get to know a nature full of life and its inhabitants. Explore the numerous bird species and their voices. When going on observation tours you might possibly see moose, deer, wild boar, wolf, fox and beaver behaviour in the wild. Go out into nature and explore its simplicity, savagery and beauty!  
Ph. +371 28808440,  
[www.balticwildlife.eu](http://www.balticwildlife.eu)

Find detailed information of best bird watching places at Gauja National Park in Tourist information centres and [www.entergauja.com](http://www.entergauja.com).

I	Wintering white-throated dippers, nutcrackers			
II		Owls and woodpeckers, hazel grouses, black grouses		
III			Spring migration, ideal light to take photos of birds	
IV				
V				Nesting period and best time to listen to birds singing
VI				
VII				Watching permanent-resident birds
VIII				
IX				Autumn migration until mid-October
X				
XI				
XII	Wintering white-throated dippers			



## HIKING ROUTES

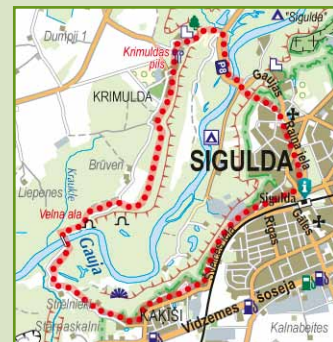


### Best viewpoints in the Gauja primeval valley

The route covers the best viewpoints over the landscape of Sigulda. But in order to enjoy these, one shall get to know the steep crests and sags of the primeval valley.

Sigulda Bus/Train Station – cable car (or down by Sigulda Serpentine road and then upwards by Krimulda Serpentine road) – Piķene Ravine – pedestrian bridge over Gauja – Bobsleigh and luge track – station square

- April – October
- One day
- Asphalt (in town), forest roads, gravel roads, paths, wooden stairs on the steep banks of the Gauja valley and its tributaries
- Sigulda Bus / Train Station
- None on site
- ~ 15 km
- Moderate/difficult



### From Līgatne to Līgatne nature trails

Suitable for those looking for alternative routes to get from Līgatne to Līgatne nature trails while getting to know the landscapes of the Gauja riversides with the beautiful Katrīna Rock and Gūdas Cliffs en route

Līgatne TIC – Līgatne Ferry Crossing – Līgatne Nature Trails – Līgatne TIC

- April – October
- ~ 13 km (excluding Līgatne Nature Trails)
- Including visit to Līgatne nature trails — one day
- Asphalt, forest roads, paths, gravel roads
- Līgatne TIC
- None on site
- Easy



### Cēsis – Ērģeļu (Ērgļu) Cliffs – Jāņmuiža

Suitable for travellers interested not only in the towns, but also in magnificent landscapes and one of the most monolith sandstone cliff walls in the Baltics — the Ērģeļu Cliffs. Destinations are easily linked with public transportation.

Cēsis Railway Station – Ērģeļu Cliffs – Rāmnieki – Jāņmuiža

- April – October
- ~ 14 km
- Including sightseeing — full day of hiking. By bicycle — 3 hours
- Asphalt, gravel road, forest paths (in the vicinity of Ērģeļu Cliffs)
- Cēsis Bus/Train Station
- Jāņmuiža Train Station
- None on site
- Easy







## HIKING ROUTES

### Green Valmiera

Suitable for hikers or Nordic walking fans aiming to study the "alternative Valmiera", since the route leads through "green areas".

Section 1: St Simon's Church of Valmiera – Livonian Order Castle Ruins – Valmiera Recreation park – Steep banks of the River Gauja – Lake Dzirnava – Mound Karātavu – Vecpuiši Park – St Simon's Church of Valmiera.

Section 2: the route from Lake Dzirnava along the River Rātsupīte, can be continued to Valmiermuiža Park and Valmiermuiža Brewery (+4 km back and forth).

☀ April – October



➡ Section 1: around 7 km;  
Section 2: 4 km

🕒 3–5 hours including sightseeing

🚶 Asphalt, sidewalks, gravel road, forest paths

📍 St Simon's Church of Valmiera or Valmiermuiža Brewery, if the route is extended.

📍 None on site



### From Līgatne to Cēsis

Suitable for active hikers or cyclists interested in nature, heritage and history. This is a trip through the most impressive primeval valley of a river in the Baltics with lots of sandstone outcrops on the slopes of ravines of the River Gauja and its tributaries from the Devonian Period.

Līgatne TIC – Skaļupes – Rakši – "Ozolkalns" – Cēsis Castle Complex – Cēsis TIC

☀ April – September

➡ ~ 28 km

🕒 10 h on foot, 4–5 h by bicycle

🚶 Moderate

🚶 Līgatne – Skaļupe and Cēsis – asphalt; gravel roads and unpaved roads elsewhere

📍 Līgatne TIC

📍 Cēsis TIC

📍 None on site



### Liepa, Līču–Laņģu cliffs

The route leads along natural, few-known trails up to Līču–Laņģu Cliffs located in the middle of the forest, and introducing to Lode Clay-pit. The route shall be taken together with a guide.

Lielā Ellīte – Lode Railway Station – "Lode" – Līču–Laņģu Cliffs – Lielā Ellīte.

☀ June – October

➡ ~ 9 km

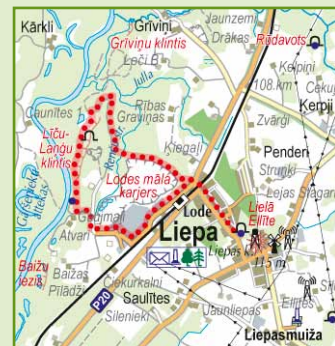
🕒 3–4 h

🚶 Easy

🚶 Asphalt, gravel road, forest paths, off-road

📍 Car parking lot at Lielā Ellīte, Liepa

📍 None on site. Only guided tours



### River Amata. Rocks and cliffs of the river

For travellers not afraid of large and frequent terrain differences, and also for those wishing to see and enjoy the beautiful banks of primeval valley of the River Amata while heading along remote forest paths. The path leading along the right bank travels through the upper and lower part of the valley, and therefore at some places difference of more than 40 m in height is experienced. This is sort of a geo-tourism route with an insight of dolomite and sandstone outcrops from the Devonian Period which are found in the primeval valley of the River Amata shaped by the glacier.

Amatciems – Melturi – Kārļmuiža – Kārļi – Zvārte Rock – Veclauči Bridge

☀ April – October

🕒 8–11 h, where:

- 1) Amatciems – Melturi 2 h,
- 2) Melturi – Kārļi 3 h,
- 3) Kārļi – Zvārte Rock 4 h,
- 4) Zvārte Rock – Veclauči Bridge 1–2 h



➡ ~21.5 km. The route can be made by combining any of its sections:  
1) Amatciems – Melturi 5 km,  
2) Melturi – Kārļi 3.5 km,  
3) Kārļi – Zvārte Rock 9.5 km,  
4) Zvārte Rock – Veclauči Bridge 3.5 km

🚶 Difficult

🚶 Mainly forest paths; gravel road in section Amatciems – Melturi

📍 In Amatciems or at the road Rīga–Veclaicene (A2)

📍 Veclauču Bridge, destination for canoe-riders "Amata"

📍 Orange and bright red blazes – diamonds on tree trunks (in the section from Melturi to Veclauču Bridge)

### Cēsis – Valmiera

The route runs alongside the primeval valley of the River Gauja linking two historic centres – Cēsis and Valmiera. The section between Rāmnieki and Valmiera leads pre-dominantly along remote forest roads and paths offering excellent places to watch wildlife in Gauja National Park, but hiking there is quite strenuous.

Cēsis: Cēsis Railway Station – Ērgļu (Ērgļu) Cliffs – Rāmnieki – Sietīņezis Cliff – Valmiera

☀ End of April – middle of September

➡ ~ 45 km

🕒 For hikers – 2 days (Day 1 Cēsis – Sietīņezis Cliff – 25 km;  
Day 2 Sietīņezis Cliff – Valmiera – 20 km), for cyclists – 1 day

🚶 Moderate

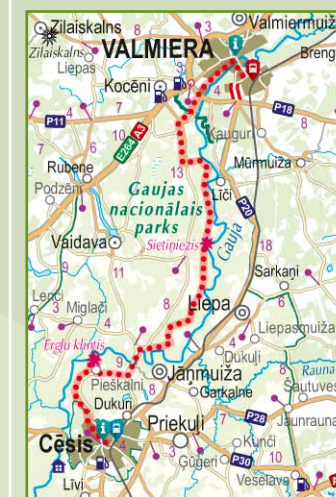
🚶 Asphalt (smallest part of the route), gravel roads, forest roads and paths

📍 Cēsis Railway Station or Bus Station

📍 Valmiera Railway Station or Bus Station

📍 Wooden markings with the symbol of a bicycle, orange blazes on trees

Find detailed information about more than 30 routes in Gauja National Park in Tourist information centres and [www.entergauja.com](http://www.entergauja.com)







## SIGULDA CYCLING ROUTES

### 1 Sigulda Route No. 1

Sports and active leisure centre "Sigulda" – Pedestrian bridge near Devil's Cliffs – Hunter's lodge – Krimulda – Serpentine road – Gūtmanis Cave – The bridge across the Gauja – Adventure Complex "Kaķītis" – Sports and active leisure centre "Sigulda"

12 km 1.5 h Moderate/difficult

Sports and active leisure centre "Sigulda"

Forest gravel paths, asphalt With orange signs on trees

### 2 Sigulda Route No. 2

Sports and active leisure centre "Sigulda" – Katlapi Rock – Leisure park "Rāmkalni" – The Big Stone – Sports and active leisure centre "Sigulda"

30.2 km 3 h Moderate

Sports and active leisure centre "Sigulda"

Mostly forest roads, gravel roads, paths, asphalt in Gauja Village

With dark red signs on trees

### 3 Sigulda Route No. 3

Sports and active leisure centre "Sigulda" – Adventure Complex "Kaķītis" – The bridge across the Gauja – Inciems – Leisure complex "Reiņa trase" – Krimulda – Sports and active leisure centre "Sigulda"

32.5 km 3 h Moderate

Sports and active leisure centre "Sigulda"

Mostly forest roads, gravel roads, asphalt

With green signs on trees

### 4 Sigulda Route No. 4

Sports and active leisure centre "Sigulda" – Train stop "Silciems" – Mežmuža springs – Ezernieki karst sinkholes – Allaži Church – Sports and active leisure centre "Sigulda"

35.8 km 2-2.5 h

Moderate

Sports and active leisure centre "Sigulda"

Mostly forest roads, paths, gravel roads, asphalt

With red signs on trees

### 5 Sigulda Route No. 5

Sports and active leisure centre "Sigulda" – Gančauskas – Līgatne nature trails – Līgatne – Ratnieki – Sports and active leisure centre "Sigulda"

46.4 km 4-6 h Moderate

Sports and active leisure centre "Sigulda"

Mostly forest roads, paths, gravel roads, asphalt in Līgatne

With blue signs on trees

### 6 Sigulda Route No. 6

Sigulda TIC – Satesele Castle Mound – Sigulda Castle complex – Aerial Cable car – Adventure Park "Tarzan" – Bob-sleigh and luge track "Sigulda" – Adventure Complex "Kaķītis" – Sports and active leisure centre "Sigulda"

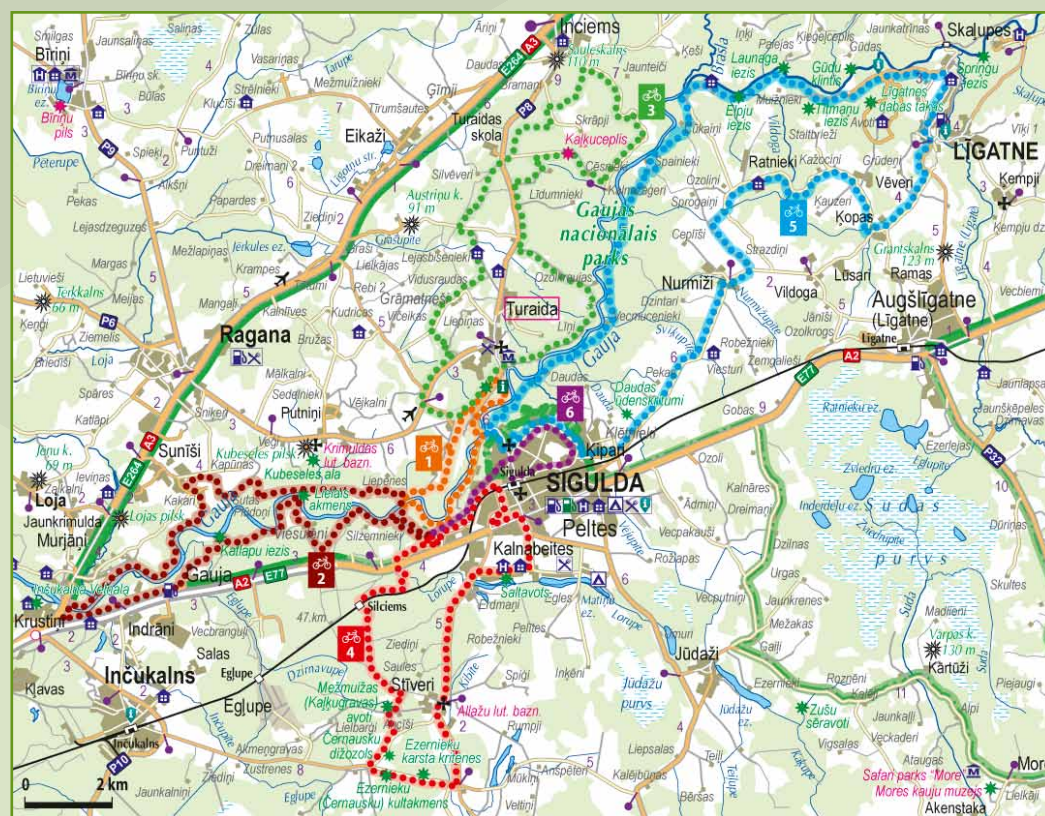
12 km 2-3 h with sightseeing

Easy

Sigulda TIC

Sports and active leisure centre "Sigulda"

Asphalt None on site



## BICYCLE RENTAL

### Tridens

Cēsu iela 15, Sigulda,  
ph. +371 29644800  
www.okej.lv  
GPS: 57.1612, 24.8470

### "Okej"

Raiņa iela 1, Sigulda,  
ph. +371 67972747, 29351672,  
www.okej.lv  
GPS: 57.1561, 24.8533

### "Reiņa trase"

"Kalnzaķi", Krimulda County,  
ph. +371 29272255,  
www.reinatrase.lv  
GPS: 57.1796, 24.8175

### "Rāmkalni"

"Vitiņkalni", Inčukalns County,  
ph. +371 29100280,  
www.ramkalni.lv  
GPS: 57.1248, 24.6585

Download maps and .gpx files of routes: [www.tourism.sigulda.lv](http://www.tourism.sigulda.lv)








## CĒSIS CYCLING ROUTES

### 102 To Spring Rūcamavots and Red Rocks


Camping "Apaļkalns" – Lake Raiskums – Spring "Rūcamavots" and Red Cliffs – Tavern "Raiskumkrogs" – Raiskums – Camping "Apaļkalns"

 15 km  1-2 h

 Moderate



 Camping "Apaļkalns"

 Forest roads, gravel, asphalt


 Road signs with number 102


### 103 Small Circle around Lake Raiskums


Camping "Apaļkalns" – Raiskums village with manor – Raiskums cemetery – Lake Raiskums – River Sveķupīte – camping "Apaļkalns"

 6 km  0.5-1 h

 Easy



 Camping "Apaļkalns"


 Forest roads, gravel, asphalt


 Road signs with number 103


### 107 Away from Rush to the Peaceful Kvēpene


Camping "Apaļkalns" – Raiskums – Raiskums cemetery – Kvēpene forest – Kvēpene oak and hill fort – Raiskums – camping "Apaļkalns"

 13.5 km  1-2 h

 Moderate



 Camping "Apaļkalns"

 Forest roads, gravel, asphalt


 Road signs with number 107


### 104 Large and Multi-shaped Circle on Both Side of the river Gauja: Raiskums–Līgatne–Raiskums

Camping "Apaļkalns" – Līgatne ferry crossing – Līgatne – Skaļupes – Kūķi Rocks – Vecļauči Bridge across the Amata – Zvārtē Rock – Zoo and recreation centre "Rakši" recreation park "Ozolkalns" – Čiruliši nature trails – bridge across the Gauja – Raiskums – camping "Apaļkalns"

 45 km  4-5 h



 Moderate  Camping "Apaļkalns"


 Forest roads, gravel, asphalt


 Road signs with number 104


### 108 Loveliness of Cēsis Area


Cēsis TIC – Forest cemetery (Meža kapil) – Eagle Rocks – "Lenči" – Workshop "Silķes" – Cēsis TIC

 16 km  1-2 h

 Moderate



 Cēsis TIC


 Forest roads, gravel, asphalt


 Road signs with number 108


### 128 Landscapes of Vaive


Smilšu square Cēsis – Veismani Manor complex – Tavern Kaķukrogs – Trail of senses "Juši trail" – Līvs family monument – Rucka Manor complex

