



BALTIC  
COASTAL  
HIKING

# BALTIC COASTAL HIKING ROUTE TOURS

[WWW.COASTALHIKING.EU](http://WWW.COASTALHIKING.EU)



LATVIA / ESTONIA

# TOURS



## WHAT CAN YOU FIND IN THE BROCHURE

The brochure includes **15 hiking tours** for one and multiple days (up to 16 days) in Latvia and Estonia, which is part of the Baltic Coastal Hiking Route long distance path (in Latvia - **Jūrtaka**, in Estonian - **Ranniku matkarada**) (**E9**) - the most interesting, most scenic coastal areas of both countries, which are renowned for their natural and cultural objects. Several tours **include national parks, nature parks, and biosphere reserves**, as well as UNESCO World Heritage sites.

Every tour **includes schematic tour map**, provides information about the mileage to be covered within a day, level of difficulty, most outstanding sightseeing objects, as well as practical information about the road surface, getting to the starting point and returning from the finish back to the city.

The tours are **provided for both individual travellers and small tourist groups**. It is recommended to book the transport (rent a car or use public transportation), accommodation and meals in advance, as well as arrange personal and luggage transfer if necessary.

The tours included in the brochure may be shortened or extended depending on the wishes of the travellers. These hiking tours, or some of them, may also be included in the traditional tourism routes and city excursions to diversify the offer.

If you want to do the tours individually for each tour in [www.coastalhiking.eu](http://www.coastalhiking.eu), you will find a detailed route description with a map of sightseeing objects, catering places, shops, rest areas, road surface, obstacles along the route and other useful information, or the GPX file with the main route of the hike.

CONTACT:  
**Baltic Country holidays:** [www.countryholidays.lv](http://www.countryholidays.lv)  
[lauku@celotajs.lv](mailto:lauku@celotajs.lv)  
**Estonian Rural Tourism:** [www.maaturism.ee](http://www.maaturism.ee)  
[eesti@maaturism.ee](mailto:eesti@maaturism.ee)  
**West-Estonia Tourism:** [www.westestonia.com](http://www.westestonia.com)  
[info@westestonia.com](mailto:info@westestonia.com)



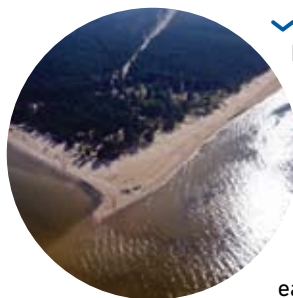
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## COASTAL NATURE IN LATVIA AND ESTONIA

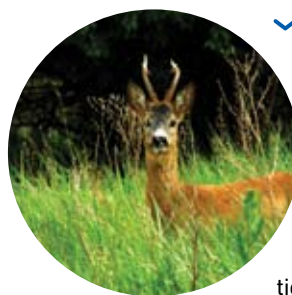
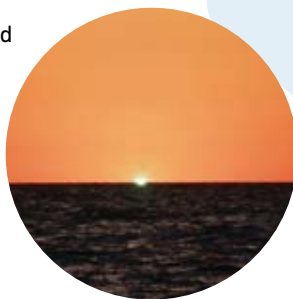


~ In Latvia, the Baltic Coastal Hiking Route mainly goes along sandy beaches, in some places, rocky beaches, and for short stretches, through coastal meadows. There are well-trodden trails and small roads in the seaside forests. In some areas, the sand may be soft, which makes walking difficult.

~ In Estonia, the Baltic Coastal Hiking Route goes along the very seashore for around 100 km, mainly between Haapsalu and Tallinn. In other places, crossing the coastline becomes difficult as it is shaped by numerous capes, peninsulas, wetlands with reeds, floodplains, lagoons and shallow coves, which is why the remaining distance has to be covered via seaside trails, roads and along motor roads.

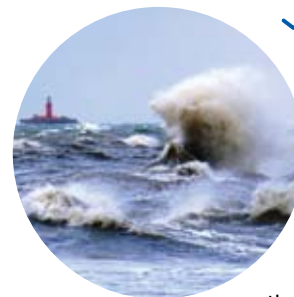
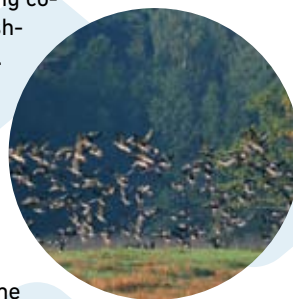
~ In cities and populated areas, the Baltic Coastal Hiking Route goes along pedestrian pavements.

~ The coastal terrain is mostly level and most of the Baltic Coastal Hiking Route is close to sea level.



~ In Latvia, steep bluffs can be found from Strante to Ošvalki Village and near Staldzene and along the rocky seacoast in Vidzeme, while cliffs can be seen in Harju County situated near Tallinn in Estonia.

~ The itinerary can be completed in all four seasons. Summer (June - August) is the tourist season in Latvia and Estonia, when more people come to the seacoast in comparison to other times of the year. As a result, accommodation near the sea can be fully booked some time in advance. In the autumn (end of August-October), you can see more colours when going through the woods, especially in Estonia: leaves are changing colour and you can find mushrooms, berries and nuts. During storms, amber is washed ashore in Latvia. The itinerary can also be completed in winter (December - March), doing booking in advance, as many services are not available at this time of year.



~ In the summer, the water temperature in the sea can reach +18; +20 °C or more, so it is pleasant to walk barefoot on the sandy sections of the coast and swim in the bathing areas.

~ Dangerous natural calamities are not characteristic to the Baltic Sea littoral. Strong storms occur rarely and usually in the autumn or winter seasons.

~ In Latvia, the dominant wind direction is from the West. In the Baltic Sea littoral of Latvia, the wind is noticeably stronger, so the hike from the Lithuanian border to Kolka may be more comfortable in this direction with a tail wind at your back.

~ There are no high or low tides in the Baltic Coastal Hiking Route that would limit movement along the seashore or make it unsafe.

~ The coast of the sea is ever changing and the same place may look different every next time you go there. The steep bluffs are washed away by storms, the beach changes, a sandy beach can be replaced by pebbles or even stones, but at other times the pebbles may be covered by sand washed on top of them.



### USEFUL LINKS:

[www.visitestonia.com](http://www.visitestonia.com)  
[www.latvia.travel](http://www.latvia.travel)

official tourism web page in Estonia  
official tourism web page in Latvia






[www.countryholidays.lv](http://www.countryholidays.lv)  
[www.maaturism.ee](http://www.maaturism.ee)

accommodations, worth seeing, farms in Latvia  
accommodations in Estonia

[www.liveriga.com](http://www.liveriga.com)  
[www.visittallinn.ee](http://www.visittallinn.ee)

Capital city of Latvia - Riga  
Capital city of Estonia - Tallinn

### SYMBOLS USED:

Hiking route length:   
Duration:   
Difficulty level: easy   
medium   
hard 

## GETTING THERE & AROUND



### FERRIES

#### Stenalines

Passenger transport services from Germany, Travemünde to Liepaja (LV) and from Sweden, Nynashamn to Ventspils (LV).  
[www.stenaline.lv](http://www.stenaline.lv)

#### Tallink Silja Line

The leading provider of high-quality mini-cruise and passenger transport services in the northern Baltic Sea region. Routes: Helsinki – Tallinn, Helsinki – Stockholm, Riga – Stockholm, Tallinn – Stockholm.  
[www.tallinksilja.com](http://www.tallinksilja.com)

#### Viking Line

A market-leading brand in passenger traffic on the northern Baltic Sea. Route: Tallinn – Helsinki.  
[www.vikingline.com](http://www.vikingline.com)

#### Eckerö Line

Estonian ferry line and a travel agency. Route: Tallinn – Helsinki  
[www.eckeroline.ee/en](http://www.eckeroline.ee/en)

#### Local ferries in Estonia

Local ferries operate between the islands and mainland Estonia:

- Kihnu and other small islands  
[www.veeteed.com](http://www.veeteed.com)
- The islands of Muhu, Hiiumaa and Saaremaa [www.praamid.ee](http://www.praamid.ee)



### AIRPORTS

LATVIA  
Riga: [www.riga-airport.com](http://www.riga-airport.com)  
Liepaja: [www.liepaja-airport.lv](http://www.liepaja-airport.lv)

#### ESTONIA

Tallinn: [www.tallinn-airport.ee](http://www.tallinn-airport.ee)  
Kuressaare: [www.kuressaare-airport.ee](http://www.kuressaare-airport.ee)  
Kärdla: [www.kardla-airport.ee](http://www.kardla-airport.ee)  
Pärnu: [www.parnu-airport.ee](http://www.parnu-airport.ee)



### LOCAL BUSES AND TRAINS:

#### ESTONIA

Buses: [www.tpilet.ee](http://www.tpilet.ee) (regional transport tickets online)  
[www.peatus.ee](http://www.peatus.ee) (route search, city transport, regional transport)  
Trains: [www.elron.ee](http://www.elron.ee)

#### LATVIA

Buses: [www.autoosta.lv](http://www.autoosta.lv)  
Trains: [www.pv.lv](http://www.pv.lv)  
Enquiry service, including public transport: [www.1188.lv](http://www.1188.lv)



### COACHES


**Lux Express:** [www.luxexpress.eu](http://www.luxexpress.eu)  
**Ecolines:** [www.ecolines.eu](http://www.ecolines.eu)



### CAR RENTAL

**Avis, Budget, Sixt, Hertz** and other local and international car rental companies.






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# THE ROCKY BEACH OF VIDZEME:

## SAULKRASTI - SVĒTCIEMS

Itinerary: SAULKRASTI - LAUČI - TŪJA - SVĒTCIEMS

Hiking route length:  **52 km**

Duration: **2 days**

Difficulty level: 

*This section of the seacoast of Vidzeme is of outstanding scenic beauty with a lot of rocky capes and boulders in the sea alternating with small, sandy coves where the small streams and rivulets, which dry out in summer, flow into. Occasionally, the beach is completely covered with the gray backs of stones. In Zvejniekciems you need to make a detour around the estuary of the Aģe River and the Skulte port. In some places, small patches of reeds appear, while near Tūja you will see the first sandstone outcrops. Some part of the route can be covered via the beach or via a trail meandering through the dune forest with old pines. At the end of the route, you can see the unique lamprey fishing method - Svētupes nēģu tacis.*

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

It is possible to organise a transfer to/from the place of accommodation, as well as from the finish point to Riga

You can also choose a shorter route: Saulkrasti - Lauči (13 km) and then arrange a transfer to Riga or Saulkrasti.



