



Family holidays in Gauja National park

Family holidays in **Gauja National Park** are all about adventure, fresh air, and shared experiences — no matter the season.

Let leisure parks, space missions, and nature trails thrill and make the holidays unforgettable!

Outdoor leisure parks

Rāmkalni is a fun outdoor leisure and amusement park in Latvia offering a mix of activities for all ages. Visitors can enjoy exciting attractions like a nearly 400 m long **toboggan track with winding curves, bungee trampolines, tubing, flying chairs, and a kids' driving school**, making it a lively place for family entertainment in the fresh air. Rent kayaks and bicycles and explore Latvia's nature!



Sigulda Adventures invites!

Sigulda Adventures in Sigulda, Latvia offers a variety of exciting experiences perfect for families seeking adventure together. You can **ride the iconic cable car** over the beautiful Gauja valley for panoramic views of rivers, forests and medieval castles, take part in **river canoeing and “River Adventures” routes** suitable for beginners and families, and explore options like **e-bike tours, zipline flights, bungee jumps or wind tunnel (Aerodium) sessions** for older kids and teens. The park also provides **seasonal experiences** that let families mix and match activities — from scenic rides and gentle tours to more thrilling action — making it a versatile outdoor destination for a fun day out.



Space exploration in Space Education centre

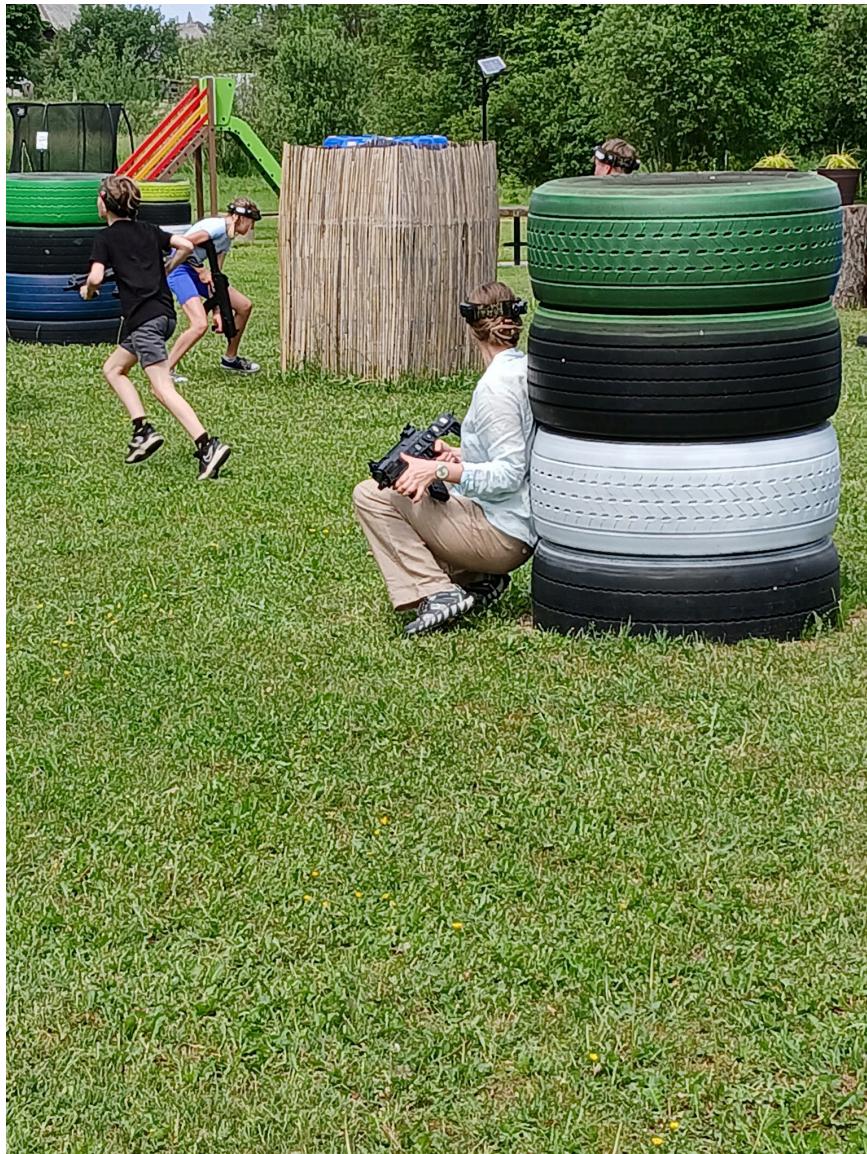
The [Space Education Centre](#) in Cēsis, Latvia is an interactive science and learning destination focused on space exploration and STEM (science, technology, engineering, mathematics) education for families, school groups, and curious visitors of all ages. Its multi-story exhibition takes you through the history of space research, astronaut life, and space technology with hands-on displays and activities that show how science influences everyday life and inspires future careers in technology and innovation. The centre also offers fun science shows, mission-style interactive games where participants step into the roles of astronauts and mission control



Play LaazerTag games!

[Poligon #1](#) in Sigulda is one of the most exciting outdoor laser tag experiences in the region, set on a large former military site with multiple arenas, realistic equipment and varied game scenarios that are great for families, groups of friends, kids' birthday parties or team events. The facility offers open games where participants are split into teams for thrilling outdoor battles with professional instructor guidance, plus themed quests and labyrinth-style play for extra challenge and fun. It's suitable for kids and adults alike, combining physical activity with strategy and friendly competition in an adventurous setting.

[Lāzertags](#) - [LaazerFun](#) in Liepa Parish near Cēsis provides a lively outdoor laser tag experience surrounded by nature, perfect for families, friends and group celebrations. In addition to laser tag battles, LaazerFun has RC car racing tracks, kid-friendly quad bike rides, a playground, picnic area, bonfire spot and an all-season tent space, making it a great destination for a full day of active fun and relaxation. Laser tag and other activities are typically booked in advance and the park atmosphere is casual and family-friendly.



More family offers in Gauja National park published [HERE!](#)



Gauja National Park Tourism Association

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