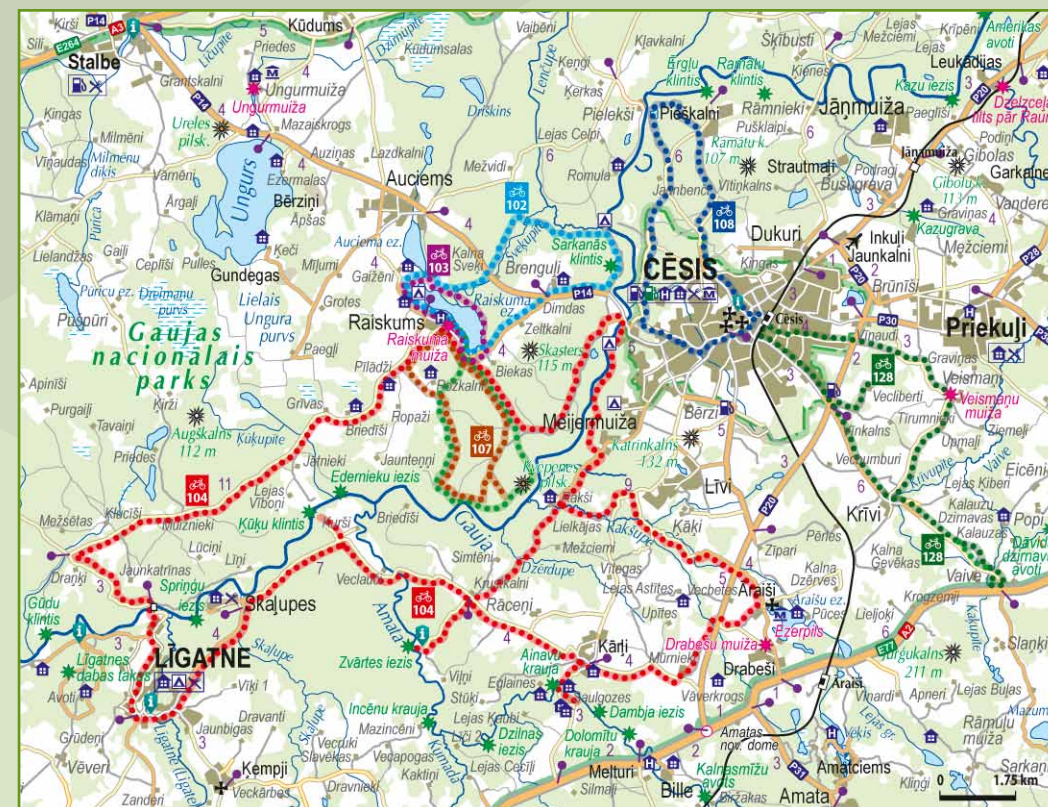
 25 km  2-3 h

 Moderate

 Smilšu square, Cēsis

 Forest roads, gravel, asphalt, forest trail, meadow

 Blue arrows on trees, blue cycling road signs with number 128 at the crossings



## BICYCLE RENTAL

### "Žagarkalns"

Mūrlejas iela 2, Cēsis,  
ph. +371 26266266,  
www.zagarkalns.lv  
GPS: 57.3075, 25.2208

### "Locus"

Mazā Katrīnas iela 8, Cēsis,  
ph. +371 20008870  
GPS: 57.3116, 25.2682

### Active tourism centre "Eži"

Pils laukums 1, Cēsis,  
ph. +371 26573132,  
www.ezi.lv  
GPS: 57.3140, 25.2728

### Campsite "Apaļkalns"

"Apaļkalns", Raiskums,  
Pārgauja parish,  
ph. +371 29448188  
www.apalkalns.lv  
GPS: 57.3174, 25.1479





## VALMIERA CYCLING ROUTES

### “Valmiera Boys”

Valmiera Old town – Jāņa Daliņa stadium – Valmiera Steep banks- Nar-row-Gauge Railway Bridge – Bachelors’ park

11.5 km 1-1.5 h

Moderate

Valmiera TIC

Asphalt, sand, gravel tracks

None on site

### “Stories Valmiera Secular Trees”

Valmiera TIC – Oak trees – Valmiera Steep banks – Great pine – Suspension bridge- Narrow-Gauge Railway Bridge – Graat lime – Valmiera TIC

16 km 1.5-2 h

Moderate

Valmiera TIC

Asphalt and forest tracks

None on site

### Valmiera – Brenguļi arc

Pekas hillfort – Mūrmuiza Manor and the fortified tower – Beverīna wooden sculpture maze - Brenguļi brewery – Abuls River and Love trail – Active leisure centre “Bailī”

42 km 3-6 h

Moderate with some difficult parts

Valmiera TIC

Asphalt, sand, gravel, forest tracks

Road signs with number 125

### Burtnieks Lake arc

Dambji secular oak – Sandstone outcrops – Burtnieki Evangelic Lutheran Church – Dūre Lake – Burtnieki Lake – Silzemnieki birdwatching tower – Kanči stone (Rencēni stone) – Oleri Manor complex – “Meža kaķis” – The colony of white storks – Grieži stone – Jēkabkalns hill – St. Matthew’s Evangelic Lutheran Church – Stud-farm Burtnieki – Burtnieki Manor Park – Visrags trail – The garden of Zenta Skrastiņa

71 km 1-2 days

Moderate/difficult

Burtnieki Village

Asphalt, gravel, forest tracks

Road signs with number 127

### Along the narrow gauge railway line: Valmiera – Zilaiskalns

Valmiera Railway Station – Narrow-Gauge Railway Bridge – Jāņparks- Kocēni – Tilgaļi – Mujāni – Zilaiskalns – Valmiermuiza – Valmiera Railway Station

~40 km 1 day

Moderate / difficult

Valmiera Railway Station or centre of town Valmiera

Asphalt, gravel roads, forest roads and farm tracks, paths

None on site

### Valmiera – Zilaiskalns arc

Valmiera – Zilaiskalns – Dikļi – Burtnieki – Valmiermuiza brewery

~70 km April - October

Easy for two days

Valmiera train station or Valmiera town

Asphalt, sand and gravel roads

Road signs with number 124



## BICYCLE RENTAL

### “Gandrs”

Rīgas iela 27, Valmiera,  
ph. +371 64222352, www.gandrs.lv  
GPS: 57.3116, 25.2682

### “Active tourism centre EŽI”

Rīgas iela 43, Valmiera,  
ph. +371 64226223, www.ezi.lv  
GPS: 57.5367, 25.4097

### Valmiermuiza bicycle rental

Dzirnavu iela 2, Valmiermuiza,  
ph. +371 29135438, www.ezi.lv  
GPS: 57.5559, 25.4311





## WATER ROUTES

### Gauja River

Gauja is the most popular water tourism river in Latvia. The main tourist magnets are the beautiful river banks rich in sandstone outcrops, easy accessibility of the river, dense network of accommodation sites for water tourists, the nature of the river (suitable for various paddlers), long water tourism traditions, and the status of a national park. In this section, the river flows through its primeval valley which is among the most impressive Baltic terrain forms.

1) Valmiera – Cēsis; 2) Cēsis – Līgatne  
3) Līgatne – Sigulda;  
4) Sigulda – Murjāņi

April – October All types of boats

1) 44 km; 2) 18 km; 3) 21 km; 4) 17 km;

1) 2 days; 2,3,4) 1 day Easy

1) Valmiera, Daļiņi Beach; 2) Camping “Žagarkalns” or Leisure Park “Ozolkalns”; 3) Līgatne ferry crossing”; 4) bridge over the Gauja river in Sigulda

1) “Žagarkalns” or “Ozolkalns”; 2) Līgatne ferry crossing; 3) Sigulda bridge; 4) “Rāmkalni”



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### Brasla River

Although the river is classified as “small”, this section of the river does not have the typical obstacles the small rivers have — trees fallen over the river, stacks of trees and branches in the river, and traces of beavers. Faster rapids are experienced in the section downstream of the water power plant till its mouth with the River Gauja. When the water level is higher, the shallow places, stones, and islets are below the water; however, in case of lower water level at some places these may hinder the paddlers and one shall be ready to step out and push the canoe. The trip on Brasla is enriched with the many sandstone outcrops.

1) Plācis – A3 bridge; 2) A3 bridge – Brasla River estuary in Gauja River

Spring, autumn

1) 19,4 km; 2) 8,2 km;

Easy

1) Plācis, bridge near Straupe dairy; 2) A3 bridge

1) A3 bridge; 2) Brasla River estuary in Gauja River, water tourist camp “Brasla”

### Amata River

One of the most beautiful valleys of small rivers in Latvia with a large number of sandstone and dolomite rock outcrops. Most precious landscapes towards/from Ainavu Cliff, Kaubju Rock and Zvārte Rock, as well as in the section of the River Amata from Zvārte Rock to Vecclauči Bridge.

1) Railway bridge – Vecclauči bridge;  
2) Melturi – Vecclauči bridge;  
3) Zvārte Rock – Vecclauči bridge

Early spring

All types of boats, for beginners – inflatable boats

1); 2) 14,6 km; 3) 2,7 km

1) 2) half day; 3) 1–2 h

Moderate – difficult

Get detailed information and route maps in Tourist information centres and [www.entergauja.com](http://www.entergauja.com)

## BOAT RENTAL

### Makars

Peldu iela 2, Sigulda, Gaujas iela 36, Līgatne, ph. +371 29244948, [www.makars.lv](http://www.makars.lv)

### karlsnalaivas.lv

Upēņu iela 8, Sigulda, ph. +371 26524203, [www.karlsnalaivas.lv](http://www.karlsnalaivas.lv)

### Mučas

“Imantas” Sigulda County, ph. +371 29211634, [www.laivunoma.com](http://www.laivunoma.com)

### GS laivas

Vālodzes iela 8, Sigulda, ph. +371 26529812, [www.gsilaivas.lv](http://www.gsilaivas.lv)

### Active tourism centre “Eži”

Daļiņu pludmale, Valmiera, ph. +371 27852852, [www.ezi.lv](http://www.ezi.lv)

### Active leisure and skiing centre “Baili”

“Baili”, Kauguri parish, Beverīna County, ph. +371 29284119, [www.baili.lv](http://www.baili.lv)

### Latroze

“Jaunstilbi”, Sigulda County, ph. +371 26666728, [www.peldam.lv](http://www.peldam.lv)

### Rāmkalni

“Vitiņkalni”, Inčukalna County, ph. +371 29100280, [www.ramkalni.lv](http://www.ramkalni.lv)

### Žagarkalns

Mūrlejas iela 12, Cēsis, ph. +371 26266266, [www.zagarkalns.lv](http://www.zagarkalns.lv)

### Gaujaskrasts

“Jaunstilbi”, Raiskums Parish, Pārgauja County, ph. +371 29423270, [www.gaujaskrasts.lv](http://www.gaujaskrasts.lv)

### Campsite “Apaļkalns”

“Apaļkalns”, Raiskums, Pārgauja parish, ph. +371 29448188, [www.apalkalns.lv](http://www.apalkalns.lv)



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## ENTER NATURE

### 5 | Gūtmaņala (Gūtmanis Cave)

The walls of the biggest cave and the oldest tourism object in the Baltics have witnessed many events and bear inscriptions from the 17th century. A man called “gut mann” by the local people used the water for healing, thus the cave was named after him. This is also the place of origin of the beautiful story about Rose of Turaida who used to secretly meet up with her beloved Viktors here.

Sigulda County, ph. +371 67971335  
GPS: 57.1761, 24.8426

### 6 | Līgatne nature trails

The nature trails will take you within a few meters of various forest animals and birds which live in enclosures in their natural habitat. These animals have been brought here from all over Latvia and most of them were either injured or domesticated baby animals which would not have been able to survive or find food without people's care. Līgatne, ph. +371 64153169, 29189707, [www.visitligatne.lv](http://www.visitligatne.lv)  
GPS: 57.2484, 25.0154

### 7 | Kvēpenes dižozols (Kvēpene Noble Oak)

The biggest tree in the Gauja NP and the tree with one of the densest foliages in Latvia. This tree has a circumference of 6 meters and a height of 20 meters. It grows on the right bank of the Gauja River.

Raiskums Parish, Pārgauja County.  
GPS: 57.2769, 25.1813

### 8 | Zilaiskalns (Blue Mountain)

It is an ancient sacred place, a medieval burial ground and a protected area. People tell a certain story of the special properties of Zilaiskalns: when the spring with healing properties for eye illnesses on top of Zilaiskalns dried out, people started using the sand for healing instead. Zilaiskalns is thought to

have been a meeting place for witches, there-fore people come here to foretell the future and sacrifice.

Kocēni County. GPS: 57.5485, 24.6915

### 9 | Sietiņiezis (Strainer Rock)

The largest white sandstone outcrop in Latvia has many artistic niches, cavities and caves. It is believed that the rock has gotten its name from the bee caves which look like little holes in its surface, thus, resembling a strainer. However, its largest protrusion Velna papēdis [The Devil's Heel] carries the name of the devil himself.

Kocēni County. GPS: 57.4305, 25.3829

### 10 | Ķūķu klintis (Ķūķu Cliffs)

The biggest sandstone outcrop of the Devonian period in Latvia. There are rapids at the beginning of the cliffs with the relative decline of 0.5 m/km. Right beyond the rapids, opposite the highest point of the cliffs is the deepest whirlpool of the Gauja (about 7 m). The cliffs also have their own story: they got their name from the nearby houses “Ķūķi”, but “ķūķu porridge” or “ķūķis” was a traditional Latvian winter solstice meal. Might be observed only from opposite side of the river. GPS: 57.2741, 25.1066

### 11 | Līgatne cellar caves and cliffs

Many of these artificial caves (more than 300) were built already in the 18th century. People used to store food in them, but during the Tsar times the Līgatne Paper Mill used them to store paper. The secret of these caves is the temperature which remains the same both in the summer and in the winter. Caves are recommended be visited together with a guide.

Līgatne, ph. +371 641536169, 29189707, [www.visitligatne.lv](http://www.visitligatne.lv)  
GPS: 57.2335, 25.0396

### 12 | Svētavots (Sacred Spring)

A strolling park, in which you can arrange an excursion with a guide, has

been built around the spring. Wise people say that a person who bathes in the water of the sacred spring, brings water to the rest of the household members, takes it back again, and manages all of that before sunrise on Māra's day, will be free of all illnesses.

Cēsis County, ph. +371 26385633, [www.svetavots.lv](http://www.svetavots.lv)  
GPS: 57.3045, 25.2338

### 13 | Zvārtes iezis (Zvārte Rock)

The sandstone rock and the slope with an observation deck is one of the most beautiful places in Latvia. Long ago on the nights of New Year's Eve, Pentacost and Midsummer Day witches and devils used to throw big rackets around the rock. Near the Zvārtes iezis you can go on a walk in the Witch meadow where secrets of wise women, ancient spells and herbs used in them will be revealed to you.

Amata County. GPS: 57.2474, 25.1423

### 14 | Vējiņi underground lakes

A unique cave system with an underground stream and two underground lakes. These are the only known underground lakes in the Baltics. To protect the large underground cavities sandstone and Quaternary period sediment layer, the lakes can be visited in the accompaniment of a guide only.

“Vējiņi”, Straupe Parish, Pārgauja County, ph. +371 29354189, [www.pazemesezeri.lv](http://www.pazemesezeri.lv)  
GPS: 57.3398, 24.9071

### 15 | Gleznatāju (Parādīzes) kalns (Painters' (Paradise) mountain)

A very scenic place with a view to the ancient Gauja River valley. It has inspired such great artists as J. Feders, J. Rozentāls and V. Purvītis, and that is also where the mountain gets its name from. A great view to the Turaida castle opens from the mountain.

Sigulda County. GPS: 57.1748, 24.8658 →





### 16 | Velnala Cave and cliffs (Devil's Cave)

Velna ala (Devil's Cave) is an ancient cult place and has formed in the cliff 8 m above the water level. People who know this place well will tell you that once, while sleeping in the cave, the devil completely blackened its walls with his breath. The next evening he escaped through the top of the cave and ran straight into the Gauja whirlpool where he still sits today and drags in the occasional careless visitor.  
**Sigulda County**  
**GPS: 57.1496, 24.8118**

### 17 | Ķeizarkrēsts and Ķeizarskats (The Emperor's Chair and the Emperor's view)

The place names originated when the Russian tsar Alexander II visited Sigulda. While waiting for the noble guest, an observation deck on the edge of the ancient Gauja River valley were built. The sovereign was delighted by the marvellous landscape and the place was named Ķeizarskats (The Emperor's view). Ķeizarkrēsts (The Emperor's chair) can be found nearby.  
**Sigulda. GPS: 57.1427, 24.8241**

### 18 | Serpentine roads in Sigulda

Till year 2015 there was the only serpentine road in the Baltics – popular place for romantic walks. It was built in 1862 along with the first wooden bridge across the Gauja in honour of the Russian tsar Alexander II's visit in Sigulda. Since 2015 there are two serpentine roads in Sigulda – one in every bank of ancient Gauja River valley.  
**Sigulda. GPS: 57.1699, 24.8305**

### 19 | Ezernieki karst sinkholes

This unique geological object is the result of karst processes when chemical weathering of the rocks led to formation of ravines, funnel-shaped sinkholes and two lakes, one of which tends to disappear under the ground from time to time.

**Allaži Parish, Sigulda County**  
**GPS: 57.0850, 24.8111**

### 20 | Gūdu iezis (Gūdas rock)

The 250 m long and 18 m high sandstone cliff is often admired because of its resemblance to a stem of a huge ship. Story says: in the nearby Gūdas houses once lived a very miserly man who had promised his soul to the devil. The devil had dragged the man along with his bag of money into the deep whirlpool opposite the Gūdas cliffs. When passing this whirlpool, the raftsmen always offered up silver coins to safely pass this complicated curve  
**Might be observed only from opposite side of the river.**  
**GPS: 57.2494, 25.0047**

### 21 | Kalējāla (Blacksmith's Cave)

Some 20 years ago it was the longest cave in Latvia. Time has passed and previous record-owner has changed a lot. The cave is formed in soft sandstone rock and its entrance collapses time by time. Legend says – years ago there was a blacksmith who used to live in the cave.