### DAY 1

**Going by train:** Riga - Saulkrasti (1 h, train operates ~ 1 x per hour).

**Arrival** in Saulkrasti, walk to the sea ~ 1 km.

Hiking  
**SAULKRASTI - TŪJA**  
28 km   9 – 12 h

#### PRACTICAL INFO:

**Difficulty level:**  / 



**Road surface:** Fine gravel, sand, plank-ways, forest trails. In Zvejniekciems, asphalt, bays with sandy beaches, capes with stones, in some places, pebbles.

**Good to know!** In some places, fine gravel is washed ashore which makes walking difficult. The stones overgrown with algae are slippery. A lot of stones “move”. You will need suitable (closed) footwear and walking poles for support.

**Accommodation** near Tūja.


### DAY 2

Hiking  
**TŪJA - SVĒTCIEMS**

24 km   8 – 10 h

**A bus ride** Svētciems - Riga (the stop is 1 km from the sea, the bus runs 7-9 times a day) or stay overnight at Svētciems.

#### PRACTICAL INFO:

**Difficulty level:** 

**Road surface:** Rocky beaches, grassy/reedy coastal sections, gravel roads, asphalt, forest trails, occasionally algae washed ashore (algae scum).

**Good to know!** The sandstone outcrops are composed of an unconsolidated and unstable material, which is why it is not safe to approach them from the top and the bottom or to crawl into the caves washed out by the waves.

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# THE GREATE WAVE SEA:

## LIEPĀJA - VENTSPILS

Itinerary: LIEPĀJA - VENTSPILS  
Hiking route length:  **92 km**  
Duration: **6 days**  
Difficulty level: 

The Baltic Sea littoral on the West coast of Kurzeme is called the Great Wave Sea. The seacoast is mainly sandy. While the Great Wave Sea section is the least populated coastal area in Latvia, at the same time, the third biggest city in Latvia, Liepāja, is also located there. Steep bluffs rise before your eyes on the seacoast between Pāvilosta and Sārnate. The villages are quiet and sparsely populated. At the beginning of the route, you can see the Soviet military heritage in Liepaja Karosta Prison, taste smoked local fish in Pāvilosta and then enjoy one of the most beautiful views of the entire route to the seacoast from Užava lighthouse. The route closes in the port city of Ventspils, where there are various entertainment and sightseeing places, especially for families with children.







It is possible to arrange transfers and/or luggage transfers from one accommodation place to another.  
You can also take a shorter route Jūrkalne - Sārnate (14 km) and then organise a transfer back to Jūrkalne.

### DAY 1

**Bus ride** Rīga - Liepāja or **by train** (on Friday evenings). Or **by plane** from Riga airport.  
**Excursion** in Liepāja.  
**Accommodation** in Liepāja.




### DAY 2

Hiking  
**LIEPAJA - ZIEMUPE**  
22 km   8 – 10 h  
**PRACTICAL INFO:**  
**Difficulty level:**  / 

**Road surface:** Sandy and pebbly beaches, coastal trails, occasionally soft, silted sand, in some places there are stones and structures protecting against coastal erosion.  
**Dangerous places:** Personal safety must be ensured in the surroundings of the fortifications. They are washed away by the sea and are not equipped with amenities. It is not recommended to wade through the sea as there are sharp and dangerous underwater objects.  
**Good to know!** Near Saraiki, there is no access to the sea for the public (private properties). No shops or catering are available from Karosta to Ziemeupe. ( Only small snack bar in Ziemeupe parking place during the summer time). Need to take lunch boxes.  
**Accommodation** in Ziemeupe.







### DAY 3

Hiking  
**ZIEMUPE - PĀVILOSTA**  
21 km   7 – 9 h  
**PRACTICAL INFO:**  
**Difficulty level:**   
**Road surface:** Sandy, pebbly (with little pebbles), occasionally wide (near Akmensrags), occasionally narrower sandy beaches. In Pāvilosta, asphalt.  
**Dangerous places:** There are no pedestrian sidewalks in Pāvilosta.  
**Good to know!** No shops or catering is available between Ziemeupe and Pāvilosta. Need to take lunch boxes.  
**Accommodation** in Pāvilosta.



### DAY 4

Hiking  
**PĀVILOSTA - JŪRKALNE**  
20 km   7 – 9 h  
**PRACTICAL INFO:**  
**Difficulty level:**  /   
**Road surface:** Sandy, pebbly beaches (with pebbles of different sizes), beaches covered in small stones. Near Pāvilosta and Jūrkalne: wide sandy beaches.  
**Dangerous places:** A ~ 0,5 h walk from Pāvilosta, the beach narrows and is covered in stones. There are two locations under the bluffs with a length of 100 – 200 m where you may have to wade through shallow water in case of a heavy swell on the sea due to strong W, NW or SW winds or during storms. So the bluffs cannot be used for moving forward.  
**Good to know!** No shops are available between Pāvilosta and Jūrkalne. Need to take lunch boxes. Suitable footwear is necessary, walking poles are advisable for support.  
**Accommodation** Jūrkalne.







## DAY 5

Hiking  
**JŪRKALNE - UŽAVA**

29 km  10 – 13 h

### PRACTICAL INFO:

**Difficulty level:**  / 

**Road surface:** Sandy, pebbly beaches (with pebbles of different sizes) and sandy – beaches, in some places, small stones.

**Dangerous places:** When you get to the Užava Lighthouse, you have to take a trail through the concrete breakwaters. You can wade across the Užava River during low water. There is a bridge located 0,3 km away from the mouth.

**Good to know!** You have to shop in Jūrkalne as there are no shops and catering in Sārnate, closest shop is in Užava. Need to take lunch boxes.

Walking poles are advisable for support.

**Private transfer to** Ventspils (25 km).

**Accommodation** in Ventspils.

## DAY 6

**Excursion** in Ventspils.

**Bus ride:** Ventspils - Riga (3 – 4 h).




## SLĪTERE NATIONAL PARK: MAZIRBE - KOLKA

Itinerary: MAZIRBE - KOLKA

Hiking route length:

 **23 km**  **7 – 9 h**

Duration: **1 day**

Difficulty level: 

*The Baltic Coastal Hiking Route starts at the center of Mazirbe village where you can see the Livonian National House. Continuing through small forest and country roads past the former Mazirbe Naval school, it winds through small coastal Livonian villages: Košrags, Pitrags and then Saunags. The Livonian coast is the only place where you can get to know the cultural history heritage of one of the smallest peoples in the world, the Livonians. In this section, the indicating signs are in both the Latvian and Livonian language. At the end of route you will see Cape Kolka, the point where the Great Wave Sea meets the Little Wave Sea. It is one of the most popular bird-watching sites on the Baltic seacoast.*



### PRACTICAL INFO:

**Road surface:** Sandy beaches, forest trails and gravel roads. In Mazirbe and Kolka Villages, asphalt.

**Good to know!** The only shops in this section are located in Mazirbe and Kolka Villages. The itinerary goes through Slītere National Park. Need to take lunch boxes.

**Start:** Mazirbe, Livonian people's home (a bus from Riga runs twice a day).

**Finish:** Kolka (bus to Riga goes 5x per day).

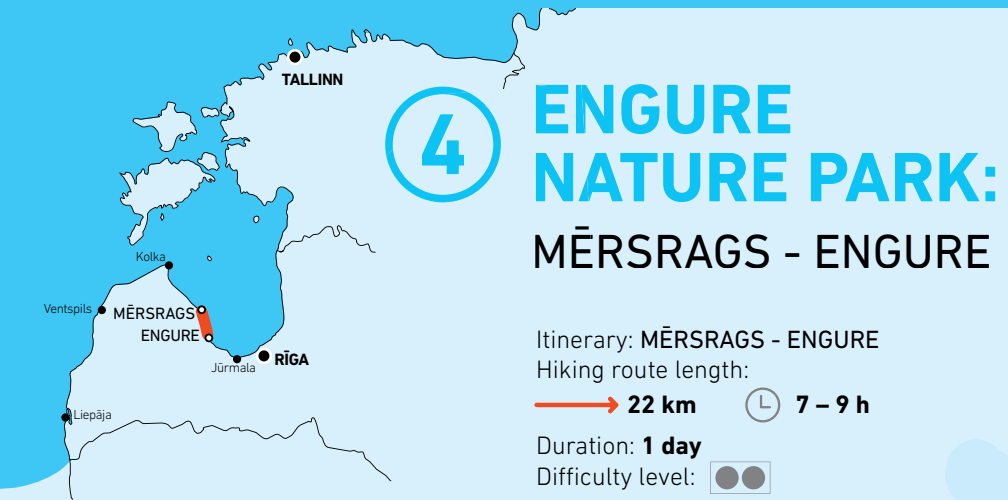
**You can also choose a shorter route:**

Mazirbe - Saunags (9 km) and then arrange a transfer to Kolka. It is possible to arrange a transfer from Mazirbe to Kolka or vice versa.

