



**BALTIC
COASTAL
HIKING**



GUIDE



HIKING ROUTE

Latvia / Estonia



1200 km

COASTALHIKING.EU





BALTIC COASTAL HIKING ROUTE: FACTS AND FIGURES

The *Baltic Coastal Hiking Route* is part of the European long distance path E9. The E9 route runs from Cape St. Vincent in Portugal to *Narva-Jõesuu* in Estonia where the *Narva River* flows into the Gulf of Finland.

THE NAME

in Latvia: *Jūrtaka*, in Estonia: *Ranniku matkarada*

START: The Latvian-Lithuanian border, *Nida* village in Latvia

FINISH: The Port of *Tallinn* in Estonia. The route can be followed in both directions and *Tallinn* can also be the starting point.

TWO CAPITAL CITIES

whose old towns have received UNESCO site status: *Riga*, *Tallinn*

TERRITORY: The Baltic Sea coastline
Length: ~1200 km (~1,5 m steps), composed of:
580 km in Latvia; 620 km in Estonia

THE ROUTE:

Nida – *Liepāja* – *Ventspils* – *Cape Kolka* – *Jūrmala* – *Rīga* – *Saulkrasti* – *Ainaži* –
Ikla – *Pärnu* – *Virtsu* – *Lihula* – *Haapsalu* – *Paldiski* – *Tallinn*.

HIGHEST POINTS:

Rannamõisa cliff (*Rannamõisa pank*) located 35 m a. s. l.,
the *Pakri* Lighthouse viewing platform together with the height of *Pakri* cliff:
around 70 m a. s. l., situated in Estonia.

TIME REQUIRED TO COMPLETE THE ROUTE:

around 60 days. Experienced walkers can cover it in a shorter period of time.

WHAT TO SEE: > 500 natural, historic and cultural objects.

The Estonian islands situated close to the *Baltic Coastal Hiking route*: *Kihnu*,
Saaremaa, *Muhu*, *Hiiumaa*, *Vormsi*, *Osmussaar*.

INFORMATION: WWW.COASTALHIKING.EU



Interreg
Estonia-Latvia
European Regional Development Fund



EUROPEAN UNION



1: 1 500 000



L Ä Ä N E M E R I

S o o m e l a h t



Legend

- Main roads
- Regional roads
- Other roads
- Railway
- Ferries
- National boundary
- RĪGA National capital
- One-day route



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COASTAL NATURE

- 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 of around 500 km 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 sidewalks.
- 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. Whichever season is chosen for setting off, there will be both advantages and disadvantages:
 - 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, but near the biggest cities you may have to wait longer to receive the meal you ordered. In the summer, the water temperature in the sea can reach +18-20 °C or more, so it is pleasant to swim in the bathing areas and to walk barefoot on the sandy sections of the coast and wading across the streams and brooks located along the route. Summer can also have longer periods of rain and lower air temperatures (around +13°C), so it is certainly recommended to check the weather forecast in advance.




- In the autumn (September – November), 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. Birds migrate South. During storms, amber is washed ashore. In this period, some of the accommodation and catering places may be closed.
- The itinerary can also be completed in winter, but you must keep in mind that most of the services are not available at this time of year, therefore, it is necessary to make reservations in time. In case of lasting snow and cold, several sections, for example, the seacoast of Vidzeme, can be covered using skis. You will also be able to see formations created by the ice.
- When starting the hike in the spring (March – May), the awakening of nature can be observed: the colour green starts to prevail, lilac blossoms spread their scent along the seacoast of the Kurzeme bay and the birds return home. The streams and brooks that you can wade through

easily in summer can have a high water level in the spring, so you will have to look for the closest bridge. The number of accommodation and catering places offered is still limited.


- The main obstacles are the estuaries of the big rivers: Saka, Irbe, Venta, Lielupe, Daugava, Gauja, Salaca and Pärnu, etc. The Baltic Coastal Hiking Route bypasses them via the nearest roads and bridges.
- You can wade across the small streams and brooks during low water. Pedestrian bridges and plankways can be found near the mouths of a lot of little streams.
- 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 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.


SERVICES AND INFRASTRUCTURE




The number of accommodations varies in the different sections of the sea coast. On the map, accommodations are marked with , while campsites are represented by the symbol . You will find information about the accommodations in the description of each day of the itinerary on www.coastalhiking.eu. The name and  of the accommodation is indicated in the guide. It is advisable to book them in a timely manner, because the ones next to the sea may be fully booked during the tourism season.



 The number of catering providers varies in the different sections of the sea coast. You can find information about the places where there is no catering available in the route description pages of the guide. There are enterprises that only operate in the summer, which is why it is safer to call in advance.

 More than 70 free public rest areas have been created along the Baltic Coastal Hiking Route. They have canopies, tables, benches, garbage bins, and in many of them: campfire or grill sites and toilets. There are

also rest areas in campsites and near accommodation places, but to use them you have to come to an agreement with the owners.

 Shops can be found in the more populated areas, but there are some sections with no shops within a day's walk. Information about this is indicated in the pages of the itinerary.

 Public transport is available in most parts of the sea coast (most often bus, train is less common), but their timetables have to be checked in advance: for Latvia, visit www.1188.lv/satiksmes, for Estonia, visit www.peatus.ee, www.tpilet.ee. City public transport is accessible in Liepāja, Ventspils, Jūrmala, Rīga, Pärnu, Haapsalu and Tallinn. You can get to the Estonian islands by ferry: Kihnu, Vormsi (www.veeted.com), Saaremaa, Hiiumaa (www.praamid.ee). Pre-booking is required to Osmussaare (www.osmussaare.ee – in Estonian, ☎ +372 5866 9980 Osmussaare Reisid).

Doctor's offices, medical practices and pharmacies are available in the cities and the more populated areas. In case of an emergency situation: ☎ 112!

HOW TO USE THE GUIDE?

In the guide, the ~1200 km of the Baltic Coastal Hiking Route are divided into 8 sections and each of them is marked by a different colour on the map: The Great Sea (The West coast of Latvia on the Baltic Sea), the Little Sea (The West coast of the Gulf of Riga), *Jūrmala* and *Rīga* (The most popular resort city and the capital of Latvia), the *Vidzeme* coast (The East coast of the Gulf of Riga), *Pärnu* town and fishing villages (The littoral of *Pärnu* Bay), *Matsalu* National Park and the West Estonian islands (*Matsalu* Bay, *Saaremaa*, *Muhu*, *Hiiu*maa, *Vormsi* islands), *Haapsalu* and villages of Coastal Swedes (*Haapsalu* Bay and the *Noarootsi* Peninsula, *Osmussaar* island) and Cliffs and waterfalls in the Northwest of Estonia (The littoral of the Gulf of Finland).

The ~1200 km of the Baltic Coastal Hiking Route are split up into 60 separate parts of one day walks (~20-25 km). Each day's walk has a detailed description. An additional three spreads of the guide are dedicated to the islands of Estonia where travellers can continue their hike or, quite the contrary, relax by enjoying the cultural, historic, gastronomic or wellness offers on the islands.

THE DESCRIPTION OF EACH DAY INCLUDES:

A MAP, where you will see the markers for the specific day's route the start and finish points

the most interesting places to see

services available in the area and intercity bus stops



USEFUL INFORMATION

Length: the distance covered by one day's walk in kilometres.



Duration: the approximate time necessary to complete one day's walk.



Start: a convenient place to begin the walk.



Finish: a convenient place to finish the walk. You can also go in the opposite direction.



Along the Route: the biggest populated areas.



Road surface: type of beach, road and trail surface.



Difficulty level: easy



Difficulty level: medium



Difficulty level: hard



Obstacles: shows natural or man-made obstacles as well as suggestions about how to overcome them.



Dangerous places: you must be extra careful there.



Good to know! Helpful information.



Alternatives: other roads and trails that can be taken in case of bad weather or if you do not want to walk along the beach.



Worth seeing! Short descriptions of the most interesting visitor attractions with GPS coordinates.

SERVICES


Information about



Tourist information: contact information of the closest TIC.

Specially protected conservation areas.

HOW TO COMPLETE THE BALTIC COASTAL HIKING ROUTE?

- The Baltic Coastal Hiking Route consists of 60 separate sections of one day walks that are described in the pages of the guide.
- Each day is considered to be a separate, independent route. By combining days, it is possible to complete the routes of several days.
- The Baltic Coastal Hiking Route can be started in any physically accessible place and go in one direction or the other (there are markers in both directions). In the guide,  marks the recommended start and finish point of each day.
- Depending on your interests and possibilities, some sections can be covered by public transport, not on foot, or you can make a deal with the owners of accommodation places to arrange personal and luggage transport.
- You can print the descriptions of the route for the day and download GPX files at www.coastalhiking.eu.
- To help you get your bearings in nature, there are markings (white – blue – white) on trees, stones and other nature objects and Baltic Coastal Hiking Route stickers on road signs, electricity poles, bridge parapets in villages and cities, as well as reference road signs.

- In places, where the Baltic Coastal Hiking Route goes along the beach and continues straight forward for a long distance, it is not marked. Along the shore of the Great Sea (the *Kurzeme* coast of the Baltic Sea) and the Little Sea (the *Kurzeme* coast of the Gulf of Riga), big wooden signs are placed in the dunes near populated areas providing information about the specific populated area, as well as indicating the distance to the closest village in both directions.
- You will also see information stands placed along the Baltic Coastal Hiking Route.

HOW DO I TRAVEL ALONG THE BALTIC COASTAL HIKING ROUTE IF I LEAVE MY CAR AT THE STARTING POINT?

- Where possible, you can take public transportation to get back to your car or you can continue to another destination and a place to spend the night.
- You can make an agreement with the owner of the accommodation place regarding transfer services.
- Hikers can organize their transportation by leaving one car at the finish point and another one at the starting point.





The Highlights of the Great Wave Sea

- Bluffs
- Sparsely populated areas
- Almost untouched nature
- Quiet beaches
- The white singing sand
- Amber
- Sunsets
- Fishing villages
- Lighthouses
- Liepāja, Karosta (War Port) in Liepāja and Ventspils
- Slītere National Park
- The heritage of the smallest ethnic minority in the world, the Livs

LATVIA THE GREAT WAVE SEA



THE WEST COAST OF LATVIA ON THE BALTIC SEA

Nida – Kolka: 270 km, Day 1 – Day 15

The Baltic Sea littoral on the West coast of *Kurzeme* is called the Great Wave Sea. From the start of the Baltic Coastal Hiking Route, marked by the border post on the Latvian-Lithuanian border up to Cape *Kolka*, 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. Bluffs rise before your eyes on the seacoast between *Pāvilosta* and *Sārnate*. The villages are quiet and sparsely populated, with the majority of their inhabitants only living there in the summer. In *Slītere* National Park, the Baltic Coastal Hiking Route leads you along country and forest roads through historic Liv fishing villages. In *Mazirbe* and *Kolka*, the local fishermen still put out to the sea and sell homemade smoked fish. The Great Wave Sea section ends at Cape *Kolka* which separates the Baltic Sea and the Gulf of *Rīga*.

The Story of the Great Wave Sea – the Green Beam

A few times in summer, a natural phenomenon called the Green Beam can be seen from the seashore during sunset. At the moment when the sun disappears beyond the horizon, a green line can be seen around it. Sunlight is refracted by the Earth's atmosphere, which functions like a soft prism and creates the colours of a rainbow. The upper part of the sun's disk appears like the band of a rainbow. This natural phenomenon is rare because it only occurs when the air is very clear.





Nida – Pape

The Pebbliest Beach In Latvia



The border post on the Latvian-Lithuanian border marks the start of the *Baltic Coastal Hiking Route*. It goes through the *Pape* Nature Park crossing a wide beach bathed by the Great Sea along beautiful foredunes overgrown with sand ryegrass and marram grass. This stretch is characterized by a pebbly beach, small peat outcrops and untouched wilderness. By taking a stroll near the *Pape* Canal you can see a typical landscape of the *Piejūra* lowlands with Lake *Pape* hidden in the reeds. The *Baltic Coastal Hiking Route* winds through *Pape* village and returns to the beach at the *Pape* Lighthouse.



3

USEFUL INFORMATION

..... 12 km

🕒 4–6 h

🚩 *Nida*, the border post on the Latvian-Lithuanian border

🚩 *Pape* beach, opposite the *Pūķarags* recreation complex

📍 *Nida – Pape Koņi* village – *Pape*



Sandy and pebbly beaches, occasionally fine gravel. Near *Nida* – several kilometers of pebbly beach. In places, the pebbles form outcrops of several tens of centimeters, created by the waves. In *Pape*, the roads are covered in gravel.



Easy



The *Līgupe – Paurupe* Canal (can be crossed via the bridge), the *Pape* Canal (via the *Rucava-Pape* road bridge).



None.



You have to carry valid identity documents (frontier area). No catering is offered from *Nida* (included) to *Pape*. The closest shop is in *Rucava* (8,5 km from *Pape*).



Between *Nida* and the *Pape Koņi* village, there is a forest trail of 4 km stretching behind the foredunes that can be used in case of strong wind.



WORTH SEEING!

- 1 **Latvia's centenary oaks.**
GPS: 56.06946, 21.06521
- 2 **The first Latvian border post No. 0001.**
GPS: 56.06934, 21.06516
- 3 **The Nida pebbly beach.** A protected geological object with a total area of 8,2 ha. GPS: 56.09617, 21.05343
- 4 **The Mikelis Golts' memorial site (house).**
GPS: 56.07835, 21.06258
- 5 **The Lookout platform in the Nida Bog.**
GPS: 56.11520, 21.04623
- 6 **The Pape Koni village.** A unique historic fishing village, it is one of the few that has been so well preserved to the present day. GPS: 56.14481, 21.03479
- 7 **The Open-air museum Vitolnieki,**
T: +371 29262283;
GPS: 56.14072, 21.03804
- 8 **The Pape Lighthouse** The lighthouse is 22 m high. GPS: 56.15492, 21.02327
- 9 **The Ornithological station.** The station is open to visitors from mid-August to late October by calling in advance:
T: +371 29236300;
GPS: 56.16579, 21.01723
- 10 **A large herbivore grazing area.**
GPS: 56.19248, 21.08330

SERVICES



Accommodations

1. **Campsite Zvejnieki,** T: +371 29235120;
GPS: 56.09203, 21.05839
2. **Guest house Skrablas,**
T: +370 61061114;
GPS: 56.09482, 21.05535
3. **Tent area Jauntilībi,** T: +371 29897589;
GPS: 56.13231, 21.0399
4. **Campsite Mikjāni,**
T: +371 26759199;
GPS: 56.13785, 21.03788
5. **Guest house Pūkarags,**
T: +371 28378625;
GPS: 56.16482, 21.02127
- 6 **Guest house Papes Čakstes,**
T: +371 26402386, T: +370 65790213;
GPS: 56.16470, 21.02364
7. **Guest house Stiebri,**
T: +370 65980214, +370 65980211;
GPS: 56.17121, 21.01851
8. **Holiday home Aulaukio Baltija,**
T: +370 69973656, +370 65605061;
GPS: 56.17116, 21.02014
9. **Guest house Jēkaupi,**
T: +370 68111333;
GPS: 56.17491, 21.01649
10. **Guest house Jurgi ,** T: +370 67868148;
GPS: 56.17260, 21.01747
11. **Guest house Šalkoņi,**
T: +370 61278816, T: +371 25852200;
GPS: 56.18283, 21.01282
12. **Guest house Mežsargi,**
T: +371 24954904;
GPS: 56.18273, 21.01222



Catering

1. **Amber wind beach cafe** (in summer),
T: +371 26695777;
GPS: 56.15064, 21.03117



Shops

In Rucava, GPS: 56.15919, 21.16104;



Public transport

Not available.



Rest areas

In the parking area next to the Pape Lighthouse, GPS: 56.15384, 21.02446

TOURIST INFORMATION



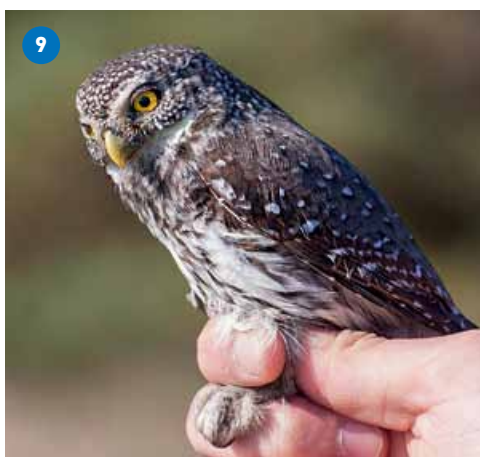
Pape TIP (1.06.-31.08.) Dzintarvēji,
Pape, Rucava District Municipality,
www.rucava.lv,
T: +371 26759199, 29134903;
GPS: 6.15054, 21.03086

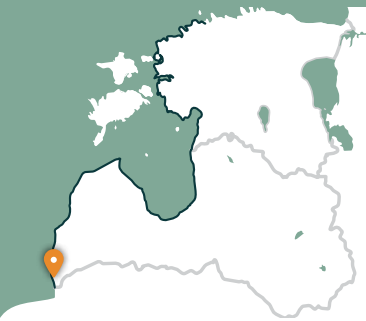


Rucava TIC (1.05.-30.09.) Pietura,
GPS: 56.15954, 21.16206



Pagastmāja (1.10.-30.04.), Rucava,
GPS: 56.15995, 21.16626, www.rucava.lv,
T: +371 29134903





Pape – Bernāti


The Westernmost point in Latvia



Throughout this section, the *Baltic Coastal Hiking Route* stretches alongside a beach. In the surroundings of *Pape*, the coastal side of the beach is surrounded by beautiful foredunes, while further away from the village it transforms into a washed away shore of nearly 10 km with broken pine trees lying across it. Gently sloping dunes reappear near *Jūrmalciems*. After passing *Jūrmalciems*, the wide silted beaches continue, but when coming closer to Cape *Bernāti*, an astounding bluff rises before your eyes which is overgrown with a pine forest and occasionally washed away.



WORTH SEEING!

- 1 The Nazareth Evangelical Lutheran Church of *Jūrmalciems*.
T: +371 26461735;
GPS: 56.30651, 20.99406
- 2 The Ancient windlass and watchman's lodge. GPS: 56.30139, 20.98551
- 3  *Pūšēni* Hill. The highest dune in Latvia. GPS: 56.32671, 20.98758
- 4 The exhibition *Jūrmalnieku senatne* (The Olden Times of Fishermen).
T: +371 26461735;
GPS: 56.30149, 20.99786
- 5 A Memorial stone in honor of the first president of the Republic of Latvia Jānis Čakste. GPS: 56.37831, 20.98271
- 6 Border stone Green Beam.
GPS: 56.37700, 20.97848


SERVICES

Accommodations



1. Campsite *Klajumi*, T: +371 26114601, 26212997; GPS: 56.29912, 20.99270
2. Country house *Jūrmaļi*,
T: +371 63454490, 26366206;
GPS: 56.31850, 20.98700
3. Holiday home *Laimes stari*,
T: +371 29265619, 29494519;
GPS: 56.34893, 21.00156
4. Holiday home *Šķiperi*,
T: +371 26421276, 29125213;
GPS: 56.35288, 21.00452
5. Holiday home *Lavandas*,
T: +371 29144084;
GPS: 56.36715, 20.98499
6. Guest house *Smilgas*,
T: +371 29649583;
GPS: 56.37132, 20.98956
7. Campsite *Ērgļi*, T: +371 29402272, 29295337; GPS: 56.37231, 20.99528
8. Country house *Pātari*,
T: +371 28379410;
GPS: 56.37382, 20.98890
9. Holiday home *Krēslīņi*,
T: +371 28888432;
GPS: 56.37812, 20.98746

USEFUL INFORMATION


 25 km

 8–10 h

 *Pape* beach, opposite *Pūķi*

 *Bernāti* beach, opposite 


 *Pape – Jūrmalciems – Bernāti*


 Sandy and pebbly beaches, occasionally soft sand, which makes walking difficult. There are wide sandy beaches around *Jūrmalciems* and *Bernāti*.

 Medium

 None.

 None.

 The only shops in the coastal area from the Latvian-Lithuanian border to *Bernāti* are located in *Jūrmalciems*.

 *Pape* and *Jūrmalciems* are connected by a dense network of forest trails that can be used in case of strong wind.

10. Holiday home Sklandas,
T: +371 26643815, 29237650;
GPS: 56.38480, 20.98756

11. Guest house Chill Inn,
T: +371 26425800;
GPS: 56.38469, 20.98836

12. Holiday home Sīpoli Design,
T: +371 29145753;
GPS: 56.38585, 20.9951848

13. Holiday home Atmatas,
T: +371 28807584, 26424299;
GPS: 56.38646, 20.98753

14. Campsite Jūrmaļjēkuļi,
T: +371 29490769;
GPS: 56.38786, 20.98468



Catering

1. Dzintariņš, T: +371 28262321;
GPS: 56.37898, 20.98616

2. Paviljons, T: +371 26326035;
GPS: 56.368833, 20.995625



Shops

In Jūrmalciems, GPS: 56.29994, 20.99668



Public transport

Not available in the Pape – Bernāti section. In the Rucava – Nīca section, runs ~ 3 times per day.



Rest areas

The Jūrmalciems Berth,
GPS: 56.30139, 20.98551
The parking area next to Pūsēni Dune,
GPS: 56.32884, 20.99294
Rest area, GPS: 56.36621, 20.97665
Next to the Green Beam,
GPS: 56.37700, 20.97848



1

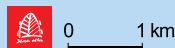
TOURIST INFORMATION

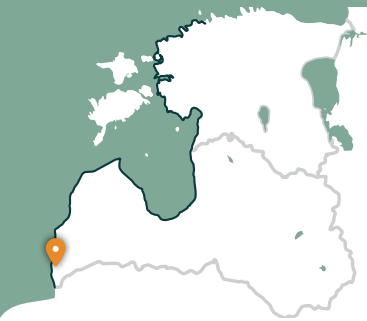
i Pape TIP (1.06.-31.08.) Dzintarvēji, Pape, Rucava District Municipality, www.rucava.lv, T: +371 26759199, 29134903; GPS: 56.15054, 21.03086

i Rucava TIC 1.05.-30.09. Pietura, GPS: 56.15954, 21.16206; 1.10.-30.04. Pagastmāja, Rucava, GPS: 56.15995, 21.16626, www.rucava.lv, T: +371 29134903

i Nīca TIC Bārtas iela 6, Nīca, GPS: 56.34698, 21.06632, www.nica.lv, T: +371 29458532

BALTIJAS JŪRA





Bernāti – Liepāja – Karosta (The War Port)






The City Where The Wind Is Born









From *Bernāti* to *Liepāja*, the *Baltic Coastal Hiking Route* leads through a wide beach where initially the coast is formed by washed away shores, but as you approach *Liepāja* high foredunes covered in sand ryegrass and marram grass appear in sight. Next, it winds through the central part of *Liepāja*, Old *Liepāja*, and after crossing the *Karosta Canal* leads you to *Karosta*: a complex of military and fortification buildings the visitation of which is likely to take a half day. You should certainly try the special dish of *Liepāja* called *Liepājas mencīņi* made of smoked cod according to an ancient recipe from Southern *Kurzeme*.