**Raiskums Parish, Pārgauja County,**  
**GPS: 57.3795, 25.2629**

### 22 | Ainavu krauju (Landscape Slope)

One of the highest rock outcrops in Latvia offers a marvelous view to the

ancient Amata River valley. It is the tallest rock outcrop in Latvia – 46 m. The length of the cliff exceeds 500 meters. It reveals a great view to the old valley of the Amata River in all seasons.  
**Amata County .GPS: 57.2383, 25.1979**

### 23 | Cīrulīši nature trails

Walking and cycling trails of various length along the banks of the Gauja will teach you about the geological processes and changes which have occurred here since the Ice Age. These trails will introduce you to many interesting objects, such as Spoguļu klintis (Mirror Cliffs) or Vilka aiza (Wolf's Gorge).  
**Cēsis County. 57.3069, 25.2215**

### 24 | Rocks of the lower reaches of Brasla

At the lower reaches of the Pārgauja and Krimulda municipality borderline river Brasla there is a 2 km long section with 12 sandstone outcrops which are all protected geological objects. This route is not marked.  
**Pārgauja County. GPS: 57.2887, 24.9381 (recommended parking place)**

### 25 | Sarkanās klintis (Red Cliffs)

The approximately 10 m high sandstone cliffs, which uncover themselves in a 200 m long distance along the Gauja River, are also called Raiskuma iezis (Raiskuma Rock). Multiple springs flow from the rock, including the very popular Rūcamavots where many people draw water from. The water has a slightly unusual taste (the taste of iron is present).  
**Raiskums Parish, Pārgauja County.**  
**GPS: 57.3200, 25.2205**



### 26 | Inčukalna Velnala (Inčukalns Devil's Cave)

is a geological object and ancient cult place. The cave started forming after the ice age about five thousand years ago. A story tells that in old times, the Devil used to live in the cave, while under the cave, there was a cellar where the Devil had chained its lost souls. Under-ground water voices can still be heard in the cave.  
**Inčukalns County.**  
**GPS: 57.1266, 24.6438**

### 27 | Baltic Bonsai Park

The only park of its kind in Latvia. The park offers enjoying peace and harmony, feeling a breath of Japan when watching Bonsai trees, Koi carp fish, a spring, and slowly sipping Japanese tea in the tea-house of the park, as well as buying souvenirs and design items from Japan.  
**„Sprīdīši”, Krustiņi, Inčukalns County,**  
**ph. +371 29299220, www.bonsai.lv**  
**GPS: 57.1221, 24.6555**

### 28 | Safari park “More”

The wildlife park with a territory of 170 ha has about 300 elks, fallow deer and white elks living in it. It will be a great place for those who want to rest from the city hustle in a pleasant and clean environment. This is also the first private deer garden in Latvia.  
**“Saulstari”, More Parish, Sigulda County, ph. +371 29444662, www.safariparks.lv**  
**GPS: 57.0791, 25.0572**

### 29 | Exotic bird and animal farm

In the farm you can see African ostriches, fallow deer, miniature sheep, peacocks and pheasants. In summer-time you can also buy ostrich eggs or try an ostrich egg omelette.



**“Jaunklētņieki”, Straupe Parish, Pārgauja County, ph. +371 26399959**  
**GPS: 57.3548, 24.9349**

### 30 | Guna Rukšāne's plant nursery

The nursery will introduce the visitors to the largest collection of hostas in Latvia (150 species) and in the flowering time will surprise with 300 daffodil, 150 peony, 400 lily and 80 waterlily species.  
**“Jaunrūjas”, Raiskums Parish, Pārgauja County, ph. +371 29488877**  
**GPS: 57.3489, 25.1134**

### 31 | Lake Vaidava

The surroundings of Lake Vaidava are a popular place for recreation and sporting events. It has a public and facilitated swimming place in Vaidava Village. Every July the oldest nationally organised sporting run (held since 1982) takes place around Lake Vaidava. Lake Vaidava stretches four kilometres and is as deep as 9 metres, so it is good place for fishing. Fishing is only allowed with a fishing licence which you can buy in the local Vaidava village store “Jancis”.  
**Vaidava, Kocēni County**  
**GPS: 57.4335, 25.2836**

### 32 | Gauja River Steep Banks

One of the most beautiful and picturesque places in Valmiera. The Gauja River Steep Banks are 80 m wide and 10 to 15 m high, from which one can observe the ever changing and majestic Gauja River and its other bank. Within the territory of the Gauja River Steep Banks also the Park of Senses is located.  
**Valmiera, by the Jānis Daliņš Stadium, Jāņa Daliņa iela 2,**  
**GPS 57.5400,25.4437**

### 33 | Līču–Laņģu Cliffs

Around 1 km long rocky cliff on the left side of the primeval valley wall of the River Gauja, which cannot be seen from the river. Its maximum height is ~30 m. The forms of sandstone outcroppings are very diverse: pre-dominated by more than 10 m high vertical walls divided by deep lateral ravines. Around 20 springs are flowing out of the feet of Cliffs, due to which caves of various length and hollows of various sizes have been shaped.  
**Priekulī County**  
**GPS: 57.3926, 25.3922**

### 34 | Lielā Ellīte (Big Hell)

The cave (also known as Liepa Hell) along with the spring has been a popular and significant sacrificial place since ancient times. The cliffs of Lielā Ellīte have formed from light sandstone and they attract interest with their unusual form – protuberances, niches, cavities and an arcade which is unique in Latvia. But the water from the nearby sacred spring is thought to be particularly healthy.  
**Priekulī County**  
**GPS: 57.3836, 25.4275**

### 35 | Ērgļu klintis (Eagle Cliffs)

The 700 m long sandstone cliff is the most monolithic sandstone wall in the Baltics. It is said that the sounds echoing off this cliff sound like organ, therefore these cliffs used to be called Ērgļu klintis (Organ Cliffs). Follow the walking trails, visit the observation decks, and watch the beautiful scenery of the Gauja River valley unfold before your eyes.  
**Priekulī County**  
**GPS: 57.36019, 25.2609**





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## ENTER ACTION



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### 36 | Aerodium

The vertical wind tunnel flight is a unique entertain-ment that allows everyone to fulfil humanity's age-old dream of flying. The wind flow is so strong that it is possible to lie down in it and fly without wings. It is safe to fly and previous experience is not required, the instructor who guides the flight allows you to rise to an altitude of several metres and will be with you for the whole duration of the flight.

**The 47th km of Rīga-Sigulda highway,**  
ph. +371 28384400, [www.aerodium.lv](http://www.aerodium.lv)  
GPS: 57.1333, 24.7861

### 37 | Aerial cableway across the Gauja River valley

A ride in a car on the only aerial cableway of its kind in the Baltics provides a view to the swiftly changing scenery of the Gauja River valley, Turaida castle, the bridge across Gauja, Krimulda manor and Sigulda bobsleigh track. But those who are looking for more extreme sensations can try bungee jumping off the cable car.

**J. Poruka iela 14, Sigulda,**  
ph. +371 28383333, [www.bungee.lv](http://www.bungee.lv)  
GPS: 57.1645, 24.8458

### 38 | Adventure park "Tarzāns"

The biggest open-air adventure park in the Baltics will keep the whole family entertained – here you can find a toboggan track, obstacle courses in the trees for adults and children alike, a chair lift, a catapult and a bungee jumping trampoline for children.

**Peldu iela 1, Sigulda,**  
ph. +371 27001187, [www.tarzans.lv](http://www.tarzans.lv)  
GPS: 57.1596, 24.8386

### 39 | The Tower of Courage VELLs

VELLs (in English – Devil) is a tower of heroic acts where a person by him/her own or together with other people can test their strose legs serve as a ladder to the sky, and when reaching the top, a visitor can fly down while being fastened in a rope and receiving the tips of smart trainers.

**Puku iela 4, Sigulda,**  
ph. +371 26003210, [www.vells.lv](http://www.vells.lv)  
GPS: 57.1403, 24.8177

### 40 | Flights in a hot air balloon

Those who like surprises and adventure will enjoy the opportunity to see the earth from a bird's eye-view.

**Traveller club "Altius",**  
ph. +371 29288448, [www.altius.lv](http://www.altius.lv)

### 41 | Adventure park "Mežakaķis"

This is a place to visit together with your family, friends or colleagues – the park offers obstacle courses, wire ropes, bridges of different construction, swings, logs, ropes and ladders, wire rope rides, a skiing track, volleyball fields, an Alpine style guest house, a bath-house complex, a pub, and seminar premises.

**Senču iela 1, Sigulda,**  
ph. +371 67976886, [www.kakiskalns.lv](http://www.kakiskalns.lv)  
GPS: 57.1431, 24.8291

### 42 | Leisure complex "Reiņa trase"

Leisure for fans of both quiet and extreme activities – a golf course with nine holes, a training field with distance markings, volleyball and

miniature football fields, obstacle course "Meža Reinis".

**"Kalnzaķi", Krimulda County,**  
ph. +371 29272255, [www.reinatrase.lv](http://www.reinatrase.lv)  
GPS: 57.1796, 24.8175

### 43 | Leisure Park "Rāmkalni"

One of the longest toboggan tracks in the Baltics, attractions, boat and bicycle routes and rental, a bistro and a pub welcome both the young and the old.

**"Vitiņkalni", Inčukalns County,**  
ph. +371 29100280, [www.ramkalni.lv](http://www.ramkalni.lv)  
GPS: 57.1248, 24.6585

### 44 | Adventure Park "Supervāvere"

The adventure park has not only a trail in the woods with more than 65 challenges of various difficulty but also an archery trail with natural size animals, as well as picnic spots and a boat and raft rental.

**"Saulkrasti", Drabeši Parish,**  
Amata County, ph. +371 26400200,  
[www.ozolkalns.lv](http://www.ozolkalns.lv)  
GPS: 57.2943, 25.2220

### 45 | Recreation complex "Rakši"

Animal lovers will enjoy the opportunity to see animals in nature and pet camels, llamas, alpacas and guanacos as well as go for a walk with them. There are also multiple guest houses, bath-houses, as well as a raft rental for a ride in the Gauja.

**"Rakši", Amata County,**  
ph. +371 29263798, [www.kamieli.lv](http://www.kamieli.lv)  
GPS: 57.2756, 25.1979

### 46 | Hunting school and leisure centre "Mārkulīči"

"Mārkulīči" offers open-air shooting ranges and sports fields, as well as boat rental and campgrounds. Those who would like to practice shooting should apply for a lesson prior.

**"Āvaidi", Straupe Parish, Pārgauja County,**  
ph. +371 29464946,  
[www.markulici.lv](http://www.markulici.lv)  
GPS: 57.3005, 24.9087

### 47 | "Gaujaskrasts"

This nature trail will take you on a walk along a marsh where you will see beaver houses. By previous arrangement, it is possible to take a horse-ride or pony-ride, as well as book accommodation that specially suits groups of cycling-tourists.

**"Jaunstilbi", Raiskums Parish,**  
Pārgauja County, ph. +371 29423270  
GPS: 57.3416, 25.1519

### 48 | Park of Senses of the Gauja River Steep Banks and the Tree Path

In the territory of the Gauja River Steep Banks a 2.7 km long walking trail with various natural and balance elements has been created to stimulate all five senses: sight, smell, hearing, taste and touch. Along the way of the Tree Path at 5 to 8 m height one will find "floating" chairs, different tools, sauna buckets and other original items. The exciting 187 m long zip-line over the Gauja River at the end of the path is like a cherry on the top.

**Valmiera, J. Daliņa iela 2,**  
ph. +371 27879242,  
[www.sajutuparks.lv](http://www.sajutuparks.lv)  
GPS: 57.5402, 25.4389

### 49 | Vidzeme Olympic Centre

This is the right place for all skating, hockey and basketball lovers. The Vidzeme Olympic Centre invites you on an excursion in the Olympic centre, offers accommodation and rest in a sports bar.

**Rīgas iela 91, Valmiera,**  
ph. +371 64220660, [www.voc.lv](http://www.voc.lv)  
GPS: 57.5280, 25.3880

### 50 | Sports and active leisure complex "Avoti"

The leisure complex has tennis courts, golf and miniature golf courses, a golf school, a BMX track, a BMX ABC, a nature labyrinth "Koka skola" (Wood school), a trampoline and a catapult. Vacationers can also stay in one of the cosy holiday houses.

**Burtņieki County, ph. +371 29499342,**  
[www.avoti.lv](http://www.avoti.lv), GPS: 57.5562, 25.4440

### 51 | "Stud-farm Kocēni"

The stud-farm offers horseback rides in the vicinity of the Kocēni village, rides in carts, as well as excursions in the manège and stories about horse breeding and sport. There are also leisure premises and a picnic spot.

**"Astras", Kocēni, Kocēni County,**  
ph. +371 26405147,  
[www.zirgaudzetavakoceni.lv](http://www.zirgaudzetavakoceni.lv)  
GPS: 57.5193, 25.3303

### 52 | BMX track

This BMX track prototype for the London 2012 Olympic Games is where the best Latvian BMX riders train. On Saturdays and Sundays during the summer season you can rent a BMX bike and test your skills in the small track.

**Valmiera, J. Daliņa iela 2,**  
ph. +371 27879242,  
[www.sajutuparks.lv](http://www.sajutuparks.lv)  
GPS: 57.5402, 25.4389

### 53 | Sports Centre of Young Riders' School

Pony and horse rides. Individual horse-riding training for beginners under the guidance of an experienced trainer. An opportunity to use the riding fields of the world's level for individual training. Competitions and entertainment events in the summer season.

**"Zustrenes", Inčukalns County,**  
ph. +371 20370991,  
[www.latvianhorses.lv](http://www.latvianhorses.lv)  
GPS: 57.0881, 24.7324

### 54 | Wake park "Rančo parks"

A place for hiding from daily concerns and enjoying captivating water pleasure. An opportunity to test one's skills and courage in wakeboarding, master skills of wakeboarding (in a wake skating school), water skiing, tubing, or stand-up paddling.

**Rubene, Kocēni County,**  
ph. +371 26666046, [www.ranchoparks.lv](http://www.ranchoparks.lv)  
GPS: 57.4651, 25.2539

### 55 | Adventure rides on horseback

The Gauja National Park offers its visitors to take several hours' long rides in hilly pine woods or practice on the training grounds with instructors. "AdventureRide", ph. +371 29269559, [www.adventureride.eu](http://www.adventureride.eu)

### 56 | Swimming pool RIFS

Place, where to spend time actively in the large swimming pool, gym, aerobic's halls or relax in sauna and the small hydropool.

**Cēsu prospekts 46a, Priekulji,**  
Priekulji County, ph. +371 64130474,  
[www.baseins-rifs.lv](http://www.baseins-rifs.lv)  
GPS: 57.3143, 25.3625





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## ENTER WINTER



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### 57 Leisure park "Rāmkalni"

This park has two 200 m long descents. One of them is quick and athletic, the other – fit for families. There is also one big and several smaller ramps, as well as an opportunity to rent equipment and relax in a pub. Both tracks are equipped with anchor lifts.

"Vītiņkalni", Inčukalns County,  
ph. +371 29100280, [www.ramkalni.lv](http://www.ramkalni.lv)  
GPS: 57.1430, 24.8443

### 58 Bobsleigh and luge track "Sigulda"

The Sigulda bobsleigh and luge track offers the city guests an opportunity to enjoy a 1420 m long ride with 16 curves and a 200 m long braking distance, which is normally available to professional sportsmen only.

Šveices iela 13, Sigulda,  
ph. +371 29185351, [www.bobtrase.lv](http://www.bobtrase.lv)  
GPS: 57.1508, 24.8408

### 59 Sports and active leisure centre "Sigulda"

1.25 km long and illuminated cross country ski track is the only one of a kind cooled ski track in Eastern Europe. The refrigerating system, which is built under the surface of the track, allows for maintaining snow cover as well as keeps its non-stop functioning in changing weather conditions. Service house provides inventory rental, ski service, and instructor's services. Dressing room, shower, and sauna are also provided.

Puķu iela 4, Sigulda, ph. +371 67970262,  
[www.tourism.sigulda.lv](http://www.tourism.sigulda.lv)  
GPS: 57.1403, 24.8177

### 60 Sigulda city track

The skiers can choose the most suitable track for their skills – 350 m,

200 m or 70 m, as well as use one of the ski lifts, rent equipment and receive advice from instructors. There is also a special children's/beginners' park as well as a café.

Peldu iela 1, Sigulda,  
ph. +371 67708678,  
[www.tourism.sigulda.lv](http://www.tourism.sigulda.lv)  
GPS: 57.1596 24.8386

### 61 Kaķiškalns track

Kaķiškalns invites you to enjoy a 320 m long descent on skis, use the platter lift, test your skills in the main track or on the beginners'/ children's slope as well as rent equipment, receive lessons from an instructor or rest in the pub.

Senču iela 1, Sigulda,  
ph. +371 67976886, [www.kakiskalns.lv](http://www.kakiskalns.lv)  
GPS: 57.1431, 24.8291

### 62 Leisure complex "Reiņa trase"

One of the oldest skiing centres in Latvia has two tracks: the main track and the beginners' track, as well as a snowboard park, a specially created and marked children's track, a tube sliding track and a lit cross-country skiing track. The complex also offers equipment rent and instructors and has a café.

"Kalnzaķi", Krimulda County,  
ph. +371 29272255, [www.reinatrase.lv](http://www.reinatrase.lv)  
GPS: 57.1796, 24.8175

### 63 Active leisure centre "Žagarkalns"

Nine skiing tracks of various difficulty, instructors, cafés, a children's room, a shop, a bath-house, picnic places, as well as an opportunity to rent equipment – all of this awaits skiers at "Žagarkalns".

"Žagarkalns", Cēsis,  
ph. +371 26266266, [www.zagarkalns.lv](http://www.zagarkalns.lv)  
GPS: 57.2981, 25.2268

### 64 Skiing Park "Ozolkalns"

The "Ozolkalns" skiing and snowboard tracks offer the longest descents in Latvia as well as an Alpine luge track and equipment rent and welcomes you to visit the café.

"Saulkrasti", Drabeši Parish,  
Amata County, ph. +371 26400200  
[www.ozolkalns.lv](http://www.ozolkalns.lv)  
GPS: 57.2943, 25.2220

### 65 Cēsis Olympic Centre

Centre offers visitors various opportunities for active leisure throughout the year. In winter – skiing in lighted cross-country ski track, ski rental, ice skating. In the summer there are 2 marked Nordic walking trails, roller skating, roller skates rental, roller skiing trails and rentals, as well as camping sites.

Priekulī County, ph. +371 29222920,  
[www.occesis.lv](http://www.occesis.lv)  
GPS: 57.3052, 25.3789

### 66 A walk on snow shoes at Vienkoči Park

Those who like spending their time doing interesting things will enjoy a walk through the Vienkoči Park in snow shoes.

"Vienkoči", Līgatne County,  
ph. +371 29329065, [www.vienkoci.lv](http://www.vienkoci.lv)  
GPS: 57.1933, 25.0455

### 67 Active leisure and skiing centre "Baiļi"

Active leisure and ski centre "Baiļi" offers an opportunity to ski and snowboard, as well as organise active leisure and sports events, rent tourism equipment, and stay overnight in a camping area.