**Accommodation** in Kolka.







## 4 ENGURE NATURE PARK: MĒRSRAGS - ENGURE

Itinerary: MĒRSRAGS - ENGURE  
Hiking route length:

→ 22 km ⌚ 7 – 9 h

Duration: 1 day

Difficulty level: ●●

### PRACTICAL INFO:

**Road surface:** Beaches covered in sand and fine gravel, coastal meadows, small trails, forest roads. Asphalt in the villages, a small section of gravel road.

**Good to know!** You should avail yourself of binoculars for bird watching, suitable (closed) footwear and walking poles for support.

**Start:** Mērsrags Information Centre (bus from Riga runs 5 times a day).

**Finish:** Engure (bus to Riga runs 6-7 times a day).

It is possible to arrange a transfer to/from Mērsrags.

**Accommodation** in Engure or Mersrags.

Route meanders between a rocky seacoast richly overgrown with reeds and other grasses on one side and wooded seaside dunes on the other side. In some places, the beach is paved with small round stones, in other places you can see grey dunes with a rich variety of plants. Near Bērzciems village, there are large coastal meadows with shoals appearing far away in the sea that are suited for birdwatching. During this route, it is possible to visit the fishermen's homestead "Dieniņas", where you can buy local smoked fish. Also it is worth to see Engure port and Engure Evangelical Lutheran Church.



## 5 COASTAL NATURE PARK: VECĀĶI – CARNIKAVA

Itinerary: VECĀĶI – CARNIKAVA  
Hiking route length:

→ 14 km ⌚ 5 – 6 h

Duration: 1 day

Difficulty level: ●

### PRACTICAL INFO:

**Road surface:** Mainly sandy beach, a forest trail connecting the seacoast and Laivu iela (a promenade is planned), the Gauja River levee (gravel road).

**Good to know!** In Vecāķi, catering companies are only open in the summer. After passing Vecāķi, you will find a nudist beach. It is recommended to devote a couple of hours to visit Carnikava. The lamprey fishing season takes place from 1.08.- 01.02.

**Start:** Vecāķi beach (By train from Riga, train operates 20 times a day).

**Finish:** Carnikava, next to the Carnikava pedestrian bridge across the Gauja River (train to Riga operates 20 times a day).

This section of the Baltic Coastal Hiking Route is a comparatively short hike across a beautiful sandy beach, the coastal side of which is bounded by brightly colored pine forests with spectacular dunes and dams of dunes. To get from the beach to Carnikava, the Baltic Coastal Hiking Route will take you through a forest via a promenade. Then it takes a stroll around the Old Gauja River via a levee and reaches the pedestrian bridge over the Gauja River. Both as you start and end the hike, it is nice to sit in one of the pubs and summer cafés located on Vecāķi beach and in Carnikava.







## 6 A HIKING ROUTE ACROSS THE DIVERSE COASTAL LANDSCAPES OF LATVIA

Itinerary: MAZIRBE - KOLKA - MĒRSRAGS - ENGURE - DUBULTI - BULDURI - RĪGA - SAULKRASTI - TŪJA - SVĒTCIEMS

Hiking route length:  **105 km**

Duration: **7 days**

Difficulty level: 

Start: MAZIRBE LIVONIAN NATIONAL HOUSE

Finish: SVĒTCIEMS

*This long tour of Latvia includes some of the best and most beautiful parts of Jūrtaka in Latvia. Hikes along the sea alternate with trips and excursions in the cities. You will go along the coast of the Baltic Sea from Mazirbe to Kolka, seeing Slītere National Park and Livonian villages. You will see Engure Nature Park and the overgrown seaside meadows that are suitable for bird watching. Along the way, you will be able to purchase smoked fish from local fishermen and learn about fishing traditions in Latvia. Further, the route will take you through the most popular seaside resort in Latvia, Jūrmala; you will also have time to visit the capital city - Riga. The second part of the route runs along the Vidzeme coast from Saulkrasti to Svētciems. In terms of landscapes and views, the most multifaceted section of the Baltic Coastal Hiking Route in Latvia, which includes both sandy and rocky beach, coastal meadows, reeds, dunes, sandstone outcrops, forests, capes and small coves, fishing villages and pubs.*

You can divide the route and take only some parts of it.  
It is possible to arrange transfers and/or luggage transfers from one accommodation place to another.

## DAY 1

**Bus ride** early in the morning:  
RIGA - MAZIRBE (bus runs 2x day).

Hiking  
**MAZIRBE - KOLKA**

23 km   7 – 9 h

The route passes through Slītere National Park, the small Livonian coastal villages to Kolkasrags, where the Great Wave Sea meets the Little Wave Sea.

### PRACTICAL INFO:

**Difficulty level:** 

**Road surface:** Sandy beaches, forest trails and gravel roads. In Mazirbe Village and Kolka Village, asphalt.

**Good to know!** The only shops in this section are located in Mazirbe and Kolka villages. The itinerary goes through Slītere National Park.

Take a lunch box with you as no catering is offered.

**Accommodation** in Kolka.



## DAY 2

**Bus ride** KOLKA - MERSRAGS


The bus leaves in the middle of the day.

**Excursion** in Mersrags, nature reserve, trail, sightseeing tower.

**Accommodation** in Mersrags.

## DAY 3

Hiking  
**MERSRAGS - ENGURE**

22 km   7 – 9 h

### PRACTICAL INFO:

**Difficulty level:**  / 

**Road surface:** Beaches covered in sand and fine gravel, coastal meadows, small trails, forest roads. Asphalt in the villages, a small section of gravel road.

**Good to know!** You should avail yourself of binoculars for bird watching, suitable (closed) footwear and walking poles for support.

**Accommodation** in Engure.



## DAY 4

**Bus ride** in the morning:  
ENGURE - DUBULTI

Hiking  
**DUBULTI - BULDURI**  
through Jūrmala City.

5 km   1 – 2 h

### PRACTICAL INFO:

**Difficulty level:** 

**Road surface:** sandy beaches.

**Accommodation** in Jūrmala or Riga.  
Train operates regularly from Jūrmala to Riga.

## DAY 5

**Day for sightseeing in Riga.** Old Town, Art Nouveau District, Central Market, etc.

**Accommodation** in Riga.







## DAY 6

**Going by train** RIGA – SAULKRASTI  
1 h (train operates ~ 1x hour).

**Arrival** in SAULKRASTI,  
walk to the sea ~ 1 km.

Hiking  
**SAULKRASTI – TŪJA**

28 km → ⌚ 9 – 12 h

### PRACTICAL INFO:

**Difficulty level:** ●● / ●●●●

**Road surface:** Fine gravel, sand, plank-ways, forest trails. In Zvejniekciems, asphalt, bays with sandy beaches, capes with stones, in some places, pebbles.

**Good to know!** In some places, fine gravel is washed ashore which makes walking difficult. The stones overgrown with algae are slippery. A lot of stones “move”. You will need suitable (closed) footwear and walking poles for support.

**Accommodation** in or near Tūja.



## DAY 7

Hiking  
**TŪJA – SVĒTCIEMS**

24 km → ⌚ 8 – 10 h

### PRACTICAL INFO:

**Difficulty level:** ●●●●

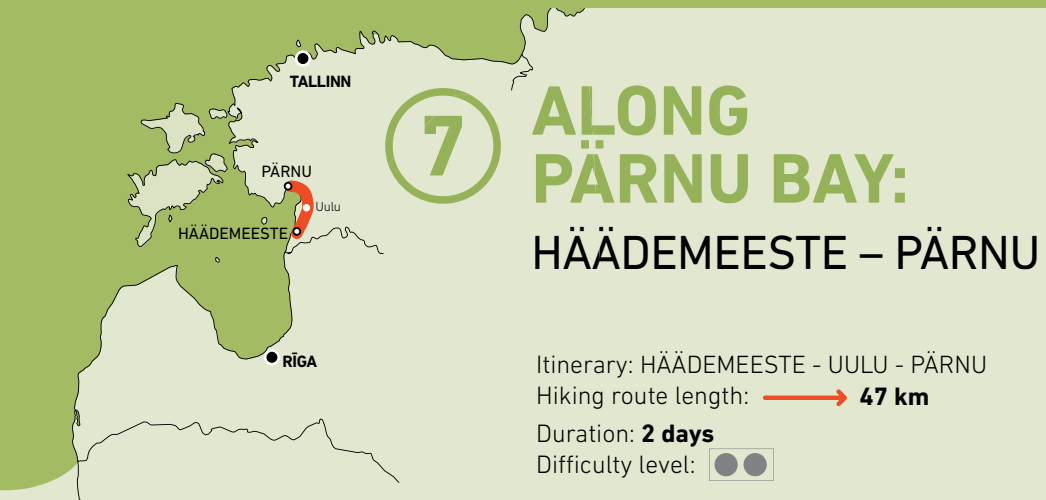
**Road surface:** Rocky beaches, grassy/reedy coastal sections (before reaching the Svētupe River), gravel roads, asphalt, forest trails, occasionally algae washed ashore (algae scum).

**Good to know!** The sandstone outcrops are composed of an unconsolidated and unstable material, which is why it is not safe to approach them from the top and the bottom or to crawl into the caves washed out by the waves.