USEFUL INFORMATION

-  23 km
-  8–10 h
-  *Bernāti* beach, opposite **P**
-  The North Pier of *Karosta*
-  *Bernāti – Liepāja – Karosta*

-  Sandy beaches. In the city, sidewalks with asphalt surfaces.
-  Medium
-  *Veckrūmi* house in *Bernāti*, which is slowly being washed into the sea. There is a trail between the sea and the house that can be used in times of strong winds.
-  None.

-  The *Oskars Kalpaks Bridge* crossing the *Karosta Canal* is opened for the passage of vessels 5 times a day: 01.00 – 03.00, 05.00 – 06.30, 10.30 – 12.00, 14.30 – 15.30, 19.30 – 21.00. During these hours (which can change!) until the departure of the vessels, the bridge cannot be used to cross the canal. Detour to the other shore: ~ 7,5 km.
-  The center of *Liepāja* and *Karosta* is connected by city public transport (timetable: www.lap.lv).



WORTH SEEING!

- 1 A monument to the sailors that perished in the sea. GPS: 56.509256, 20.991326
- 2 The memorial site The Ghosts' Tree. An impressive 6 m high tree made of 4000 little metal bars as a tribute to the famous Latvian rock band Līvi. GPS: 56.50657, 20.99553
- 3 Sculptures representing the characters in Liepāja's anthem. Along the entire length of Kūrmājas prospekts, there are bronze sculptures memorializing the characters of Liepāja's anthem called Pilsēta, kurā piedzimst vējš (The City Where The Wind Is Born).
- 4 The Great Amber concert hall. GPS: 56.51151, 21.01057
- 5 The Oskars Kalpaks Bridge. This swing bridge is one of the oldest metal construction bridges in Latvia and a technical monument. GPS: 56.54466, 21.00439
- 6 The Karosta prison. Go on an excursion, enjoy a reality show, try to get out of locked rooms, spend the night in a prison cell and get to know the Northern Forts. T: +371 26369470; GPS: 56.54632, 21.02097
- 7 The St. Nicholas Orthodox Naval Cathedral. GPS: 56.55284, 21.01238
- 8 The North Pier. The total length of the pier is 1800 m, its width is 7,35 m. GPS: 56.55709, 20.99691
- 9 The Northern Forts. Part of the city's fortification system built at the turn of the 20th century. Artillery batteries that were not completely blown up, underground structures and gunpowder depots have remained intact up to nowadays. GPS: 56.59090, 21.01502



SERVICES

Accommodations

1. Guest house *Brakši*, T: +371 29423291, 63469555; GPS: 56.41509, 21.00805
2. Recreation complex *Jūrnieka ligzda*, T: +371 26596877; GPS: 56.42431, 20.99950
3. Recreation complex *Vērbeļnieki*, T: +371 29138565; GPS: 56.42785, 20.99698
4. Guest house *Šķilas*, T: +371 25458444; GPS: 56.43423, 21.00534
5. Guest house *Janči*, T: +371 22069094, 22057825; GPS: 56.43603, 21.00799
6. Holiday home *Eko Oāze*, T: +371 29665999; GPS: 56.44773, 21.01367

Accommodations in Liepāja
www.liepaja.travel

Catering

1. *Dzintariņš*, T: +371 28262321; GPS: 56.37898, 20.98616

Catering companies in Liepāja
www.liepaja.travel

Shops
In Liepāja

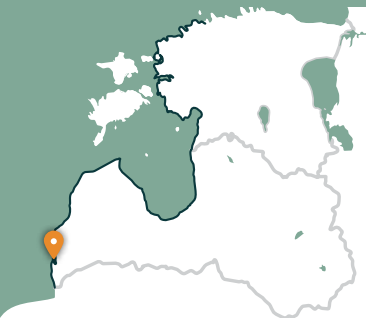
Public transport
Bus transport connects *Bernāti* and *Liepāja* (~ 16 times per day).
www.lap.lv

TOURIST INFORMATION

Liepāja region Tourism information office, Rožu laukums 5/6, Liepāja, GPS: 56.50775, 21.01249, www.liepaja.travel, T: +371 634 80808, 29402111

Karosta Visitor centre, Invalīdu iela 4, Liepāja, GPS: 56.54630, 21.02102 www.karostascietums.lv, T: +371 26369470





Karosta (*The War Port*) – Ziemeupe

Karosta – Military Heritage On The Coast Of The Baltic Sea




The first four kilometers of the *Baltic Coastal Hiking Route* may interest military history enthusiasts with the remains of many forts and coastal defense batteries, but in terms of walking, this is technically the most complicated section of *Kurzeme* seacoast. After crossing the Fortress Canal, the *Baltic Coastal Hiking Route* winds through a coastal meadow for a short while, then darts onto a beach and continues as far as *Ziemeupe*. The beach is wide, in times of stronger winds it gets narrower between the *Lenkupe* and *Kārļupīte* Rivers. In some places, there are small bluffs, the rest of the section is composed of high, occasionally washed away foredunes. It is said that a lot of ships have sunk in the depths of the *Ziemeupe* River, one of them even had bronze cannons.





USEFUL INFORMATION


..... 22 km

 8–10 h


 North Pier of *Karosta*,
opposite **P**

 *Ziemeupe* beach, opposite **P**


 *Karosta* – *Saraiķi* Manor –
Ziemeupe


 Sandy and pebbly beaches,
coastal trails, occasionally
soft, silted sand, in some
places there are stones and
structures protecting against
coastal erosion.

 Medium – Hard












 You have to go around the
remains of fortifications by
using forest trails or, when

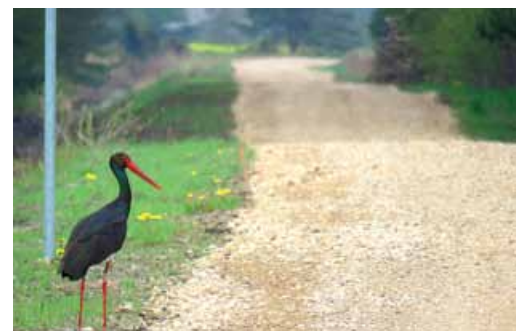
the winds create an outflow of water, by using the beach. You can wade across the Fortress Canal, the small streams, brooks and ditches during low water. The *Liepāja* treatment plant can be passed via the beach. In case of strong winds from the sea, the Fortress Canal and the Wastewater treatment plant of *Liepāja* can be passed via *Lībiešu* and *Viestura iela* (~ 2,5 km). The coastal protection structures (concrete blocks) opposite *Saraiķi* can be bypassed via the beach or across the blocks in times of strong winds.

 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.

 Near *Saraiķi*, there is no access to the sea for the public (private properties). No shops or catering are available from *Karosta* to *Ziemeupe*.

WORTH SEEING!

- 1  **The memorial to the victims of the Holocaust.** GPS: 56.59966, 21.02060
- 2  ***Kurzeme* fishermen's homestead.** T: +371 26540345; GPS: 56.65519, 21.02251
- 3  **The *Saraiķi* Evangelical Lutheran Church.** GPS: 56.66178, 21.07428
- 4  **The Soviet army base.** Some of the buildings are washed away into the sea, others have been turned into private houses. GPS: 56.74053, 21.06535
- 5  **The *Ziemeupe* Evangelical Lutheran Church.** Among other churches of *Kurzeme*, this church is distinguished by its modest dimensions (25 x 11 m) and architectural simplicity because it does not even have a belfry. T: +371 26274155; GPS: 56.74080, 21.06803
- 6  **A swordfish exhibit.** The swordfish that was washed ashore was 2,08 m long and weighted 37 kg, its bill or "sword" was around 70 cm long. T: +371 29437166; GPS: 56.74886, 21.07829
- 7   **The *Ziemeupe* juniper forest.** Can only be visited on guided tours. T: +371 29437166; GPS: 56.742075, 21.067057
- 8  **The Memorial site to the battleship *Moskva*.** GPS: 56.74499, 21.06176
- 9   **The *Aužuļi* linden tree.** One of the grandest linden trees in Latvia (7,65). One of the broken branches has embedded into the ground and has started to sprout creating an unusual gate. GPS: 56.76447, 21.07617



SERVICES

 Accommodations

Accommodations in *Liepāja, Karosta*
www.liepaja.travel

1. Guest house *Zariņi*, T: +371 26540345;
 GPS: 56.661587, 21.07331.
2. Guest house *Smiltņieki*,
 T: +371 29122204;
 GPS: 56.69997, 21.06052
3. Campsite *Kalēji*, T: +371 29141389,
 63454562; GPS: 56.71158, 21.06234
4. Guest house *Indrāni*,
 T: +371 63453560, 29393866;
 GPS: 56.71943, 21.06914
5. Guest house *Dvēseles veldzes dārzs*,
 T: +371 22007874;
 GPS: 56.72749, 21.09286
6. Tent area *Ziemupes jūrmalas stāvlaukums*, T: +371 29400470;
 GPS: 56.74499, 21.06176
7. Guest house *Kaijas*,
 T: +371 29454425;
 GPS: 56.74581, 21.07256
8. Holiday home *Stumbrenieki*,
 T: +371 29296551;
 GPS: 56.76013, 21.07873.
9. Guest house *Laikas*,
 T: +371 29432314;
 GPS: 56.78145, 21.06333

 Catering

For catering possibilities, visit
www.liepaja.travel

 Shops

In *Liepāja*, in *Saraiki*
 GPS: 56.66351, 21.07806,
 in the *Ziemupe* parking area (snacks)
 GPS: 56.74499, 21.06176

 Public transport


Bus transport connects *Liepāja* and
Ziemupe (~ 2 times per day). www.lap.lv

 Rest areas

Next to where the Fortress Canal
 flows into the sea,
 GPS: 56.59222, 21.01623
 Rest area, GPS: 56.62447, 21.03519

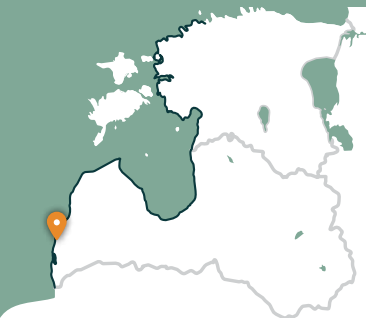
TOURIST INFORMATION

 *Karosta* Visitor center,
Invalīdu iela 4, Liepāja,
 GPS: 56.54630, 21.02102,
www.karostascietums.lv,
 T: +371 26369470

 *Vērgale / Ziemupe* TIP,
Ziemupes tautas nams, Ziemupe,
 GPS: 56.74885, 21.07831,
 T: +371 29437166

B A L T I J A S J Ū R A





Ziemupe – Pāvilosta

The Singing Sand and Amber



This beach is rarely visited by people and you can gather pieces of amber and little stones with fossils and hear the singing sand beneath your feet. Near *Ziemupe*, beautiful bluffs appear, but further on near *Akmensrags* and *Pāvilosta* there are beautiful, occasionally washed off foredunes overgrown with sand ryegrass and marram grass. In some places, you can see grey dunes. The *Akmensrags* Lighthouse will serve as a good place to rest. *Pāvilosta*, with its provincial charm and the scent of the harbor and smoked fish will bring you back from wilderness to civilization.



WORTH SEEING!

- 1 **Akmensrags Lighthouse.**
T: +371 28350899;
GPS: 56.83237, 21.05684
- 2 **The ship Dole.**
GPS: 56.88738, 21.18327
- 3 **Ornament workshop and shop *Jūras rotas*.** T: +371 29401273;
GPS: 56.888964, 21.17324
- 4 ***Pāvilosta* Local History Museum and Boat house.** T: + 371 29226273;
GPS: 56.88935, 21.17256
- 5 ***Jūrakmens* (the Great Boulder).** 3,5 m high (1,5 m in the water), 15 m in girth.
GPS: 56.89458, 21.18593

SERVICES


Accommodations

1. **Campsite *Miera osta*,**
T: +371 26444168, 20203073;
GPS: 56.85633, 21.10316
2. **Tent area,** T: +371 29121894;
GPS: 56.88818, 21.16708
3. **Campsite *Pāvilosta Marina*,**
T: +371 63498581, 27480131;
GPS: 56.88845, 21.16916
4. **Campsite *Zvejnieksēta*,**
T: +371 29449927;
GPS: 56.88661, 21.16966
5. **Apartments *Boatpark Pāvilosta*,**
T: +371 29104444;
GPS: 56.88712, 21.17728
6. **Rest house *Zem ozola*,**
T: +371 26371578, 63498362;
GPS: 56.88597, 21.18186
7. **Holiday home *Pie upes*,**
T: +371 29592411, 25677765;
GPS: 56.87429, 21.21225
8. **Rest house *Oāze ģimenei*,**
T: +371 63498115, 26046489;
GPS: 56.87484, 21.21335
9. **Rest house *Ordziņas*,**
T: +371 26434902;
GPS: 56.88313, 21.21061


USEFUL INFORMATION


..... 21 km

 7–9 h

 *Ziemupe* beach, opposite **P**

 *Pāvilosta* TIC, **P**

 *Ziemupe – Akmensrags – Pāvilosta*

 Sandy, pebbly (with little pebbles), occasionally wide (near *Akmensrags*), occasionally narrower sandy beaches. In *Pāvilosta*, asphalt.

 Easy



The *Saka* River can be crossed either via bridge (*Meža iela*) or at the port of *Pāvilosta*, it is possible to cross the river in a ferry boat. The boat must be pre-booked by calling +371 2748 0131, +371 29448446. You can wade across the small streams and brooks during low water.



There is no pedestrian sidewalk on *Ostmalas iela*.



No shops or catering is available between *Ziemupe* and *Pāvilosta*.



In case of bad weather, you can go from *Ziemupe* to *Akmensrags* and further on to *Pāvilosta* by using forest roads and trails.



10. Holiday home Priežu muiža,
T: +371 29272547;
GPS: 56.88512, 21.21031

11. Holiday home Divi Jāņi,
T: +371 26447242, 29165356;
GPS: 56.88482, 21.20466

12. Rest house Puerto VV,
T: +371 29488247;
GPS: 56.88372, 21.19812

13. Holiday home Zvejnieksēta,
T: +371 63498400, 26321587;
GPS: 56.88433, 21.19812

14. Rest house Pie Pīfa, T: +371 63498161,
29286723; GPS: 56.88505, 21.19559

15. Rest house Martas māja,
T: +371 29353600;
GPS: 56.88539, 21.19431

16. Holiday home Akmentiņi,
T: +371 26348745;
GPS: 56.88817, 21.18529

17. Hotel Das Crocodill, T: +371 26151333;
GPS: 56.88881, 21.18388

18. Rest house Pie Jūras,
T: +371 25677765, 29592411;
GPS: 56.8887, 21.17643

19. Holiday home Viga, T: +371 26424389;
GPS: 56.88914, 21.17701

20. Rest house Kīršu dārzs,
T: +371 29474462;
GPS: 56.88897, 21.17568

21. Guest house Āķagals,
T: +371 63451098, 29161533;
GPS: 56.889355, 21.173199

22. Rest house Ostgals, T: +371 26160689,
27793773; GPS: 56.89063, 21.17617

23. Holiday home Vējš vītolos,
T: +371 29193182,
GPS: 56.89106, 21.17725

24. Holiday home Dandzenieki,
T: +371 29126098;
GPS: 56.89074, 21.18434

25. Guest house Jūras sāga,
T: +371 26349061;
GPS: 56.89173, 21.18297

26. Rest house Zvilnis, T: +371 29190745,
29207243; GPS: 56.89103, 21.18675

27. Tent area, T: +371 29121894;
GPS: 56.89291, 21.18631

BALTIJAS JŪRA



Catering

- 1. Laiva,** T: +371 29335575; GPS: 56.88853, 21.17832
- 2. Āķagals,** T: +371 29161533, 63451098;
GPS: 56.88924, 21.17320



Shops

In the Ziemeupe parking area (snacks)
GPS: 56.744999, 21.061768,
in Pāvilosta, GPS: 56.88351, 21.20362;
GPS: 56.88442, 21.19937;
GPS: 56.88720, 21.18917;
GPS: 56.88882, 21.17925



Public transport

Not available.



Rest areas

The parking area on Jūras iela,
GPS: 56.88818, 21.16708
The parking area on Kalna iela,
GPS: 56.89291, 21.18631

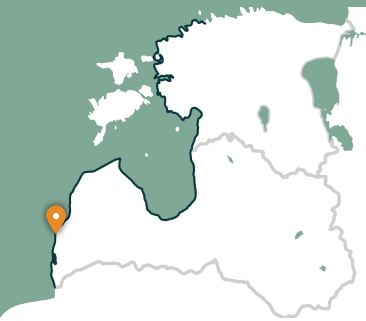
TOURIST INFORMATION



Vērgale / Ziemeupe TIP,
Ziemeupes tautas nams, Ziemeupe,
Ziemeupe, GPS: 56.74885, 21.07831;
T: +371 29437166



Pāvilosta TIC, Pāvilosta, Dzintaru iela 2,
GPS: 56.88817, 21.17914;
T: +371 63498229, 29121894



Pāvilosta – Jūrkalne

The Most Outstanding Bluffs Around The Baltic Sea



To the northeast of *Pāvilosta*, there are excellent views of the grey dunes, while only a couple of kilometers further you can see the beginning of one of the most beautiful sections the *Baltic Coastal Hiking Route* with outstanding bluffs continuing for more than 20 km. The most interesting bluff scenery is located near *Strante* and *Ulmale* villages and the estuary of the *Rīva* River. In many places, orchids bloom on the lower part of coastal landslides in summer. In *Jūrkalne* and in its surroundings, you can see “two sunsets”: the first one from the beach and the second one from the top of the bluff a couple of moments later.



USEFUL INFORMATION

..... 20 km

🕒 7–9 h

🚩 *Pāvilosta* TIC, **P**

🚩 The viewing area of the Baltic Sea bluff, opposite *Jūrkalne* **P**

📍 *Pāvilosta – Ulmale – Labrags – Jūrkalne*



Sandy, pebbly beaches (with pebbles of different sizes), beaches covered in small stones. Near *Pāvilosta* and *Jūrkalne*: wide sandy beaches.



Medium – Hard



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. Then you have to go over the top of the bluff or take a bus. You can wade across the streams and brooks during low water. You can also wade across the *Rīva* River if there have not been strong rains. The *Rīva* River can be crossed via two

bridges ~ 1,5 km from the sea. The *Saka* River can be crossed in a small ship, which has to be booked in advance by calling +371 2748 0131, +371 29448446.



The bluffs collapse as the sea washes away the shore and the rain water washes out their slopes. You can come across landslides, landfalls, rockfalls, so the bluffs cannot be used for moving forward. To this end, stairs have been installed in many places. Landfalls mostly occur during storms or after them, as well as after heavy showers, but may also occur at other times.



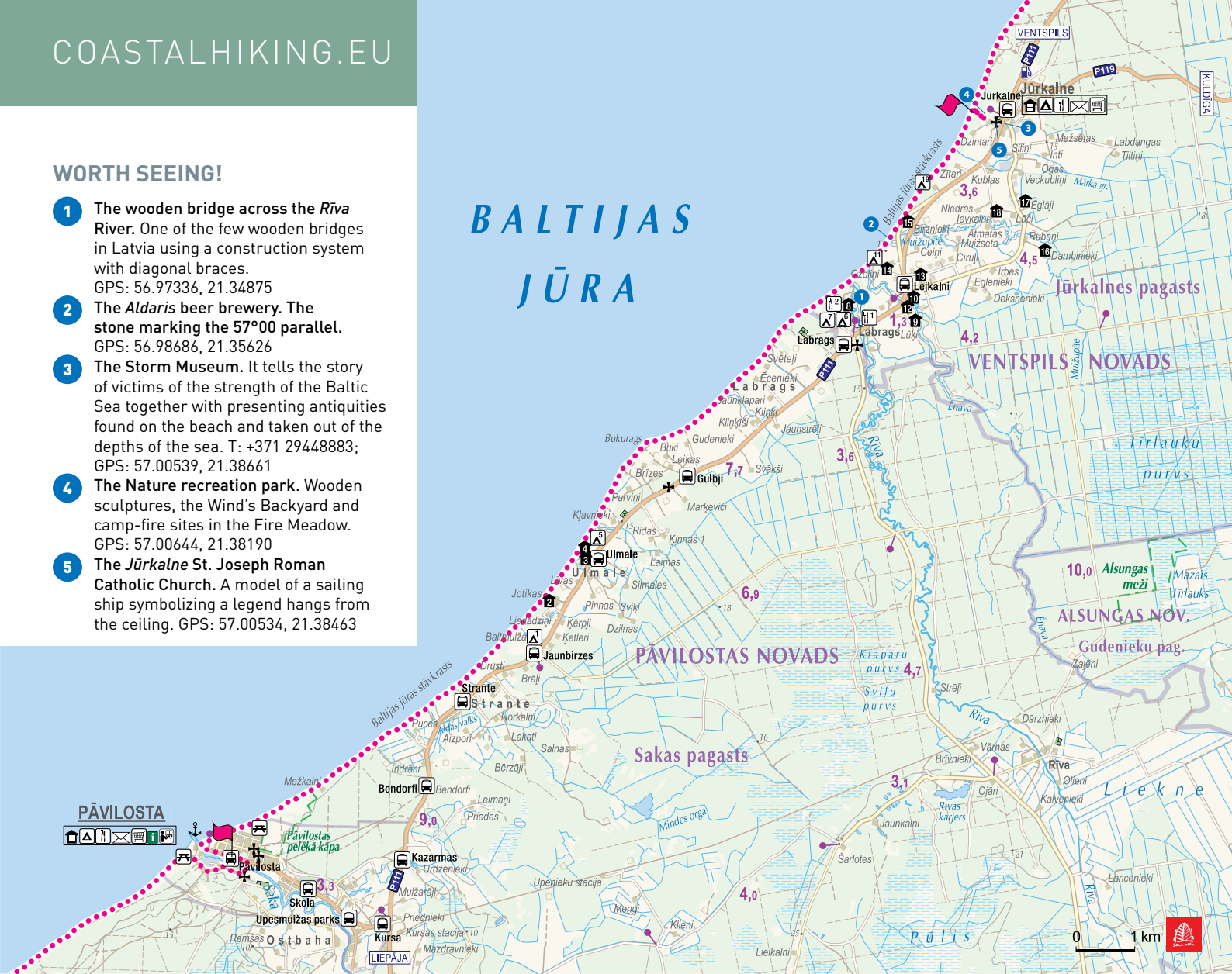
No shops are available between *Pāvilosta* and *Jūrkalne*. Suitable footwear is necessary, walking poles are advisable for support.