"Baiļi", Kauguri Parish,  
Beverīna County, ph. +371 29284119,  
[www.baili.lv](http://www.baili.lv)  
GPS: 57.5342, 25.4688

## One ski – pass for all EnterGauja ski resorts!



	Sigulda City track	Kaķiškalns track	Reinis track	Žagarkalns	Ozolkalns	Rāmkalni
Length of descent	350 m	320 m	150 m	420 m	500 m	200 m
Height difference	90 m	80 m	35 m	70 m	80 m	30 m
Ski lifts	T-bar, double chair, <i>tablet</i> type and beginner ski lift	1 <i>tablet</i> type and 1 rope tow ski lift	2 <i>tablet</i> type ski lifts	5 <i>tablet</i> type ski lifts, 2 multilifts, 2 children lifts	double chair, <i>tablet</i> type ski lift and beginner ski lift	Anchor type ski lift
Beginner / children's hill	Beginner/ children's hill with a ski lift	Beginner/ children's hill with rope tow ski lift and snow park for children	Beginner hill (200 m) with <i>tablet</i> type ski lift; Children's park (100 m) with <i>SunKid</i> conveyour lift and children's skiing carousel	Beginners slope Kids Park with multilifts and rope ski lifts. Ski school.	Children's hill with an anchor lift	
Catering	Café	Café	Café	Café, restaurant	Café	Café, restaurant
Equipment rent	Equipment rent, service and shop	Equipment rent and service	Equipment rent, shop and service	Equipment rent and service	Equipment rent and service	Equipment rent
Instructors	Skiing and snowboard instructors are available; Children's skiing school	Skiing and snowboard instructors are available; Adult and children's skiing schools for all levels of experience	Skiing and snowboard instructors are available; Children's skiing school	Skiing and snowboard instructors are available; children's skiing and snowboard school.	Skiing and snowboard instructors are available; Children's skiing and snowboard school	Skiing and snowboard instructors are available
Additional opportunities	Freestyle trampolines	Open air ice rink and ice-skate rent; Guest house and small SPA center; Seminar hall	Snow-tubing track, tube rent; Cross – country skiing track and equipment rent; Guest house and bathhouse; Seminar hall	Snowboards park; Cross-country skiing track and equipment rent; Apartments, holiday house and bathhouse; Ski bus	Challets and sauna; Ski bus	
Working hours*	<b>Monday–Friday:</b> 12.00 p.m.–9.00 p.m. <b>Saturday:</b> 9.00 a.m.–9.00 p.m. <b>Sunday:</b> 9.00 a.m.–8.00 p.m.	<b>Working days:</b> 2.00 p.m.–10.00 p.m. (Beginners track) 5.00 p.m.–10.00 p.m.) <b>Saturday – Sunday:</b> 9.00 a.m.–10.00 p.m.	<b>Working days:</b> 2.00 p.m.–10.00 p.m. <b>Saturday:</b> 10.00 a.m.–10.00 p.m. <b>Sunday:</b> 10.00 a.m.–8.00 p.m.	<b>Monday:</b> closed <b>Tuesday–Friday:</b> 3.00 p.m.–11.00 p.m. <b>Saturday:</b> 10.00 a.m.–11.00 p.m. <b>Sunday:</b> 10.00 a.m.–9.00 p.m.	<b>Monday, Tuesday:</b> closed <b>Wednesday, Thursday:</b> 2.00 p.m.–10.00 p.m. <b>Friday:</b> 1.00 p.m.–11.00 p.m. <b>Saturday:</b> 9.00 a.m.–11.00 p.m. <b>Sundays:</b> 9.00 a.m.–9.00 p.m.	<b>Working days:</b> 1.00 p.m.–10.00 p.m. <b>Saturday–Sunday:</b> 9.00 a.m.–10.00 p.m.

\*Working hours change according weather and skiing slope conditions.



**i Sigulda TIC**  
Ausekļa iela 6, Sigulda,  
ph. +371 67971335,  
www.tourism.sigulda.lv  
GPS: 57.1531, 24.8537

**i Cēsis TIC**  
Pils laukums 9, Cēsis,  
ph. +371 64121815,  
www.visit.cesis.lv  
GPS: 57.3132, 25.2714

**i Valmiera TIC**  
Rīgas iela 10, Valmiera,  
ph. +371 64207177,  
www.visit.valmiera.lv  
GPS: 57.5385, 25.4210

**i Līgatne TIC**  
Sprīņu iela 2, Līgatne,  
ph. +371 64153169, 29189707,  
www.visitligatne.lv  
GPS: 57.2335, 25.0396

**i Amata TIC**  
"Dzirnavas", Ieriķi, Amatas nov.,  
ph. +371 28681083, www.amata.lv  
GPS: 57.2085, 25.1703

**i Pārgauja TIP**  
"Ezeriņi", Stalbes pag.,  
Pārgaujas nov.,  
ph. +371 26620422,  
www.pargaujasnovads.lv  
GPS: 57.3757, 25.0391

**i Valmiermuiža TIP**  
Dzirnavu iela 2, Valmiermuiža,  
Burtņieku nov.,  
ph. +371 29135438,  
www.valmiermuiža.lv  
GPS: 57.5592, 25.4251

**i Veselava Manor TIP**  
"Viesturi", Veselavas pag.,  
Priekulju nov., ph. +371 64107198,  
www.priekulnovads.lv  
GPS: 57.2900, 25.4776

**i Inčukalns TIP**  
Atmodas iela 4, Inčukalns, ph.  
+371 67977310, www.incukalns.lv  
GPS: 57.0979, 24.6871

**i Gauja NP Information Centre  
"Gūtmaņala"**  
Turaidas iela 2a, Sigulda,  
ph. +371 67971335, 26657661  
www.tourism.sigulda.lv  
GPS: 57.1762, 24.8468

**i Gauja NP Information Centre  
"Līgatne Nature Trails"**  
Līgatnes dabas takas, Līgatne,  
ph. +371 29189707, 28328800  
www.visitligatne.lv  
GPS: 57.2484, 25.0154







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## Hidden in Noble Silence

This is your opportunity to savour the jewels that noblemen have safeguarded in the cusp of the forest for time eternal. Venture forth, rapt in contemplation, essaying your brush back and forth over the canvas, listening to the paint plotting its way into the canvas, and sipping tea in the manor garden, where you will hear the tick tuck of the venerable lord's clock.

We invite you to discover Latvia, travelling through time and enjoying the tranquillity of the historic residences of the aristocracy fanned by centuries of impressive history. The authentic hospitality of the nobility awaits you, along with the opportunity to step into the world of Latvia's nobility and to encounter its broad heritage, as well as to embark on a stately journey amid impressive settings nestling among painterly landscapes.

During your journey, you will be welcomed at the most important manor houses, castles and palaces in the Gauja region, offering fine dining and accommodation options, and an eclectic offering of additional services, ranging from tours recreating the epochs of the nobility through to scenic horse carriage excursions through the Latvian countryside.



Listen in noble silence!



### 68 | TURaida MUSEUM RESERVE



Turaidas iela 10, Turaida, Sigulda County, ph. +371 67972376, [www.turaida-muzejs.lv](http://www.turaida-muzejs.lv)  
GPS: 57.1868, 24.8478

Lend your ear to birdsong and you will hear exhilarating tales of history, land and the people that shaped them. Peer out of the castle tower to be stunned by the primeval carpet unfurling in the forested river valley. Air pulsating with love will persuade of the nobility and courage of Rose of Turaida. Bask in the sublime harmony of beauty wrought by human hands and the poetry of nature.

#### A TREASURE TROVE OF TESTIMONIES TO HISTORY

History Museum • Ensemble of Manor Buildings • Medieval Castle • Viewing Tower • Wooden Church • Sculpture Garden

### 69 | CĒSIS CASTLE



Pils laukums 9, Cēsis, Cēsis County, ph. +371 28318318, [www.cesiscastle.lv](http://www.cesiscastle.lv)  
GPS: 57.3132, 25.2714

Babbling in the tranquil air of the Castle Garden will be the playful ripples of the Old Town's fountains, as they refresh the gentle Vidzeme winds. Accompanying them will be the leisurely chimes of church bells, punctuated by craftsmen's tools calmly sculpting exquisite ancient jewellery. While somewhere deep among the groves of trees planted by the lords of the men, lovers will kiss.

#### THE CENTRE OF LIFE IN AN ANCIENT TOWN

History and Art Museum • Viewing Tower over the Old Town of Cēsis • Events and Concerts • Ancient Jewellery Forge • Castle Park • Medieval Workshops

### 70 | SIGULDA CASTLE



Pils iela 16, Sigulda, Sigulda County, ph. +371 67971335, [www.tourism.sigulda.lv](http://www.tourism.sigulda.lv)  
GPS: 57.1656, 24.8506

The air around will rustle amidst the tranquillity of the ancient Gauja river valley. Thus, you will feel like a castle guard on the edge of civilization, knowing that the security of the castle depends on you keeping your ears open to any danger emanating from the scenic panorama around you. And as you shoot your arrows straight and true, you'll hear them sour into the sky with the grace on the birds on high.

#### AN EPICENTER OF HISTORICAL EVENTS

A Grand Duke's Neo-Gothic Style Castle • Livonian Order Castle Ruins • Concerts, Cultural Events • Creative Quarter • Medieval Testimonies • Stunning Views of the Gauja River Valley

### 71 | DIKĻI PALACE



Dikļi, Dikļi Parish, Kocēni County, ph. +371 64207480, [www.diklupils.lv](http://www.diklupils.lv)  
GPS: 57.5978, 25.1025

In the authentic interior of the manor, as you step across the softly creaking floor, you'll hear the echoing footsteps of the affable lord of the manor. The unruffled babbling of the water in the estate pond will fill you with the peace wrought by an idyllic landscape, accompanied by the gentle music of nature, to be enjoyed at any hour of the day or night. And the rustle of the park's mature trees will remind you of the old days when it seemed that even the birds sang more beautifully.

#### AN IDYLL FOR CONNOISSEURS OF HISTORY

Accommodation in Design Rooms • Gourmet Restaurant • Eco SPA • Hunting • Collection of Fireplaces and Paintings • Horse Carriage and Sleigh Rides







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## 72 | BĪRIŅI CASTLE



Bīriņi, Limbaži County,  
ph. +371 64024033,  
[www.birinupils.lv](http://www.birinupils.lv)  
GPS: 57.2441, 24.6591

The lightest of breezes will cast the rustling leaves in the park aloft. The flutter of wings will announce the return of the stork to its home in the manor house tower. And don't be surprised to hear the ducks calling to one another as they play hide and seek among the water lilies. The bathhouse will resound to the sound of flailing birch besoms, while the paintbrush caresses the canvas as it strives to render this scene immortal.

### ROMANCE AND PEACE

Accommodation in Design Rooms • Restaurant • Manor Parks and Arbours • Bathing-places • Park Library • Stable, Sleigh Rides

## 73 | MĀLPILS MANOR



Pils iela 6, Mālpils, Mālpils County,  
ph. +371 26666600, [www.malpilsmuiza.lv](http://www.malpilsmuiza.lv)  
GPS: 57.0064, 24.9494

A fountain will ripple peacefully in the courtyard where birds pause to quench their thirst. In the manor's entrance hall, an ancient harpsichord will toy with its notes, occasionally complemented by the barely audible whispers of candle flames. As the manor's ghost does his nocturnal rounds, won't be perturbed by the creak of painting frames.

### REFINED MOMENTS OF CAREFREE LEISURE

Accommodation in Design Rooms • Gourmets' Restaurant • Culinary Masterclasses • Art Collection • Antique Bicycles • Hot Air Balloon Flights

## 74 | UNGURMUIŽA MANOR



Raiskums Parish, Pārgauja County,  
ph. +371 22007332, [www.ungurmuiza.lv](http://www.ungurmuiza.lv)  
GPS: 57.3625, 25.0887

Under the spell of this charming baroque pearl, you will encounter a rhythmic idyll – as you admire wall paintings in the most peaceful of surroundings, your imagination will vividly conjure up images of tranquil and carefree days at the wooden manor. And a ride in a horse-drawn carriage will remind you of the calm horseshoes the past, persuading you of the unhurried harmony of history.

### A UNIQUE WOODEN BAROQUE MANOR HOUSE

Unique Wooden Manor House • Accommodation in a Rural Manor House • Historic Wall Paintings • Ancient Recipe Restaurant • Tea Drinking Ritual • Horse-Drawn Carriages

## 75 | KĀRĻAMUIŽA MANOR



Kārļi, Drabeši Parish, Amata County,  
ph. +371 26165298, [www.karlamuiza.lv](http://www.karlamuiza.lv)  
GPS: 57.2406, 25.2121

As the waters of the Amata River babble busily, a corn crake will scythe down a lesser butterfly-orchard in the meadow, while a stork will rattle loudly as he calls his love home. Apples will hit the ground bouncing to the rhythm in the century-old orchard. And in the bathhouse, the ripple of water will bring the steam out of stones, while a hammock gently will be oscillating in the breeze.

### AT THE NATURAL EPICENTER OF THE MANOR

Rooms of Historical Personalities • Landscaped Nature Park • Walking Trails • Home Restaurant • Historic Orchard • Traditional Bathhouse

## 76 | VALMIERMUIŽA MANOR



Dzirnavu iela 2, Valmiermuiža,  
Burtnieki County, ph. +371 20264269,  
[www.valmiermuiza.lv](http://www.valmiermuiza.lv)  
GPS :57.5559, 25.4314

The rattle of horses' hooves will carry you back in time to an age when the life at the manor was tranquil and unhurried. And your thirst will be quenched by the mere sound of live beer caressing the landlord's glasses, while the peaceful rustle of trees will gently cradle your leisurely and relaxed mood.

### AN OASIS OF HOSPITALITY AT THE CROSSROADS OF HISTORY

Renowned Brewery • Brewery Tours • Finest Latvian Cuisine • Local Goods Market • Horse Riding

## 77 | KRIMULDA MANOR



Mednieku iela 3, Sigulda,  
ph. +371 67972232,  
[www.krimuldaspils.lv](http://www.krimuldaspils.lv)  
GPS: 57.1677, 24.8298

The rustle of the forest will be complemented by the sound boats wending their way through the gently flowing water of the Gauja river valley. The cable car will whine temperamentally, while pegs are banged into barrel holes in the wine cellar. Up above, the birds will be all of a flutter as their flight carries them within range of the delicacies in the manor greenhouse.

### A RESIDENCE OFFERING BEAUTIFUL VIEWS

Panoramic Views of the Ancient River Valley • Winery, Tastings • Cable Car Rides • Walking Trails • Health Treatments • Hostel

## 78 | VIENKOČI PARK



Vienkoči, Augšlīgatne, Līgatne County,  
ph. +371 29329065, [www.vienkoci.lv](http://www.vienkoci.lv)  
GPS: 57.1933, 25.0455

Sounds from the ancient craftsmen's workshop will introduce you to the banging of a handmade hammer and a plane handled by a true master. Meanwhile, in the shadows of the forest, masterfully handcrafted sculptures will whisper long forgotten legends to one another of the wonders wrought by past lords of the manor.

### THE MANOR CARPENTER'S MASTERPIECES

Wooden Crafts Museum • Miniature Copies of Historic Manors • Wooden Sculpture Park • Handicrafts Masterclasses





## ENTER HISTORY

### 79 | Sigulda Evangelical Lutheran church

First mentioned in writing in the 15<sup>th</sup> century as St. Bērtulis' church, this building takes pride in the altar piece "Christ in the Garden of Ghetsemane", the cast iron bell installed in 2001 and the button mosaics created by V. Attāls. **Baznīcas iela 2, Sigulda**  
GPS: 57.1624, 24.8523

### 80 | Turaida Evangelical Lutheran church

This church, built in 1750, is one of the oldest wooden churches in Latvia and it is located on the Church Hill (which is also an ancient burial ground) inside the territory of the Turaida museum reserve. Rose of Turaida memorial site can be found next to the church. **Turaidas iela 10, Sigulda,**  
ph. +371 67972376,  
[www.turaida-muzejs.lv](http://www.turaida-muzejs.lv)  
GPS: 57.1868, 24.8478

### 81 | Allaži Evangelical Lutheran church

This Lutheran church, built in 1926, is a national architectural site, but it has been used both as a canteen and as a warehouse. The church, which has been decorated with the local travertine, has been fully restored. **Stīveri, Sigulda County**  
GPS: 57.1019, 24.8226

### 82 | Cēsis St. John's Evangelical Lutheran church

The church, consecrated in 1284, is one of the oldest and largest cult buildings in Latvia. Inside the church you can find an altar piece made by J. Kēleris and

one of the biggest gravestone collections in Latvia, as well as enjoy excellent organ music and watch the Cēsis panorama from the church tower. **Lielā Skolas iela 8, Cēsis**  
GPS: 57.3122, 25.2718

### 83 | Valmiera St. Sīmanis' Evangelical Lutheran church

The church, built in 1283, has almost completely preserved its medieval appearance. In the church you can find gravestones of prominent 15<sup>th</sup>-16<sup>th</sup> century citizens, an organ (1886), pulpit and organ loft paintings (1730), as well as enjoy Valmiera's panorama from the church tower observation deck. **Bruņinieku iela 2, Valmiera,**  
ph. +371 64200333  
GPS: 57.5384, 25.4263

### 84 | Valmiera museum and the Livonian Order castle ruins

The remains of the Order castle ruins and the city fortifications preserve memories from the 13<sup>th</sup> century until nowadays. The Valmiera museum is housed in eight buildings within the castle ruin territory. The museum offers a journey in the complete history of Valmiera. **Bruņinieku iela 3, Valmiera,**  
ph. +371 64223620,  
[www.muzejs.valmiera.lv](http://www.muzejs.valmiera.lv)  
GPS: 57.5395, 25.4289

### 85 | Rubene Evangelical Lutheran church

At the beginning of the 13<sup>th</sup> century, in one of the oldest Christian churches in Latvia – Rubene – its founder and priest

Henry wrote one of the richest historical primary sources about the current Latvian and Estonian territory – the Livonian Chronicle of Henry (Heinrici Cronicon Lyvoniae). This is reflected today in the memorial stone in Rubene Churchyard. Stop and gain inspiration from this historical place of respect. Please notify us of your visit over the phone. **Rubene, Kocēni County,**  
ph. +371 64230432, 22307210  
GPS: 57.4681, 25.2660

### 86 | Dikļi Evangelical Lutheran church

In historical writing the church is mentioned already in the first half of the 17<sup>th</sup> century but the current building was built around 1848. In the church you can see some of the most unique artworks in Vidzeme – the pulpit (1699) and the altar (1698) have both been decorated with mannerism style wood carvings. **Dikļi, Kocēni County,**  
ph. +371 29124453  
GPS: 57.5966, 25.0743