**A bus ride** SVĒTCIEMS – RIGA (the stop is 1 km from the sea) or **accommodation** in SVĒTCIEMS.







## 7 ALONG PÄRNU BAY: HÄÄDEMEESTE – PÄRNU

Itinerary: HÄÄDEMEESTE - UULU - PÄRNU  
Hiking route length: 47 km  
Duration: **2 days**  
Difficulty level:

*This section of the Baltic Coastal Hiking Route is suitable to hardy hikers who like to travel across uninhabited places. In many places, reeds, floodplains with pastures and wetlands stretch across the Estonian seacoast, which is why the itinerary often leads you along forest and country roads. In the second half of summer you can pick the mushrooms and berries in the coastal forests. Pärnu is a popular resort city with many cafés, live music, SPAs, hotels and a beautiful Old Town.*



It is possible to arrange a transfer to the starting point from Pärnu and to the place of accommodation

### DAY 1

**Bus** Pärnu – Häädemeeste (bus operates ~ 13 times a day).

Hiking  
**HÄÄDEMEESTE - UULU**

26 km 8 – 10 h

#### PRACTICAL INFO:

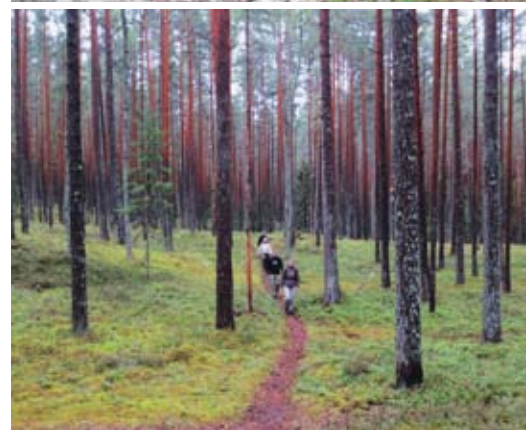
**Difficulty level:**

**Road surface:** Forest roads and small trails, in some sections, gravel road, sand, roads overgrown with grass, asphalt in the most populated areas.

**Obstacles:** There are wetlands on the coast, so this section of the itinerary moves inland. You can cross the streams by bridge. In some places, trees may have fallen upon the trail.

**Good to know!** No catering services are offered, and no shops are available throughout the whole section. Need to take lunch boxes.

**Accommodation** near Uulu.



### DAY 2

Hiking  
**UULU - PÄRNU**

21 km 7 – 9 h

#### PRACTICAL INFO:

**Difficulty level:**

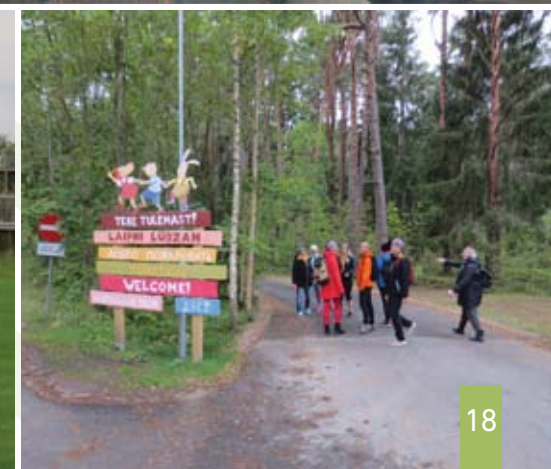
**Road surface:** Forest roads and small meandering trails, gravel roads, grassy base, in the city: asphalt pavements, pedestrian and cyclist lanes. Sandy beach with a slight mixture of rocks and pebbles at Reiu beach, sandy at Pärnu beach.

**Obstacles:** You can cross the Uulu Canal by bridge. The itinerary has to be covered according to the indications of the GPX file or the map, as impassable wetlands cover the seacoast throughout its entire length.

**Good to know!** No catering services are offered along the way, except finish point in Pärnu. Need to take lunch boxes.

**Accommodation** in Pärnu.

From Pärnu, it is easy to get to Riga and Tallinn by bus.







## 8 WALK THE KIHNU ISLAND, ESTONIA

Itinerary: KIHNU PORT – SÄÄRE – LINAKÜLA – ROOTSIKÜLA – LEMSI – KIHNU PORT

Hiking route length:

→ 23 km ⌚ 7 – 9 h

Duration: 1 – 2 days

Difficulty level: ●

*Kihnu Island is the largest island in the Gulf of Riga and the seventh largest island in Estonia. Its total area is 16.9 km<sup>2</sup>, the island is 7 km long and up to 3.3 km wide. The former seal hunter and fishermen's island, with around 600 inhabitants, is currently eager to maintain its identity in spite of everything. The unique characteristics of the Kihnu cultural space, like the lifestyle of the community, the diverse cultural traditions, the Kihnu language, music, national costumes and nature, are included in the UNESCO cultural heritage list.*

*A coastal route that goes through four villages – Sääre, Linaküla, Rootsiküla and Lemsi – will help you to discover the cultural and natural values of Kihnu Island. You can visit Kihnu Museum all year round and get insight into the history of the island, including the life of the famous local captain, Kihnu Jõnn. It is also worth seeing Kihnu Church and the cemetery located across from the museum. In the summer, you can enjoy a beautiful view of the island, the surrounding sandbanks and the sea from the lighthouse. The commemorative stone by the former house of Kihnu Jõnn introduces you to the island's legendary "wild captain".*

**START:** KIHNU PORT (1 h bus ride from Pärnu to Munalaid Port and by ferry Munalaid – Kihnu 1 h, operates 2 to 3 times a day).

**FINISH:** KIHNU PORT

This circular hiking route can be included in other longer trips. It is possible to arrange a private transfer from Pärnu to Munalaid Port and back.

### PRACTICAL INFO:

**Road surface:** The shoreline is mostly rocky, with spots full of smaller pebbles and gravel, and spots with larger stones. The hike will mostly be along the gravel roads of the shoreline, one stretch leads through an asphalted road.

**Good to know:** Kihnu does not have ATM's, but you can pay with payment cards in most of the shops. There are no catering places on the island operating all year round. From September to May please book catering in advance!

**Accommodation** and catering on Kihnu Island: [www.visitkihnu.ee](http://www.visitkihnu.ee)

**Information** about ferry traffic: [www.veeteed.com](http://www.veeteed.com)



## 9 BIRD WATCHING IN MATSALU NATIONAL PARK HAESKA – PUISE

Itinerary: HAESKA – SINALEPA – TUURU – PÕGARI-SASSI – PUISE – PUISE NINA.

Hiking route length:

→ 23 km ⌚ 8 – 10 h

Duration: 1 day

Difficulty level: ●●

*One of the most beautiful sections of the Baltic Coastal Hiking Route in Matsalu National Park, which leads through the agricultural lands and coastal meadows located near Matsalu Bay, where thousands of migrating cranes and geese gather in autumn. There are excellent birdwatching sites with towers near Haeska village (coastal meadows, shallow coves, small islets, cattle pastures) and at Cape Puise (coastal meadows with pastures, shoals). The most panoramic views of the sea and strings of islands can be seen in the surroundings of Põgari-Sassi and Puise nina.*



**START:** HAESKA (by bus from Haapsalu or Lihula, get off at the Haeska Teerist stop, buses run 7x a day).

**FINISH:** PUISE NINA (bus to Haapsalu, ride 0.5 h, runs 2x a day).


### PRACTICAL INFORMATION:

**Road surface:** Roads covered in asphalt and gravel.

**Good to know:** The itinerary goes through Matsalu National Park. During the migration period, the birds that are resting near the coast and in the nearby fields should be disturbed as little as possible. No shops (the closest one is in Panga village) or catering companies are available in this section. Need to take lunch boxes.







10

# BAYS AND CAPE HORNS IN THE NORTHWESTERN PART OF ESTONIA:

## ROOSLEPA – VIHTERPALU

Itinerary: ROOSLEPA - DIRHAMI - NÕVA HARBOUR - VIHTERPALU  
Hiking route length: → **44 km**  
Duration: **2 day**  
Difficulty level: ●●

It is possible to arrange a transfer to the starting point from Haapsalu and to the place of accommodation.  
**A bus ride** from HAAPSALU TO DIRHAMI 45 min. (stop “Rooslepa”, the bus runs 2x a day).  
**Walk** to the sea ~ 1 km.

**DAY 1**  
Hiking  
**ROOSLEPA - DIRHAMI - NÕVA HARBOUR**  
20 km → ⌚ 6 – 8 h

**PRACTICAL INFO:**  
**Difficulty level:** ●  
**Road surface:** A short stretch of road covered in asphalt and gravel, forest trails, highly variable beaches: sandy, occasionally covered in gravel, pebbles, stones of different sizes, a short section of dolomite base. In some places, algae have been washed ashore.  
**Dangerous places:** Be careful and ensure safety when walking along the road.

**Good to know!** Catering companies are available at the Port of Dirhami. The closest shop is in Nõva village (3.5 km from the Port of Nõva) and Dirhami village.  
**Additional possibilities:** You can go by boat to Osmussaar island from Dirhami port. The island has an exciting Swedish time and military history, as well as enchanting coastal nature. Osmussaar is great for hiking. There is also a 9 km long hiking path here.  
**Transfer to accommodation** place near Rooslepa.

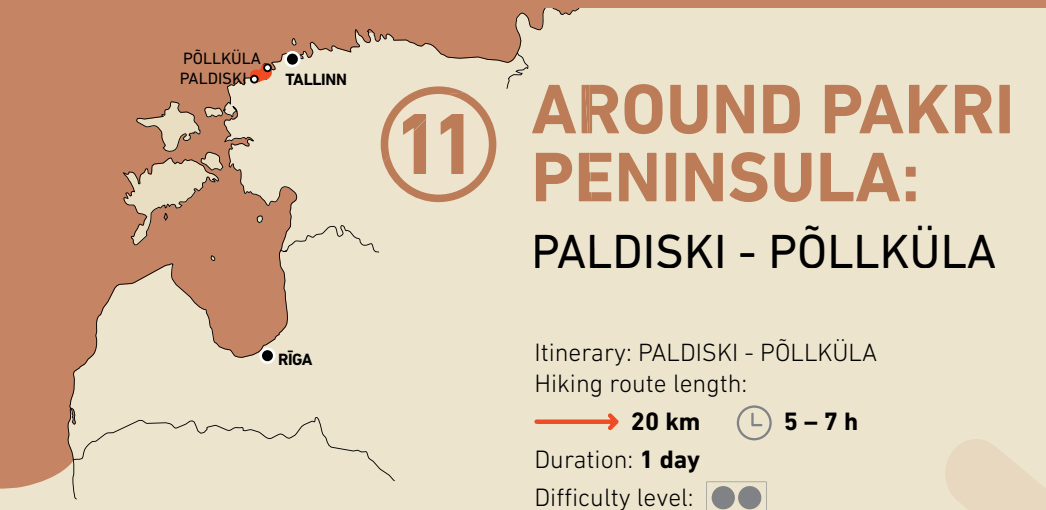


**DAY 2**  
Hiking  
**NÕVA HARBOUR – VIHTERPALU**  
24 km → ⌚ 8 – 10 h

**PRACTICAL INFO:**  
**Difficulty level:** ●●●  
**Road surface:** Forest trails, highly variable beaches: sandy, occasionally overgrown with herbaceous plants, rocky, short sections of dolomite base and dolomite pebbles.  
**Good to know!** The closest shop is located in Harju-Risti, but that’s about 10 km away. There is also a shop in Nõva. No catering companies are available in this section. Need to take lunch boxes.  
**Accommodation** near Vihterpalu.