WORTH SEEING!

- 1 The wooden bridge across the *Rīva* River. One of the few wooden bridges in Latvia using a construction system with diagonal braces.
GPS: 56.97336, 21.34875
- 2 The *Aldaris* beer brewery. The stone marking the 57°00 parallel.
GPS: 56.98686, 21.35626
- 3 The *Storm Museum*. It tells the story of victims of the strength of the Baltic Sea together with presenting antiquities found on the beach and taken out of the depths of the sea. T: +371 29448883; GPS: 57.00539, 21.38661
- 4 The *Nature recreation park*. Wooden sculptures, the *Wind's Backyard* and camp-fire sites in the *Fire Meadow*.
GPS: 57.00644, 21.38190
- 5 The *Jūrkalne St. Joseph Roman Catholic Church*. A model of a sailing ship symbolizing a legend hangs from the ceiling. GPS: 57.00534, 21.38463

BALTIJAS
JŪRA



SERVICES

 Accommodations

1. Campsite *Baltmuiža*, T: +371 26356527; GPS: 56.92321, 21.26141
2. Holiday home *Sunset house*, T: +371 29412343; GPS: 56.92885, 21.265325
3. Guest house *Zālītes*, T: +371 26661773, 26128650; GPS: 56.93590, 21.27516
4. Guest house *Viļņi*, T: +371 29101439, 2849848; GPS: 56.93643, 21.27529
5. Tent area *Oši*, T: +371 29101439, 22849848; GPS: 56.93888, 21.27866
6. Campsite *Sīļi*, T: +371 22086858; GPS: 56.9739922, 21.34391
7. Campsite *Hortus*, T: +371 26795690; GPS: 56.97357, 21.34143
8. Guest house *Imantas*, T: +371 29479335; GPS: 56.97567, 21.34410
9. Farmstead *Lūķi*, T: +371 29364347; GPS: 56.97380, 21.36396
10. Guest house *Liedags*, T: +371 26595202, GPS: 56.97761, 21.36265
11. Campsite *Vēverlejas*, T: +371 26149960; GPS: 56.98345, 21.35120

 Catering

1. *Rīvas krogs* T: +371 26140577; GPS: 56.97360, 21.34904
2. *Imantas*, T: +371 29479335; GPS: 56.97555, 21.34446

For information about accommodations and catering in Jūrkalne, see the page in section 7.

12. Holiday home *Birztales*, T: +371 26019461; GPS: 56.97572, 21.36217
13. Holiday home *Priežkalni*, T: +371 29714801, 22014687; GPS: 56.98019, 21.36527
14. Guest house *Ozoliņi*, T: +371 26427606; GPS: 56.98180, 21.35484
15. Guest house *Četri vēji*, T: +371 29131329; GPS: 56.98891, 21.36121
16. Holiday home *Dambenieki*, T: +371 29475099; GPS: 56.98507, 21.39983
17. Farmstead *Eglāji*, T: +371 26496400; GPS: 56.99277, 21.39353
18. Holiday home *levkalni*, T: +371 29211119, GPS: 56.99141, 21.38489
19. Tent area *Kaiķu birzs*, T: +371 28320219; GPS: 56.99482, 21.36502

 Shops

In Pāvilosta (several shops) and Jūrkalne, GPS: 57.00537, 21.38668.

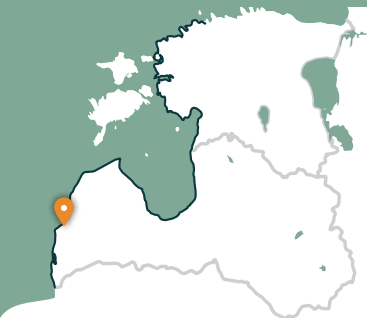
 Public transport

Bus transport connects Pāvilosta and Jūrkalne (~ 5 times per day). The *Saka* River can be crossed in a small ship. T: +371 27480131, 29448446

TOURIST INFORMATION

 Pāvilosta TIC, Pāvilosta, Dzintaru iela 2, GPS: 56.88817, 21.17914; www.pavilosta.lv, T: +371 63498229, 29121894





Jūrkalne – Sārņate








The Place Where People Crossed
The Baltic Sea In Boats







The astounding bluffs of the Baltic Sea continue in this section of the *Baltic Coastal Hiking Route*. Near *Ošvalki* village, it descends turning into a steeper foredune covered in thick osier wreaths, while opposite to *Sārņate* village distinct bluffs reappear. Here in this comparatively short walking section you can see several impressive sceneries.



USEFUL INFORMATION

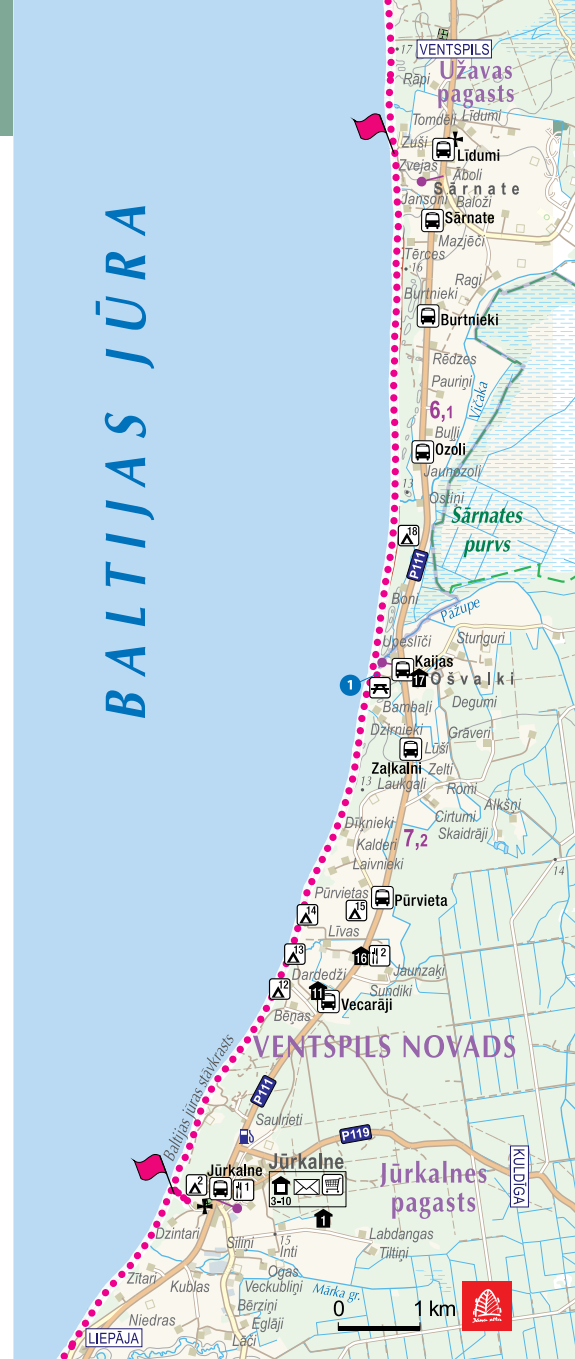
- 14 km
-  5–7 h
-  The viewing area of the Baltic Sea bluff, opposite *Jūrkalne* 
-  *Sārņate* Beach
-  *Jūrkalne – Ošvalki – Sārņate*
-  Sandy, pebbly beaches (with pebbles of different sizes) and sandy – beaches, in some places, small stones.
-  Easy

-  You can wade across the brooks.
-  The bluffs are formed (collapse) as the sea washes away the shore and also as the rain water washes out their slopes. You can come across landslides, landfalls, rockfalls. You must not use the bluffs to move forward in places where stairs have not been installed (they can be found quite frequently) or approach them too closely from the top and the bottom. Landfalls mostly occur during storms (or after storms) and after heavy showers, but may also occur at other times.

-  You have to shop in *Jūrkalne* as there are no shops in *Sārņate*. Walking poles are advisable for support.
-  Vigorous walkers can combine this section with the next day's one and finish the itinerary in *Užava*.



BALTIJAS JŪRA




WORTH SEEING!


- 1 **Commemorative mark Sail of Hope.**
The author of the project, sculptor Ģirts Burvis, has created this commemorative mark of a sail of hope as a symbol of remembrance of the Latvian refugees. In fear of Soviet terror, locals from Sārnate as well as from a lot of other coastal areas in Kurzeme crossed the Baltic Sea in fishing boats to seek refuge in Gotland located 150 km away. The split that you can see in the monument represents the tenseness of separation, the difficulties to overcome and the pain of the Latvian nation abroad.
GPS: 57.06456, 21.41572


SERVICES


-  **Accommodations**
 - 1. **Holiday home Zalmeži,**
T: +371 29930568;
GPS: 57.00377, 21.40882
 - 2. **Tent campsite Senči,**
T: +371 28335239;
GPS: 57.00749, 21.38145
 - 3. **Hotel Pilsbergu krogs,**
T: +371 27436888;
GPS: 57.00750, 21.38541
 - 4. **Apartments Jūrkalnes Šalkas,**
T: +371 27436888,
GPS: 57.00648, 21.38990
 - 5. **Holiday home Avoti,**
T: +371 28320219;
GPS: 57.00595, 21.39325
 - 6. **Holiday home Atvari,**
T: +371 27436888;
GPS: 57.00807, 21.39333
 - 7. **Holiday home Kāpas,**
T: +371 28320219;
GPS: 57.00821, 21.3942015
 - 8. **Holiday home Rozes,**
T: +371 26138337;
GPS: 57.00942, 21.3956311
 - 9. **Holiday home Palmas,**
T: +371 26138337;
GPS: 57.01063, 21.39586

- 10. **Holiday home Gulbji,**
T: +371 26196859;
GPS: 57.02873, 21.40625
- 11. **Campsite Šāfliki,**
T: +371 26305790, 29242134;
GPS: 57.02942, 21.39887
- 12. **Campsite Zaķi,**
T: +371 26452767;
GPS: 57.03253, 21.40110
- 13. **Campsite Ceriņi,**
T: +371 26157875;
GPS: 57.03703, 21.40279
- 14. **Tent area Nikkes,**
T: +371 29296730;
GPS: 57.03831, 21.41313
- 15. **Hotel „Zaķu krogs,”**
T: +371 26133995;
GPS: 57.03305, 21.41541
- 16. **Country house Kaijas,**
T: +371 26405743;
GPS: 57.06367, 21.42369
- 17. **Tent campsite Irbes,**
T: +371 27815962;
GPS: 57.07970, 21.42176


-  **Catering**
 - 1. **Pub Pilsbergu krogs,** T: +371 27436888;
GPS: 57.007350, 21.38541
 - 2. **Pub Zaķu krogs,** T: +371 26133995;
GPS: 57.03305, 21.41541

-  **Shops**
In Jūrkalne, GPS: 57.00537, 21.38668

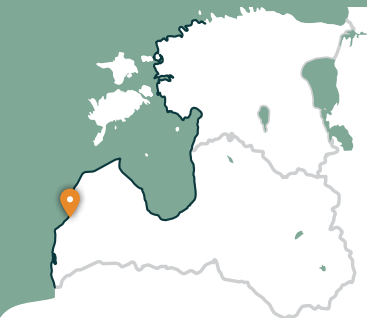
-  **Public transport**
Bus transport connects Jūrkalne and Sārnate (~ 4 times per day).

-  **Rest areas**
A rest area next to Cerību buras,
GPS: 57.06439, 21.41604

TOURIST INFORMATION

-  **Ventspils TIC, Dārzu iela 6, Ventspils,**
GPS: 57.39838, 21.56953,
www.visitventspils.com,
T: +371 63622263, 29232226



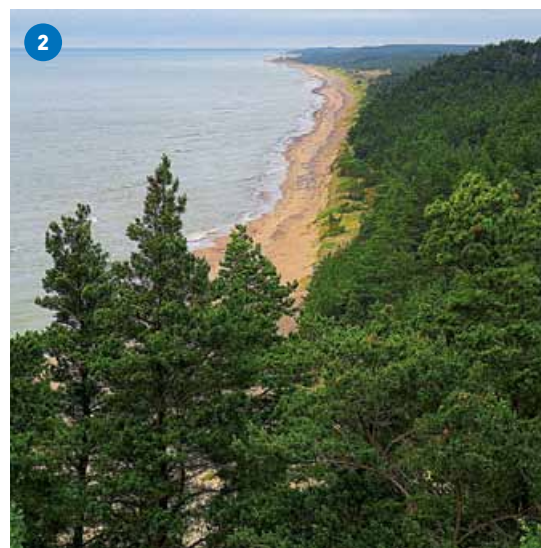


Sārņate – Užava

The Most Beautiful Scenery Of The Latvian Seacoast



Near *Sārņate*, you can still see the bluffs of the Baltic Sea, which slowly become lower towards the North and is replaced by a washed away dam of foredunes. Between *Vendzavas* village and the *Užava* Lighthouse, you can see coastal sceneries that are quite unusual for Latvia and that remind one of sandy and rocky deserts with sparse vegetation: it used to be a firing ground for the Soviet army. In this place and in the territories of former firing grounds located beyond the *Užava* Lighthouse, there are now grey foredunes. Getting closer to the estuary of the *Užava* River, the beach becomes wider and the dunes – lower. The most beautiful scenery of the *Baltic Coastal Hiking Route* can be seen from the top of the romantic *Užava* Lighthouse.



USEFUL INFORMATION

..... 15 km

🕒 5-7 h

🚩 *Sārņate* beach located 0,6 km away from road P 111 connecting *Liepāja* and *Ventspils*.

🚩 *Užava* beach next to where the *Užava* River flows into the sea, opposite **P**

📍🗺️ *Sārņate – Užava*

🌳🌳🌳 Sandy, pebbly beaches (with pebbles of different sizes).

📷 Easy

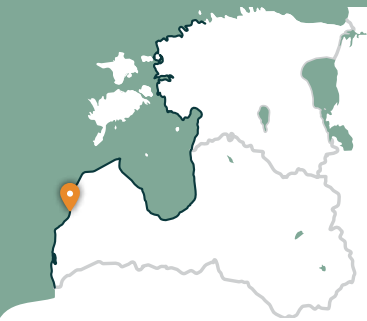
🚧 When you get to the *Užava* Lighthouse, you have to take a trail through the concrete breakwaters. You can wade across the *Užava* River during low water. There is a bridge located 0,3 km away from the mouth.

⚠️ The bluffs are formed (collapse) as the sea washes away the shore and the rain water washes away their slopes. You can come across

landslides, landfalls, rockfalls, so it is forbidden to walk on the top of the bluffs. For this purpose, use the stairs. Landfalls mostly occur during storms (or after storms) and after heavy showers, but may also occur at other times.

⚠️ The closest shop is located in *Užava*.

🗺️🗺️ Vigorous walkers can combine this section with the one from the previous day *Jūrkalne – Sārņate* and start in *Jūrkalne*.



Užava – Ventspils

Gather Your Amber Collection!



In this section of the *Baltic Coastal Hiking Route*, the first 6 km are a lonely stretch of the coast with a wide beach and low foredunes, the tops of which are covered in silvery sand ryegrass and marram grass tillers. After passing the *Medole* brook, an impressive bluff (~ 19 m high) rises before your eyes with a narrow rocky beach beneath it. The bluff quickly shrinks and then rises again two kilometers further. Between the bluffs, there is a former firing ground for the Soviet army. The last five kilometers of the *Baltic Coastal Hiking Route* to the South Pier in *Ventspils* lead through a wide sandy beach, the coastal side of which is delimited by the biotopes of grey dunes.



USEFUL INFORMATION

..... 20 km

⌚ 7-9 h

🚩 *Užava* beach next to where the *Užava* River flows into the sea, opposite **P**

🚩 The South Pier of *Ventspils*, opposite **P**

📍🗺️ *Užava – Ventspils*



Sandy, pebbly beaches (starting from small to big pebbles), in some places, stones. The seashore undergoes noticeable change after storms: it can be seen in the washed away shore where pebble zones alternate with sand zones. Throughout a short section, there is some clay washed ashore. The sandy surface may be soft and difficult to walk on.

●● Medium

⚡ None.



The bluffs: it is forbidden to climb them, as it can cause landslides and landfalls of sand and soil.




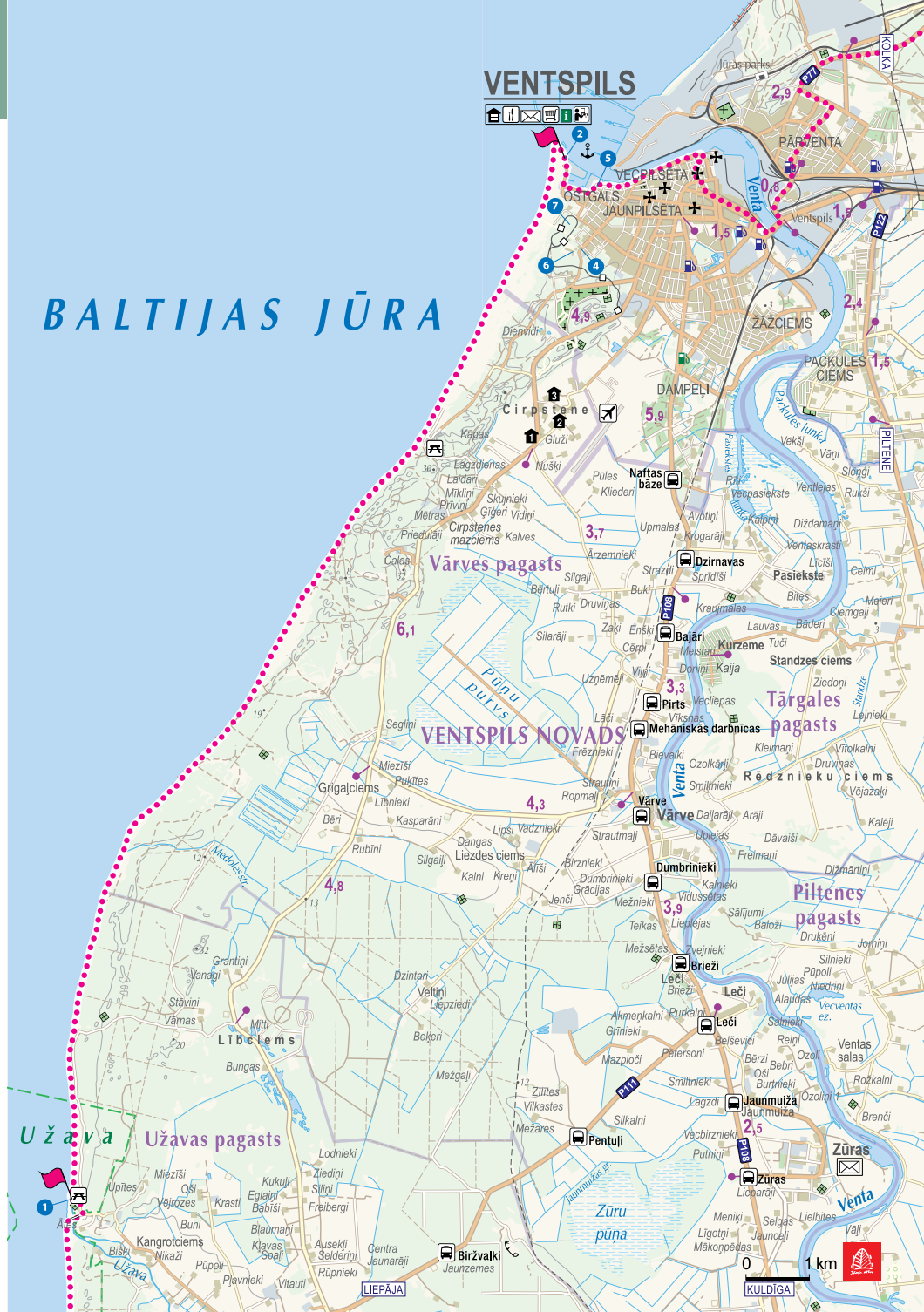
Near the coast between *Užava* and *Ventspils*, there are uninhabited places with no services available. In the Southern part of *Ventspils* beach, there is a nudist beach.




2,7 km before the border of *Ventspils* opposite *Cirpstene* village and alongside the sea, there is a former Soviet military road that can be used in case of strong wind.

WORTH SEEING!


- 1  **The Užava Nature reserve and the grey dune.** The wide, pebbly, desert-like landscape of the grey dune surprises anyone who sees it for the first time. In the fields of pebbles, which are several kilometers long and several hundred meters wide, you can see the Sand Pink (*Dianthus arenarius*), while the lichen form a yellow, green, grey and black lacy ornament that cannot be found anywhere else in Latvia, the pebble deserts found in the surroundings of Užava are the only site where the eleven lichen species grow. GPS: 57.24730, 21.41335
- 2 **The South Pier.** The piers were built in 1905 according to the project of port engineer M. Šistovskis. The promenade is ideal for taking walks and watching the setting sun, the might of the stormy sea, and huge ships calling at the port. GPS: 57.39808, 21.53262
- 3 **Ventspils Cow Parade.** In the city, you can see 24 natural-size cows made out of fiberglass and 3 big cows: the Sailor Cow, the Flower Cow and the Travelling Cow. They are 4 m high and 7 m wide.
- 4 **The Seaside Open-Air Museum.** You will find an extensive sea fishing boat collection and the largest anchor collection in the Baltics with more than 100 exhibits dating from the 17th century to present day. At the Seaside Park, you can enjoy the Anchor trail which is formed from the biggest anchors, there is also a little narrow gauge train running in the territory of the museum. GPS: 57.38501, 21.53788
- 5 **Ostgals.** A special and romantic spot with quiet cobblestone streets, attractive 19th century wooden buildings and ever present geraniums on the window sills. GPS: 57.39392, 21.54172
- 6 **The Anchor Trail.** At the Seaside Park, the biggest anchors found in the Seaside Open-Air Museum were used to create the Anchor Trail. You will find the largest anchor next to the Park's entrance; it weighs 23 tons and towers 6 m in height. GPS: 57.38901, 21.53644





SERVICES

-  **Accommodations**
1. **Guest house Spicīte,**
T: +371 29508200;
GPS: 57.35710, 21.52758
 2. **Guest house Kāpsargi,**
T: +371 22020327;
GPS: 57.35942, 21.53419
 3. **Holiday home Gatīni,**
T: +371 26353588;
GPS: 57.36292, 21.53410
- Accommodations in Ventspils**
www.visitventspils.com

 **Catering**
Catering companies in Ventspils
www.visitventspils.com

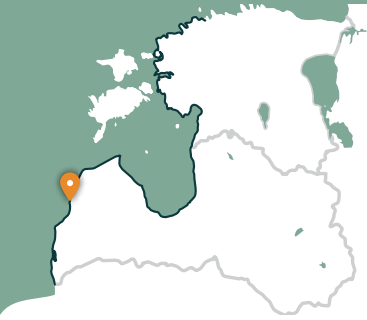
 **Shops**
In Užava, GPS: 57.22926, 21.45514
and in Ventspils.