### 87 | Vangaži Evangelical Lutheran Church

In the 17<sup>th</sup> century, there was a small log church building without a tower in Vangaži. A brick church was built in 1789 next to the Riga- Saint Petersburg road, while during the World War I, it was destroyed. The church was reconstructed in 1935 and destroyed again after the war. In 1992, along with the Latvian National Awakening the church building was reconstructed. **Vangaži, Inčukalna County,**  
GPS: 57.1186, 24.5774

### 88 | Āraiši Church

Built c. 1225, tower and interior 18<sup>th</sup> century. Nearby rectory complex created in 18<sup>th</sup>-19<sup>th</sup> century, and old Āraiši cemetery with a fence from piled up boulders. Always open during day time in summer season. **Āraiši, Amata County**  
GPS: 57.2477, 25.2712

### 89 | Līgatne Paper Mill and the historical buildings of the Paper Mill village

Paper mill was established in 1815, operating for almost 200 years. The village of the Paper Mill is an authentic 19<sup>th</sup> century industrial and wood building ensemble which will introduce you to the lifestyle of Līgatne people in different centuries. **Springu iela 2, Līgatne,**  
ph. +371 64153169, 29189707,  
[www.visitligatne.lv](http://www.visitligatne.lv)  
GPS: 57.2371, 25.0419

### 90 | Secret Soviet bunker in Līgatne

Built in the 80s, the bunker, which is located 9 m under the rehabilitation centre "Līgatne" and takes up more than 2000 m<sup>2</sup>, is a unique place where the nuclear war shelter and authentic exhibits of the age have been preserved. You can embrace the atmosphere of that age by enjoying a 80s style meal and participating in a reality game as a detective. **"Skaļupes", Līgatne Parish, Līgatne County,**  
ph. +371 64161915,  
[www.bunkurs.lv](http://www.bunkurs.lv)  
GPS: 57.2560, 25.0709

### 91 | More battles memorial sites

The More battles memorial stone, unveiled in 1992, the restored trench fragments and the bunker, the memorial wall with the names of the legionnaires killed in the battles and the More battles museum opened in 2002 remind of the ruthless Second World War battles of 1944. **"Kalna Kaņēni", More Parish, Sigulda County,**  
ph. +371 29446115,  
[www.moresmuzejs.lv](http://www.moresmuzejs.lv)  
GPS: 57.0796, 25.0617

### 92 | Āraiši archaeological museum park

The park will give you an insight into the everyday life of the ancient inhabitants of Latgale. Here you will see their 9<sup>th</sup>-10<sup>th</sup> century fortified dwelling place and its reconstruction – the Lake castle, 14<sup>th</sup>-17<sup>th</sup> century medieval castle ruins as well as Meitu sala (Daughter Island) with reconstructed Stone and Bronze Age houses. **Āraiši, Amata County,**  
ph. +371 64107080,  
[www.history-museum.lv](http://www.history-museum.lv)  
GPS: 57.2499, 25.2800

### 93 | Āraiši windmill

Construction year – 1852. Four floors of the mill provide views of machinery that mills grains into flour. When booking a group visit in advance, it is possible to enjoy the dinner of a miller. Bread Day is organised each year at the end of July. **Āraiši, Amata County,**  
ph. +371 29238208,  
[www.amata.lv](http://www.amata.lv)  
GPS: 57.2527, 25.2682

### 94 | Kokmuža manor

At the manor, where once a brewery was accommodated, offers excursions around the manor buildings and park. Spherical sundial is located next to the manor building. **Alejas iela 2, Kocēni, Kocēni County,**  
ph. +371 27891672,  
[www.visit.valmiera.lv](http://www.visit.valmiera.lv)  
GPS: 57.5229, 25.3345

### 95 | Vaidava castle hill

In the olden times there were people who wanted to build Cēsis on the Vaidava castle hill, but the devil who lived there had threatened to demolish the city if they did not pay him to leave. The builders had not given money to the devil so overnight he demolished everything they had built during the day. The city could not be built here, so the people decided to build Cēsis elsewhere. **Vaidava Parish, Kocēni County,**  
[www.kocenunovads.lv](http://www.kocenunovads.lv)  
GPS: 57.4580, 25.2690

### 96 | Veselava Manor house

Veselava Manor house was built in 1840s on an oval island surrounded by a moat to resemble the a medieval fortress. Visitors may take a tour of the estate and its surroundings. There are stories related to the manor about the baron and his beautiful daughter Kausuļa Rasa who like the Rose of Turaida refused to obey her father's instructions. **„Viesturi”, Veselava, Priekule County,**  
ph. +371 26100962  
GPS: 57.2901, 25.4773





## ENTER CRAFTS AND TRADITIONAL CULTURE

### 97 | Amber workshop

In the amber workshop a third-generation expert will introduce you to amber processing and will let you try it yourself.

Vēju iela 1, Sigulda, ph. +371 26185257  
GPS: 57.1497, 24.8505

### 98 | Walking-Stick Park

Opened in 2007, the park is an homage to Sigulda's most popular souvenir – the Walking stick. Walking sticks were mentioned already in the 19th century travel guides. Although there is no practical need for it anymore, the Sigulda walking stick is still popular as a souvenir.

Sigulda. GPS: 57.1617, 24.8494

### 99 | Crafts' House at Drabeši Manor

The Amata House of Crafts is a local crafts centre where you can learn the old crafts, visit the library of crafts and on weekends visit fairs and workshops. Workshops of Latvian traditional musical instrument kokle, various handicrafts, folk events for tourist groups and wedding parties. Pre-booking.

Drabeši manor, Amata County,  
ph. +371 29199870, www.amata.lv  
GPS: 57.2428, 25.2790

### 100 | Antique jewellery forge

At the forge you can watch the jewellery-maker in action and see the instruments and antique jewellery from Latgale. Furthermore, the craftsman will share his knowledge on the meaning of the jewellery and symbols, as well as on the jewellery wearing traditions.

Pils laukums 9, Cēsis,  
ph. +371 29158436,  
GPS: 57.3133, 25.2710

### 101 | Līgatne spoon workshop

The workshop invites you to learn how timber of more than 17 Latvian tree species is turned into spoons and other objects. You can also try making them yourself.

"Vanagi", Augšlīgatne,  
ph. +371 26521467, www.spoonfactory.lv  
GPS: 57.1908, 25.0365

### 102 | Līgatne House of Crafts

The House of Crafts is a part of the historical Paper-Mill Village of Līgatne. Skilful craftsmen meet here to learn traditional Latvian crafts. Visitors are invited to learn weaving, making paper, creating rug dolls and taking part in other activities.

Pilsoņu iela 4, Līgatne,  
ph. +371 29123825, www.visitligatne.lv  
GPS: 57.2352, 25.0454

### 103 | National Fishing Trade Museum

In this museum the exhibits still smell of seaweeds and the fishnets are still wet. Here you will learn how our ancestors fished and how it is done today. You can also test your own fishing skills.

Gaujas iela 38, Līgatne,  
ph. +371 29232837  
GPS: 57.2548, 25.0447

### 104 | Creative workshop "Ezeriņi"

"Ezeriņi" invites you to see smartstone and metal items, visit a shop, and buy

original gifts for yourself and your loved ones. After a previous arrangement, it is possible to watch demonstrations of a master and experience a gunshot of a real cannon.

Stalbe Parish, Pārgauja County,  
ph. +371 26371928, www.ezerini.lv  
GPS: 57.3757, 25.0391

### 105 | Dikļi – the cradle of the Song Festival

In 1864 one of the most beautiful Latvian traditions – the Song Festival – was born in Dikļi. Writer, pastor and teacher J. Neikens organised the Festival on Neikenkalniņš, at the foot of which now stands a beautiful open-air stage. The Dikļi Song Festival exposition compiles information about the origins of choir starting from the first regional Song Festival.

Exposition "Grāvelsiņi", Dikļi,  
Kocēni County, ph. +371 26649685,  
www.kocenunovads.lv  
GPS: 57.5973, 25.0943

### 106 | "Medus kāre" (Honey crave)

Here you can listen to stories about bees, watch them in hives in the bee garden, discover the secrets of their life and honey harvesting through movies as well as taste honey made from various flowers and participate in wax candle making. Picnic spots and campgrounds are also available.

"Zvirgzdi", Vaidava Parish, Kocēni County, ph. +371 28341533  
GPS: 57.4632, 25.2452



104



109



100

### 107 | Bread house "Krūmiņi"

Bread House "Krūmiņi" offers activities for adults and kids. One can participate in bread baking process, become master of tart party and go on an adventure on Pine trail.

"Krūmiņi" Liepa Parish,  
Priekule County,  
ph. +371 26887921  
GPS: 57.3631, 25.3987

### 108 | Elmārs' Sand Gallery

In this gallery you can see a unique collection of sand from all continents of the world, as well as artist's original work – colourful, spatial, hardened sand paintings made from Sigulda's sand using a special technique.

Pils iela 16, Sigulda,  
ph. +371 29991642,  
www.vanels.si  
GPS: 57.1658, 24.8515

### 109 | Vaidava Ceramics

Vaidava Ceramics offers an excursion which will introduce you to the everyday work routine in the factory which produces crockery for everyday use and special occasions. Ceramic products are also available for purchase.

Ezera iela 2, Vaidava, Kocēni County,  
ph. +371 64284101, www.vaidava.lv  
GPS: 57.4309, 25.2878

### 110 | Barrel museum

The Barrel Museum offers visitors the chance to see barrels and participate in barrel making together with the cooper, revealing the secrets of cooperage.

"Madaras", Vaidava Parish, Kocēni County, ph. +371 29268692,  
www.muca.lv  
GPS: 57.4309, 25.2020

### 111 | Laureta Candles Workshop

Here you can learn magic of candle light and see how various rapeseed wax candles are made and make some of your own.

Vaļņu iela 40, Cēsis,  
ph. +371 26673100,  
www.lauretacandles.com  
GPS: 57.3103, 25.2682

### 112 | Sigulda Castle Creative Quarter

Sigulda New Castle was built in 1878 in Neo-Gothic style, as the manor owner Kropotkins house, but now it houses the Sigulda City Council. In the rest of the estate buildings artists are living and invite to participate at their shops e.g. in the Sand Art Gallery or the paper art workshop "Viktor's Letters" and in the Quarter's musical events.

Pils iela 16, Sigulda,  
ph. +371 67971335,  
www.tourism.sigulda.lv  
GPS: 57.1656, 24.8506

### 113 | Weavers' workshop "Vēverišas"

Here, with the skilled hands of artisans, the objects of national applied arts, various souvenirs and patterned folk costumes and archaeological costumes are made. Excursions can be ordered in the workshop, where not only finished costumes, but also the process of making them will be shown. Also, the visitors are welcome to take part in the process.

Rīgas iela 19, Cēsis,  
ph. +371 26054322,  
www.veverisas.lv  
GPS: 57.3118, 25.2729

### 114 | Sculpture "Gadsimtiem ejot"

(As centuries pass by)

The bronze night guard created by M. Jansons is passing through the centuries with a cane in one and a lantern in the other hand, symbolizing the victory over darkness, and is also called "Laika vecis" (The time man) or "Gaismas nesējs" (The light bringer). The lantern attracts the largest amount of attention and has become the official symbol of Cēsis. It is said that by rubbing it, one can see his or her future and the light will guide the good thoughts and deeds.

Torņa iela, Cēsis  
GPS: 57.3124, 25.2717

### 115 | Educational programmes of the Valmiera Museum

The Valmiera Museum offers various educational programmes such as „The Bread Route”, „The Milk Route”, the School of Knights and other creative activities, where young and old will have an opportunity to shape, take part and witness historical moments.

Valmiera, Bruņinieku iela 3,  
ph. +371 26179044,  
www.visit.valmiera.lv  
GPS 57.5387, 25.4268





116



## ENTER ECO-WELNESS & HEALTH

### 116 | The hotel "Jonathan SPA Estate"

The atmosphere of the hotel and its surroundings is permeated by a recreation philosophy based on harmony with nature in its entirety. The "Jonathan SPA Estate" provides genuinely heartfelt hospitality to the highest standards, environmentally friendly and high-quality materials, as well as unforgettably delicious cuisine.

"Ezerputni", Amatsciems, Amata County, ph. +371 25606066, [www.jonathanspahotel.com](http://www.jonathanspahotel.com) GPS: 57.2254, 25.3034

### 117 | Dikļi castle

The castle which houses a 4-star hotel and a gourmet restaurant, also offers SPA therapies, massages, peelings, body wrap procedures and baths, as well as other procedures which make use of the local herb expert Z. Kaviere's herb mixtures.

Dikļi, Kocēni County, ph. +371 64207480, [www.diklupils.lv](http://www.diklupils.lv) GPS: 57.5978, 25.1025

### 118 | SPA hotel "Ezeri"

The SPA complex offers hydro massage, pearl baths, baths, wrapping in sea weeds, exercising and cosmetic procedures.

"Ezeri", Sigulda County, ph. +371 67973009, [www.hotelezeri.lv](http://www.hotelezeri.lv) GPS: 57.1319, 24.8542

### 119 | Velnala bath-house

This Latvian style herb bath-house, built from heavy logs and located at an ecologically rich place with a special

energy, invites you to enjoy bath-house attendant services and tea ceremonies. "Brūveri", Sigulda County, ph. +371 26092153, [www.hotelbruveri.lv](http://www.hotelbruveri.lv) GPS: 57.1554, 24.8198

### 120 | Guest House "Lantus"

Enjoy Latvian traditional sauna rituals and special rural SPA treatments – swatting with bath besoms, hot honey massage and many more. You can take a dip in the pool or – if you prefer to be close to nature – in a backyard pond. "Lantus", Bērzaine Parish, Kocēni County, ph. +371 29214406, 28648679, [www.laukumaja.lv](http://www.laukumaja.lv) GPS: 57.6317, 25.2430

### 121 | "Mazais Ansis" rural steam baths

Enjoy a rural steam bath, hot water tub and sauna-barrel in ancient settings. You can use the aromatic birch-tree whisk in the steam bath featuring a small room for up to 10 persons, a swimming-pool, shower, and dressing-room.

"Ansiši", Rubene, Kocēni County, ph. +371 64230352, [www.mazais-ansis.lv](http://www.mazais-ansis.lv) GPS: 57.4649, 25.2559

### 122 | Pirate Sauna

The Pirate Sauna looks like a real ship. You can take a steam-bath in the Pirate Sauna situated in the territory of the guest house "Madara", as well as to order sauna transportation to your chosen location.

"Madaras", Vaidava Parish, Kocēni County, ph. +371 29268692, [www.muca.lv](http://www.muca.lv) GPS: 57.4309, 25.2020



### 123 | Vidzeme Olympic Centre Sports Rehabilitation Centre

The centre offers SPA programmes, juice therapy, Valmiera mineral water programmes, detox procedures, ancient Latvian bath rituals, therapeutic exercises and underwater procedures.

J. Daliņa iela 2, Valmiera, ph. +371 27879242 [www.vocspa.lv](http://www.vocspa.lv) GPS: 57.5402, 25.4389

### 124 | Medical Rehabilitation Centre "Līgatne"

The rehabilitation centre offers medical rehabilitation, SPA procedures, accommodation and various activities for your free time.

"Skaļupes", Līgatne parish, Līgatne County, ph. +371 64161915, [www.rehcentrsligatne.lv](http://www.rehcentrsligatne.lv) GPS: 57.2560, 25.0709

### 125 | Rehabilitation Centre Krimulda

Rehabilitation centre offers various water procedures such as the Charko douche, underwater massage, pearl, fir-needle, turpentine, and aromatic baths. Procedures with local mud are also available — bath and applications stimulate blood circulation, metabolism, and immune system.