## 11 AROUND PAKRI PENINSULA: PALDISKI - PÕLLKÜLA

Itinerary: PALDISKI - PÕLLKÜLA

Hiking route length:

→ 20 km ⌚ 5 – 7 h

Duration: 1 day

Difficulty level: ●●

**START:** Paldiski city center (train from Tallinn operates 15 times a day).

**FINISH:** train stop in Kloogaranna + 3 km (goes to Tallinn 2 times per day) or train stop in Klooga + 4 km (goes to Tallinn 20 times per day). There is also a bus station in Põllküla (Kersalu).

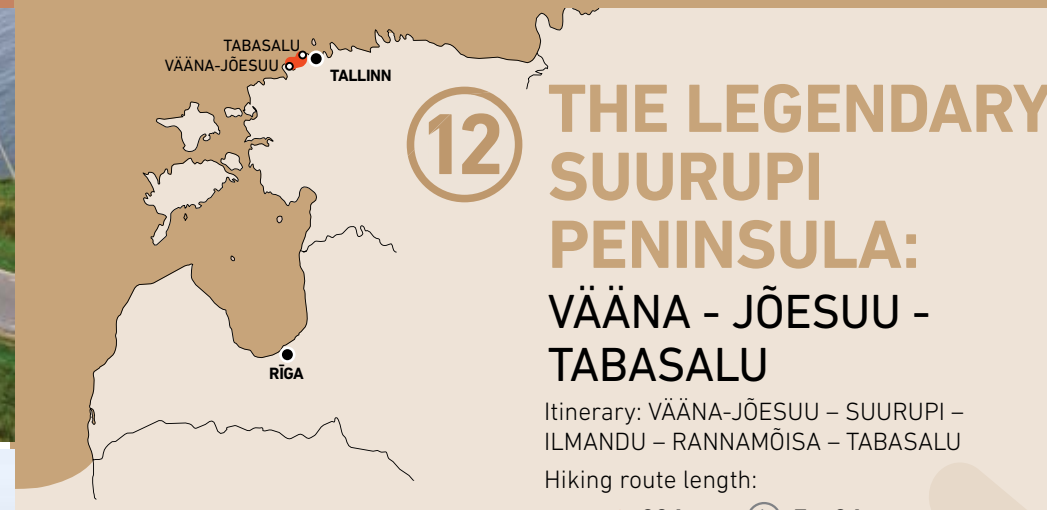
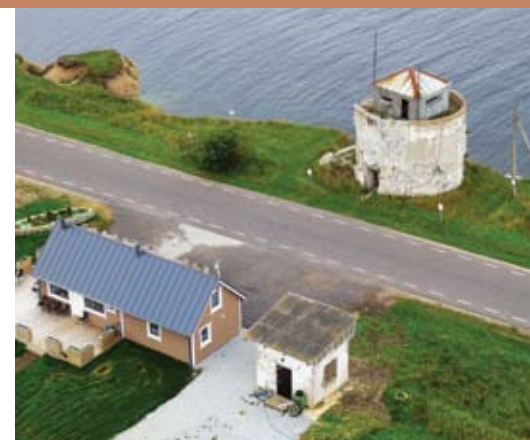
### PRACTICAL INFO:

**Road surface:** Asphalt, gravel roads, trails, forest and unpaved roads, sand, short sections of beach covered in stones and pebbles.

**Dangerous places:** You must not approach the upper part and the base of Pakri and other cliffs because rockfalls occur regularly as a result of the waves washing away the cliffs.

**Good to know!** There are shops and catering services in Paldiski town, in the summer also next to the Pakri Lighthouse. Suitable (closed, water resistant) footwear is necessary, walking poles are advisable for support.

*The Baltic Coastal Hiking Route leads around the Pakri Peninsula, from whose rocky shores you will discover the most beautiful coastal landscapes in northwest Estonia. It goes through the centre of Paldiski and, after having reached the fortress bastions of Peter I, it turns towards the Pakri Lighthouse going across the upper part of the impressive Pakri Cliffs. Further on up to Kersalu, there are both ups in the shape of rocks and downs where the Baltic Coastal Hiking Route meanders along a sandy and rocky seacoast and a beautiful pine forest.*



## 12 THE LEGENDARY SUURUPI PENINSULA: VÄÄNA - JÕESUU - TABASALU

Itinerary: VÄÄNA-JÕESUU – SUURUPI –

ILMANDU – RANNAMÕISA – TABASALU

Hiking route length:

→ 20 km ⌚ 7 – 9 h

Duration: 1 day

Difficulty level: ●●

*This tour is suitable only for experienced hikers. The itinerary circles the Suurupi Peninsula where the dense forests conceal the military heritage of different eras. The Baltic Coastal Hiking Route meanders through overgrown and rocky seacoasts, birch groves, along former pioneer camps and sand-stone cliffs protecting coves with sharp capes. At the end of the itinerary, one of the most astounding outcrops of the Estonian littoral rises before your eyes – the Rannamõisa Cliffs, which gives views of Kakumäe Bay and Peninsula and the towers of Tallinn's Old Town.*



**START:** VÄÄNA-JÕESUU coastal promenade, Luige tee (street), bus from Tallinn.

### PRACTICAL INFO:

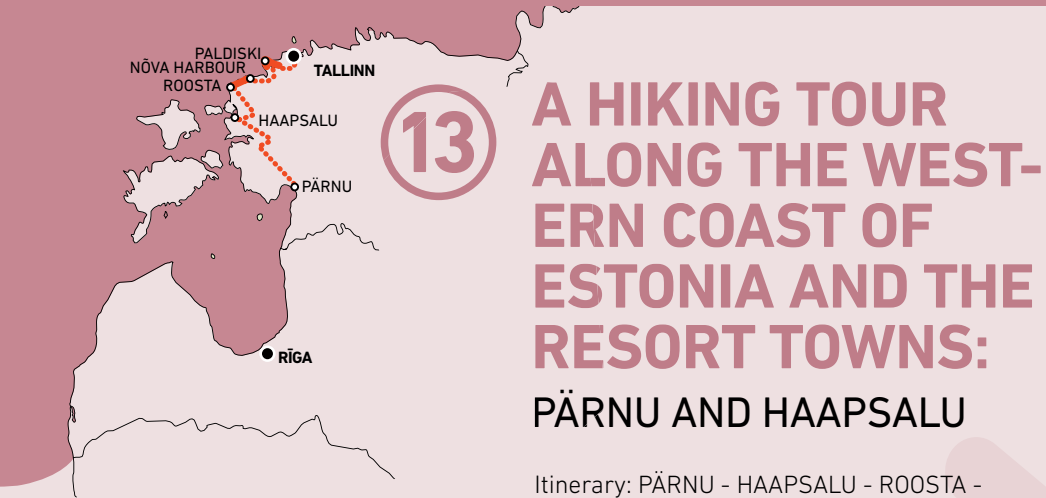
**Road surface:** Cobblestones (promenade), in populated areas: asphalt roads, gravel roads, forest roads, trails, overgrown coastal areas (reeds), meadows, variable beaches: sand, gravel, stones, dolomite – sandstone base, algae washed ashore etc.

**Dangerous places:** You must not approach the upper part and the base of the Rannamõisa Cliffs and other outcrops because rockfalls occur regularly as a result of the waves washing away the outcrops. Military fortifications can be viewed from the outside!

**Good to know:** No accommodation is available in Tabasalu, but you can take a bus to Tallinn on a regular basis.







## A HIKING TOUR ALONG THE WEST- ERN COAST OF ESTONIA AND THE RESORT TOWNS: PÄRNU AND HAAPSALU

Itinerary: PÄRNU - HAAPSALU - ROOSTA -  
DIRHAMI - NÕVA HARBOUR - VIHTERPALU -  
PALDISKI - PÕLLKÜLA - TALLINN

Hiking route length: ~ 80 km

Duration: **6 day**

Difficulty level:

*On this hiking route you will see the most part of the western coast of Estonia from Pärnu to Tallinn. You will visit Estonia's most popular resort cities: Pärnu and Haapsalu. You will pass along many bays, cape horns, fishermen's villages and overgrown meadows. In the northern part you will walk along the spectacular Pakri cliffs, where you will see some of the most beautiful scenery in the area. There will also be sandy beaches and dolomite outcrops in places. In some rocky and wet sections you will use coastal forests and trails. During the route, you will see the Soviet military heritage in Paldiski.*



It is possible to arrange transfers and/or luggage transfers from one accommodation place to another.

### DAY 1

**Excursion** by foot in Pärnu's Old Town. Pärnu is a popular resort city with many cafés, live music, SPAs, hotels and a beautiful Old Town. We also recommend visiting beach area.