-  **Public transport**
Bus transport connects Užava and Ventspils (~ 4 times per day).
-  **Rest areas**
Rest area, GPS: 57.35520, 21.50033

TOURIST INFORMATION

 **Ventspils TIC, Dārzu iela 6, Ventspils, Ventspils,** GPS: 57.39838, 21.56953,
www.visitventspils.com,
T: +371 63622263, 29232226





Ventspils – Staldzene

Through Ventspils



The itinerary goes through *Ventspils* and its surrounding forests. The *Baltic Coastal Hiking Route* winds from the South Pier through the historic *Ostgals* and the Old Town, crosses the *Venta* River and continues through the *Pārventa* District via a pedestrian and cyclist path in the direction of *Staldzene* where it circles the *Ventspils* Port and then returns to the seacoast. It is worth taking one “day off” and get to know the most interesting places in the city, as well as visit the Seaside Open-Air Museum.



USEFUL INFORMATION

..... 15 km

🕒 5–7 h

🚩 The South Pier of *Ventspils*, opposite **P**

🚩 *Staldzenes* **P**, opposite the beach

📍🗺️ South Pier – *Ostgals* – *Ventspils* Old Town – *Sarkanmuiža* Fields – *Venta* Bridge – *Pārventa* – *Talsu iela* – *Bangu iela* – *Staldzene*



Asphalt (pedestrian and pedestrian – cyclist paths), cobbled roads.



Easy



None.



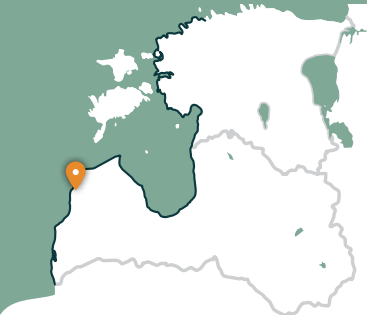
The bluff near *Staldzene*: it is forbidden to climb it, as it can cause landslides and landfalls of sand and soil. *Bangu iela* has no pedestrian sidewalk, so during the season with heavy traffic it is advisable to choose the alternative route (described below).



You can reach the seashore earlier before reaching *Staldzene*: take a turn from *Talsu iela* onto the *Vecais Staldzenes ceļš* and then continue along the fence of the *Ventspils* Oil Terminal for 1,7 km until you reach the seashore at *Pārventa* Beach.



1



Staldzene – Oviši


Destination – Cape Oviši




When climbing down to the beach of *Staldzene*, you can already see a bluff that is a couple of meters high and occasionally barren and that gradually becomes higher and higher (the peak point is *Kokkalns*, at 29 m). 3-4 km to the SE of *Staldzene*, a narrow section of beach with a bluff has formed, bathed by the waves during strong winds. After passing *Liepene*, the washed away coastline is slowly becoming lower and beyond *Jaunupe*, all the way to Cape *Oviši*, wide beaches have formed with the widest area situated at the tip of Cape *Oviši*.





USEFUL INFORMATION

..... 17 km  6–8 h

 **Staldzenes P**, opposite the beach


 **P** in the center of *Oviši*, 0,5 km from the beach


 *Staldzene – Liepene – Jaunupe – Oviši*

 Sandy and pebbly beaches. You have to go across the pebbles when the sea level has “risen” in case of big waves. During windless weather, sandy beaches appear. The coastline undergoes dramatic changes after storms, the sand can

be soft and silted. Near the bluffs: clay washed ashore.

 Medium

 You can wade across the *Jaunupe* River during low water.

 The bluffs: it is forbidden to climb them or to approach their upper part and base during storms and rain, as it can cause landslides and landfalls of sand and soil. 3-4 km to the SE of *Staldzene*, a narrow section of beach with a bluff has formed, bathed by the waves during strong winds (+/- 10 m/s and more) from the

NW, W, SW. In this case, you have to take *Staldzenes iela* in the direction of *Liepene* where it turns into a forest road and reaches *Liepene* in ~ 3,5 km. In *Liepene*, the road leads you back to the sea.



No shops or catering is available between *Staldzene* and *Oviši*. The previous shop is in *Ventspils (Pārventa District)*, while the next one is only located in *Mazirbe* and only cafe in camping *Miķelbāka* (> 60 km, so you have to stock up on food for a hike of three and a half days).



Jaunupe and *Oviši* are connected by forest roads and trails.



3

WORTH SEEING!

- 1 **Oviši.** During the independent interwar period in Latvia, there were 51 farmsteads in *Oviši*, but only 10 remain today. In some of them, ancient buildings and unusual fence systems have been preserved. GPS: 57.57085, 21.72471
- 2 **The *Austra* tree in *Oviši*.** It is 6,5 meters high and 5 meters wide. The *Austra* tree is positioned so that it can reflect the sunrise on the morning of Midsummer's Day. GPS: 57.56744, 21.71665
- 3 ***Oviši* Lighthouse.** *Oviši* Lighthouse is considered the first and oldest navigation building in Latvia (1814) preserved until today. The diameter of the stone tower is 11,5 m and it is 37 m high. From the top of it, you can see the newest lighthouse in Latvia - the *Irbe* Lighthouse in the sea - and the highest lighthouse in the country at *Mikēļtornis* (Tower of *Mikelis*). T: +371 26264616; GPS: 57.56872, 21.71592

SERVICES

Accommodations

- 1. **Campsite *Videnieki*,** T: +371 29262139; GPS: 57.48716, 21.64973
- 2. **Campsite *Liepene*,** T: +371 29130012; GPS: 57.48942, 21.64773
- 3. **Holiday home *Vējciems*,** T: +371 29225912, 26180479; GPS: 57.49158, 21.64756
- 4. **Tent campsite *Ovišu bāka* (*Oviši* Lighthouse),** T: +371 26264616; GPS: 57.56877, 21.71594
- 5. **Campsite *Jēni*,** T: +371 26382706; GPS: 57.57030, 21.71637
- 6. **Holiday home *Kadiķi*,** T: +371 26163236, 29420236; GPS: 57.57011, 21.71707



Catering

There are no catering companies in this section.



Shops

There are no shops in this section.



Public transport

Bus transport connects *Ventspils* and *Staldzene* (around once per hour). www.ventspilsreiss.lv.

TOURIST INFORMATION



Ventspils TIC, Dārzu iela 6, Ventspils, GPS: 57.39838, 21.56953, www.visitventspils.com, T: +371 63622263, 29232226





Oviši – Miķeļtornis





Between Oviši Lighthouse and Miķeļbāka Lighthouse



The *Baltic Coastal Hiking Route* leads through the *Oviši* Nature reserve where the typical coastal scenery is formed by wide sandy beaches and dunes. Here, the materials naturally found on the beach, the pebbles and sand, create big natural mosaics. In *Lūžņa* village, military objects from different periods are of interest to visitors, yet near the estuary of the *Lūžupe* River the seasonal closure must be observed in order to protect the nesting birds: it is prohibited to go there from 01.04. to 15.07. You must go around this place by following the indications marked in the *Baltic Coastal Hiking Route*. The destination of the itinerary, the *Miķeļbāka* Lighthouse, can be seen from afar.



USEFUL INFORMATION

- 18 km
-  6–8 h
-  Oviši Lighthouse
-  Centre of Miķeļtornis Village next to the Lutheran church
-  Oviši – Lūžņa – Miķeļtornis



Mainly wide, sandy beaches with some pebbles mixed in.



Easy



There are brooks that you can wade across during low water.



The former Soviet military base in *Lūžņa* Village.

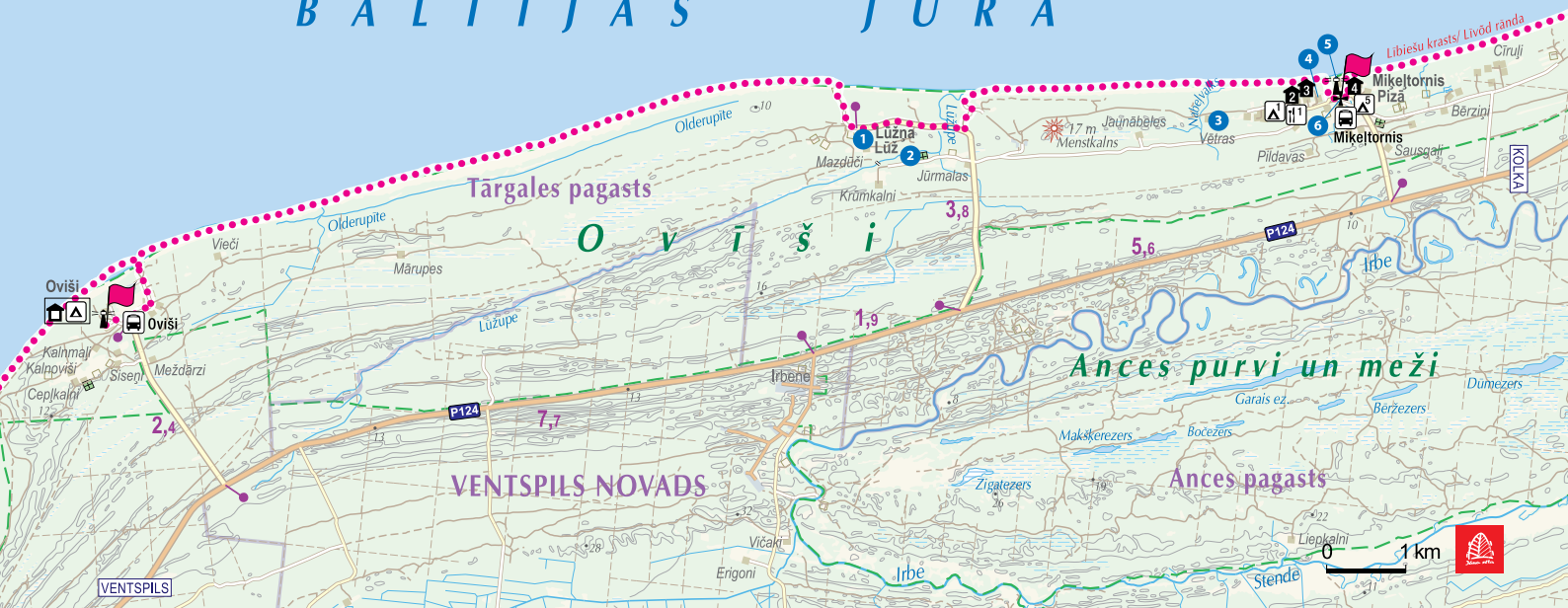


A seasonal closure is in force at the estuary of *Lūžņa* (the *Lūžupe* River) opposite *Lūžņa* village. Entering the territory is prohibited from 01.04. to 15.07. Here, the *Baltic Coastal Hiking Route* turns towards

Lūžņa Village. You have to go through it and at the place where the gravel road turns South (to road P124), turn left and return to the beach through the former military base (follow the marks in the *Baltic Coastal Hiking Route*) in the direction of *Miķeļtornis* village. No shops are available between *Ventspils* (*Pārventa* District) and *Mazirbe*.



For 4,5 km, *Lūžņa* village and *Miķeļtornis* village are connected by small forest trails that can be used in case of strong wind.



WORTH SEEING!

- 1** **Lūžņa village.** Lūžņa is a village that is several kilometers long and is located on both sides of the Lūžņa River. In 1937, there were 36 houses and 2 piers. Today there are only six houses left. During the Soviet occupation, a military base belonging to the Soviet army was located near Lūžņa; the remains of its buildings can still be seen today. GPS: 57.59357, 21.87273
- 2** **Lūžņu Cemetery.** Here lies the last person to speak the Western dialect of the Liv language Lizete Švanenberga (1902 – 1987). GPS: 57.59084, 21.88759
- 3** **Nabeļkalns Hill.** Also known as border hill. It is a state protected archaeological monument located between two municipalities. The Vecnābeles River, also called the Lūžupe River or the Nabeļupe River, flows along the hill. The hill is located ~ 0,3 km in the SW direction from the Vētru (Storm) House. GPS: 57.59643, 21.94717
- 4** **Miķeļtornis (Tower of Miķelis).** This place got its current name (before it was Pize, Pizā in the Liv language, meaning “osier twig” in Latvian) from the lighthouse built during the times of Russian Empire, which was named *Mihailovskij majak* after the nephew of the old Emperor Alexander II. Today there are only 8 inhabited houses in the village. GPS: 57.59906, 21.97488

- 5** **Miķeļbāka (The Lighthouse of Miķelis).** Miķeļtornis or Miķeļbāka is the tallest lighthouse in the Baltics, it is 62 m high. The lighthouse can only be viewed from afar. GPS: 57.59975, 21.97445
- 6** **The Miķeļtornis Lutheran Church.** The Miķeļtornis (Pize) Church was built in 1883 of red bricks replacing the old Lutheran log building. The interior decoration contains ancient ornaments. From 1963 to 1989, the parish was inactive and the building was used as a pioneer camp club. The church can only be viewed before and after services which take place during major religious holidays. GPS: 57.59892, 21.97543

SERVICES



Accommodations

- 1. Campsite Miķeļbāka,** T: +371 27884438; GPS: 57.59724, 21.96463
- 2. Guest house Prinči,** T: +371 29333854; GPS: 57.59840, 21.96635
- 3. Guest house Pizā,** T: +371 23308622; GPS: 57.59972, 21.96863
- 4. Holiday home Tālrīti,** T: +371 29272226; GPS: 57.59935, 21.97681
- 5. Tent campsite Lību ligzda,** T: +371 26131413; GPS: 57.59894, 21.97820



Catering

- 1. Miķeļbāka,** T: +371 29469614; GPS: 57.59734, 21.96565



Shops

No shops available in this section.



Public transport

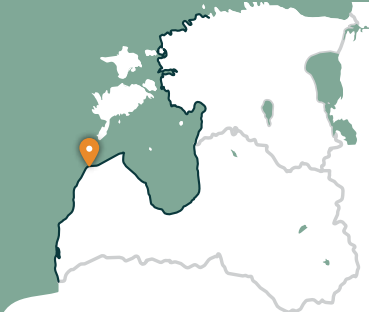
Not available.

TOURIST INFORMATION



Ventspils TIC, Dārzu iela 6, Ventspils,
GPS: 57.39838, 21.56953,
www.visitventspils.com,
T: +371 63622263, 29232226





Miķeļtornis – Sīkrags








Destination – Slītere National Park







Starting from *Miķeļtornis* up to the turn towards the cable bridge over the *Irbe* River (to be finished in 2019), a wide beach with low, sparse foredunes lays before your eyes. For ~ 4,5 km, the itinerary goes around the estuary of the *Irbe* River where a seasonal closure is in force in order to protect nesting birds and where it is forbidden to enter from 01.04. to 15.07. By taking a detour, the *Baltic Coastal Hiking Route* passes through a beautiful pine forest with high dunes the slopes of which are rich with mushrooms and berries. After passing the estuary of the *Irbe* River and as far as *Sīkrags* village, you will find a stretch of wide sandy beach and ~ 1 km before reaching *Sīkrags* you will see the *Ķikans* brook crossing the beach and marking the border of the *Slītere* National Park.




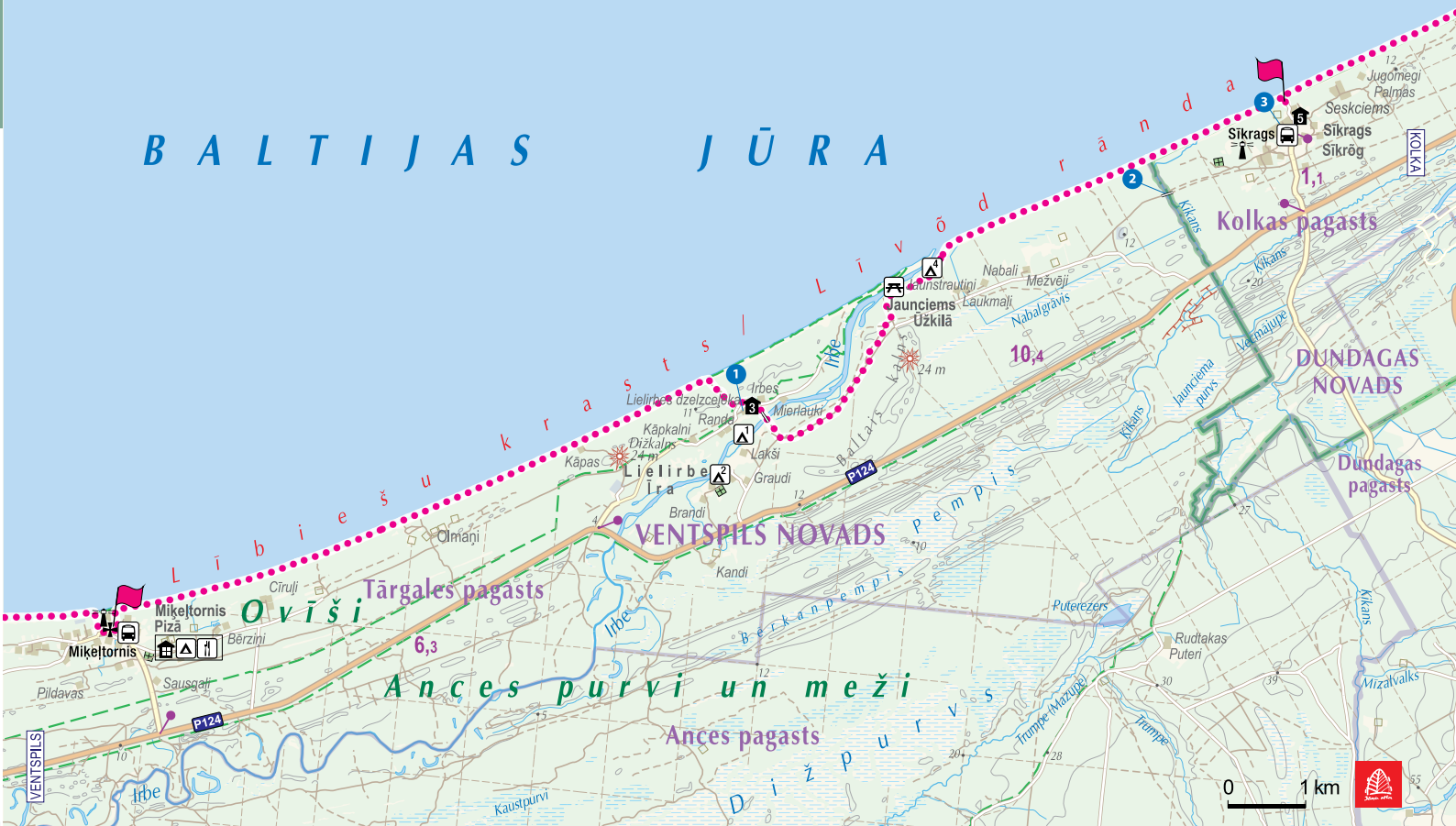
USEFUL INFORMATION

-  19 km  6–8 h
-  Centre of *Miķeļtornis* Village next to the Lutheran church
-  *Sīkrags* , opposite the beach
-  *Miķeļtornis* – *Lielirbe* – *Jaunciems* – *Sīkrags*
-  Sandy beaches, forest trails (in some places, loose sand).

-  Easy
-  The *Ķikans* brook that you can wade across during low water. During high water, you can use the bridge located 0,5 km away from the sea.
-  None.
-  A seasonal closure is in force at the estuary of the *Irbe* River (the territory around its mouth). Entering the territory is prohibited from 01.04. to

15.07. No shops are available between *Ventspils* (*Pārventa* District) and *Mazirbe*. It is planned to build a new bridge across the *Irbe* River in 2019. The current bridge is in an emergency state and cannot be used.

 A lonely forest road stretches through the forest and alongside the seacoast between *Miķeļtornis* and the *Irbe* River, *Lielirbe* village and *Sīkrags* village in the place where there used to be a narrow-gauge railway line connecting *Mazirbe* and *Ventspils*. It can be used in bad weather.



WORTH SEEING!

- 1 **Lielirbe.** The village is situated on both banks ("jūrspuse" or "seaside" and "zemspuse" or "landside" in the dialect of the Western part of Latvia) of the Irbe River (also called *Dižirve, Īra*) extending for 6 km around where the river flows into the sea. In 1939, there were around 300 inhabitants and more than 70 houses in the village. A little narrow gauge train used to run through the village, connecting it with the center of the district, Ventspils, and Dundaga, Stende and further on to Riga. At the estuary of the Irbe River, there used to be a port of the ancient Liv seafarers. This seacoast that is now so quiet with only 10 houses used to be an active timber trade and transport center at the end of the 19th century. GPS: 57.62664, 22.11036
- 2 **The Pedestrian bridge across the Ķikans Brook.** The pedestrian bridge crosses the Ķikans Brook in a place where the narrow gauge railway used to run connecting Ventspils, Mazirbe and Stende; the locals call it the narrow gauge track. The railway was active up until 1963. When going via the track and the unpaved road by bike or on foot, you can even reach the bridge across the Irbe River on the road connecting Ventspils and Kolka. GPS: 57.65303, 22.20040
- 3 **Sīkrags village.** One of the oldest Liv settlements that was documented as a village as early as in 1387. In the 17th century, a major small-scale port on the coast line of Northern Kurzeme was established here. At the end of the century, there were big warehouses of goods where 12,000 puhrs of rye were stored in 1690. There was also a "hotel" for seafarers. At the beginning of the 20th century, the buildings of the village became denser because small houses of fishermen and new farms were built. GPS: 57.66078, 22.22574

SERVICES



Accommodations

1. **Campsite Ķērikši**, T: +371 29563902; GPS: 57.62449, 22.11135
2. **Tent area Vecalkšņi**, T: +371 26405065; GPS: 57.61887, 22.10508
3. **Guest house Dzelzceļa ēka**, T: +371 27474822, 26759430; GPS: 57.62665, 22.11056
4. **Tent area Irbes ieteka**, GPS: 57.64422, 22.114989; GPS: 57.64114, 22.14279
5. **Country house Jaunklāvi**, T: +371 29469614; GPS: 57.66170, 22.22832



Catering

1. **Miķelbāka**, T: +371 29469614; GPS: 57.59734, 21.96567



Shops

No shops available in this section.