Mednieku iela 3, Sigulda, ph. +371 67972232, 29111619, [www.krimuldaspils.lv](http://www.krimuldaspils.lv) GPS: 57.1677, 24.8298



## ENTER CONFERENCES

						Phone	WEB	GPS
Vidzeme Concert hall "Cēsis"	4	50, 80, 110, 800	X	X		+371 6411 9921	<a href="http://www.cesukonzertzale.lv">www.cesukonzertzale.lv</a>	57.3132, 25.2763
Raunas iela 12, Cēsis								
Valmiera Culture Centre Rīgas	5	50-696	X			+371 26582825	<a href="http://www.visit.valmiera.lv">www.visit.valmiera.lv</a>	57.5386, 25.4207
Valmiera								
Kocēni Culture Centre Alejas	2	120, 250	x	x		+371 22005508	<a href="http://www.kocenunovads.lv">www.kocenunovads.lv</a>	57.5225, 25.3360
Valmiera iela 3, Kocēni, Kocēni County								
Vaidava Culture and Craft Centre Skolas iela 1a, Vaidava,	3	100, 150, 250	x	x		+371 26051032	<a href="http://www.kocenunovads.lv">www.kocenunovads.lv</a>	57.4299, 25.2845
Kocēni County								
Rehabilitation centre "Līgatne"	5	15, 30, 45, 180, 250	X	X	X	+371 64161915	<a href="http://www.rehcentrsligatne.lv">www.rehcentrsligatne.lv</a>	57.2560, 25.0709
"Skaļupes", Līgatne County								
Vidzeme University of Applied Science	9	15-225	X	X	X	+371 64207230	<a href="http://www.va.lv">www.va.lv</a>	57.5350, 25.4242
Dikļi Castle	5	40, 40, 60, 100, 150	X	X	X	+371 64207480	<a href="http://www.diklupils.lv">www.diklupils.lv</a>	57.5978, 25.1025
Dikļu pils, Dikļi, Kocēni County								
Bīriņi Palace	4	15, 15, 50, 140	X	X	X	+371 64024033	<a href="http://www.birinupils.lv">www.birinupils.lv</a>	57.2438, 24.6595
Bīriņu pils, Bīriņi, Limbaži County								
Mālpils Manor	9	6, 10, 15, 18, 20, 20, 40, 70, 120				+371 26666600	<a href="http://www.malpilsmuiza.lv">www.malpilsmuiza.lv</a>	57.0064, 24.9494
Pils iela 6, Mālpils, Mālpils County								
Cēsis Castle complex	5	40, 50, 60, 100	X	X		+371 27878549	<a href="http://www.cesupils.lv">www.cesupils.lv</a>	57.3133, 25.2714
Pils laukums 9, Cēsis, Cēsu novads								
Guest house "Lantus"	2	30, 120	X	X	X	+371 26519319	<a href="http://www.laukumaja.lv">www.laukumaja.lv</a>	57.6317, 25.2430
"Lantus", Bērzaine Parish, Kocēni County								
Veselava Manor	1	120				+371 29247403	<a href="http://www.veselava.lv">www.veselava.lv</a>	57.2901, 25.4773
Veselava, Veselava Parish, Priekule County								
Guest house "Mazais Ansis"	5	16, 40, 40, 50, 100	X	X	X	+371 64230352	<a href="http://www.mazais-ansis.lv">www.mazais-ansis.lv</a>	57.4649, 25.2559
"Ansiši", Rubene, Kocēni County								
Hotel Sigulda		12, 25, 25, 60, 100	X	X	X	+371 67972263	<a href="http://www.hotelsigulda.lv">www.hotelsigulda.lv</a>	57.1555, 24.8524
Pils iela 6, Sigulda								
Hotel "Wolmar"	2	40, 100	X	X	X	+371 64207301	<a href="http://www.hotelwolmar.lv">www.hotelwolmar.lv</a>	57.5434, 25.4306
Tērbatas iela 16a, Valmiera								
Dikļi Culture Centre	2	35, 100	x	x		+371 26486115	<a href="http://www.kocenunovads.lv">www.kocenunovads.lv</a>	57.5975, 25.0650
"Straumes", Dikļi Parish, Kocēni County								
SPA Hotel Ezeri	4	15, 25, 40, 60	X	X	X	+371 67973009	<a href="http://www.hotelezeri.lv">www.hotelezeri.lv</a>	57.1319, 24.8542
"Ezeri", Sigulda County								
Recreation complex "Reiņa trase"	2	20, 80	X	X	X	+371 29272255	<a href="http://www.reinatrase.lv">www.reinatrase.lv</a>	57.1796, 24.8175
"Kalnāķi", Krimulda County								
Brewery "Valmiermuižas alus"	2	50, 50	X	X		+371 29135438	<a href="http://www.valmiermuiza.lv">www.valmiermuiza.lv</a>	57.5559, 25.4314
Dzirnavu iela 2, Valmiermuiza								
Hotel "Aparjods"	2	30, 50	X	X	X	+371 67972230	<a href="http://www.aparjods.lv">www.aparjods.lv</a>	57.1414, 24.8446
Ventas iela 1a, Sigulda								
Krimulda Manor	2	30, 60	X	X	X	+371 29111619	<a href="http://www.krimuldaspils.lv">www.krimuldaspils.lv</a>	57.1677, 24.8298
Mednieku iela 3, Sigulda								



Number of different halls or rooms



Capacity per rooms



Equipment (projector, screen etc.)



Catering



Accommodation





## WILD AT PALATE

Thinking about Latvia's gastronomy in 2017, we decided to revolve our carousel of taste and colour around a mere twelve products. The products we have chosen reflect the annual celebrations in Latvia's ancient solar calendar – and the custom of putting on the table what is currently available in the forest and garden, to honour the bounty given us by nature. At the same time, they meet the Latvian Chefs' Club manifesto for contemporary Latvian cuisine "to create new recipes with contemporary utilisation of local products" and "diversify diet using seasonal products".

Latvia's gastronomy is multi-layered – just like our traditional layered rye-bread dessert. In exactly the same way, our plates have had German and Swedish, Polish and Russian culinary culture laid over the pagan natural heritage left by our ancestors, without ever overwhelming it. If we examine the gastronomic part of the eight main celebrations in the ancient solar calendar, they had one thing in common – almost everything that was put on the table could be seen just outside the window.

Of course, our chosen dozen will not be the only things that will be eaten in Latvia in a few years' time. Nevertheless, we are confident that focusing on twelve products will unleash the creative spirit of both professional and home chefs, will oblige us to explore in-depth the hidden talents of each of the actors in our play – and that this creative approach will continue to develop Latvian gastronomy generally in the future.

### SPRING

The year starts in spring with birch sap and maple syrup, whose just-tapped freshness lasts but a brief moment. The fermentation will result in a sweetly sour, sparkling libation to your liking. Just about everyone – not only gourmets – following winter hibernation, crave the first greens that sprout up – aromatic, succulent, crisp and chock full of vitamins. The season's first sorrel, leaf lettuce, rhubarb simply reek of the reawakening land's strength and vitality – an opportunity not to be missed!

### Rhubarb

Every Latvian household has a shrub of rhubarb, not only for its useful traits, but also for its looks. It is used in various gastronomical gluttonies – rhubarb pie, rhubarb jelly, rhubarb ice-cream, rhubarb chutney, rhubarb jam, rhubarb salad and a few dozen other delicacies.

### Sorrels

The first sorrels unmistakably indicate that the spring has truly arrived. Sorrels are used in many ways – in salad together with chives or rustic goosefoots, nettles, and dandelion, with cottage cheese, as pie filling, in lavish stews, and, of course, in soup.

### Birch and maple sap

The colder the winter, the sweeter the sap. It is used as a wine, sorbet, ice flakes, salad dressing, beauty compresses, and for detoxication – no reason to skimp on. You could also ferment it with a pinch of sugar, some raisins, and black currant twig, for your own champagne!

### SUMMER

Latvian summers are short but nonetheless full of gastronomic goodies that can be savoured in the right place, at the right time. Nothing provides more pleasure than tending a garden, venturing deep into a forest for wild strawberries or chanterelle mushrooms, or choosing a spot lake or riverside for fishing. This is how we can explain why all our desserts have cherries on top, why the kitchen table has jars of jams and jellies all in a row, why on our grills and in our smokehouses – ready to prepare, are the fish we have caught.

### Catfish

The largest fish in Latvia, it can reach up to 250 kilos in weight. To make catfish more delicate, one should leave a whole gutted catfish for two to three days in cold in order to serve a pinkish fish of light consistency. The fishbone can be used for making a strong bouillon.

### Sour cherries

The sour cherries are excellent for one's health, as, besides vitamins and minerals, the sweet-sour berries contain a lot of melatonin, which helps the human body to fight aging and insomnia. Devoted housekeepers insist that a jam or wine should be made just from the sour ones.

### Cloudbberries

Cloudbberries hide in deep and far marshes. However, if you are lucky to find them, they can be used in making of a honeyed jam which perfectly complements dessert cheeses or fruit salad. Despite everything, cloudberry is the queen of contemporary forest gastronomy.

### AUTUMN

The beautiful and scrumptious pennybun mushrooms, just waiting to be picked, and sauteed in a cream sauce with the new crops of potatoes. Or how about the abundant quince [The quince is the sole member of the genus Cydonia in the family Rosaceae], that yellow fruit perfect for syrups or candied peel (succade), in the teapot, on a plate with game meat. The Latvian hunter – eager and enthusiastic, to say the least. Deer and moose on the loose are merely 'value added' to the cherished moments spent in the wood and brush, the invigorating air. And – a post-hunt feast tastes even more delicious.

### Cydonia

The hard, golden fruit named quince or cydonia is known as Latvia's lemon. It is referred to as one of modern Latvian cuisine's trademarks. It is utilized in marinade when cooking lamb, a tangy additive in homemade sweet wines, and for jams, served with select cheeses.

### Venison

Deer parks in Latvia are abundant and impeccably managed. Venison is perfect for a seasonal stew, or in select restaurants as tartare or steak. A venison roast – is there anything more appropriate for a holiday meal? Perfect for Independence Day on November 18!

### Penny bun

Latvia is a mushroom-picking nation, and the penny bun is considered the ultimate prize for those venturing into the woods. You can simply sautee it with butter, braise in cream with young potatoes, sun-dry, and so on. Just remember – the penny buns you pick yourself – taste the best!

### WINTER

Cold and damp weather in Latvia results in fare that is rich and filling, with character. Simple but sturdy foods from garden vegetables and grains. Potatoes and barley, rye products – through the centuries are a reminder of home fires burning. But what about the rowan berries? Beautiful and mildly tart – for a real taste of life.

### Rye bread

It goes without saying: nowhere on planet Earth the rye bread is more delicious than in Latvia, and it's taste is a result of our history, memories, dreams, and philosophy on the order of things. It's not surprising that rye bread is what every Latvian living abroad craves for.

### Rowan

Dried and powdered, the red-orange rowan berry is a subtle spice for various sauces and marinades. In jellies and marmalade it is an ideal accent for meat dishes or mild cheese. And as a liquid additive for your cocktail, it is the best that a berry can offer alcohol.

### Turnip

Making our noble contribution to the current renaissance in long forgotten herbs and veggies – we give you: the turnip, stupendous in stews! Or simply baked in the oven, but better yet – in a salad with smoked fish and nuts. The turnip – just doing what comes naturally!





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## ENTER LOCAL GOODS & MARKETS



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### 126 | Valmiermuiža beer brewery

The brewery offers both excursions and beer tastings, sells live beer, bath-house accessories and souvenirs. There is also a little pub where you can enjoy beer foods and organize celebrations. Visitors are welcome to ride a horse or a pony and see the park of Valmiermuiža, or to get acquainted with the surroundings of Valmiermuiža on horseback. **Dzirnavu iela 2, Valmiermuiža, Valmiera Parish, Burtneki County, ph. +371 20264269, www.valmiermuiza.lv GPS: 57.5559, 25.4311**

### 127 | Beer brewery "Raiskumietis"

According to time-tested traditions and recipes, the brewery makes both dark and light beer. The amber-like color is acquired thanks to a wood-burning boiler and oak kegs that are used for mashing and fermentation. Beer acquires a natural sparkle and serenity in the slow maturation process. Make a reservation to visit the brewery and sample the variety and quality. **"Rūķi 1", Raiskums, Pārgauja County, ph. +371 29171748 GPS: 57.3122, 25.1569**

### 128 | "Veselības laboratorija" (Health laboratory)

"Veselības laboratorija" produces dressings and brandies from herbs, berries, and fruits grown in Latvian gardens, forests, and meadows. During the tour, you can track the gathering of raw materials and pretreatment processes, witness high-grade alcohol burning, and taste the variety of flavors at "Veselības laboratorija". **Līvi, Drabeši Parish, Amata County, ph. +371 26567007, www.veselibaslaboratorija.lv GPS: 57.2822, 25.2540**

### 129 | Matilde winery

"Matilde" is the only winery in Latvia that produces full-bodied, saturated wines, and offers home-made vermouth featuring a blend of herbs such as yarrow, mint, and wormwood. **"Bilderi", Kocēni Parish, Kocēni County, ph. +371 26457057 GPS: 57.4851, 25.3633**

### 130 | Steak Club

Steak Club offers classes to introduce any enthusiast to maturing and cooking Latvian-grown beef, according to the best Wild West barbecue traditions. **„Mazdzērvītes”, Kocēni Parish, Kocēni County, ph. +371 20009022, www.steikuklubs.lv GPS: 57.4925, 25.3185**

### 131 | Homestead "Silkalni"

At the homestead there are about 100 various medicinal herbs are cultivated. Medicinal herbs are grown on fields or meadows or gathered in the wilderness – the forest. On a guided tour, visitors discover plants and secrets of growing, gathering, and drying herbs, as well as preparation secrets of tea blends, syrups, and extracts; they also get a taste of medicinal herbal teas. **„Silkalni”, Vaidava Parish, Kocēni County, ph. +371 29432176 GPS: 57.4391, 25.2432**

### 132 | Krimulda manor wines

At the winery you will be introduced to the economic activity at the Krimulda manor and the manor's historical centre as well as offered various wines for tasting and purchasing. **Mednieku iela 3, Sigulda, ph. +371 29111619, www.krimuldaspils.lv GPS: 57.1677, 24.8298**

### 133 | Līgatne winery

Enjoy wine made from berries and fruit harvested in Līgatne and cheese made in Līgatne while sitting in the cellar cave of Lustūža cliff. Please arrange group visits prior. **"Vanagi", Augšlīgatne, ph. +371 26521467, www.spoonfactory.lv GPS: 57.2330, 25.0421**

### 134 | Zilver house wines

The winery offers you to purchase Zilver house wines which have been made after old recipes and from berries and fruit grown and harvested on the spoph. Group tastings have to be previously arranged. **"Pīlādži", Sigulda County, ph. +371 26320208, www.zilver.lv GPS: 57.1322, 24.8530**

### 135 | Straupe Farmers' market

On every 1st and 3rd Sunday of each month. A permission to participate at Straupe Farmers' market is given only to farmers and craftsmen, who are able to offer local and seasonal products of good quality. The motto of Market is "We grow it, we make it, we sell it", which relates to Slow Food production principles. In 2015, Slow Food Circle of Straupe Farmers market was also created. Smaller visitors are mostly attracted to the corner of the market where farmers offer their livestock for sale. **Plācis, Pārgauja County ph. +371-29464946 www.farmersmarket.lv GPS: 57.3653, 24.9830**

### 136 | Markets of the Tasty Valmiermuiža

What other better way to get to know a place than by tasting it? Along with making beer, the brewery of Valmiermuiža cooperates with other hospitable establishments and welcomes travellers from near and far to get acquainted with the treasures, traditions and delicacies of Vidzeme **Where: Valmiermuiza When: Once in month in February, March, May, June, August, September, November, December More info: ph. +371 29135438, www.valmiermuiza.lv**

### 137 | Trout farm "Sillakas"

Sillakas offer fishing, an opportunity to buy and taste the fish, organise a party, stay overnight at the guest house and take a steam bath. Visitors are welcome to stay at the cosy and comfortable guest house with six excellently furnished rooms. **„Sillakas”, Liepa Parish, Priekule County, ph. +371 29188367, www.sillakas.lv GPS: 57.3573, 25.4508**

### OTHER MARKETS AND ACTIVITIES:

#### Cēsis Town Festival market

**When: 4th Saturday of July  
More info: www.visit.cesis.lv**

#### Miķeļdiena Market in Cēsis

**When: September 29 or weekend before that  
More info: www.visit.cesis.lv**

#### Christmas Markets in Cēsis

**When: 3rd and 4th weekend of Advent  
More info: www.visit.cesis.lv**

#### Simjūda Market

**When: 2nd Saturday of October  
More info: muzejs.valmiera.lv**

#### Valmieras Town Festival market

**When: July or August  
More info: www.visit.valmiera.lv**

#### Valmiera Christmas market

**When: December  
More info: www.visit.valmiera.lv**

#### Bread day in Āraiši windmill

**When: end of July, beginning of August  
More info: www.amata.lv**

#### Summer Solstice

**When: Weekend before Midsummer  
More info: www.valmiermuiza.lv**

#### Kocēni Spring Market

**When: Easter Sunday  
More info: www.kocenunovads.lv**





GAUJA EAT & DRINK

Restaurants

“Dikļu pils”	Dikļi, Kocēni County	ph. +371 64207480	www.diklupils.lv	GPS: 57.5978, 25.1025
“Aparjods”	Ventas iela 1a, Sigulda	ph. +371 67974414	www.aparjods.lv	GPS: 57.1414, 24.8446
“Gadalaiki”	“Ezeri”, Sigulda County	ph. +371 67973009	www.hotelezeri.lv	GPS: 57.1319, 24.8542
“Kropotkins”	Pils iela 6, Sigulda	ph. +371 67972263	www.hotelsigulda.lv	GPS: 57.1555, 24.8524
“Timiāns”	“Kalnājāni”, Sigulda County	ph. +371 67705271	www.hotelsanta.lv	GPS: 57.1307, 24.8456
“Kungu Rija”	1st km of the Turaida–Ragana road, Krimulda County	ph. +371 67971473	www.kungurija.lv	GPS: 57.1842, 24.8315
“Garšas Frekvence”	Mālpils iela 4b, Sigulda	ph. +371 67974848	www.hotelsegevold.lv	GPS: 57.1436, 24.8571
“Mālpils muižas restorāns”	Pils iela 6, Mālpils, Mālpils County	ph. +371 27843843	www.malpilsmuiza.lv	GPS: 57.0064, 24.9494
“Bīriņu pils restorāns”	Bīriņi, Limbaži County	ph. +371 64024033	www.birinupils.lv	GPS: 57.2438, 24.6595
“KANNAS”	“Annas muiža”, Amata County	ph. +371 64180700	www.annashotel.com	GPS: 57.0343, 25.3633
“Rāmkalni”	“Vītiņkalni”, Inčukalna County	ph. +371 29100280	www.ramkalni.lv	GPS: 57.1248, 24.6585
“Agnese”	Tērbatas iela 16a, Valmiera	ph. +371 64207301	www.hotelwolmar.lv	GPS: 57.5434, 25.4306
Hotel “Cēsis” restaurant	Vienības laukums 1, Cēsis	ph. +371 64120122		GPS: 57.3140, 25.2746
“Rātes Vārti”	Lāčplēša iela 1, Valmiera	ph. +371 64281942	www.ratesvarti.lv	GPS: 57.5390, 25.4252
“Parks”	Rīgas iela 19, Valmiera	ph. +371 26117444	www.restoransparks.lv	GPS: 57.5434, 25.4306
“Fazenda Bazārs”	Vidzemes šoseja 14, Sigulda	ph. +371 66900669	www.fazenda.lv	GPS: 57.1454, 24.8590
“Jonathan Spa Estate”	Amatciems, Amata County	ph. +371 25606066	www.jonathanspahotel.com	GPS: 57.2254, 25.3034
“MoMo”	Raunas iela 12, Cēsis	ph. +371 25515541	www.restoransmomo.lv	GPS: 57.3132, 25.2770
“Izsalkušais Jānis”	Valmieras iela 1, Cēsis	ph. +371 26423997	www.izsalkusaisjanis.lv	GPS: 57.3151, 25.2758
“Teātra Vīna Studija”	Lāčplēša iela 4, Valmiera	ph. +371 29401499	www.teatravinastudija.lv	GPS: 57.5394, 25.4261
“Valmiermuižas virtuve”	Dzirnavu iela 2, Valmiermuiža	ph. +371 29135438	www.valmiermuiza.lv	GPS: 57.5559, 25.4314
“Ungurmuižas restorāns”	Ungurmuiža, Pārgauja County	ph. +371 29426705	www.ungurmuiza.lv	GPS: 57.3625, 25.0887