**Bus:** PÄRNU - HAAPSALU  
(operates 1 x day, at 16.00).

**Accommodation** in HAAPSALU.



### DAY 2

**Excursion** by foot in HAAPSALU. We recommend visiting the old town of the Haapsalu resort town, Bishop's castle mound, Dome Cathedral and the historic promenade with various monuments.

During lunch - a bus trip to Haapsalu - Dirhami, (getting off at the stop "Elbiku", bus runs 2x day, 1 km walk to the accommodation).

**Accommodation** near Rooslepa village.



### DAY 3

Hiking  
**ROOSTA - DIRHAMI -  
NÕVA HARBOUR**

20 km 6 – 8 h

**PRACTICAL INFO:**

**Difficulty level:**

**Road surface:** A short stretch of road covered in asphalt and gravel, forest trails, highly variable beaches: sandy, occasionally covered in gravel, pebbles, stones of different sizes, a short section of dolomite base. In some places, algae have been washed ashore.

**Dangerous places:** Be careful and ensure safety when walking along the road.

**Good to know!** Catering companies are available at the Port of Dirhami. The closest shops are in Nõva (3.5 km from the Port of Nõva) and Dirhami village.

**Transfer back** to Rooslepa.

**Accommodation** near Rooslepa village.



### DAY 4

Hiking  
**NÕVA HARBOUR - VIHTERPALU**

24 km 8 – 10 h

**PRACTICAL INFO:**

**Difficulty level:**

**Road surface:** Forest trails, highly variable beaches: sandy, occasionally overgrown with herbaceous plants, rocky, short sections of dolomite base and dolomite pebbles.

**Good to know!** No catering companies are available in this section. Need to take lunch boxes.

**Accommodation** near Vihterpalu.



### DAY 5

In the morning, a **private transfer** to Paldiski, or **the bus** Vihterpalu - Paldiski in the second half of the day.

**Accommodation** in Paldiski.

### DAY 6

Hiking **around Pakri Peninsula:**  
**PALDISKI - PÕLLKÜLA**

20 km 5 – 7 h

**PRACTICAL INFO:**

**Difficulty level:**

**Road surface:** Asphalt, gravel roads, trails, forest and unpaved roads, sand, short sections of beach covered in stones and pebbles.

**Dangerous places:** You must not approach the upper part and the base of Pakri and other cliffs because rockfalls occur regularly as a result of the waves washing away the cliffs.

**Good to know!** There are shops and catering services only in Paldiski town, in the summer also next to the Pakri Lighthouse. Need to take lunch boxes or shop in Paldiski.

Suitable (closed, water resistant) footwear is necessary, walking poles are advisable for support.

**Accommodation** in Tallinn.

Train stop in Kloogaranna + 3 km (goes to Tallinn 2 times per day) or train stop in Klooga + 4 km (goes to Tallinn 20 times per day). There is also a bus station in Põllküla (Kersalu).







# 14 GRAND HIKING TOUR ON THE COAST OF LATVIA AND ESTONIA

Itinerary: MAZIRBE - KOLKA - MĒRSRAGS - ENGURE - JŪRMALA - RIGA - ZVEJNIEKCIEMS - TŪJA - SVĒTCIEMS - AINAŽI - IKLA - PĀRNU - KIHNU ISLAND - PĀRNU - HAAPSALU - ROOSLEPA - NŌVA HARBOUR - VIHTERPALU - TALLINN

Hiking route length: ~ 180 km

Duration: 16 day

Difficulty level:

*This grand hiking tour is provided for experienced hikers wishing to walk along a large part of the coasts of Latvia and Estonia, gain a detailed impression about the diverse coastal landscape, nature, birds and animals of the Baltic Sea. The Baltic Coastal Hiking Route sometimes runs through sandy beaches, sometimes along sections of beach covered in stones and pebbles. Sometimes the trail goes through coastal forests or stops at a fishermen's village. There are many floodplain meadows, lagoons and shallow bays on the Estonian side, so sometimes the path goes along coastal trails and roads. In the end section of the route you will feel Estonia's Nordic nature more. Part of the route runs along a sparsely populated seashore where you can be alone with yourself, but you will also be able to visit the most prominent cities. You will visit both capitals: Riga and Tallinn. Enjoy the hospitality of the resort towns of Jurmala, Pärnu and Haapsalu. During the hike, you will also get acquainted with the regions of small ethnic cultures: the Livonians in Latvia and the inhabitants of Kihnu in Estonia.*

It is possible to arrange transfers and/or luggage transfers from one accommodation place to another.

## DAY 1

**Bus ride** early in the morning: RIGA - MAZIRBE (bus runs 2x day).

Hiking  
**MAZIRBE - KOLKA**

23 km 7 – 9 h

**PRACTICAL INFO:**

**Difficulty level:**

**Road surface:** Sandy beaches, forest trails and gravel roads. In Mazirbe Village, asphalt.

**Good to know!** The only shop in this section are located in Mazirbe and Kolka villages. The itinerary goes through Slītere National Park.

Take a lunch box with you as no catering is offered.

**Accommodation** in KOLKA.

## DAY 2

**Bus ride** KOLKA - MERSRAGS The bus leaves in the middle of the day.

**Excursion** in MERSRAGS, nature reserve, trail, sightseeing tower.

**Accommodation** in MERSRAGS.



## DAY 3

Hiking  
**MERSRAGS - ENGURE**

22 km 7 – 9 h

**PRACTICAL INFO:**

**Difficulty level:**

**Road surface:** Beaches covered in sand and fine gravel, coastal meadows, small trails, forest roads. Asphalt in the villages, a small section of gravel road.

**Good to know!** You should avail yourself of binoculars for bird watching, suitable (closed) footwear and walking poles for support.

**Accommodation** in ENGURE.

## DAY 4

**Bus ride** in the morning: ENGURE - DUBULTI

Hiking  
**DUBULTI - BULDURI**  
through Jurmala City.

5 km 1 – 2 h

**PRACTICAL INFO:**

**Difficulty level:**

**Road surface:** sandy beaches.

**Accommodation** in JŪRMALA or RIGA. Train operates regularly from Jurmala to Riga.



## DAY 5

Free day for **sightseeing in Riga**. Old Town, Art Nouveau District, Central Market, etc.

**Accommodation** in a hotel in RIGA.

## DAY 6

**By train** RIGA - ZVEJNIEKCIEMS ~ 1 hour (train operates 10x per day).

**Walk to** the sea ~ 2.5 km.

Hiking  
**ZVEJNIEKCIEMS - TŪJA**

25 km 8 – 11 h

**PRACTICAL INFO:**

**Difficulty level:** /

**Road surface:** Fine gravel, sand, plankways, forest trails. In Zvejniekiems, asphalt, bays with sandy beaches, capes with stones, in some places, pebbles.

**Good to know!** In some places, fine gravel is washed ashore which makes walking difficult. The stones overgrown with algae are slippery. A lot of stones "move". You will need suitable (closed) footwear and walking poles for support.

**Accommodation** in or near TŪJA.





DAY 7

Hiking  
TŪJA - SVĒTCIEMS

24 km 8 – 10 h

PRACTICAL INFO:

Difficulty level:

**Road surface:** Rocky beaches, grassy/reedy coastal sections (before reaching the Svētupe River), gravel roads, asphalt, forest trails, occasionally algae washed ashore (algae scum).

**Good to know!** The sandstone outcrops are composed of an unconsolidated and unstable material, which is why it is not safe to approach them from the top and the bottom or to crawl into the caves washed out by the waves.

**Accommodation** in SVĒTCIEMS.

DAY 8

**Bus ride:** SVĒTCIEMS – AINAŽI (bus runs 10x per day).

**Crossing** the Latvian-Estonian border on foot (ca 2 km).

**Bus** IKLA – PÄRNU. Last buses leave at around 16:00 and 17:00.

**Excursion** in PÄRNU. Pärnu is a popular resort city with many cafés, live music, SPAs, hotels and a beautiful Old Town.

**Accommodation** and catering in PÄRNU.



DAY 9

**Bus ride** in the morning: PÄRNU – MUNALAIU PORT (1 h).  
**A ferry** to KIHNU (1 h) runs 2-4 times a day depending on the day of the week.

*Kihnu Island is the largest island in the Gulf of Riga and the seventh largest island in Estonia. Its total area is 16.9 km<sup>2</sup>, the island is 7 km long and up to 3.3 km wide. The former seal hunter and fishermen's island, with around 600 inhabitants, is currently eager to maintain its identity in spite of everything and has been included in the UNESCO World Heritage List.*

Hiking  
KIHNU ISLAND

23 km 7 – 9 h

PRACTICAL INFO:

Difficulty level:

**Good to know!** Hiking on Kihnu Island (or you can rent a bike and explore this route by bike).

A coastal route that goes through four villages – Sääre, Linaküla, Rootsiküla and Lemsj – will help you to discover the cultural and natural values of Kihnu Island.

**Accommodation** on KIHNU ISLAND.

**Information** about ferry traffic:  
[www.veeteed.com](http://www.veeteed.com)



DAY 10

We continue to explore KIHNU ISLAND.  
**Ferry trip** to MUNALAIU PORT (1 h).  
**Bus trip** to PÄRNU (1 h).  
**Accommodation** and catering in PÄRNU.

DAY 11

**Free time** in Pärnu in the morning.  
In the afternoon, **bus trip** to Pärnu – Haapsalu.  
**Accommodation** in HAAPSALU.

DAY 12

**Excursion** by foot in Haapsalu. We recommend visiting the old town of the Hapsalu resort town, Bishop's castle mound, Dome Cathedral and the historic promenade with various monuments.  
During lunch – **a bus trip** to Haapsalu – Dirhami.