Public transport

Not available.



Rest areas

At the mouth of the Irbe River, GPS: 57.64114, 22.14279

TOURIST INFORMATION

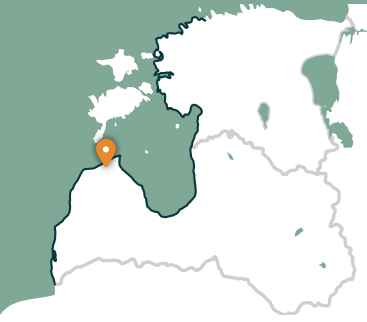


Ventspils TIC, Dārzu iela 6, Ventspils, GPS: 57.39838, 21.56953, www.visitventspils.com, T: +371 63622263, 29232226



Dundaga District TIC, Pils iela 14, Dundaga, GPS: 57.51061, 22.35566, www.visit.dundaga.lv, T: +371 29444395, 63232293





Sīkrags – Saunags






The Liv Coast








A wide sandy beach stretches from *Sīkrags* village up to *Mazirbe* beach which is crossed by the *Mazirbe* Stream. The *Baltic Coastal Hiking Route* leads out to the center of *Mazirbe* village where you can see the Liv National House. Continuing through small forest and country roads past the former *Mazirbe* Naval school, it winds through small coastal Liv villages: *Košrags*, *Pitrags* and then *Saunags*. The Liv 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 Livs. In this section, the indicating signs are in both the Latvian and Liv language.




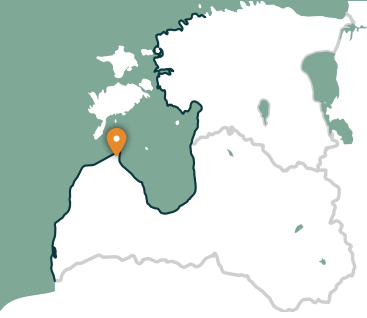
USEFUL INFORMATION

-  16 km
-  5–7 h
-  In *Sīkraga* **P**, opposite the beach
-  The center of *Saunags* Village
-  Sīkrags – Mazirbe – Košrags – Pitrags – Saunags

-  Sandy beaches, forest trails and gravel roads. In *Mazirbe* Village, asphalt.
-  Easy
-  You can wade across the small *Mazirbe* River during low water (there is a bridge ~ 0,5 km away from the sea).
-  None.

 The only shop in the section from *Ventspils* to Cape *Kolka* is located in *Mazirbe* village. The itinerary goes through *Slītere* National Park.

 The distance between *Mazirbe* village and *Saunags* village can be covered via the beach. Vigorous walkers can combine this section with the one from the next day and finish in Cape *Kolka*.



Saunags village – Kolka

The Heart Of Europe: Cape Kolka



The *Baltic Coastal Hiking Route* winds through small country and forest roads from *Saunags* village to *Vaide* village where it returns to the seacoast again. Wide sandy beaches stretch up to *Cape Kolka* turning into low sparse foredunes; wooded seaside dunes continue behind them. For around 2 km, there are washed away dunes followed by the *Dumbrkalni* Hills. *Cape Kolka*, the point where the Great Sea meets the Little Sea, is one of the most popular bird-watching sites on the Baltic seacoast.

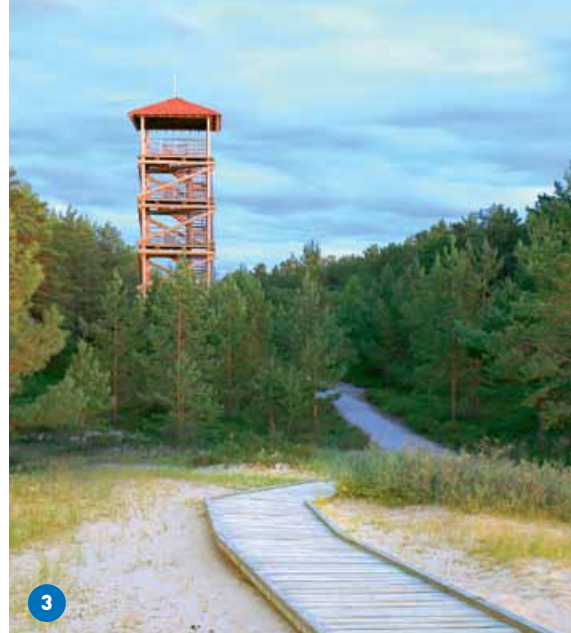


USEFUL INFORMATION

- 13 km
- 5-7 h
- The center of *Saunags* Village
- Cape *Kolka*, opposite the *Kolkasrags* Information and Visitors center **P**
- Saunags – Vaide – Cape Kolka*

- Gravel roads, sandy beach.
- Easy
- You can wade across the *Vecročupe* River during low water.
- None.

- The itinerary goes through *Slītere* National Park.
- The distance between *Saunags* village and *Vaide* village can be covered via the beach. You can go from *Vaide* village to *Kolka* via a forest trail (marked on the trees with yellow paint or with cycle route markings No 558). Experienced walkers can combine this section with the one of the previous day and start in *Sīkrags* village.



WORTH SEEING!

- 1 **The Horn collection in Vaide village.** More than 550 horns.
T: +371 29395624;
GPS: 57.72684, 22.45993
- 2 **The Pine Nature Trail.** The trail is exceptionally beautiful in the spring and at the beginning of summer when the pine trees bloom: the pines with low set, prostrate branches form unusual flowering carpets. You can see the "Mother of pines" which could possibly be one of the oldest coastal pines deeply covered in sand. According to biologists, it could be around 200-300 years old. GPS: 57.75708, 22.59076
- 3 **The Bird observation tower.** 20 m high.
GPS: 57.75742, 22.59194
- 4 **The Old Kolka Lighthouse.** The only remains of the lighthouse are its ruins, reaffirming the mightiness of the sea, wind and currents at Cape Kolka.
GPS: 57.75891, 22.60471
- 5 **The Kolka Lighthouse.** The only lighthouse in Latvia built on an island that was artificially created 5,14 km from the shore.
GPS: 57.80238, 22.63398
- 6 **A Monument to the ones taken by the sea.** A symbolic gate through which you can see the Kolka lighthouse.
GPS: 57.75829, 22.60278
- 7 **Cape Kolka.** Cape Kolka is the Northernmost point of the Kurzeme (Courland) peninsula. The shelf of Cape Kolka stretches into the sea for 6 km and it is bathed by the sea at a depth of 0,5-3 km. The waves of the Baltic Sea and the Gulf of Riga meet on its shelf. During storms waves can reach a height of 7 m.
GPS: 57.75847, 22.60447
- 8 **The Liv center Kūolka.** Here you can see a movie about the Livs, listen to a recording of the Liv language and become acquainted with Liv culture and customs.
T: +371 29198596;
GPS: 57.74306, 22.58509
- 9 **The Kolka Sea Star Virgin Roman Catholic Church.** T: +371 29644609;
GPS: 57.73849, 22.58289

SERVICES



Accommodations

1. **Holiday home Zemeņlauki,**
T: +371 26376974;
GPS: 57.72026, 22.43500
2. **Campsite Purvziēdi,** T: +371 29395624,
63200179; GPS: 57.72686, 22.45994
3. **Campsite Saules mājas,**
T: +371 28368830, 26322972;
GPS: 57.75852, 22.60015
4. **Holiday home Ūši,** T: +371 29475692,
63276507; GPS: 57.74822, 22.59502
5. **Holiday home Mežtauki,**
T: +371 26536887;
GPS: 57.74794, 22.58908
6. **Guest house Vītoļi,** T: +371 29135764;
GPS: 57.74003, 22.58265
7. **Hotel Zītari,** T: +371 29808111,
20019608; GPS: 57.73810, 22.58163
8. **Tent area Pūpoli,**
T: +371 28311813, 29163592;
GPS: 57.72784, 22.58058
9. **Holiday home Kolka,**
T: +371 26404053;
GPS: 57.7476401, 22.5880225



Catering

1. **Divjūriņās,** T: +371 28658791;
GPS: 57.75635, 22.60022
2. **Ūši,** T: +371 29475692;
GPS: 57.74836, 22.59503
(Gericht Sklandrausis, livländische Gerichte, nach vorheriger Buchung)
3. **Zītari,** T: +371 20019608, 29808111;
GPS: 57.73797, 22.58171



Shops

In Kolka, GPS: 57.74371, 22.58672;
GPS: 57.73784, 22.58172



Public transport

Bus transport connects Saunaga and Kolka (~ 2-4 times per day).



Rest areas

Next to the Kolkasrags Information and Visitors center, GPS: 57.75650, 22.60046



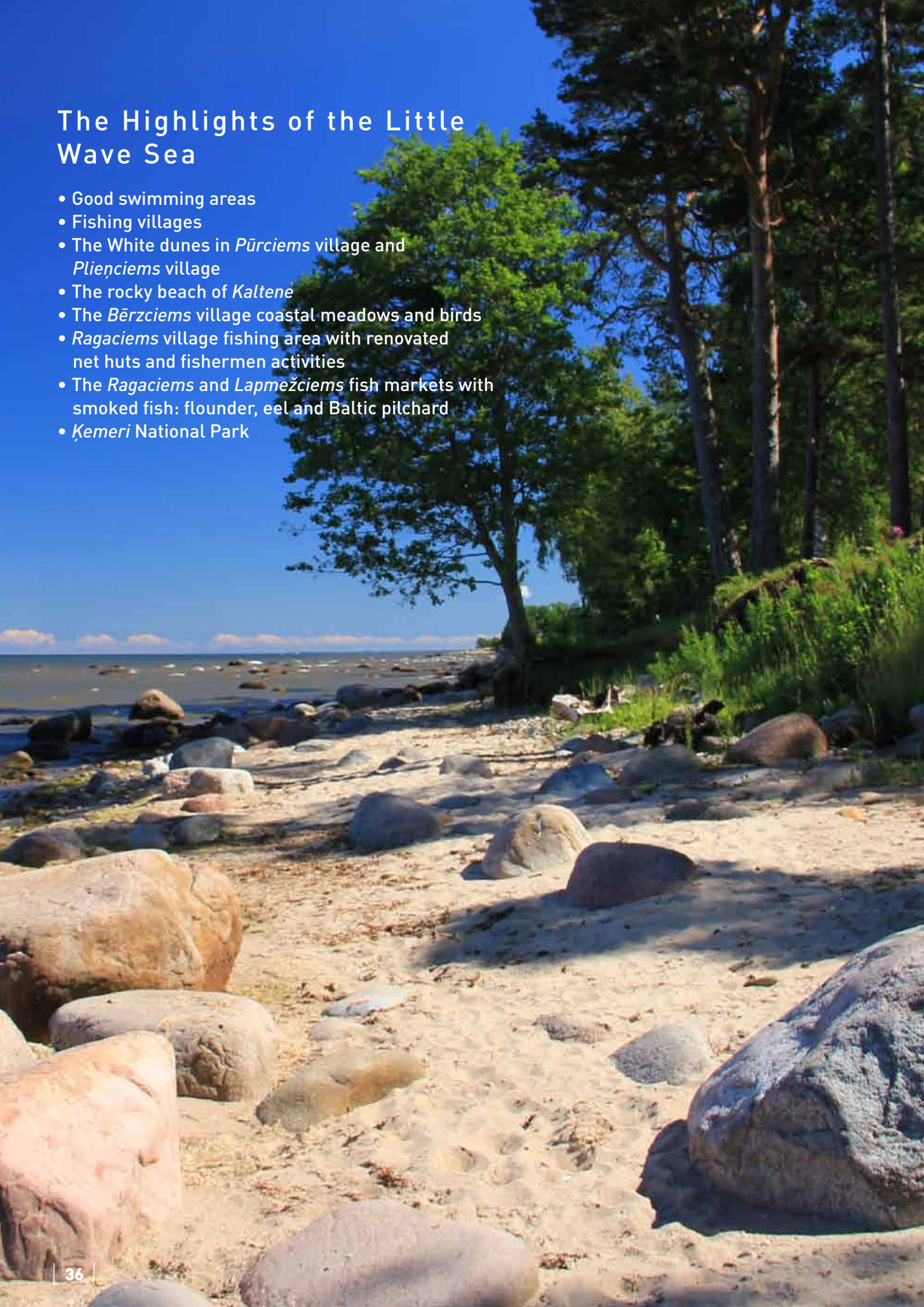
TOURIST INFORMATION

i Kolkasrags Information and Visitors center, Cape Kolka, Kolka,
T: +371 29149105,
www.kolkasrags.lv;
GPS: 57.75650, 22.59991

i Dundaga District TIC, Pils iela 14, Dundaga,
T: +371 63232293, T: +371 29444395;
www.visit.dundaga.lv;
GPS: 57.51061, 22.35566

The Highlights of the Little Wave Sea

- Good swimming areas
- Fishing villages
- The White dunes in *Pūrciems* village and *Pļieņciems* village
- The rocky beach of *Kaltene*
- The *Bērzciems* village coastal meadows and birds
- *Ragaciems* village fishing area with renovated net huts and fishermen activities
- The *Ragaciems* and *Lapmežciems* fish markets with smoked fish: flounder, eel and Baltic pilchard
- *Ķemeri* National Park



LATVIA

THE LITTLE WAVE SEA



THE WEST COAST OF THE GULF OF RIGA

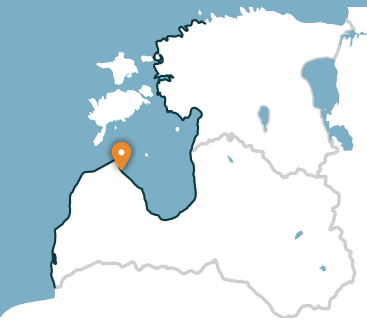
Kolka – Jūrmala:
115 km, Day 16 – Day 20

The Little Wave Sea is the name given to the Western coast of the Gulf of Riga by the natives of *Kurzeme*. The Little Wave Sea section starts at Cape *Kolka*, in the *Slītere* National Park which is crossed by the migration routes for birds travelling from the White Sea to the Baltic Sea. The Baltic Coastal Hiking Route leads you along the seacoast of the Gulf of *Riga* up to *Jūrmala*. The itinerary contains a lot of sandy beaches, in some places, coastal meadows, short sections of rocky seashore notched by small coves near *Kaltene* where swans spend the summer. On the coast, present-day fishing villages and small yacht ports are located one after another. Here, industrial fishing is carried out and fish processing plants operate in some places. Freshly smoked fish can be bought in the markets and shops of the coastal villages and from the local fishermen.

The Story of the Little Wave Sea

The Baltic Sea is one of the fiercest and most dangerous seas in the world and the surroundings of Cape *Kolka* is one of the biggest ship graveyards in the Baltic Sea, where ships dating back to the Viking Age sleep in peace. At the seacoast, sailing ship wrecks can still be found washed ashore after storms or the remains of wrecks can be seen on the beach or in the shallow coastal waters.





Kolka – Ģipka





Along The “Closed Coast”



At Cape *Kolka*, when turning towards the Gulf, you can clearly see the difference between the “Great Sea” and the “Little Sea”. The first 10 km of the *Baltic Coastal Hiking Route* lead through the coastal area of the *Slītere* National Park: first, past pine trees that are washed into the sea, past the building of a former fishing kolkhoz, a ship berth and *Ēvaži* Bluff which is surrounded by an unusually narrow sandy beach with overhanging black alders. The next section of the trail leading to *Ģipka* also has a narrow sandy beach with pools created by the rich springfens and the mouths of small streams that are shallow in summer. During Soviet times, the seacoast of the *Slītere* National Park was a closed territory for two reasons: it was a frontier zone and a nature reserve.



USEFUL INFORMATION

- 24 km
-  8–10 h
-  *Kolkasrags* Information and Visitors center, **P**
-  *Ģipka*
-  *Kolka – Melnsils – Pūrciems – Ģipka*



A hard sandy beach, a forest trail next to the pine trees washed into the sea.



Medium



You can wade across the brooks, the *Melnsilupe* River (a bridge around 1,3 km away from the sea) and the *Pilsupe* River (a bridge 0,3 km away) during low water.



None.



In case of strong NE and E winds, the coast may be bathed by the waves in some places. Then it is necessary to choose alternative forest trails. There are no ATMs in *Kolka*.



Between the *Melnsilupe* River and the *Pilsupe* River a forest road-trail stretches for 6 km alongside the sea.



WORTH SEEING!

- 1 **Melnsils.** Melnsils is the last village in the range of the Livs' seaside settlements in Northern Kurzeme where the Livs still lived in the middle of the 20th century. In the 19th century, all of the homesteads on the coast of the Gulf of Riga starting from Zēņi village (located around 3 km away from Kolka in the direction of Melnsils) up to Melnsils village was called Krustes village. Now this place is marked by the names of several populated areas: Uši, Ēvaži, Aizklāņi and Melnsils. Old stories say that on the left bank of the Baķupīte River, the castle of the pirate Trommels used to perch on a high dune. GPS: 57.65267, 22.57335
- 2 **The White Dune of Pūrciems village.** A 20 m high dune. A 900 m trail has been created along the banks of the Pilsupe River to view it. GPS: 57.57663, 22.62983
- 3 **The Ģipka Evangelical Lutheran Church.** There was a time when the church was used as a navigation object for ships to determine their location. T: +371 29212933; GPS: 57.56003, 22.65616

5. **Holiday home Joki,**
T: +371 26429973;
GPS: 57.57042, 22.65331
6. **Holiday home Roņi 2,**
T: +371 26605770;
GPS: 57.56920, 22.65306
7. **Guest house Klētnieki,**
T: +371 26234377;
GPS: 57.56672, 22.65432



- Catering**
1. **Melnsils,** T: +371 28605606;
GPS: 57.65252, 22.58092
 2. **Smišū krupīts,** T: +371 29297797;
GPS: 57.67777, 22.56783



- Shops**
- In Kolka, 57.74371, 22.58672;
GPS: 57.73784, 22.58172, in Melnsils,
GPS: 57.65291, 22.57352 and in Ģipka,
GPS: 57.56990, 22.65008



- Public transport**
- Bus transport connects Kolka and Ģipka (~ 4-6 times per day).



- Rest areas**
- Zēndīķi rest area,
GPS: 57.72190, 22.57759

SERVICES



Accommodations

1. **Campsite Melnsils,**
T: +371 28605606;
GPS: 57.65252, 22.58092
2. **Holiday home Kāpas,**
T: +371 29128403;
GPS: 57.64619, 22.57435
3. **Guest house Brāltīrumi,**
T: +371 29440276;
GPS: 57.583729, 22.63090
4. **Campsite Plaucaki,**
T: +371 26445124;
GPS: 57.58303, 22.63072

TOURIST INFORMATION

- i **Kolkasrags Information and Visitors center, Cape Kolka,**
GPS: 57.75650, 22.59991,
www.kolkasrags.lv, T: +371 29149105
- i **Dundaga District TIC, Pils iela 14, Dundaga,** GPS: 57.51061, 22.35566,
www.visit.dundaga.lv,
T: +371 63232293, 29444395
- i **Roja TIC, Selgas iela 14e, Roja,**
GPS: 57.50393, 22.80762, www.roja.lv,
T: +371 28630590





Ģipka – Kaltene

The Rocky Beach of Kurzeme



A sandy beach that is not too wide and has beautiful dunes and coastal pine forests stretches from Ģipka to Roja, but before reaching Roja it is overgrown with reeds. Conversely, the section between Roja and the Kaltene Church is one of the most extraordinary parts of the seashore of Latvia, where the coast is notched by small capes and coves with a very narrow beach. All over the coast, there are piles of boulders of different sizes with the green foliage of black alders hanging over them. In some places, the large gnarled root systems of the trees washed ashore rise before your eyes. In some places, an unpaved road goes right along the coast and a lot of former fishermen homesteads are aligned next to it.



USEFUL INFORMATION

..... 20 km

🕒 7–9 h

🚩 Ģipka

🚩 The Kaltene Lutheran Church



Ģipka – Žocene – Roja – Kaltene



Up to Roja, there are mainly sandy beaches with reedy and grassy coasts appearing shortly before reaching the town. Further on there is a forest trail and asphalt in Roja. After passing Roja, a gravel road and a beach with pebbles, sand and gravel of different sizes, as well as the grassy part of the seacoast. In Kaltene: a gravel road.

🟩 Easy up to Roja.

🟩🟩🟩 Hard between Roja and Kaltene.



In some places, the beach becomes narrower (when the winds create an inflow of water), but it can be bypassed via the nearby road. You can wade across the brooks during low water.



You have to be careful when walking across the rocky beach as the stones can be damp, slippery (overgrown with seaweeds) and can move.



In case of strong NE and E winds, the coast may be awash with waves in some places. Then it is necessary to take forest trails or coastal roads. Suitable (closed) footwear is necessary, walking poles are advisable for support.



Rīgas jūras līcis

TOURIST INFORMATION

i Roja TIC, Selgas iela 14e, Roja,
GPS: 57.50393, 22.80762
www.roja.lv
T: +371 28630590



WORTH SEEING!

