

Active holidays in the Gauja National Park

The Gauja National Park offers rich and adventurous activities for the whole family. Enjoy leisure parks, boat trips, a cable car ride with breathtaking views, a variety of outdoor games and unforgettable memories.



The oldest national park in Latvia is located about 50 kilometers northeast of Latvia's capital Riga and is a real paradise. This is not an ordinary park, it is a 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 pace and scenario. There are so many things to explore - an exciting mix of unique natural experiences, a wide range of leisure activities, magnificent castles and palaces and small towns steeped in history.

[Enter Gauja](#)

ENTER ACTION



[Leisure Park "Rāmkalni"](#)

Park offers energetic and exciting open - air activities! Rodeling track, bicycle and boat rental, other thrilling adventures. Tasty meals and local produce sold right on the spot.



[Adventure Park "Supervāvere"](#)

The adventure park has not only a trail in the woods with more than 65 challenges of various difficulty, picnic spots, boat and raft rental and camping places by Gauja river.



[Lazertags Poligons 1](#) - a military tactical game base, where laser tag battles take place in several arenas of the former military grounds – barrack, hangar, bunker, car fleet, where the team game with laser gun will turn into vivid, fascinating and, above all – safe battle.



[Minotaur-Labyrinth](#)

The area of the labyrinth is more than 1000m2, and the length of the route you have to go is ~714 m. But that's not all, special task is also given at the entrance - to find checkpoints and mark them on map.



[Sigulda football-golf Park](#)

Football-golf is an outdoor game. The general aim of the play is to kick the ball into the hole. There are 18 holes available with different obstacles, making the game more interesting.



[Hunting school and leisure centre "Mārkulīši"](#)

Open-air shooting ranges and sports fields, boat rental and campgrounds. Those who would like to practice shooting should apply for a lesson prior.



Cable car across the Gauja River valley The oldest cable car in the Baltics with 1020 m long cable that is situated 43 m above the river. The braves ones are welcome to try bungee jumping from the cable car or try zipline [ZERGLIS](#) – the first and currently the only one such type attraction in the world, where the ride with the zipline takes place on the aerial cableway.



[Active Leisure Centre "Zagarkalns"](#)

You can go for a boat trip along the Gauja river directly from the campsite. You can also rent all floating craft here. The choice is wide: from fast canoes and kayaks to safe rubber rafts for families with small children to large deck rafts for groups. The place is also suitable for hiking and cycling.



Sleddog sports club [Dodķepu.lv](#) will take you on an unusual adventure along Amata River in the vicinity of the Zvārte Rock.



[Sports and active recreation park "Forest"](#) a beautiful forest containing an amazing new site for active recreation, open to everyone.

[FIND OUT MORE](#)



Enjoy Active Recreation on Water in Gauja National Park

Experienced boat rent companies that are based on Gauja National Park offer boats, kayaks, river catamarans, canoe and raft rental. They provide water vehicle transportation to boating starting point and back from finishing location.

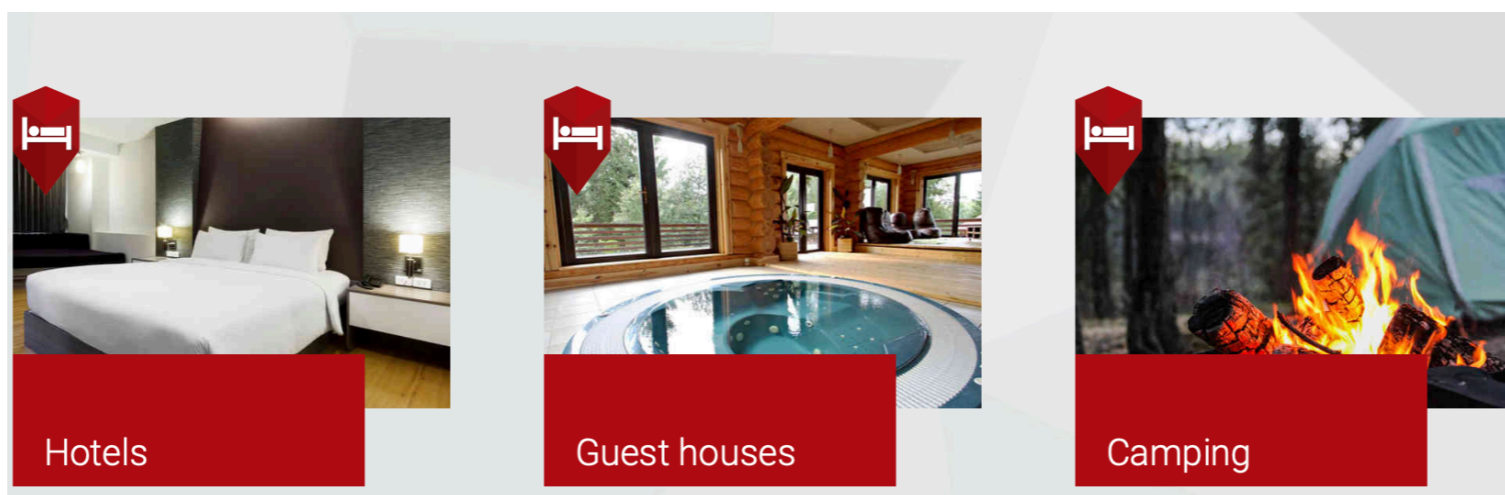
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Whether medieval castles and magnificent palaces, action-packed adventure parks, hiking trails and sports, boat trips and leisure activities - with its mix of nature and culture, tradition and modernity, the national park, which covers more than 90,000 hectares, is made for an active and adventurous holiday!

[FIND OUT MORE](#)

WHERE TO STAY...



Where do you end the day? There are plenty of places to stay in the Gauja National Park - and an impressive range of them at that. Whether it's a small, cozy [wooden cottage](#), a family-friendly [guesthouse](#) or a family room in a stately [castle hotel](#) - the choice is yours.

[FIND OUT MORE](#)



GETTING HERE

Gauja National Park is easy to reach from the capital of Latvia - Rīga. There are trains, buses available every hour. You can buy tickets online ([www.1188.lv](#) or [www.mobility.lv](#)) or at the station.

[FIND OUT MORE](#)

Enjoy seeing exciting and unique content of nature, adventures and wildlife in Gauja National Park? Follow us on social media for more!