**Accommodation** near ROOSLEPA.

**Catering places** in HAAPSALU.



DAY 13

Hiking  
ROOSTA - DIRHAMI - NÕVA HARBOUR

20 km 6 – 8 h

PRACTICAL INFO:

Difficulty level:

**Road surface:** A short stretch of road covered in asphalt and gravel, forest trails, highly variable beaches: sandy, occasionally covered in gravel, pebbles, stones of different sizes, a short section of dolomite base. In some places, algae have been washed ashore.

**Dangerous places:** Be careful and ensure safety when walking along the road.

**Good to know!** Catering companies are available at the Port of Dirhami. The closest shops are in Nõva (3.5 km from the Port of Nõva) and Dirhami villages.

**Transfer back** to Rooslepa.

**Accommodation** near Rooslepa village.







## DAY 14

Hiking  
**NŌVA HARBOUR - VIHTERPALU**

24 km  8 – 10 h

### PRACTICAL INFO:

**Difficulty level:** 

**Road surface:** Forest trails, highly variable beaches: sandy, occasionally overgrown with herbaceous plants, rocky, short sections of dolomite base and dolomite pebbles.

**Good to know!** No catering companies or shops are available in this section. Need to take lunch boxes.

**Accommodation** near Vihterpalu.

## DAY 15

In the morning, **bus ride** VIHTERPALU – TALLINN (bus runs only 1x a day).

**Arrival** in Tallinn.

**Sightseeing in Tallinn.** We recommend seeing Tallinn's medieval old town, which is part of the UNESCO World Heritage List.

**Accommodation** in Tallinn.

## DAY 16

**Sightseeing in Tallinn.**


End of tour!




## 15 WALKING NATURE TRAILS IN LATVIA AND ESTONIA

Itinerary: RĪGA – SAULKRASTI – AINAŽI – PĀRNU – MUHUMAA – SAAREMAA – HIIUMAA – MATSALU – HAAPSALU – PALDISKI – TALLINN

Hiking route length:

 ~ 90 km

Duration: **8 day**

Difficulty level: 

*The tour from Riga to Tallinn combines natural and cultural heritage and includes lovely landscapes and 15 nature trails which cross marshlands, meadows and forests along the shores of the Baltic Sea, including several protected nature reserves. Many trails are equipped with viewing towers for birdwatching. Randu meadows near Ainaži contains one third of Latvia's entire plant species. A boardwalk leads through reeds to a viewing platform with views over the meadow and the sea. Saaremaa island is interesting with very different natural attractions to the mainland - dolomite cliffs, juniper heaths, a meteorite lake and rocky sea shore. The tour passes rural farms and traditional villages typical of the coastal areas. Hiiumaa island is a laid back place and retains a very Estonian atmosphere with an important bird reserve at Käina Bay, unusual Sääre Tirp as well as several small islets off its south-eastern coast. Back on the mainland, Paldiski peninsula gives a glimpse of the recent history with its former Soviet military base.*

## DAY 1

**Arrival** in Riga / Pick up the hired car at the airport.

Pick up your info pack with the map and detailed itinerary from the hotel's reception.

**Free time** in Riga.

**Overnight** in Riga.

## DAY 2

### RIGA - AINAŽI

**RIGA – SAULKRASTI – AINAŽI**

- **Wooden walking trail through the pine forest, dunes, sandy beach: Garciems – Carnikava**, 2–3 hour (8 km). The car is left in Garciems train station. The finish is in Carnikava train station. Afterwards you return to Garciems by train (train runs approximately once an hour).
- **Nature trail** over the dunes and through the pine forest at Saulkrasti (1–2 h). Approx. 3 km, – the way back is along the seashore.
- **(Possibility to do - Forest hiking trail** of the Baron von Munchhausen at Dunte (~ 3 h). 5–6 km back and forth).
- **Walking trail** through the very rare coastal meadows and wetlands at Ainaži – bird watching possibilities (tower) in spring and fall (1–2 h) 3–4 km back and forth;

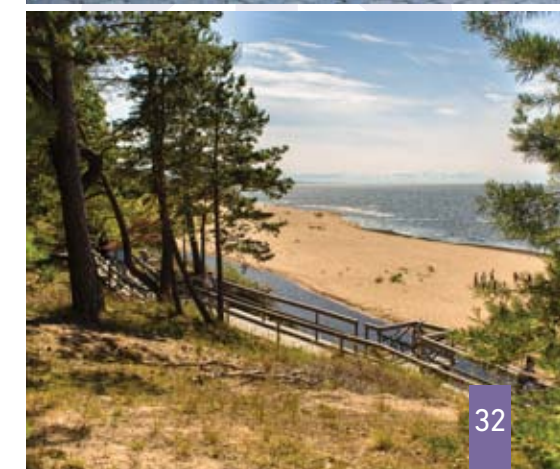
### PRACTICAL INFO:

**Difficulty level:** 

**Road surface:** Sand beaches, gravel, plank-ways, forest trails.

**Distances:** 21 km hiking, 115 km by car.

**Accommodation** near Ainaži.





## DAY 3

## AINAŽI - PÄRNU

AINAŽI - KABLI - HÄÄDEMEESTE -  
SOOMETSA - PÄRNU

SIGHTSEEING AND WALKING  
TRAILS:

- **Kabli Nature Study Trail** (2 km). A trail with two sightseeing towers, changing scenery and birds' nests. Trail starts in front of the RMK Kabli Nature Centre.
- (Possibility to do - **several sandy beaches** in the area between Ikla and Kabli).
- **Luitemaa Nature Reserve** is valued for its sand dunes, raised bogs and old-growth pine forests in the dunes. You can choose 3–6 km (2–3 h) back and forth track in the area (forest road) or use an asphalt road running parallel to the Coastal Hiking walking trail to make a loop tour.
- **Pärnu Coastal Meadow hiking trail** (600 m) with a viewing platform, which stands right by the sea in the middle of the Pärnu beach. Visitors can walk above the backwaters and look for unique protected plants. (1h)

## PRACTICAL INFO:

**Difficulty level:** ☒

**Road surface:** forest trails, sandy beaches, asphalt in the most populated areas.

**Distances:** 8 km hiking, ~70 km by car.

**Good to know!** During late August–late October Kabli Bird Ringing Station is working, you can have a look on autumn migration and bird ringing.

**Accommodation** in Pärnu or in Pärnu county.



## DAY 4

PÄRNU - SAAREMAA  
ISLAND

PÄRNU - LIU - TÕSTAMAA - MATSI  
- VARBLA - PIVAROOTSI - VIRTUSU -  
KUIVASTU - MUHU - SAAREMAA

## SIGHTSEEING AND WALKING TRAILS:

- **Sightseeing in Pärnu, historic spa resort** - Pärnu beach and promenade, beach park, the pier, old town and Vallikääru Park recreation area.
- (Possibility to do - **Valgeranna Adventure Park** (estimated time for completion trails 1-6 is approx. 3 h); **a sandy beaches** at Valgeranna, Sutiranna, Sepamaa, Matsi and **several churches**).
- **Tõstamaa walking trail** 5 km (2 h) is equipped with informative signs indicating the closest attractions
- The ethnographic fishermen's **village Koguva** at Muhu island
- **Koigi walking trail** 5 km through marsh and forest at the Saaremaa island (2 h)
- A beautiful landscape on the road from **Angla Windmills and Heritage Center to Karja church**, 5 km back and forth (2 h).

## PRACTICAL INFO:

**Difficulty level:** ☐

**Ferry from** Virtsu to Kuivastu at Muhu island (0.5 hours)

**Distances:** 15 km hiking, ~220 km by car.

**Accommodation** in Leisi or at other places at Saare county.



## DAY 5

KURESSAARE (SAAREMAA) -  
KÄINA (HIIUMAA)

LEISI - KURESSAARE - VIIDUMÄE -  
PANGA CLIFF - TRIIGI - SÖRU - KASSARI  
- KÄINA

## SIGHTSEEING AND WALKING TRAILS:

- (Possibility to do – **Sightseeing at Kuressaare** (41 km from Leisi by car) attractions include impressive medieval castle, town's centre with its art galleries, little shops, cafes and restaurants or **Viidumäe Nature restricted area** (65 km from Leisi by car) with a forest trail and observation tower at the seaside (1 h); about 22 m high dolomite **Panga cliff** at the coast (1 h) at Saaremaa island).
- **Orjaku boardwalk trail** on the Kassari island through overgrown coastal area with an observation tower near Käina bay (bird watching available) (1 h) at Hiiumaa.
- **Sääre nature trail** on the Kassari island which is a stripe of land covered with junipers (bird watching available) (1.5 hour) at Hiiumaa.

## PRACTICAL INFO:

**Difficulty level:** ☐

**Ferry from** Triigi (Saaremaa island) to Sõru (Hiiumaa island) (1 h).

**Distances:** hiking (depend on the route you select), 150 km (at Saaremaa), 45 km (at Hiiumaa) by car.

**Accommodation** in Käina or at other places at Hiiu county.





## DAY 6

KÄINA (HIIUMAA) -  
HAAPSALUKÄINA - KÕPU - KÄRDLA - HELTERMAA -  
ROHUKÜLA - MATSALU - HAAPSALU

## SIGHTSEEING AND WALKING TRAILS:

- (Possibility to do – **Kõpu lighthouse** (40 km from Käina by car) is the oldest in the Baltic States or Kärdla town (21 km from Käina by car) is the only major town in Hiiumaa island.
- **Kiideva-Puise hiking trail** (one way is 3.4 km) at Matsalu National Park goes through woodlands and woody meadows (4h).
- **Walk on the Haapsalu Promenade** 4 km (8km back and forth) which starts at the African beach and ends by the Baltic Hotel Promenade. Near the promenade there are many sites to see and museums to visit, e.g. Haapsalu Town Hall, Ilons Wonderland, Haapsalu Resort Hall, Tchaikovsky's Bench and Museum of the Coastal Swedes. (2–3 h).