- 1** The Craftsmen's market. You can buy local products, seasonal berries, fruits and vegetables. GPS: 57.50560, 22.80355
- 2** A Collection of sailing ship models. T: +371 29434345; GPS: 57.50316, 22.80670
- 3** The Roja Marine Fisheries Museum. T: +371 29432899; GPS: 57.50142, 22.81486
- 4** The Giant Sea Boulder of Roja. GPS: 57.50058, 22.82087
- 5** An exhibition showing the cultural history heritage of the Kaltene fishing village. T: +371 26203381; GPS: 57.46388, 22.88122
- 6** The Memorial house of the flamenco guitarist Andrés el Letón. T: +371 26623781; GPS: 57.45958, 22.88431
- 7** The Birdwatching tower in Kaltene. GPS: 57.44563, 22.90578
- 8** Tasting home-made wine at the Cīruliši home. T: +371 28308124; GPS: 57.45939, 22.88031
- 9** The Fish salad factory Kaltenes zivis, T: +371 20201250; GPS: 57.45133, 22.88606

SERVICES

Accommodations

- 1. Recreation and sports complex Dzintarkrasts**, T: +371 28600600, 28606060; GPS: 57.54112, 22.70901
- 2. Tent campsite Randas**, T: +371 29406240; GPS: 57.54031, 22.71030
- 3. For accommodations in Roja visit www.roja.lv**
- 4. Guest house Vecmuižas**, T: +371 29244537, 29343119; GPS: 57.48387, 22.85292
- 5. Hotel Rēderi**, T: +371 63220558, 29238929; GPS: 57.47349, 22.86660
- 6. Guest house Vanataurs**, T: +371 26441722; GPS: 57.47403, 22.86879
- 7. Guest house Vinkalni**, T: +371 26596275; GPS: 57.46500, 22.87968
- 8. Guest house Akmens stāsti**, T: +371 20347286; GPS: 57.46074, 22.87720
- 9. Holiday home Vimbas**, T: +371 29203899; GPS: 57.465441, 22.879948
- 10. Guest house Zivtiņi**, T: +371 29231907; GPS: 57.45026, 22.89868

Catering

- 1. Dzintarkrasti**, T: +371 29105411; GPS: 57.54111, 22.70918
- 2. Otrā puse**, T: +371 63232226, 29477602; GPS: 57.50805, 22.79861
- 3. Mare**, T: +371 28328599, 29169490; GPS: 57.50614, 22.80208
- 4. Ķipītis**, T: +371 63291658, 26373806; GPS: 57.50521, 22.80273
- 5. Čiekurs**, T: +371 28317997; GPS: 57.50494, 22.80291
- 6. Rēderi**, T: +371 63220558, 29238929; GPS: 57.47335, 22.86676
- 7. Akmens stāsti**, T: +371 20347286; GPS: 57.46074, 22.87720

Shops

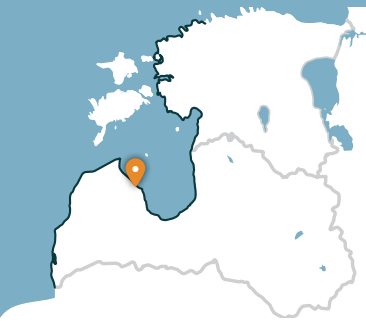
In Ģipka, GPS: 57.56990, 22.65008, in Roja (several shops), in Kaltene, GPS: 57.45228, 22.89146

Public transport

Bus transport connects Ģipka and Kaltene (~ 4 times per day).

Rest areas

On Roja beach, GPS: 57.51015, 22.80094



Kaltene – Mērsrags


The Multifarious Coast




A truly multifaceted section of the *Baltic Coastal Hiking Route* in terms of nature, cultural history and scenery. Near *Kaltene* village, the seashore is speckled with small coves with rocky beaches followed by a thickly overgrown coast where a narrow trail winds its way through reeds and lush vegetation. Further on, the seacoast covered in stones is only a couple of meters wide, in some places it has layers of clay, fields of reeds, in other places, it is carpeted with the algae washed ashore. Sandy beaches with shoals in the sea reappear between *Valgalciems* village and *Mērsrags* village. After passing *Mērsrags* village, the itinerary continues on a road, but when you reach the Lutheran church it turns towards the sea and goes through the coastal meadows as far as the center of *Mērsrags* village.





USEFUL INFORMATION

..... 24 km  8–10 h


 The *Kaltene* Lutheran Church


 *Mērsrags* Tourism information center, 


 *Kaltene – Valgalciems – Upesgrīva – Mērsrags*


 Near *Kaltene* and *Valgaciems* village, there are rocky bays with seaweeds washed ashore, in many places, reeds and seacoast covered in rich vegetation (surpassing the height of a person). When you reach *Valagciems* village, there are sandy and rocky beaches, gravel beaches, in places, clay. In the surroundings of *Upesgrīva* village, the beaches are covered in sand and (fine) gravel. A short section of the road in

Mērsrags village is covered in asphalt, further on: coastal meadows (trails).


 Hard up to *Valgalciems* village


 Easy from *Valgalciems* to *Mērsrags*.

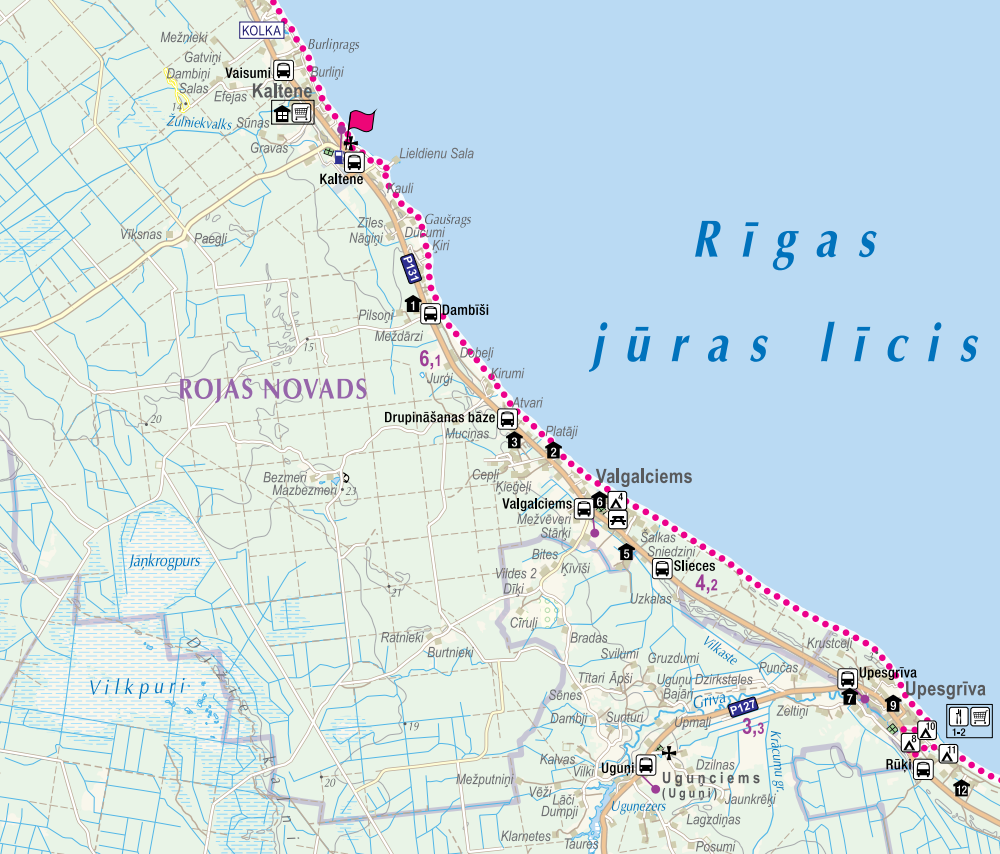
 In some places, the beach becomes narrower (when the winds create an inflow of water), but it can be bypassed. You can wade across the brooks and the *Grīva* River (a bridge around 0,4 km away from the sea) during low water. In the meadows of *Mērsrags*, you have to cross a ditch (a plank-way is planned to be installed).

 You have to be careful when walking across the rocky beach as the stones can be damp,

slippery (overgrown with seaweeds) and can move.

 In case of strong NE and E winds, the coast may be awash with waves in some places. Then it is necessary to choose alternative forest trails or coastal roads. A lot of algae is washed ashore and rotting. Suitable (closed, water resistant) footwear is necessary, walking poles are advisable for support. You should avail yourself of binoculars for bird watching.

 Between *Valgalciems* village and *Upesgrīva* village several trails stretch for ~ 3 km in the forest alongside the sea. For ~ 6 km, *Upesgrīva* and *Mērsrags* are connected by a forest road and trails that can be used in case of strong wind.



Rīgas jūras līcis

WORTH SEEING!

- 1 **Mērsrags Lighthouse.** T: +371 28325803; GPS: 57.36547, 23.12011
- 2 **Viewing towers.** 57.36544, 23.12241; GPS: 57.34436, 23.12376
- 3 **The Mērsrags Evangelical Lutheran Church.** GPS: 57.35391, 23.12430
- 4 **Museum Saieta Nams.** T: +371 63235995; GPS: 57.34878, 23.12146
- 5 **The North Pier of Mērsrags Port.** GPS: 57.33529, 23.14123

SERVICES

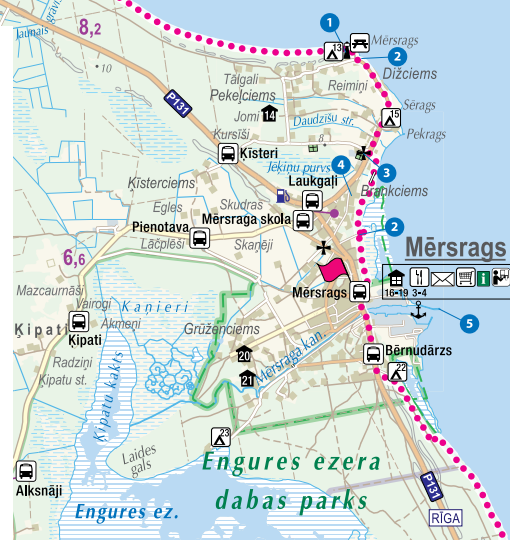
Accommodations

1. **Holiday home Raudiņi,** T: +371 26345921; GPS: 57.43400, 22.90746
2. **Holiday home Lettland,** T: +49 651 689101, GPS: 57.41640, 22.93776
3. **Guest house Lēveri,** T: +371 29235485, 29481598; GPS: 57.41751, 22.92952
4. **Campsite Vasaroši,** T: +371 22409683; GPS: 57.41066, 22.94921
5. **Holiday home Birzītes,** T: +371 26538894; GPS: 57.40414, 22.95508
6. **Holiday home Sniedzīni,** T: +371 26536652; GPS: 57.41010, 22.94851
7. **Holiday home Audas,** T: +371 29285404; GPS: 57.38756, 23.00629
8. **Campsite Stieres,** T: +371 29408291, 26583075; GPS: 57.38278, 23.01834
9. **Apartment Nāriņas,** T: +371 27523691, GPS: 57.38625, 23.01483
10. **Tent area Krastiņi,** T: +371 26812119; GPS: 57.38361, 23.02129
11. **Tent campsite Knaģi,** T: +371 26842413; GPS: 57.38066, 23.02688

12. **Guest house Bērlejas,** T: +371 27523691, 29241417; GPS: 57.37663, 23.03021
13. **Campsite Noras,** T: +371 20037000, 20038000; GPS: 57.36553, 23.12038
14. **Guest house Cerību liedags,** T: +371 29264207; GPS: 57.35732, 23.10243
15. **Campsite Saules kempings,** T: +371 26126205, GPS: 57.35784, 23.12956
16. **Holiday home Jaunbodnieki,** T: +371 28866784, 29761167; GPS: 57.34552, 23.11498
17. **Youth hostel Mērsraga vidusskola,** T: +371 63237841; GPS: 57.34469, 23.11089
18. **Guest house Vētrasputns,** T: +371 29717383; GPS: 57.33964, 23.11814
19. **Yacht center Mērsrags,** T: +371 29409290; GPS: 57.33434, 23.13347
20. **Guest house Zālītes,** T: +371 29421069; GPS: 57.32850, 23.09851
21. **Holiday home Sauleskrasti,** T: +371 27727772; GPS: 57.32552, 23.10034
22. **Tent campsite Auči,** T: +371 26300016; GPS: 57.32729, 23.13041
23. **Campsite Bebri,** T: +371 29264008; GPS: 57.31886, 23.09266

Catering

1. **Nāriņa,** T: +371 27523691, 29241417; GPS: 57.38624, 23.01445
2. **Stieres,** T: +371 29408291, 26583075; GPS: 57.38265, 23.01821
3. **Vētrasputns,** T: +371 29717383; GPS: 57.33976, 23.11793
4. **Kreses,** T: +371 26511167, 29278642; GPS: 57.33713, 23.12351



Shops

In Kaltene, GPS: 57.45228, 22.89146, in Upesgrīva, GPS: 57.38627, 23.01470, in Mērsrags, GPS: 57.33868, 23.12107; GPS: 57.33688, 23.12294; GPS: 57.33630, 23.12262

Public transport

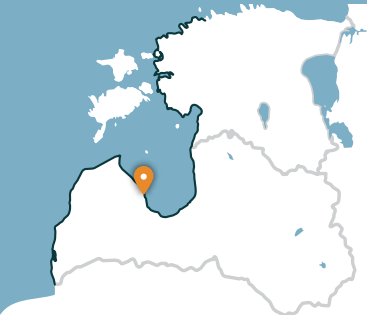
Bus transport connects Kaltene and Mērsrags (~ 5 times per day).

Rest areas

In Valgalciems village, GPS: 57.40934, 22.95126
Next to the Mērsrags Lighthouse, GPS: 57.36668, 23.12022

TOURIST INFORMATION

Mērsrags IC, Zvejnieku iela 2, Mērsrags, GPS: 57.33665, 23.12287, www.mersrags.lv, T: +371 63237704



Mērsrags – Engure

In the Engure Nature Park




A forest trail surrounded by pine trees leads you from the center of the village to the beach. Next, the *Baltic Coastal Hiking 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. Overgrown seacoast continues up to *Abragciems* village, while from *Abragciems* to *Engure* there is a beach.






5

USEFUL INFORMATION

22 km  7–9 h

 *Mērsrags* Tourism information center, 

 The center of *Engure*, the intersection of *Jūras* and *Ostas iela*, 

 *Mērsrags – Bērzciems – Abragciems – Engure*



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



Medium



The coastal meadows can be bypassed using the roads and trails in the villages. The *Engure* River can be crossed via bridge.



None.



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



Between *Mērsrags* village and *Abragciems* village throughout the whole length of the seacoast small roads and trails stretch between the sea and the road (P 131) alongside the coast, they can be used in case of strong wind.

WORTH SEEING!

- 1** Fisherman's homestead *Dienīnas*. A domestic theatre in the local dialect, the process of smoking fish, a feast of fish. T: +371 26676283; GPS: 57.24489, 23.17317
- 2** The *Engure* Local community center. A commemorative exhibition to the *Engure* Naval School. T: +371 26323201; GPS: 57.17069, 23.22087
- 3** The *Engure* Evangelical Lutheran Church. T: +371 29177920; GPS: 57.15978, 23.23001
- 4** *Zušuciems* (Eel Village) Park. GPS: 57.16261, 23.22721
- 5** *Engure* Port. GPS: 57.16273, 23.23106

SERVICES



Accommodations

- 1.** Holiday home *Branguļi*, T: +371 29676126; GPS: 57.25576, 23.17223
- 2.** Holiday home *Bērziema Salnas*, T: +371 26100923; GPS: 57.25482, 23.17264
- 3.** Holiday home *Lauri*, T: +371 28657250, 28356109; GPS: 57.25361, 23.17365
- 4.** Country house *Dienīnas*, T: +371 63154331, 26676283; GPS: 57.24489, 23.17317
- 5.** Guest house *Mazā kaija*, T: +371 26690952; GPS: 57.24462, 23.17495
- 6.** Guest house *Vizbuļi*, T: +371 29424934, 28254749; GPS: 57.23781, 23.17362
- 7.** Holiday home *Mikas*, T: +371 29243197, 29244198; GPS: 57.20076, 23.20450
- 8.** Campsite *Abragciems*, T: +371 63161668, 26110738; GPS: 57.19673, 23.20705
- 9.** Guest house *Villa Elizabete*, T: +371 29117510; GPS: 57.16568, 23.22504
- 10.** Youth hostel *Engures vidusskolas internāts*, T: +371 29544650; GPS: 57.16245, 23.21917
- 11.** Guest house *Stagars*, T: +371 29628101; GPS: 57.16256, 23.22888
- 12.** Holiday home *Gundegas*, T: +371 29529880; GPS: 57.1612467, 23.22001
- 13.** Guest house *Klāņas*, T: +371 26444123; GPS: 57.15326, 23.22974
- 14.** Guest house *Neiļu nams*, T: +371 26431483, 27414559; GPS: 57.15724, 23.21202



Catering

- 1.** *Mazā kaija*, T: +371 20692525; GPS: 57.24454, 23.17480
- 2.** *Cafe Vizbuļi*, T: +371 29424934, 28254749; GPS: 57.23780, 23.17357
- 3.** *Abragciems*, T: +371 631616688; GPS: 57.19673, 23.20705
- 4.** *Kapteinis&Grants*, T: +371 26565680; GPS: 57.16598, 23.22498
- 5.** *Būda*, T: +371 29179184; GPS: 57.16524, 23.22460
- 6.** *Mežābele*, T: +371 29256041; GPS: 57.16236, 23.22847
- 7.** *Engure Cafe*, T: +371 28368868; GPS: 57.16047, 23.22947
- 8.** *KAFFF*, T: +371 29355558; GPS: 57.16030, 23.22918



Shops

- In *Mērsrags* village, GPS: 57.33868, 23.12107; GPS: 57.33688, 23.12294; GPS: 57.33630, 23.12262,
- in *Bērziems* village, GPS: 57.24621, 23.17302, in *Engure*, GPS: 57.16450, 23.22515; GPS: 57.16276, 23.22847; GPS: 57.16105, 23.22859; GPS: 57.16081, 23.22909; GPS: 57.16086, 23.23021



Public transport

Bus transport connects *Mērsrags* and *Engure* (~ 5 times per day).



Rest areas

Pasaku kalniņš (Fairytale Hill), GPS: 57.32645, 23.12973
In *Engure*, GPS: 57.17248, 23.22522

TOURIST INFORMATION



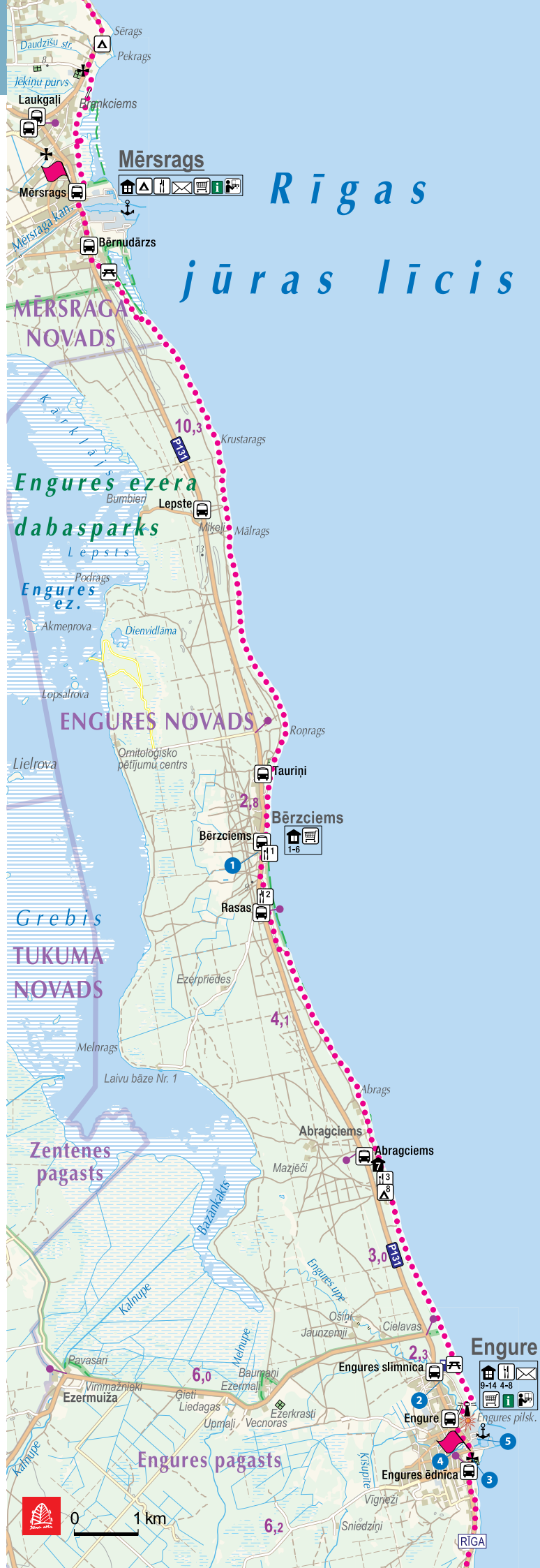
Mērsrags IC, *Zvejnieku iela 2, Mērsrags*, GPS: 57.33665, 23.12287, www.mersrags.lv, T: + 371 63237704



Engure District TIP, *Jūras iela 114, Engure*, GPS: 57.17068, 23.22087, www.enguresnovads.lv, T: +371 63161701, 26323201



Tukums TIC, *Talsu iela 5, Tukums*, GPS: 56.96659, 23.15256, www.visitukums.lv, T: +371 63124451, 28311557





BALTIC
COASTAL
HIKING

Engure – Ragaciems

Fishing Villages And Smoked Fish



At first, the *Baltic Coastal Hiking Route* winds through *Engure* village, then leads through a comparatively narrow beach on one side and beautiful woody seaside dunes on the other side reaching *Pliņciems* Dune after which the sandy beach becomes increasingly wider and large shoals appear in the sea. On the coast, overgrown bluffs equipped with stairs and plank-ways rise before your eyes and stretch as far as the road connecting *Kolka* and *Tukums*. You have to take into consideration that on warm summer days a lot of holidaymakers come here. The last third of the itinerary is located in *Ķemeri* National Park.



USEFUL INFORMATION

..... 25 km

🕒 8–10 h

🚩 The center of *Engure*, the intersection of *Jūras* and *Ostas iela*, **P**

🚩 The beach next to the *Ragaciems* Lighthouse

📍🗺️ *Engure – Ķesterciems – Pliņciems – Apšuciems – Klapkalnciems – Ragaciems*



Pavements with an asphalt surface in *Engure*. Rocky seacoast near *Engure*. Up to *Ķesterciems* village and *Pliņciems* village, there are sandy beaches with a zone of fine gravel at the very edge of the coast. In the surroundings of *Apšuciems* village and as far as *Ragaciems* village, there are sandy beaches liked by holidaymakers.

🟡 Easy



You can cross the brooks and the small *Lāčupīte* River (a bridge ~ 0,2 km away from the mouth) during low water.



Be careful when crossing *Jūras iela* in *Engure*.



Near *Engure*, you should avail yourself of binoculars for bird watching.



Between *Engure* and *Pliņciems* village forest roads and trails stretch behind the dunes alongside the sea.