Pubs

“Kaķītis”	Senču iela 1, Sigulda	ph. +371 67976886	www.kakiskalns.lv	GPS: 57.1431, 24.8291
“Bucefāls”	“Ceļmalas”, Sigulda County	ph. +371 29747000	www.bucefals.lv	GPS: 57.1538, 24.8999
“Mazais Ansis”	“Ansiši”, Rubene, Kocēni County	ph. +371 64230352	www.mazais-ansis.lv	GPS: 57.4649, 25.2559
“Glendeloka”	A. Kronvalda iela 2b, Cēsis	ph. +371 64161016	www.glendeloka.lv	GPS: 57.3220, 25.2984
“Vilhelmīnes dzirnavas”	Springu iela 1, Līgatne	ph. +371 27551311	http://vilhelmine.lv	GPS: 57.2337, 25.0402
“Pie Jančuka”	Springu iela 4, Līgatne	ph. +371 29149596		GPS: 57.2325, 25.0429
“Sorbas”	Kilometre 37 of motor road Rīgas-Sigulda	ph. +371 28445544	www.sorbas.lv	GPS: 57.1139, 24.6260
“Pie Brāļa”	“Valteri”, Vangaži	ph. +371 29414000	www.krogspiebrala.lv	GPS: 57.0898, 24.5575
Bērzkrogs	“Krogzemnieki”, Veselava, Priekule County	ph. +371 20611199		GPS: 57.2793, 25.4939



Cafés, Bistros

“Kaķu Māja”	Pils iela 8, Sigulda	ph. +371 29150104	www.cathouse.lv	GPS: 57.1563, 24.8517
“Ritters”	Pils iela 4b, Sigulda	ph. +371 67709625	www.hotelpils.lv	GPS: 57.1544, 24.8532
“Kaupo Cafe”	“Jaunbeites”, Sigulda County	ph. +371 29607356	www.hotelkaupo.lv	GPS: 57.1410, 24.8410
“Reiņa Cafe”	“Kalnzaķi”, Krimulda County	ph. +371 29272255	www.reinatrase.lv	GPS: 57.1796, 24.8175
“Pagrabiņš”	Vienības laukums 1, Cēsis	ph. +371 64120125		GPS: 57.3140, 25.2746
“DOMA”	L. Paegles iela 15a, Sigulda	ph. +371 26451614	www.facebook.com/domasigulda	GPS: 57.1598, 24.8462
“Eklērs”	Pils iela 1, Sigulda	ph. +371 29168113		GPS: 57.1537, 24.8528
“KafēRīga”	Rīgas iela 27, Cēsis	ph. +371 27212727		GPS: 57.3113, 25.2706
“Cafe2Locals”	Rīgas iela 24a, Cēsis	ph. +371 28377783		GPS: 57.3114, 25.2705
“Pie Raunas vārtiem”	Rīgas iela 3, Cēsis	ph. +371 64127172		GPS: 57.3127, 25.2746
“SOLO”	J.Poruka iela 21a, Cēsis	ph. +371 26670033		GPS: 57.3144, 25.2932
Rehabilitation centre “Līgatne”	“Skaļupes”, Līgatne County	ph. +371 64161915	www.rehcentrligatne.lv	GPS: 57.2560, 25.0709
“Trīs kūkas”	“Ramatas”, Augšlīgatne	ph. +371 29829121		GPS: 57.2338, 25.0380
“Šķesteri”	Straupe, Pārgauja County	ph. +371 29409182		GPS: 57.3535, 24.9553
“Bastions”	Bastiona iela 24, Valmiera	ph. +371 64225502		GPS: 57.5394, 25.4226
“Jauna Saule”	Rīgas iela 10, Valmiera	ph. +371 28330657	www.jaunasaule.lv	GPS: 57.5386, 25.4206
“Province”	Niniera iela 6, Cēsis	ph. +371 26407008	www.province.lv	GPS: 57.3160, 25.2747
“Vendene”	Raunas iela 17, Cēsis	ph. +371 64161361	www.glendeloka.lv	GPS: 57.3128, 25.2749
“Namma”	Vidus iela 1, Sigulda (shopping centre “Elvi”)	ph. +371 22022386	www.namma.lv	GPS: 57.1531, 24.8479
“Namma”	Vidzemes šoseja 16, Sigulda (shopping centre “Raibais suns”)	ph. +371 25456333	www.namma.lv	GPS: 57.1447, 24.8594
“Mr. Biskvičs”	Ausekļa iela 9, Sigulda	ph. +371 67976611	www.mrbiskvits.lv	GPS: 57.1537, 24.8528
“GUSTAVbekereja”	Ventas iela 1, Sigulda	ph. +371 67974452	www.gustavbekereja.lv	GPS: 57.1421, 24.8447
“Vinetas un Allas kārumlāde”	Rīgas iela 12, Cēsis	ph. +371 28375579		GPS: 57.3120, 25.2729
“Birums”	“Sprīdiši”, Kocēni County	ph. +371 64207523		GPS: 57.5246, 25.3757
“Dzirnakmeņi”	“Ieriķu dzirnavas”, Ieriķi, Amata County	ph. +371 64170089	www.ierikudzirnavas.lv	GPS: 57.2088, 25.1701
“Melturi”	“Sarkanāboli”, Drabeši Parish, Amata County	ph. +371 64107183		GPS: 57.2261, 25.2492
“Runčuks”	Nītaure, Nītaure Parish, Amata County			GPS: 57.0717, 25.1940
“Bazaars”	Rīgas iela 25, Cēsis	ph. +371 29966890		GPS: 57.3114, 25.2710
“Cafe 7 Bar”	Rīgas iela 7, Cēsis	ph. +371 20208749		GPS: 57.3119, 25.2740
“Zaķīši”	Raiskums, Pārgauja County	Ph.+371 26645599	www.hotelzakisi.lv	GPS: 57.3150, 25.1548
“Retro”	Raunas iela 10, ieeja no Izstādes ielas	ph. +371 26595654		GPS: 57.3133, 25.2775
“Cēsu Vīna bārs”	Raunas iela 12, Cēsis	ph. +371 25515541	www.cesuvinabars.lv	GPS: 57.3132, 25.2770
“Aroma”	Lenču iela 4, Cēsis	ph. +371 29102277		GPS: 57.3133, 25.2745
“Birzmaļi”	Poruka iela 49, Cēsis	ph. +371 28304845		GPS: 57.3123, 25.3047
“Bērzkrogs”	“Krustlejas”, Veselava Parish, Priekule County	ph. +371 27766800		GPS: 57.2798, 25.4955

Pizzerias

“La Pizza Veloce”	Raiņa iela 2, Sigulda	ph. +371 27787711	www.atrapica.lv	GPS: 57.1543, 24.8547
“La Pizza Veloce”	Rīgas iela 45, Valmiera	ph. +371 20009119	www.atrapica.lv	GPS: 56.8796, 24.6031
“Čili Pica”	Strēlnieku iela 2, Sigulda (shopping centre “Šokolāde”)	ph. +371 67973955	www.e-pica.lv	GPS: 57.1430, 24.8443
Picērija “Krizdolis”	Brūņinieku iela 4, Valmiera	ph. +371 29811811		GPS: 57.5390, 25.4285
“Čili Pica”	G. Apiņa iela 10a, Valmiera (shopping centre “Maxima”)	ph. +371 64228558	www.e-pica.lv	GPS: 57.5426, 25.4171
“Zaļumnieku piestātne”	Pils iela 9, Sigulda	ph. +371 29150104	www.cathouse.lv	GPS: 57.1572, 24.8508
StudioPizza	Rīgas iela 20, Cēsis	ph. +371 20606000	www.studiopizza.lv	GPS: 57.3117, 25.2720





GAUJA RELAX

Hotels

“Dikļu pils” Dikļi, Kocēni County	ph. +371 64207480	www.diklupils.lv	GPS: 57.5978, 25.1025
“Aparjods” Ventas iela 1a, Sigulda	ph. +371 67972230	www.aparjods.lv	GPS: 57.1414, 24.8446
“Kārļamuiža” “Kārļamuiža”, Kārļi, Amata County	ph. +371 26165298	www.karlamuiza.lv	GPS: 57.2406, 25.2121
SPA Hotel “Ezeri” Ezerī, Sigulda County	ph. +371 67973009	www.hotelezeri.lv	GPS: 57.1319, 24.8542
SPA Hotel “Jonathan SPA Estate” Amatciems, Amata County	ph. +371 25606066	www.jonathanspahotel.com	GPS: 57.2254, 25.3034
“Sigulda” Pils iela 6, Sigulda	ph. +371 67972263	www.hotelsigulda.lv	GPS: 57.1555, 24.8524
“Santa” “Kalnāņi”, Sigulda County	ph. +371 67705271	www.hotelsanta.lv	GPS: 57.1307, 24.8456
“Bīriņu pils” Bīriņi, Limbaži County	ph. +371 64024033	www.birinupils.lv	GPS: 57.2438, 24.6595
“Mālpils muiža” Pils iela 6, Mālpils, Mālpils County	ph. +371 26666600	www.malpilsmuiza.lv	GPS: 57.0064, 24.9494
“Melturi” “Melturi”, Amata County	ph. +371 29267224	www.melturi.viss.lv	GPS: 57.2188, 25.2314
“Good Stay Segevold” Mālpils iela 4b, Sigulda	ph. +371 67974848	www.hotelsegevold.lv	GPS: 57.1436, 24.8571
“Naktsmājas” Vaidavas iela 15, Valmiera	ph. +371 64201200	www.naktsmajas.lv	GPS: 57.5274, 25.3902
“Volmar” Tērbatas iela 16a, Valmiera	ph. +371 64207301	www.hotelwolmar.lv	GPS: 57.5434, 25.4306
“Hotel Cēsis” Vienības laukums 1, Cēsis	ph. +371 64120122	www.hotelkolonna.com	GPS: 57.3140, 25.2746
“Kaķītis” Senču iela 1, Sigulda	ph. +371 67976886	www.kakiskalns.lv	GPS: 57.1431, 24.8291
“Pils” Pils iela 4b, Sigulda	ph. +371 67709625	www.hotelpils.lv	GPS: 57.1544, 24.8532
“Katrīna” Mazā Katrīnas iela 8, Cēsis	ph. +371 20008870	www.hotelkatrina.com	GPS: 57.3116, 25.2680
“Atpūta” Cīrulīšu iela 49, Cēsis	ph. +371 64127811	www.hotelatputa.lv	GPS: 57.3037, 25.2418
“Kaķis” Pils iela 8, Sigulda	ph. +371 29150104	www.cathouse.lv	GPS: 57.1563, 24.8517
“Annas Hotel” “Annasmuiža”, Zaube Parish, Amata County	ph. +371 64180700	www.annashotel.com	GPS: 57.0343, 25.3633
Hotel of J. Daliņš Stadium J. Daliņa iela 2, Valmiera	ph. +371 27879242	www.voc.lv	GPS: 57.5410, 25.4405
“Vidzeme” Ausekļa iela 31, Valmiera	ph. +371 64229606	www.viesnicavidzeme.lv	GPS: 57.5280, 25.3975
“Gustavs” Lielā Katrīnas iela 28, Cēsis	ph. +371 26017771	www.hotelkatrina.com	GPS: 57.3120, 25.2665
“Zaķīši” Raiskums, Pārgauja County	ph.+371 26645599	www.hotelzakisi.lv	GPS: 57.3150, 25.1548

Guest houses

“Livonija” Pulkveža Brieža iela 55, Sigulda	ph. +371 67973066	www.livonija.viss.lv	GPS: 57.1495, 24.8594
“Brūveri” “Brūveri”, Sigulda County	ph. +371 26092153	www.hotelbruveri.lv	GPS: 57.1554, 24.8198
“Reinis” “Kalnzaki”, Krimulda County	ph. +371 29272255	www.reinatrase.lv	GPS: 57.1796, 24.8175
“Mauriņi” “Mauriņi”, Allaži Parish, Sigulda County	ph. +371 29208640	www.maurini.viss.lv	GPS: 57.0569, 24.8323
“Kaupo” “Jaunbeites”, Sigulda	ph. +371 29607356	www.hotelkaupo.lv	GPS: 57.1410, 24.8410
“Parks” Atbrīvotāju iela 1, Sigulda	ph. +371 29407215	www.parks-inn.lv	GPS: 57.1555, 24.8587
“Lantus” “Lantus”, Bērzaine Parish, Kocēni County	ph. +371 26519319	www.laukumaja.lv	GPS: 57.6317, 25.2430

“Rakši” “Rakši”, Drabeši Parish, Amata County	ph. +371 29263798	www.hotelraksi.lv	GPS: 57.2756, 25.1979
“Nītaures dzirnavas” “Dzirnavas”, Nītaure, Amata County	ph. +371 28352982	www.nitauresdzirnavas.lv	GPS: 57.0730, 25.1858
“Kalniņi” “Jaunkalniņi”, Drabeši Parish, Amata County	ph. +371 26022248	www.kalnini.lv	GPS: 57.2367, 25.2601
“Bērzi” “Bērzi”, Plācis, Pārgauja County	ph. +371 29738677		GPS: 57.3625, 24.9749
“Villa Alberta” Līvkalna iela 10a, Sigulda	ph. +371 27770203	www.villaalberta.lv	GPS: 57.1660, 24.8626
“Līvkalni” Pēteralas iela b/n, Līvkalni 3, Sigulda	ph. +371 22825739		GPS: 57.1699, 24.8734
“Denderi” “Denderi”, Vaidava Parish, Kocēni County	ph. +371 29242644		GPS: 57.4416, 25.2682
“Mazais Ansis” “Ansiši”, Rubene, Kocēni County	ph. +371 64230352	www.mazais-ansis.lv	GPS: 57.4649, 25.2559
“Meldri” “Meldri”, Kocēni Parish, Kocēni County	ph. +371 26323724		GPS: 57.4341, 25.2700
“Luca” Lucas iela 2, Valmiera	ph. +371 29456899	www.atputasbases.lv/luca	GPS: 57.5398, 25.4312
“Province” Niniera iela 6, Cēsis	ph. +371 29463284	www.province.lv	GPS: 57.3160, 25.2747
“Augstrozes” “Ezernieki”, Raiskums, Pārgauja County	ph. +371 26699996	www.augstrozes.com	GPS: 57.3126, 25.1572
“Lāču miga” Gaujas iela 22, Līgatne	ph. +371 29133713	www.lacumiga.lv	GPS: 57.2453, 25.0459
“Rožkalns” “Rožkalni”, Raiskums Parish, Pārgauja County	ph. +371 29118831	www.rozkalns.net	GPS: 57.3045, 25.1394
“Ezergribieši” “Gribieši”, Kocēni County	ph. +371 29485859	www.ezergribiesi.lv	GPS: 57.4370, 25.2753
“Vakarvēji” “Vakarvēji”, Kocēni Parish, Kocēni County	ph. +371 29213204	www.vakarveji.lv	GPS: 57.5147, 25.2600
“Eglaines” “Eglaines”, Kārļi, Amata County	ph. +371 29172332	www.hoteleglaines.lv	GPS: 57.2381, 25.1921
“Ungurmuiža” Raiskums Parish, Pārgauja County	ph. +371 22007332	www.ungurmuiza.lv	GPS: 57.3625, 25.0887
“Burtakas” “Burtakas”, Straupe Parish, Pārgauja County	ph. +371 29451234	www.burtakas.lv	GPS: 57.3479, 24.9339
“Ungurmalas” “Ezermalas”, Raiskums Parish, Pārgauja County	ph. +371 26433390	www.ungurmalas.lv	GPS: 57.3503, 25.1007
“Unce” Cēsu iela 20, Valmiera	ph. +371 29426161	www.macibucentrs.lv	GPS: 57.5316, 25.4236
“Laimis ligzda” “Lejas Astītes”, Amata County	ph. +371 29158821	www.laimesligzda.lv	GPS: 57.2569, 25.2540
“Celmi”. “Celmi”, Vaive Parish, Cēsis County	ph. +371 26541266	http://celmi.celotajs.lv	GPS: 57.2085, 25.4231
“Kārumnieki” “Kalnabeites”, Sigulda Parish, Sigulda County	ph. +371 22335597	www.karumnieki.com	GPS: 57.1276, 24.8535
“Inčukalna strops” Cīruļu iela 4b, Inčukalns	ph. +371 29467037		GPS: 57.0990, 24.6883
Motel “Sorbas” Kilometre 37 of motor road Rigas-Sigulda	ph. +371 28445544	www.sorbas.lv	GPS: 57.1139, 24.6260
“Aivari” Inčukalns County	ph. +371 26336313	www.viesunamiem.lv/aivari	GPS: 57.1245, 24.6434
“Madaras” Vaidava Parish, Kocēni County	ph. +371 29268692	www.muca.lv	GPS: 57.4323, 25.2017
“arkHouse” Ata Kronvalda iela 43a, Cēsis	ph. +371 22438143		GPS: 57.3047, 25.2876
“Kunči” “Gala kunči”, Priekuļi Parish, Priekuļi County	ph. +371 26414789	www.kunci.viss.lv	GPS: 57.3094, 25.4144
“Laso” “Alkšņi”, Priekuļi Parish, Priekuļi County	ph. +371 29463284	www.laso.lv	GPS: 57.3261, 25.2805
“Sillakas” “Sillakas”, Liepa Parish, Priekuļi County	ph. +371 29188367	www.sillakas.lv	GPS: 57.3573, 25.4508
“Spāriņu Kalns” “Gala Spāriņi”, Priekuļi Parish, Priekuļi County	ph. +371 22006060	www.sparinukalns.lv	GPS: 57.3345, 25.5295
“Skangaļi Manor” “Skangaļi”, Liepa Parish, Priekuļi County	ph. +371 26175981	www.skangali.lv	GPS: 57.3990, 25.4942





## Guest houses

<b>“Pie Pētera”</b> “Vaguļi”, Priekuļi Parish, Priekuļi County	ph. +371 28348909	www.piepetera.lv	GPS: 57.3245, 25.2830
<b>“Vējaines”</b> “Vējaines”, Veselava Parish, Priekuļi County	ph. + 371 26153918	www.vejaines.lv	GPS: 57.2756, 25.5082
<b>“Jāņkrasti”</b> Krasta iela 3a, Jāņmuiža, Priekuļi County	ph. + 371 29377732	www.ezerklabi.lv	GPS: 57.3511, 25.3265