## PRACTICAL INFO:

Difficulty level: ●

**Ferry from** Heltermaa (Hiiumaa island) to Rohuküla (1.5 h).**Distances:** 15 km hiking, 105 km (at Hiiumaa), 50 km (at mainland) by car.**Accommodation** in Haapsalu or at other places at Lääne county.

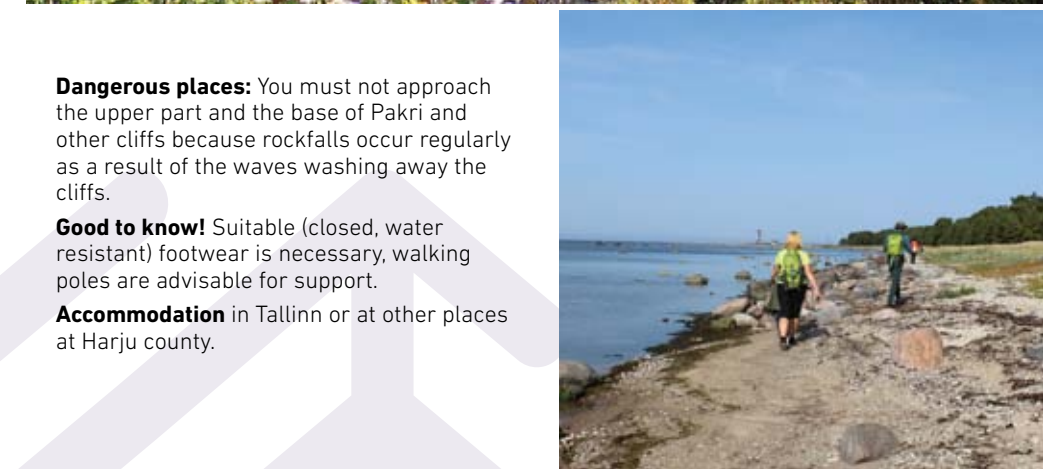
## DAY 7

HAAPSALU - PALDISKI -  
TALLINNHAAPSALU - PALDISKI - KEILA-JOA  
- TALLINNSIGHTSEEING AND WALKING  
TRAILS:

- (Possibility to do – **a walk along the beach area from Dirhami to Põõsaspea Horn**. The horn is located at the westernmost point of the Estonian continental part and stretches far into the sea as a narrow pile of stones. Approx. 7 km back and forth).
- **Walking at the Paldiski peninsula** – a part of the longer hiking trail from Uuga limestone coast to Pakri Reserve along the steep Baltic sea banks (3 km back and forth) where there are many sites to see, e.g. Pakri Old Lighthouse, Pakri Lighthouse and Pakri Precipice.
- **Keila waterfall** – the third largest waterfall in Estonia (6 m high and 60–70 m wide).
- **Keila-Joa Park and Nature Trail** 3 km is circular walking trail with several stairs and suspended bridges that wind along the Keila river banks and a romantic park (1-2 hours).

## PRACTICAL INFO:

Difficulty level: ●●

**Distances:** 16 km hiking, 130 km by car (when visiting Dirhami extra 45 km by car).**Dangerous places:** You must not approach the upper part and the base of Pakri and other cliffs because rockfalls occur regularly as a result of the waves washing away the cliffs.**Good to know!** Suitable (closed, water resistant) footwear is necessary, walking poles are advisable for support.**Accommodation** in Tallinn or at other places at Harju county.

## DAY 8

SIGHTSEEING IN  
TALLINN OLD TOWN.**Return the car** to the Tallinn Airport. Departure from Tallinn.**Or return** to Riga via Tallinn-Riga motorway E67 and leave the car at the Riga Airport.





## GENERAL INFORMATION ABOUT LATVIA & ESTONIA

	ESTONIA	LATVIA
Capital	Tallinn	Riga
Territory km <sup>2</sup>	45 227	64 573
Population	1 318 700	1 950 000
Population density: inhabitants per km <sup>2</sup>	28.8	30.02
Language	Estonian. Inhabitants also speak English, German or Russian.	Latvian. Inhabitants also speak English, German or Russian.
Currency	EUR	EUR
Country code	+ 372	+ 371
Local time	GMT + 2 hours	GMT + 2 hours
Climate	Warm summers, spring and autumn relatively mild, cold winters. The warmest month is July with average temperature +17 °C, the coldest month is January with average temperature -4 °C	

### ABOUT THE PROJECT “HIKING ROUTE ALONG THE BALTIC SEA COASTLINE IN LATVIA AND ESTONIA”

Baltic Coastal Hiking route brochure is made in Estonia – Latvia Programme from European Regional Development Fund project “Hiking Route Along the Baltic Sea Coastline in Latvia and Estonia”.

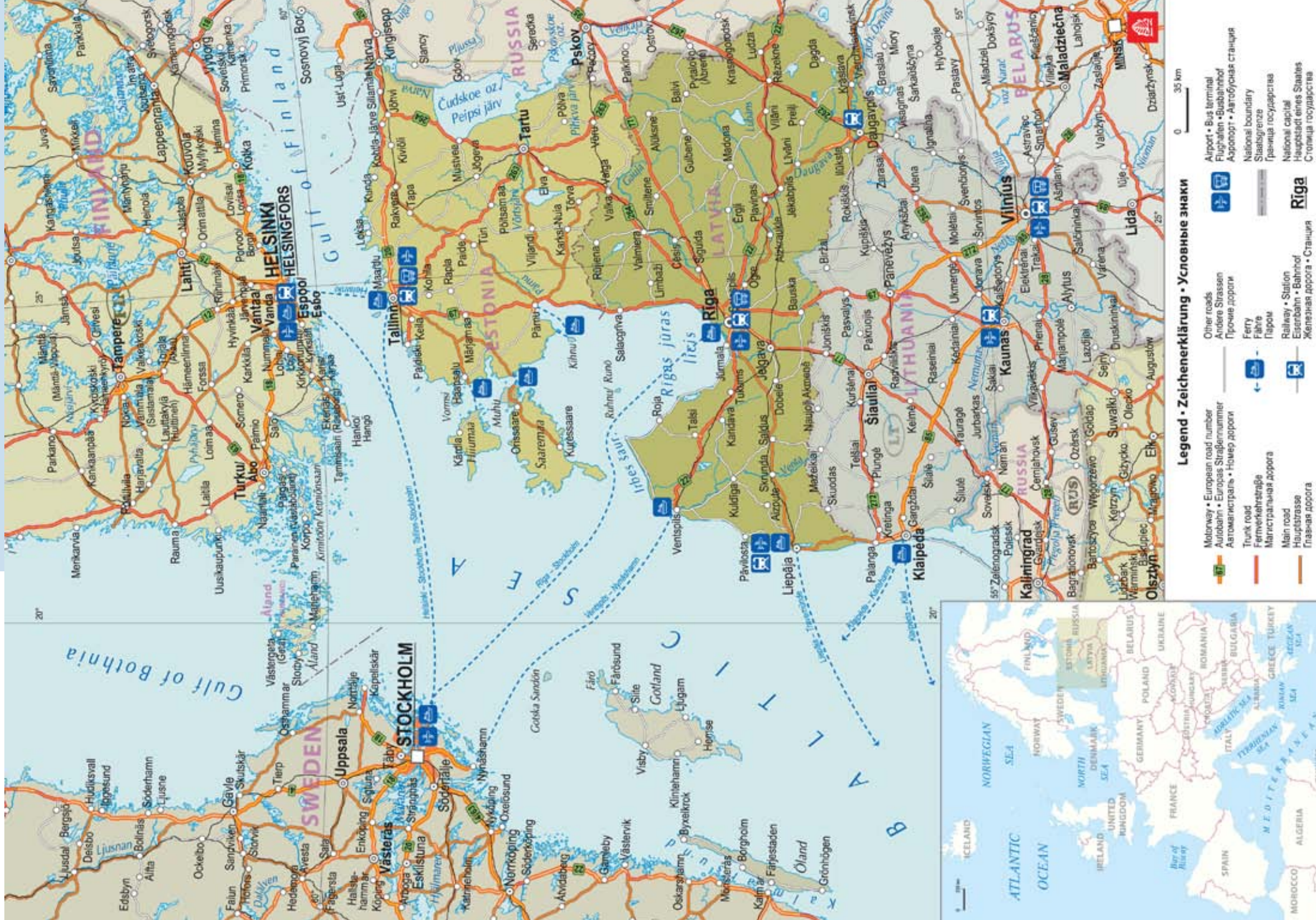
Project goal is to develop long distance hiking route along the Baltic sea coastline in Estonia and Latvia.

This brochure reflects the views of the author. The managing authority of the programme is not liable for how this information may be used.

### PROJECT PARTNERS



WWW.COASTALHIKING.EU







# BALTIC COASTAL HIKING ROUTE

## FACTS AND FIGURES

The Baltic Coastal Hiking tourist route along the coastline of the Baltic Sea stretches from the south-west border of Latvia to Tallinn in Estonia. The total length of the route is 1200 km, and it is the longest hiking route in the Baltic States.

The Name in Latvia: **JŪRTAKA**, in Estonia: **RANNIKU MATKARADA**.

Total length of the trail: ~ **1200 km** (~ 1.5 mil. steps), incl.: In Latvia - 580 km, in Estonia - 620 km.

Time required to complete the entire trail: ~ **60 days**.

**Baltic Coastal Hiking Route is part of the European long distance hike route (E9)** .

Length of the hike per day: **15 - 25 km**.

The **route in nature is marked** with colour markings or stickers on trees and other objects.

**GPX files** of the route are available.

[WWW.COASTALHIKING.EU](http://WWW.COASTALHIKING.EU)