Catering

- Villa Anna**, T: +371 63143185, 26122679; GPS: 57.06133, 23.31166
- Apsīte**, T: +371 26545266; GPS: 57.05943, 23.30613
- Bermudas**, T: +371 63163225, 29999557; GPS: 57.02667, 23.48819
- Ribas**, T: +371 22330034; GPS: 57.02674, 23.48870

Shops

In Engure (several shops), in Kesterciems (in the summer season), GPS: 57.11069, 23.22922, in Apšuciems GPS: 57.05950, 23.30594, in Klapkalnciems, GPS: 57.04262, 23.36325 and in Ragaciems, GPS: 57.02444, 23.49180; GPS: 57.02391, 23.49239

Public transport

Bus transport connects Engure and Ragaciems (~ 6 times per day).

Rest areas

Plienciems, GPS: 57.08713, 23.25980

TOURIST INFORMATION

Engure District TIP, Jūras iela 114, Engure, GPS: 57.17068, 23.22087, www.enguresnovads.lv, T: +371 63161701, +371 26323201

Tukums TIC, Talsu iela 5, Tukums, GPS: 56.96659, 23.15256, www.visittukums.lv, T: +371 63124451, +371 28311557

WORTH SEEING!

- Ceramic salon-workshop Grašu māja**. T: +371 26369362, GPS: 57.05878, 23.31125
- The Lāčupīte River Arboretum**. In May and June, rhododendron plantations are blooming exquisitely. GPS: 57.04458, 23.35587
- The Slow Mile**. An 8 km stretch of coastal forest. GPS: 57.03547, 23.42677
- Ragaciems Lighthouse**. GPS: 57.03447, 23.48639
- Ragaciems village fishing area with net huts**. A place where fishermen berthed their boats, organized meetings and stored fishing tackle in net huts. T: +371 26451024; GPS: 57.02631, 23.49563
- Ragaciems village fish market**. GPS: 57.02436, 23.49178

SERVICES

Accommodations

- Guest house Piejūras nams**, T: +371 26435515; GPS: 57.12467, 23.22509
- Youth hostel Pludmalis**, T: +371 29287271; GPS: 57.11744, 23.23339
- Guest house Rīteņi**, T: +371 29142764; GPS: 57.11669, 23.22789
- Youth hostel Albatross**, T: +371 26103435; GPS: 57.10942, 23.23261
- Guest house Strautiņi**, T: +371 26163064; GPS: 57.08398, 23.26176
- Guest house Riekstnieki**, T: +371 29279728; GPS: 57.08164, 23.26379
- Guest house Pļava**, T: +371 26561500; GPS: 57.07871, 23.26307
- Tent campsite Zivartiņš**, T: +371 28234099; GPS: 57.07296, 23.28295
- Tent campsite Čiekuri**, T: +371 26527168; GPS: 57.06572, 23.29334
- Youth hostel Apšuciema skola**, T: +371 29544650; GPS: 57.06138, 23.31010
- Hotel Villa Anna**, T: +371 63143185, 26122679; GPS: 57.06133, 23.31166
- Hotel Hotel SPA Arkadia**, T: +371 63143130; GPS: 57.05675, 23.31353
- Campsite Roniši**, T: +371 26305551; GPS: 57.04270, 23.36666
- Guest house Arnicanī, Ragaciems**, T: +371 29193503; GPS: 57.02804, 23.48799
- Guest house Lindaga**, T: +371 29265552; GPS: 57.02303, 23.49051
- Rest house Lauri un Nordes, Ragaciems**, T: +371 25660353, 27000400; GPS: 57.02312, 23.49810
- Guest house AAK Service**, T: +371 63163736, 29118812; GPS: 57.01890, 23.49826
- Guest house K.V.N.**, T: +371 20268864, 63163620; GPS: 57.01825, 23.49718

The Highlights of *Jūrmala* and *Rīga*

- The wooden architecture in *Jūrmala*
- The *Ragakāpa* Nature Park with its plank-way trail
- The historic buildings in *Ķīpsala*
- *Rīga* Old Town – a UNESCO historic heritage site
- Art Nouveau architecture in *Rīga*
- *Rīga* Central market



LATVIA *JŪRMALA AND RIGA*



THE MOST POPULAR RESORT CITY AND THE CAPITAL OF LATVIA

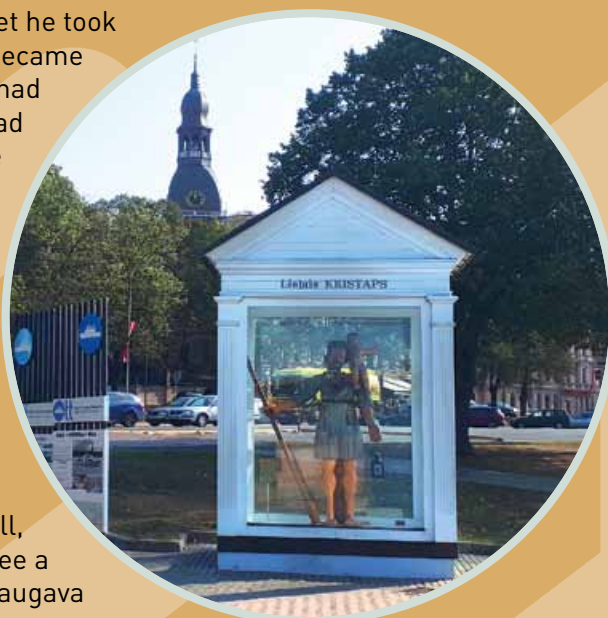
Jūrmala – Vecāķi:
84 km, Day 21 – Day 24

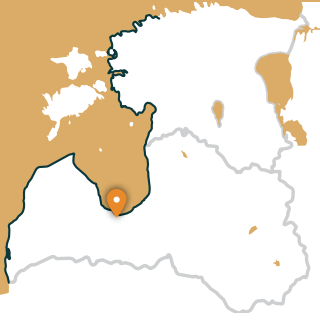
This section of the Baltic Coastal Hiking Route goes through the resort city *Jūrmala* and the capital of Latvia, *Rīga*. In *Jūrmala*, sandy beach stretches along the coast, but hikers may go through the centre of *Jūrmala* and see *Jomas iela*. This city is liked by summer holidaymakers and has a lot of SPA hotels, cafés and live music on summer evenings. *Jūrmala* is characterized by unusual wooden architecture in the historic seasonal dwelling area and also by mansions and villas built in the modern era. The coastal dune forests are permeated with a dense web of trails suitable for walking and stick-walking. *Jūrmala* and the forests of the *Pierīga* region on the outskirts of the capital are separated by the *Lielupe* River. To get from *Priedaine* to *Rīga*, go through the *Kleisti* forest roads and trails and take the suburban streets to reach the *Daugava* River which you will have to cross to get to the very heart of *Rīga*: the *Town Hall Square*. You can walk through *Rīga* on foot and get to know different neighbourhoods located in the city or you can use public transport, namely train or bus.

The Legend of *Rīga*

Once upon a time a ferryman lived on the bank of the *Daugava* River, who was called *Great Kristaps* because he was big and brawny. When people had to get from one side of the river to the other, they called him for help. One night *Kristaps* heard a child crying on the riverbank.

Kristaps did not really want to cross the river, yet he took the child and carried him to the boat. The child became heavier with each step until *Kristaps* no longer had the strength to get to the boat. Deep darkness had already descended and the child seemed to have fallen asleep. *Kristaps* thought that he would take the child across the next day. So *Kristaps* took him, brought him to his hut and put him to bed. The man laid down on the floor beside him to take a nap. When *Kristaps* woke up in the morning, he got up and went to the bed to take the child and carry him across the river. Yet by a miracle the child had disappeared! However, in the place where the child had slept, *Kristaps* found a large pile of money. He used the money to buy all of *Rīga* as at the time *Rīga* was so small, a wolf could easily run through it. Now you can see a statue of the *Great Kristaps* on the bank of the *Daugava* River opposite the *Rīga* Old Town.





Ragaciems – Dubulti

The Historic Resort of Jūrmala



In *Ragaciems* village, you can clearly see the whole length of *the Jūrmala* coast. The first third of this day's itinerary is part of the *Ķemeri* National Park where you can get to know historic fishing villages, the *Ragaciems* village fishing area with net huts and a fish market, dune habitats, as well as watch birds in the estuary of the *Starpiņupe* River. Starting from *Jaunķemeri* to *Dubulti*, the walk takes you across the widest sandy beach of the Gulf of *Rīga* through the historic resort in *Jūrmala* and the longest city in Latvia.

Keep in mind that on warm and sunny summer days there will be a lot of beachgoers.



Foto: Jānis Salins



Foto: Artis Veigurs

USEFUL INFORMATION

..... 22 km

🕒 7–9 h

🚩 The beach next to the *Ragaciems* Lighthouse

🚩 *Dubulti* beach, opposite **P**

📍 *Ragaciems* – *Lapmežciems* – *Bigauņciems* – *Jaunķemeri* – *Kaugurciems* – *Vaivari* – *Pumpuri* – *Jaundubulti* – *Dubulti*



In the surroundings of *Ragaciems* village: small pieces of dolomite, some boulders, gravel. Next to the small *Starpiņupīte* River, there is seaweed washed ashore. Sidewalks with asphalt surfaces in *Lapmežciems*. Wide sandy beaches from *Kauguri* to *Dubulti*.



Easy



The small *Starpiņupīte* River: there is a sluice that is around 150 m from the sea and that can be used to cross the river (you can wade across it during low water). After the *Starpiņupīte* River, there is a narrow section of the beach that you can cross along the coast when the weather is calm. In case of

strong winds, you have to go through *Lapmežciems* village. You can wade across the *Siliņupe* River during low water.



Be careful when crossing *Jaunā iela* (P128) in *Ragaciems* and *Lapmežciems*.



In the estuary of the *Starpiņupe* River, you should avail yourself of binoculars for bird watching.



You can cover the distance between *Kaugurciems* and *Dubulti* by taking the roads, streets and trails going parallel to the sea.



Rīgas jūras līcis

WORTH SEEING!

- 1 **The Fish company *Reiņa zivis* in Lapmežciems.** Visitors are offered to taste smoked fish. T: +371 29219491; GPS: 57.00011, 23.50783
- 2 **Lapmežciems Museum.** T: +371 27000380; GPS: 57.00074, 23.51220
- 3 **The Old Lapmežciems Pier and Kupskalni Nature Trail.** GPS: 56.99210, 23.52864
- 4 **Jaunķemeri.** A blue flag beach, adapted for people with special needs. In the pine forest located on the seacoast of Ķemeri National Park, there are sanatoriums offering a wide range of therapeutic procedures. GPS: 56.97580, 23.56825
- 5 **The Jūrmala Resort History Museum.** Visitors can look at old medical equipment, interesting accessories, photographs and documents. Visits have to be booked in advance: T: +371 67735850; GPS: 56.97107, 23.57304
- 6 **Kaugurciems.** An ancient fishermen's village. GPS: 56.96934, 23.60670
- 7 **The Kauguri Giant Oak.** 17,20 m high with the diameter of 4,30 m. GPS: 56.96248, 23.62162
- 8 **Vaivari beach.** Adapted for people with special needs. The historic *Kāpu iela* adorned with both ancient wooden architecture and modern mansions snakes behind the dunes. GPS: 56.96119, 23.662996
- 9 **The Asari cemetery and Monument To Those Fallen in World War I.** GPS: 56.96335, 23.69549
- 10 **Melluži Park and Music hall.** GPS: 56.96245, 23.72739
- 11 **Rainis' pine trees and a sculpture of Rainis' pine trees.** GPS: 56.96659, 23.74506

SERVICES

Accommodations

1. **Guest house *Kronkalniņi*,** T: +371 20173303; GPS: 57.01412, 23.50867
2. **Family house *Lapmežciems*,** T: +371 29459540, 29224178; GPS: 57.00778, 23.50593
3. **Rest house *Kamenes*,** T: +371 26162212; GPS: 56.99861, 23.51568
4. **Guest house *Monikas*,** T: +371 26161247; GPS: 56.99666, 23.51600
5. **Guest house *Rudzīši*,** T: +371 29990509; GPS: 56.99507, 23.52235
6. **Campsite for campers *Baltijas kempings*,** T: +371 26404097; GPS: 56.99496, 23.52095
7. **Guest house *Jūras mols*,** T: +371 27099099; GPS: 56.98950, 23.52668

Jūrmala offers many possibilities for accommodation: campsites, guest houses, hotels, resort hotels and sanatoriums.

For more information: www.visitjurmala.lv

Catering

1. ***Nostalgj*,** T: +371 28458855; GPS: 57.00310, 23.51359
2. ***Stallis*,** T: +371 29181014; GPS: 56.99983, 23.51663
3. ***Dižpriede*,** T: +371 28756095; GPS: 56.98585, 23.53765
4. ***Gardo zivju namiņš*,** T: +371 26553881; GPS: 56.99490, 23.52179
5. **Restaurant *Neptūns*,** T: +371 29999319; GPS: 56.97532, 23.55681
6. ***Kūriņš* tavern,** T: +371 26529539; GPS: 56.96678, 23.61057

Jūrmala offers a very wide choice of restaurants and cafés.

For more information: www.visitjurmala.lv

Shops

In *Ragaciems*, GPS: 57.02444, 23.49180; GPS: 57.02391, 23.49239, in *Lapmežciems*, GPS: 57.00217, 23.51402; GPS: 56.99381, 23.52202, in *Bigauņciems*, GPS: 56.98585, 23.53765 and in all the territory of *Jūrmala*.

Public transport

Bus transport connects *Ragaciems* and *Dubulti* (~ 16 times per day). Intercity bus transport on the *Talsi – Riga* and *Roja – Riga* routes (around 15 times per day, www.autoosta.lv.)

TOURIST INFORMATION

i Engure District TIP, *Jūras iela 114*, Engure, GPS: 57.17068, 23.22087, www.enguresnovads.lv, T: +371 63161701, 26323201

i Tukums TIC, *Talsu iela 5*, Tukums, GPS: 56.96659, 23.15256, www.visittukums.lv, T: +371 63124451, 28311557

i Jūrmala TIC, *Lienes iela 5*, Majori, www.visitjurmala.lv, T: +371 67147900, GPS: 56.9715756, 23.7980068

Foto: Jānis Salins





Dubulti – Lielupe – Bulduri

The Most Popular Beaches in Latvia



The widest sandy beach of the Gulf of *Rīga* stretches from *Dubulti* to the *Lielupe* River. It is the main asset of *the Jūrmala* resort offering many beach cafés and different recreational possibilities. The coastal dune forests are permeated with a dense web of trails suitable for walking and stick-walking. The part of the *Baltic Coastal Hiking Route* located between the beach of the *Lielupe* River and *Jūrmala* beach is part of the *Ragakāpa* Nature Park. Form here, you can easily get back to *Bulduri* by taking *Bulduri prospekts* and the 5th line.



10

Foto: Jānis Salins

USEFUL INFORMATION

..... 15 km

🕒 5–7 h

🚩 *Dubulti* beach, opposite **P**

🚩 *Bulduri* railway station

📍 *Dubulti – Majori – Dzintari – Bulduri* – the *Lielupe* River – *Bulduri* railway st.



Sandy beaches, forest roads, trails, pavements with asphalt surfaces.



Easy



None.



The wooden parts of the *Ragakāpa* Nature Trail can be slippery in damp weather.



The estuary of the *Lielupe* River is a good place for bird watching.



Throughout the whole section, streets, pedestrian roads and forest trails stretch behind the dunes alongside the sea. If you are interested, you can go see the place where the *Lielupe* River flows into the sea (~ 1 km from the main itinerary.)

Rīgas jūras līcis



WORTH SEEING!

- 1 Art station Dubulti.** The only modern art space in Europe installed in a currently functioning railway station.
T: +371 29548719;
GPS: 56.97116, 23.77761
- 2 Aspazija's House.** It includes an authentic early 20th century interior and household items, but also projected holograms and interactive educational games.
T: +371 67769445;
GPS: 56.97144, 23.78113
- 3 The former sanatorium Marienbāde.** The first sanatorium in Jūrmala, built in 1870.
GPS: 56.97301, 23.78650
- 4 Majori.** The central part of Jūrmala. A blue flag beach with an illuminated walking path along the dunes.
- 5 The Sea Pavilion and the Turtle sculpture.** At the beginning of 20th century, this Art Nouveau pavilion historically housed a restaurant and a prominent dance hall with a swing-floor. It is now a dwelling house. GPS: 56.97620, 23.79826
- 6 The Emīlija Rācene Swimming Establishment** The building was erected at the beginning of the 20th century. It is now a dwelling house.
GPS: 56.97700, 23.80086
- 7 Jūras iela.** Here you can see almost all of the architectural styles characteristic to Jūrmala, which are represented by 23 architectural monuments of national and local importance.
GPS: 56.9754656, 23.8009798
- 8 Jomas iela.** Since 1987, it is a pedestrian street with most of the buildings being architectural monuments.
GPS: 56.97300, 23.80110
- 9 Jūrmala City Museum.** Entrance is free.
T: +371 67761915;
GPS: 56.97123, 23.80139
- 10 Dzintari.** A blue flag beach with a rich recreational infrastructure. Right behind the dunes you will find the legendary Dzintari Concert Hall where you can enjoy music concerts all year round.
GPS: 56.97584, 23.81917
- 11 Lielupe.** One of the quietest beaches in Jūrmala; there is a nudist beach closer to the estuary of the Lielupe River.
GPS: 57.00548, 23.92705
- 12 Ragakāpa Nature Park.** Ragakāpa Nature Park is a specially protected nature territory established in order to preserve the dunes covered with ancient pine forests and the biodiversity on the sea coast. GPS: 56.99613, 23.91551
- 13 Jūrmala Open-Air Museum.** The setting of a fishermen's homestead in Jūrmala at the turn of the 20th century. Entrance to the museum is free of charge.
T: +371 67754909;
GPS: 56.99653, 23.91645
- 14 Yacht club Jūrmala.** Here you can rent SUP boards and row boats to reach the White Dune located on the other bank of the Lielupe River. T: +371 29629947;
GPS: 56.98136, 23.87521

SERVICES



Accommodations

In this section, there are many accommodation possibilities.
For more information: www.visitjurmala.lv



Catering

In this section, there are many catering possibilities.
For more information: www.visitjurmala.lv



Shops

All over Jūrmala



Public transport

Trains to Riga, Sloka, Tukums run around every 20 min. www.pv.lv
City bus and minibus transport www.marsruti.lv/jurmala
To get to Vakarbuļi, the Lielupe River can be crossed by the raft SolVita,
T: +371 29549910.

TOURIST INFORMATION



Jūrmala TIC, Lienes iela 5, Majori,
www.visitjurmala.lv,
T: +371 67147900



Foto: Ojārs Martinsons



Foto: Ivars Kezbers



Foto: Jānis Salins



Bulduri – Riga City Center

Through the Forests To Riga







The itinerary is an alternative way to get from *Jūrmala* to *Riga* by going through the forest. After passing the bridge across the *Lielupe* River, the *Baltic Coastal Hiking Route* snakes through *Priedaine* with its wooden buildings, goes along the right bank of the *Lielupe* River, then turns towards the Southern part of *Bolderāja* Dune and crosses *Kleisti* forest past *Lāčupe* Cemetery. Next, it goes along the historic roads of *Pārdaugava* on the West bank of the *Daugava* River, namely, *Buļļu* and *Daugavgrīvas iela*, through *Dzegužkalns* Hill, passing the *Zunda* Canal and *Āgenskalns* bay until reaching the *Daugava* River, which the route crosses via the Stone bridge and then stops at Town Hall Square.

3

Foto: Ivars Ķezbers



USEFUL INFORMATION

- 23 km
-  8–10 h
-  *Bulduri* railway station
-  *Riga* Town Hall Square next to the *Riga* tourism information center.
-  *Bulduri – Priedaine – Liepezers – Lāčupe – Ilģuciems – Riga* Old Town



Mostly asphalt, (sandy) forest trails, cobblestones, in some places, gravel roads.



Medium



None.



Vārnukroga road is winding and has no pedestrian sidewalk (be careful!). The intersection of *Kleistu* and *Buļļu iela* [a controlled pedestrian crossing is planned].

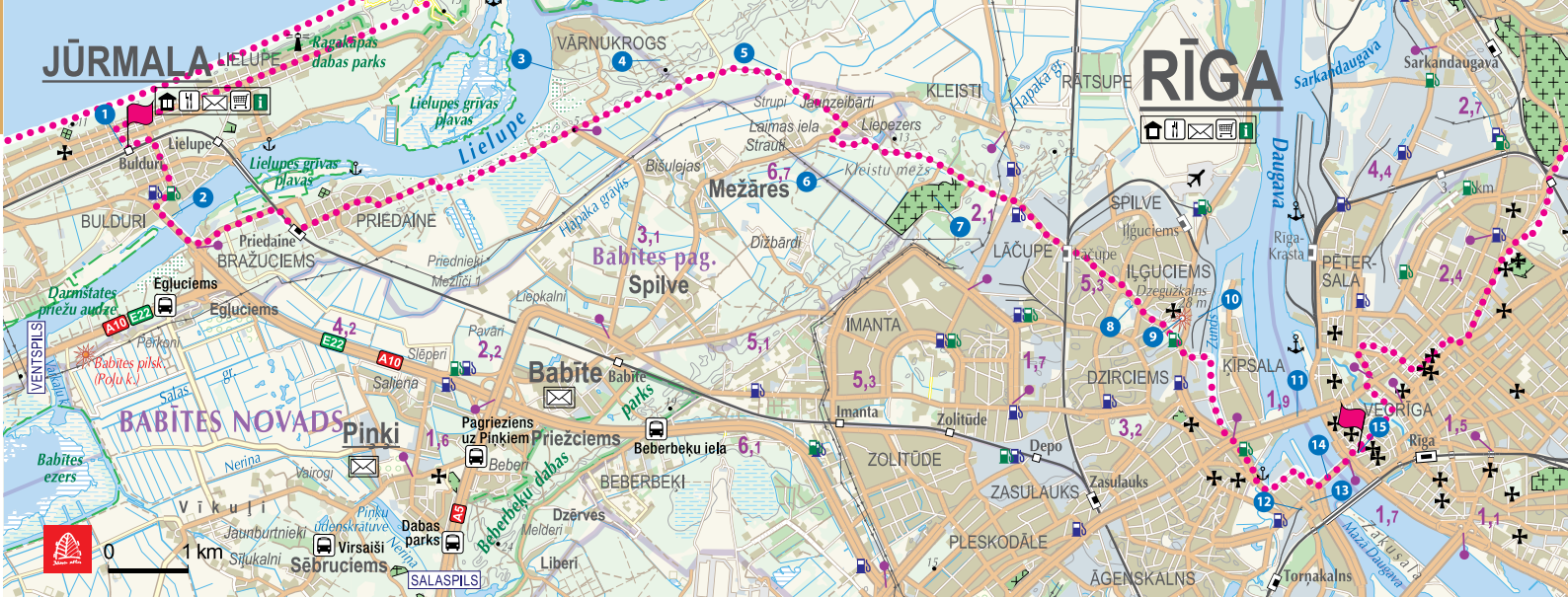


In the forests, there can be sandy or muddy (in case of wet

weather) roads. When using streets/roads, road traffic regulations must be observed. No services are available from *Priedaine* to *Lāčupe*. When on a road for pedestrians and cyclists, you have to stay in the lane meant for pedestrians. Be careful when crossing the bicycle lane.