## Apartment hotels

<b>“Prieka Pietura”</b> Stacijas iela 6, Sigulda	ph. +371 29267957	www.priekapietura.lv	GPS: 57.1508, 24.8449
<b>“Rewija”</b> Raiņa iela 2c, Valmiera	ph. +371 26567628	www.rewija.lv	GPS: 57.5411, 24.4249
<b>“Rožu romantika”</b> L. Paegles iela 2d-49, Cēsis	ph. +371 29364219	www.rozuromantika.lv	GPS: 57.1618, 24.8255
<b>“Vecpilsētas apartamenti”</b> Rīgas iela 17a, Cēsis	ph. +371 26335599		GPS: 57.3118, 25.2725
<b>“Glūdas grava”</b> Glūdas iela 6a, Cēsis	ph. +371 29671682	www.gludasgrava.lv	GPS: 57.3130, 25.2606
<b>“Cēsu namiņš”</b> Lielā Skolas iela 7, Cēsis	ph. +371 20262929		GPS: 57.3121; 25.2724
<b>“Gaujas ielas apartamenti”</b> Gaujas iela 11-32, Valmiera	ph. +371 29451234	www.burtakas.lv	GPS: 57.5349, 25.4194
<b>“Rīgas ielas apartamenti”</b> ; Rīgas iela 28-35, Valmiera	ph. +371 29487711	www.apartaments.lv	GPS: 57.5380, 25.4141

## Holiday houses

<b>“Mednieku namiņš”</b> Mednieku māja, Sigulda	ph. +371 26553922	www.celotajs.lv/medniekunamins	GPS: 57.1618, 24.8255
<b>“Pilskalni”</b> “Pilskalni”, Kocēni Parish, Kocēni County	ph. +371 29299268	www.pilskalni.lv	GPS: 57.4615, 25.2684
<b>“Ezerklabi”</b> “Jaun-Klabi”, Amata Parish, Amata County	ph. +371 29266445	www.ezerklabi.lv	GPS: 57.1784, 25.2449
<b>“Jaunbrenguļi”</b> “Jaunbrenguļi”, Raiskums Parish, Pārgauja County	ph. +371 26330479	www.jaunbrenguļi.lv	GPS: 57.3183, 25.1964
<b>“Vējiņi”</b> “Vējiņi”, Straupe Parish, Pārgauja County	ph. +371 29354189	www.pazemesezeri.lv	GPS: 57.3449, 24.9185
<b>“Meža rozes”</b> “Meža rozes”, Amata Parish, Amata County	ph. +371 29143244	www.mezarozes.lv	GPS: 57.1899, 25.2069
<b>“Murmulmuiža”</b> Amata Parish, Amata County	ph. +371 29407904		GPS: 57.1894, 25.3539
<b>“Upeslejas”</b> “Upeslejas”, Straupe, Pārgauja County	ph. +371 29441970	www.celotajs.lv/upeslejas	GPS: 57.3635, 24.9589
<b>“Ezersēta”</b> “Gaižēni”, Raiskums Parish, Pārgauja County	ph. +371 29262455	www.ezerseta.lv	GPS: 57.3247, 25.1382
<b>“Kužas”</b> “Kužas”, Vaidava Parish, Kocēni County	ph. +371 29472671	www.atputagimenei.lv	GPS: 57.6344, 25.1932

<b>Leisure complex “Avoti”</b> “Avoti”, Valmiera Parish, Burtnieki County	ph. +371 29499342	www.avoti.com	GPS: 57.5562, 25.4440
<b>“Estere”</b> Gaujas iela 50, Cēsis	ph. +371 29255649		GPS: 57.3077, 25.2523
<b>“Ezerkalni”</b> “Ezerkalni 1”, Raiskums parish, Pārgauja County	ph. +371 29349365	www.ezerkalni.mozello.lv	GPS: 57.3082, 25.1662
<b>Campsite “Ķeči”</b> “Ķeči”, Raiskums parish, Pārgauja County	ph. +371 27400316		GPS: 57.3289, 25.0899
<b>Holiday complex “Mežrozes”</b> “Mežrozes”, Liepas parish, Priekuļi County	ph. +371 64195086	www.mezrozes.lv	GPS: 57.3602, 25.3891

## Hostels

<b>Hostel / Hotel “Krimuldas pils”</b> Mednieku iela 3, Sigulda	ph. +371 29111619	www.krimuldaspils.lv	GPS: 57.1677, 24.8298
<b>Sports centre “Kocēni”</b> Alejas iela 4, Kocēni, Kocēni County	ph. +371 64220647		GPS: 57.5221, 25.3350
<b>Hostel “Buts”</b> Bērzaines iela 15, Cēsis	ph. +371 27898049		GPS: 57.3119, 25.2594
<b>Hostel “Priekuļi”</b> Dārza iela 12, Priekuļi	ph. +371 64130015	www.hostelispriekuli.lv	GPS: 57.3078, 25.3618
<b>“Stadium hostel”</b> Jāņa Daliņa iela 2, Valmiera	ph. +371 26173457		GPS: 57.5410, 25.4405

## Campsites

<b>“Apaļkalns”</b> “Apaļkalns”, Raiskums, Pārgauja County	ph. +371 29448188	www.apalkalns.lv	GPS: 57.3174, 25.1479
<b>“Siguldas pludmale”</b> Peldu iela 2, Sigulda	ph. +371 29244948	www.makars.lv	GPS: 57.1575, 24.8367
<b>Canoe Camping</b> Gaujas iela 36, Līgatne	ph. +371 29244948	www.makars.lv	GPS: 57.2545, 25.0457
<b>Ozolkalns campsite</b> Saulkrasti, Drabeši Parish, Amata County	ph. +371 26400200	www.ozolkalns.lv	GPS: 57.2999, 25.2172
<b>“Zuši”</b> “Zuši”, Krustiņi, Inčukalns County	ph. +371 28327110	www.zusi.lv	GPS: 57.1296, 24.6293
<b>“Jaunarāji”</b> “Jaunarāji”, Brenguļi Parish, Beverīna County	ph. +371 29121702	www.jaunaraji.lv	GPS: 57.5470, 25.4899
<b>“Paegļi”</b> “Paegļi”, Limbaži Parish, Limbaži County	ph. +371 29819364	www.pazemesezeri.lv	GPS: 57,4272, 24,8051
<b>“Unguri”</b> “Unguri”, Raiskums Parish, Pārgaujas County	ph. +371 29120992	www.kempingi.lv/unguri	GPS: 57.3530, 25.0874
<b>“Briedīši”</b> “Briedīši”, Raiskums Parish, Pārgauja County	ph. +371 26466916	www.briedisi-ak.lv	GPS: 57.2946, 25.1253
<b>“Zemturi”</b> “Zemturi”, Līgatne Parish, Līgatne County	ph. +371 29482791	www.ligatneszemturi.lv	GPS: 57.1690, 25.0408
<b>“Žagarkalns”</b> adrese navigācijai: Mūrlejas iela 12, Cēsis	ph. +371 26266266	www.zagarkalns.lv	GPS: 57.3114, 25.2245
<b>“Rāceņi”</b> Rāceņi- 3, Vaidava Parish, Kocēni County	ph. +371 29232478		GPS: 57.4447, 25.2689
<b>“Baiļi”</b> “Baiļi” Kauguri Parish, Beverīna County	ph. +371 29284119	www.baili.lv	GPS: 57.5356, 25.4685
<b>“Pie Tēva Tuka”</b> „Pingvīni”, Drabeši Parish, Amata County	ph. +371 29186772	www.amata.lv	GPS: 57.2586, 25.2656





## ENTER FESTIVAL

### CĒSIS ART FESTIVAL

During the contemporary Cēsis Art Festival you can visit several tens of visual art, music, theater, film and dance events. Cēsis Art Festival is one of Cēsis' popular cultural events. The festival has become an important sign of Latvian culture and is known in Europe as well.

**When:** July/August

**More info:** [www.cesufestivals.lv](http://www.cesufestivals.lv)

### INTERNATIONAL WINTER MUSIC FESTIVAL IN VALMIERA

It has become a beloved annual event held for more than 25 years. It gathers talented pupils and students of music schools and professional musicians from Latvia and abroad. It is well known for its great programme of baroque music, as well as classical Viennese compositions, at the same time introducing listeners to other music styles.

**When:** January

**More info:** [www.visit.valmiera.lv](http://www.visit.valmiera.lv)

### ART MONTH IN VALMIERA

Each year the Art Month is dedicated to a specific theme, e.g., "Colour splashes" or "Palette of taste". During the Art Month several exhibitions, creative workshops, master classes and lectures are being held. Furthermore, together with entrepreneurs various creative partnership projects are being carried out and environmental objects are being created and set up.

**When:** April

**More info:** [www.visit.valmiera.lv](http://www.visit.valmiera.lv), [www.valmiera.lv](http://www.valmiera.lv)

### SIGULDA OPERA MUSIC FESTIVAL

The Opera Music Festival gathers world-famous opera music stars, who perform on the open-air stage in the medieval castle ruins, offering a view over the scenic primeval valley of the River Gauja. Sigulda Opera Music Festival is among the top classical music events in Latvia.

**When:** First weekend of August

**More info:** [www.tourism.sigulda.lv](http://www.tourism.sigulda.lv)

### INTERNATIONAL MUSIC FESTIVAL "LABA DABA"

Festival "Laba Daba" hosts alternative music bands, creative and sports activities, and the tenting area is established under the twigs of apple-trees. Bands from Latvia and abroad represent reggae, ethno-folk, rock, electric music and other music styles. "Laba daba" is children-friendly festival with many special activities and even special tenting area has been saved for families with children.

**When:** First weekend of August

**More info:** [www.labadaba.lv](http://www.labadaba.lv)

### DIKĻI CASTLE MUSIC FESTIVAL

Dikļi castle music festival brings together the best Latvian musicians that fill the park with melodious songs and charming atmosphere. Once a year in the wonderful nature park of the Dikļi castle, a music festival takes place, with participation of musicians from all over Latvia.

**When:** June

**More info:** [www.diklupils.lv](http://www.diklupils.lv)

### FESTIVAL "KREMERATA BALTICA" IN SIGULDA

Each summer, one of the best international orchestras of the world — "Kremerata Baltica" with its world famous conductor Gidon Krēmers — performs in Sigulda. The festival programme covers many contemporary and classic authors, and some musical surprises — first-time performances of the masterpieces created by excellent authors.

**When:** July

**More info:** [www.tourism.sigulda.lv](http://www.tourism.sigulda.lv)

### CĒSIS CASTLE MEDIEVAL DAYS

Experience the history during Cēsis Castle Medieval Days — try out old crafts, taste amazing dishes, meet knights and get to know the life of the Middle Ages!

**When:** First weekend of August

**More info:** [www.viduslaikudienas.cesis.lv](http://www.viduslaikudienas.cesis.lv)

### SIGULDA BLUES FESTIVAL

High level blues music can be enjoyed in an environment of cultural and historical significance — the open-air stage in the ruins of Sigulda Castle. The Blues Festival gathers the best Latvian blues musicians and foreign performers, for example, from the USA, Australia, Italy, United Kingdom, Austria and many more.

**When:** July

**More info:** [www.tourism.sigulda.lv](http://www.tourism.sigulda.lv)

### SUMMER SOLSTICE CELEBRATION IN TURAIDA

On the shortest night of the year you can enjoy ancient celebration rituals, traditions, folk songs and dances in Turaida. From 19:00 till sunrise every visitor is welcome to experience the solstice night feast, following the old traditions, participating in events and enjoying the magic of nature, the sun and the magic of midsummer songs.

**When:** 21st June

**More info:** [www.turaida-muzejs.lv](http://www.turaida-muzejs.lv)

### MIDSUMMER CELEBRATION IN CĒSIS

During the Midsummer celebration you can explore the old holiday traditions, as well as capture the sparkling festive mood at the height of summer. The heart of celebration of the summer solstice in Cēsis is the magnificent Castle Park and green areas of the city.

**When:** 22nd June

**More info:** [www.tourism.cesis.lv](http://www.tourism.cesis.lv)

### SMALL OPERA FESTIVAL AT UNGURMUIZA MANOR

The manor hosts the Small Opera Festival, which is beloved classical music event gathering famous Latvian opera stars. Classical music concert may be enjoyed while sitting beneath the oaks in the park.

**When:** June

**More info:** [www.ungurmuiza.lv](http://www.ungurmuiza.lv)



## ENTER SPORT EVENT

### ROEBUCK RUN

Stages of trail run serial are held in the most picturesque places in Latvia including 2 stages exactly in Gauja National Park. Asphalt covers only 5-10% of the distance — all the rest is forest trails, small roads and off-roads. Five distances — Dormouse, Squirrel, Rabbit, Roebuck and Lynx — are available for everyone's readiness and wish.

**When:** May and October

**More info:** [www.stirnubuks.lv](http://www.stirnubuks.lv)

### CĒSIS ECO TRAIL

Explore the most beautiful places of surroundings of Cēsis during one of the most challenging run in Latvia — ultramarathon Cēsis Eco trail. Three distances are available: 15, 30 and 80 km as well as children and family races. This run is qualification race for Ultra Trail Du Mont Blanc.

**When:** first weekend of August

**More info:** [www.cet.lv](http://www.cet.lv)

### SEB LATVIA MTB MARATHON SERIES

The oldest and the most popular mountain bike marathon race serial in Latvia which gathers more than 2000 participants for every race. Three distances are available according to athlete's skills. Each year two of total seven races take place in Gauja National Park.

**When:** April, June

**More info:** [www.velo.lv](http://www.velo.lv)

### LATVIAN CYCLISTS UNITY RIDE

Meet more than 6000 cyclists in one race — this is it! The tradition of this race

started in 1930-ties, when the president of Latvia invited cyclists to be part of this event. Nowadays tradition is still alive and is biggest cycling mass-sport event in Latvia.

**When:** First Sunday of September

**More info:** [www.velo.lv](http://www.velo.lv)

### SPORTLAT VALMIERA MARATHON

Latvian championships in marathon takes place every year in Valmiera. Classical marathon distance as well as half-marathon and 5 and 10 km races are available.

**When:** September

**More info:**

[www.valmieras-maratons.lv](http://www.valmieras-maratons.lv)

### SIGULDA MOUNTAIN MARATHON

The most challenging off-road race in Latvia with more than 2200 m altitude gain in 70 km race. 35 km and 15 km races are also available. Two of long distances are qualification races for Ultra Trail Du Mont Blanc. Choose your distance to challenge stamina and power of your body and mind.

**When:** October

**More info:** [www.raid.lv](http://www.raid.lv)

### VAIDAVA TRIATHLON

Olympic triathlon competition every year is held in Vaidava and swimming distance takes place in Vaidava Lake, but running and cycling in the near surroundings. Distances for amateurs, enthusiasts and children are also available.

**When:** June

**More info:** [www.sportlat.lv](http://www.sportlat.lv)





## ENTER FAMILY

**“Dormouse, Do-o-dormouse!”**, a pesky buzz rings straight into the ear. Dormouse scratches his tail. The tail was wade awake too. The tail, fluffed up like an owl, tickled the Dormouse’s nose. “Oh, the cruel world! Why do I have to get up so early?”, Dormouse grumbles squinting his sleepy eyes at the fading rays of the drowning sun. “Whose squeaky little voice is that?” It is the Dragonfly sitting on the edge of the tree hollow and fluttering its wings. “Good morning!” “Good evening!”, Dragonfly giggles and disappears into the wind. Dormouse sets to his morning routine.

Dormouse, a cute, chubby little animal, is often mistaken for rat. To set himself apart from the rodent, he has nurtured the distinct talent all dormice have. Dormouse was good at jumping. Oh, and what a jumper he was! Swoosh – from a hazel tree onto the spruce, oh my, almost missing the home sweet home in the hollow. Last year, while visiting the family, younger cousins had pulled Dormouse into a competition. Nothing special, family members only. Nonetheless, Dormouse jumped a whopping 10 yards! The prize was a whole bag of hazel nuts. Yummy! Overwhelmed by the savoury memory, Dormouse licks his constantly-growing front teeth and thinks of a snack – a slightly bitter willow tree stick, or something of a kind. “Must move!”, he concludes. As usual, before anything else, he begins by counting the fingers and toes on his front and back paws. “Ten and eight. Enough for setting out into the night. But where should I go?

**138 | Science centre “Z(in)oo”**  
Interactive exhibitions and educating games, which will help you gain an understanding about the human body, nature sciences and technologies, await the visitors of the science centre.  
**Poruka iela 8, Cēsis,**  
**ph. +371 25400228, [www.zinoo.lv](http://www.zinoo.lv)**  
**GPS: 57.3146, 25.2885**



**139 | Viks' fairytale park**  
The park invites you to take a walk on its fairytale trails and meet characters from the writer Viks' fairytales rendered in wood. The park is the home to Ness and Nessy, Rūņu Dūķītis and other characters. You can also arrange an excursion with the writer himself as well as use the picnic spot and children's playground.  
**Dikļi, Kocēni County,**  
**ph. +371 64231933, 26447061**  
**GPS: 57.5971, 25.0991**

**140 | Tiny Wonderland**  
Do big things in a world where everything is 87 times smaller than in the real world. Model your own little world with trees and roads. See how modern technology works and whether cars and people go by traffic rules. Operate plants, fountains, traffic lights, shops, schools and even trains!  
**Raunas iela 7, Cēsis,**  
**ph. +371 28308377,**  
**[www.mazabrinumzeme.lv](http://www.mazabrinumzeme.lv)**  
**GPS: 57.3131, 25.2782**

Read complete story about Dormouse's adventures in Gauja National Park in his own book, which you can get in every Tourist information centre in Gauja region or download here:





# CREATE THE STORY OF YOUR ADVENTURE!

Gauja National Park  
is a small place in the heart  
of Latvia of which many stories  
and mysteries are told.

Since the beginning of time these stories  
have been created by nature and people.  
Here the sense of historical heritage and  
the primordiality of nature have been  
interwoven with a bustling cultural life and  
active leisure possibilities. Visit it, experience  
it and bring home your unique story!

Campaign starts on May 1, 2016.  
Campaign runs until necklace  
charms are available or until  
September 1, 2016.

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