Riga public transport runs from *Liepezers*, *Kleisti* and *Lāčupe* Cemetery (timetables: <https://saraksti.rigassatiksmelv/index.html>). You can cover the distance from *Bulduri* and *Priedaine* to *Riga* by train (www.1188.lv). Next to the *Līvu* akvaparks water park, there is a bicycle rental from which you can reach *Riga* by using the bicycle lane (~ 16 km).



WORTH SEEING!

- 1 **Bulduri.** Here you will find a blue flag beach. A 19th century Lutheran church is located nearby. When coming from the beach, the road leads you through a prestigious residential area with historical and modern buildings. You can visit the exhibition halls in the *Jūrmala Artists' House*. GPS: 56.98156, 23.85076
- 2 **The Līvu akvaparks water park.** One of the biggest water parks in Northern Europe. T: +371 67147240; GPS: 56.97387, 23.86020
- 3 **The White Dune.** A 15-17 m high dune outcrop formed in the middle of the 18th century on the right bank of the *Lielupe River* near the *Bullupe River*. GPS: 56.99033, 23.93989
- 4 **The Bolderāja Dune.** The biggest dune ridge in *Pārdaugava* (the West bank of the *Daugava River*). GPS: 56.99138, 23.96206
- 5 **8. A Memorial site to the *Daugavpils Infantry Regiment*** in honor of the soldiers that fell in the Latvian War of Independence in 1919. GPS: 56.98904, 23.98634
- 6 **The Kleisti forest.** GPS: 56.97940, 23.99917
- 7 **The Lāčupe Cemetery or Lācars Cemetery** was opened at the end of the 19th century. GPS: 56.97616, 24.02042
- 8 **The Nordeķi Manor.** One of the most exceptional baroque style wooden buildings in *Riga* that was first documented in the 16th century. GPS: 56.96364, 24.06036
- 9 **Dzegužkalns.** The highest hill in *Riga* situated 28 m above sea level. GPS: 56.960914, 24.068169
- 10 **The territory of the historic Zunda Village** is located between *Daugavgrīvas iela* and the *Zunda Canal*. The biggest and the

most ancient settlement of the area since the 17th century.

GPS: 56.96197, 24.07268

- 11 **Vanšu (Cable-stayed) Bridge.** It is 560 m long with a 312 m steel span and one load bearing pylon made out of reinforced concrete. Opened in 1981. GPS: 56.94808, 24.07976
- 12 **The Railway Museum.** Here you can find out how the train movement is controlled and how different devices work, as well as take a look at different locomotives and railcars. GPS: 56.94089, 24.09456
- 13 **The Latvian National Library (LNL).** The building was opened to visitors in 2014 and the people have renamed it the *Castle of Light*, referring to the poem written by the Latvian poet *Auseklis* (1850-1879) that stands for a repository of wisdom. The idea underlying the exterior of the building stems from the play *The Golden Horse* written by *Rainis* (1865-1929) where the author depicts a glass mountain with a sleeping princess and only the pure-minded *Antiņš* can ride up the hill and wake the princess. GPS: 56.94112, 24.09649
- 14 **The Stone Bridge.** A 503.12 m long granite and metal bridge connecting *Pārdaugava* on the West bank of the *Daugava River* and *Riga Old Town* on the East bank. GPS: 56.94321, 24.09832
- 15 **Town Hall Square.** In Medieval times, it was the central square of the town and the economic and administrative center of the town until the 19th century. The square was destroyed during World War II. In 2003, Town Hall Square was fully rebuilt, as well as the House of the Blackheads and the statue of *Roland*. Next to it, there is a Soviet-style building erected in 1970 that housed the Museum of the Occupation of Latvia; during its renovation the museum's exhibits can be found on *Raiņa Boulevard 7*. GPS: 56.94751, 24.10651



SERVICES

Accommodations

Riga City offers many possibilities for accommodation.

Catering

In *Riga*, there are very many catering possibilities.

Shops

Available throughout the whole length of the itinerary.

Public transport

Train: *Bulduri – Riga* www.pv.lv
Babīte station-city center-*Preču 2* (bus No. 13); *Lāčupe Cemetery*-city center-*Abrenes iela* (bus No. 39)
 Public transport in *Riga*:
www.rigassatiksmelv

TOURIST INFORMATION

i *Riga TIC*, Town Hall Square, *Rātslaukums 6*, www.LiveRiga.com, T: +371 6703 7900; GPS: 56.947260, 24.107069

13

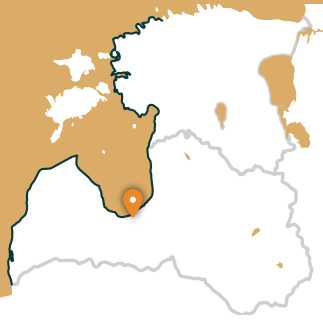


12



Foto: Ivars Kezbers





Riga City Center – Vecāķi

Riga Old Town – a UNESCO World Heritage site



Initially, the itinerary takes you on a small stroll around *Riga City Center*, *Riga Old Town*, leads along the City Canal through *Kronvalds Park*, via *Alberta iela* (Art Nouveau buildings) and further on via *Miera iela* through the *Lielie kapi* Cemetery, via *Kokneses* and *Ostas prospekts* through *Mežaparks* and then it reaches *Jaunmīlgrāvis* and crosses *Mīlgrāvis*. Then it meanders along *Vecāķu prospekts* up to *Ziemeļblāzma* and the banks of the Old *Daugava River* (*Vecdaugava*) separated by only a couple of kilometers from *Vecāķi*. After a two-day hike through *Riga*, the *Baltic Coastal Hiking Route* leads you out to the beach again.



USEFUL INFORMATION

..... 24 km

🕒 8–10 h

🚩 *Riga Town Hall Square* next to the *Riga* tourism information center.

🚩 *Vecāķi beach* opposite *Pludmales iela* **P**

📍 *Riga Old Town – Miera iela – Mežaparks – Ziemeļblāzma – Vecdaugava – Vecāķi*

🚶🚲 There are pedestrian sidewalks and lanes for pedestrians and cyclists

(separated lanes) throughout the entire length. Asphalt, in some places, cobblestones.

🚦 Medium

🚧 None.

⚠️ When on a road for pedestrians and cyclists, you have to stay in the lane meant for pedestrians. Be careful when crossing bicycle lanes, railway and tram lines and streets. **Good to know!** When travelling in the city, road traffic regulations must be observed.




Alternatives: Bicycle rental is available in the *Riga City Center*. You can go from *Riga City Center* (*Skanstes iela*) to *Vecāķi* via a bicycle lane (~ 18 km). Buses and the train runs between *Riga City Center* and *Vecāķi* (stations: *Zemitāni*, *Brasa*, *Sarkandaugava*, *Mangaļi*, *Ziemeļblāzma*, *Vecdaugava*, *Vecāķi*), you can go to the *Mežaparks* neighborhood by tram (No. 11). Transport timetables:

WORTH SEEING!



- 1** **Riga Old Town.** The most ancient part of Riga City representing the city center and also a UNESCO site.
- 2** **Līvu Square.** It was built after World War II and contains an 18th century complex of dwelling buildings.
GPS: 56.949563, 24.109073
- 3** **The Laima Clock.** One of the symbols of Riga built in 1924.
GPS: 56.95041, 24.11199
- 4** **The Freedom Monument.** A symbol of the freedom of Latvia that was built in 1935 and financed entirely from public donations.
GPS: 56.95148, 24.11328
- 5** **Kronvalds Park.** A part of the greeneries on the banks of the Riga Old Town canals covering an area of 11,92 ha.
GPS: 56.95677, 24.10502
- 6** **Alberta iela, the Art Nouveau Museum.** Historic Art Nouveau buildings are displayed throughout the whole length of the street.
GPS: 56.95941, 24.10855
- 7** **Stūra māja (The Corner House)** Built in 1911 representing the National Romantic and Art Nouveau styles. Starting in 1940, it housed the headquarters of the Latvian SSR State Security Committee (KGB) also called cheka which carried out interrogations and capital punishments. In 2014, it was turned into a museum.
T: +371 27875692;
GPS: 56.95813, 24.12412
- 8** **Dailes Theatre.** One of the most ambitious 20th century cultural buildings in Riga and an illustrative example of Soviet Modernist architecture.
GPS: 56.95974, 24.12620
- 9** **The Laima Chocolate Museum.** AS Laima was founded in 1925 and represents a flagship of Latvia in the production of chocolate and chocolate candies.
T: +371 66154777;
GPS: 56.96305, 24.13174
- 10** **The Riga Brethren Cemetery Memorial Ensemble** The most excellent and important memorial ensemble in Latvia. Inaugurated in 1936.
GPS: 56.98738, 24.14448

- 11** **The Riga Zoo.** A garden with a total area of 20 ha with 430 animal species, more than 40 of which are included in the Red Data List. T: +371 67518409;
GPS: 57.00619, 24.15752
- 12** **Mežaparks.** One of the most beautiful, greenest and most prestigious neighborhoods in Riga that is also a popular rest area. GPS: 57.00581, 24.15535
- 13** **The Culture palace Ziemeļblāzma.** Built in 1913 by the timber industrialist and art patron A. Dombrovskis. Today it is used as a concert hall. T: +371 20270966;
GPS: 57.03673, 24.10123.
- 14** **The Vecdaugava Nature reserve.** A significant territory made to protect open dune meadows and seaside meadows, an important bird nesting site.
GPS: 57.05891, 24.09558
- 15** **The Parabolic dune.** A 10 m high and 1 km long sand dune that is around 200 years old. GPS: 57.07789, 24.09832
- 16** **Vecāķi beach.** Volleyball courts and football pitches, kiteboarding on windy days. GPS: 57.08137, 24.10398

SERVICES

-  **Accommodations.** Very many possibilities for accommodation.
-  **Catering.** The city offers very many catering possibilities.
-  **Shops.** Available throughout the whole length of the itinerary.
-  **Public transport**
Train: Riga City Center – Vecāķi www.pv.lv
Riga City Center – Vecāķi: Bus No. 24 rigassatiksmel.lv

TOURIST INFORMATION

-  **Riga TIC, Town Hall Square, Rātslaukums 6, www.LiveRiga.com, T: +371 6703 7900; GPS: 56.947260, 24.107069**
-  **Riga TIC, Līvu laukums, Kaļķu iela 16, www.LiveRiga.com, T: +371 6722 7444; GPS: 56.948933, 24.109274**



Highlights of the *Vidzeme* coast

- The Nature Park Piejūra (Seaside) with the Gauja rivermouth and pine forests in dunes between *Vecāķi* and *Carnikava*
- Saulkrasti beach, a popular site for seaside holidays
- The White Dune and Sunset Trail in *Saulkrasti*
- Munchausen's museum and tall tales
- The Rocky beach of *Vidzeme*
- The Devonian sandstone outcrops
- The *Randu* meadows: Latvian "wild plant herbarium" and birdwatching site
- Lamprey tasting in *Carnikava*, *Svētciems* and *Salacgrīva*
- Coastal towns: The jazz festival and other music events in *Saulkrasti*, the port and pubs serving fish in *Salacgrīva*
- The Museum of the *Ainaži* Naval School



LATVIA THE VIDZEME COAST



THE EAST COAST OF THE GULF OF RIGA

Vecāķi – Ainaži:
112 km, Day 25 – Day 30



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, pubs, estuaries of small rivers. The Baltic Coastal Hiking Route winds through *Carnikava*, *Saulkrasti*, *Zvejniekciems*, *Salacgrīva* and *Ainaži*. It traverses small streams that you can wade across in the summer. In this section of the Baltic Coastal Hiking Route you will find the estuaries of the *Gauja* River and the *Salaca* River which can be bypassed via bridges. *Carnikava* and *Salacgrīva* are famous for lampreys, which are cooked according to special recipes used by the local fishermen. In *Dunte*, you can visit the museum of the famous teller of tall tales, Baron Munchausen. *Randu* Meadows is a notable migratory and nesting site for birds. Shortly before reaching Estonia, the itinerary takes forest trails to pass around the coast overgrown in grass and reeds.

The Story of the *Vidzeme* coast

In the middle of the 19th century, the building of sailing ships was initiated on the *Vidzeme* coast.

Farmers living along the Latvian littoral started to study in the newly established naval schools, built wooden sailing ships for the high seas on their own and went on long voyages across all the oceans of the world. There were three shipbuilding sites along the coast of the *Saulkrasti* territory: in *Pabaži*, *Pēterupe* and *Skulte*. In the period from 1852-1913, 52 sailing ships were built there.



Autor J. Serėgins



Vecāķi – Carnikava







Between The Estuaries Of Two Rivers:
The Daugava River And The Gauja River








This sections 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*.




USEFUL INFORMATION

-  14 km
-  5–6 h
-  *Vecāķi* beach opposite *Pludmales iela*
-  Next to the *Carnikava* pedestrian bridge across the *Gauja* River 
-  *Vecāķi – Mežciems – Carnikava*

-  Mainly sandy beach, a forest trail connecting the seacoast and *Laivu iela* (a promenade is planned), the *Gauja* River levee (gravel road).
-  Medium
-  The mouth of the *Eimura* Canal can be bypassed via a bridge (~ 100 m from the sea).
-  None.

 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.

 Forest roads and trails connecting the villages are located behind and between the dunes. The estuary of the *Gauja* River next to the sea can be crossed by raft (12 people) that has to be booked in advance by calling +371 29214438, for an additional fee.



1



1

Rīgas jūras līcis



WORTH SEEING!

- 1 **Nature Park Piejūra (Seaside).** There are important protected habitats from Carnikava to the Inčupe River: embryonic dunes, foredunes, water caltrop (*Trapa natans L.*) in Lake Ummis and coastal dunes covered in old forests. GPS: 57.151073, 24.252958
- 2 **The Carnikava Local History Center.** Made as a copy of the fisherman's and ferryman's house Cēlāji built in 1851 in the estuary of the Gauja River. An exhibition and an equipped rest area are available to visitors. GPS: 57.135495, 24.271367
- 3 **The pedestrian bridge across the Gauja River.** 18 November 2014 marks the inauguration of the longest pedestrian and cyclist bridge in Latvia that is a significant section of the EuroVelo 13 Iron Curtain Trail. GPS: 57.134194, 24.283184
- 4 **The Carnikava Manor capital.** The only remnant of the once most splendid manor in Vidzeme. GPS: 57.130457, 24.274082

- 5 **The estuary of the Gauja River where it meets the sea.** The estuary of the Gauja River has still maintained its natural appearance with the reciprocity of the river and the sea. The estuarine landscape has been included in the electronic repository of the most precious landscapes in Latvia. GPS: 57.159648, 24.265892
- 6 **The sculpture Remembering.** The sculpture, created by V. Titāns, symbolizes never giving up, always getting back up and keeping on going. GPS: 57.132677, 24.281304

SERVICES



Accommodations

1. **Hotel Porto Resort**, T: +371 22722258; GPS: 57.185164, 24.346336



Catering

1. **Pizzeria** (in summer), T: +371 20865000; GPS: 57.1287839, 24.2792399
2. **Arita A**, T: +371 67903044; GPS: 57.08204, 24.15929
3. **Tīne**, T: +371 29684818; GPS: 57.128824, 24.278446

4. **The Bakery**, T: +371 67993454; GPS: 57.1290892, 24.2785814
5. **Priedes IT**, T: +371 29232048; GPS: 57.1054977, 24.1994377
6. **Lila Mare** (in summer), T: +371 29810089; GPS: 57.1878533, 24.3286332
7. **Porto Resort**, T: +371 22722258; GPS: 57.185164, 24.346336

Shops

In Kalngale village, Garciems village and Carnikava.



Public transport

Regular train transport connects Kalngale and Lilaste (~ 14 times per day). Bus transport connects Kalngale and Lilaste (~ 6 times per day).



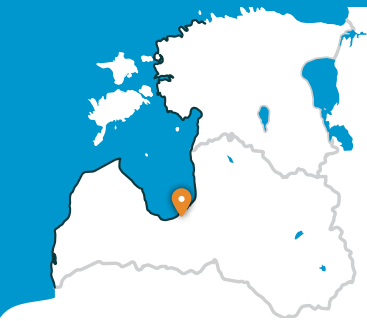
Rest areas

The Eimura Canal, GPS: 57.11312, 24.19015, Local History Center, GPS: 57.1354098, 24.2715979 At the end of Atpūtas iela, GPS: 57.133487, 24.278380

TOURIST INFORMATION



Carnikava District TIC, Stacijas iela 5, Carnikava, www.tourism.carnikava.lv, T: +371 67708443, 371 29326285



Carnikava – Saulkrasti


The Sunset Trail With Romantic Sunset Vistas





Initially, the itinerary leads you through the *Gauja* River levees in *Gauja* village reaching the estuary of the *Gauja* River, which is a good place for bird watching. The hike continues along a sandy beach up to the estuary of the *Inčupe* River, before which you have to turn inland to get to a bridge and to cover the next couple of kilometers across the wooded dune tops of the Sunset Trail with a view of the beach. After crossing the *Pēterupe* River (cable bridge), the *Baltic Coastal Hiking Route* continues along the beach and reaches the Sea Park in *Saulkrasti*.





USEFUL INFORMATION

..... 20 km  7–9 h


 The pedestrian bridge in *Carnikava* across the *Gauja* River, next to **P**


 *Saulkrasti* Sea Park, *Saulkrasti* TIC

 *Carnikava*–the *Gauja* River–*Lilaste*–*Pabaži*–*Saulkrasti*


 Asphalt, gravel roads, the *Gauja* River levee (lawn), occasionally sandy roads (near the banks of the *Gauja* River), sandy beaches, forest trails and plank trails on the Sunset Trail. As you approach *Saulkrasti*, there is also fine gravel.


 Medium

 The small *Starpiņupīte* River, which you can wade across during low water, but after strong rains you have to take the detour to the A1 road. It is planned to build a pedestrian bridge across the small *Lilaste* River next to the sea. The *Inčupe* River and the *Pēterupe* River can be crossed via a bridge.

 It is dangerous to wade and swim in the *Gauja* River and its estuary (the current, silt and shallow places alternating with deep ones). A former Soviet military site is located in the dunes between the

mouth of the *Lilaste* River and *Bātdciems* village.

 There are no catering companies on the beach between *Carnikava* and *Saulkrasti*. You should avail yourself of binoculars for bird watching. A nudist beach is located before *Saulkrasti*.

 The mouth of the *Gauja* River next to the sea can be crossed by raft (12 people, to be booked in advance, for an additional fee): +371 29214438. After passing the mouth of the *Inčupe* River, the main itinerary goes through the Sunset Trail, but the distance can be covered via the beach.

WORTH SEEING!

- 1 **Nature Park *Piejūra* (Seaside).**
There are important protected habitats from *Carnikava* to the *Inčupe* River: embryonic dunes, foredunes and coastal dunes covered with old forests.
GPS: 57.161387, 24.268422
- 2 **The White Dune and the *Inčupe* River.**
The most beautiful place in this section of the itinerary in terms of landscape.
GPS: 57.23491, 24.39173
- 3 **The Sunset Trail.** A scenic trail (3,6 km) for a walk in the dunes, which connects the *Inčupe* River and the *Pēterupe* River and where you can see the most beautiful sunsets. GPS: 57.23503, 24.39192
- 4 ***Saulkrasti* Bicycle Museum.** The only museum in Latvia dedicated to bicycles with unique exhibits. T: +371 28883160; GPS: 57.24189, 24.40109
- 5 **The *Pabaži* Dunes and the *Pēterupe* River.** Beautiful scenic places to see panoramic views of the sea and the flow of the *Pēterupe* River (1 km) in parallel with the sea. You will see some great pines and oddly shaped trees on your way. GPS: 57.24280, 24.39855
- 6 **The historic center of *Pēterupe*.** The *Pēterupe* Lutheran Church, the priest's manor, the town center. GPS: 57.26087, 24.41655
- 7 **The Sea Park and Blue Flag swimming area *Centrs*.** GPS: 57.26664, 24.41103

SERVICES

Accommodations

1. **Hotel *Pine Resort*,**
T: +371 67951960;
GPS: 57.23854, 24.39813
2. **Guest house *VinDen*,** T: +371 26558349;
GPS: 57.24736, 24.40395
3. **Guest house *Pie Majas*,**
T: +371 29405480, T: +371 25873406;
GPS: 57.25734, 24.41399
4. **Guest house *Saulrieti*,**
T: +371 67951400, T: +371 29407267;
GPS: 57.26207, 24.41019

Catering

1. ***Baltā kāpa*,** T: +371 29113766;
GPS: 57.23302, 24.39335
2. **Restaurant *Pino* (in summer),**
T: +371 26326916;
GPS: 57.23854, 24.39813
3. ***Cietais rieksts*,** T: +371 22079570;
GPS: 57.24683, 24.40476
4. ***Bemberi*,** T: +371 67952236;
GPS: 57.26292, 24.41447
5. ***10 balles*,** T: +371 67952873;
GPS: 57.26332, 24.41474
6. ***Costa del Sol* (in summer),**
T: +371 29378620;
GPS: 57.26634, 24.41154
7. ***Mare* (in summer),** T: +371 29216204;
GPS: 57.26719, 24.41186
8. ***Saules dārzs* (in summer),**
T: +371 26304868, +371 28386518;
GPS: 57.26723, 24.41351

Shops
In *Carnikava* and *Saulkrasti*.

Public transport
Train transport connects *Carnikava* and *Saulkrasti* (~ 14 times per day).
Bus transport connects *Carnikava* and *Saulkrasti* (~ 6 times per day).

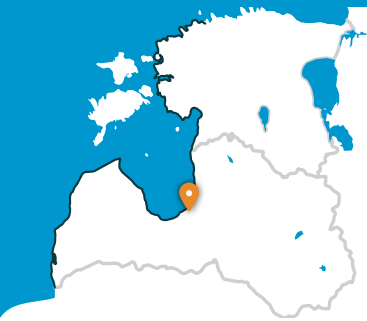
Rest areas
Sidrabsaliņa, GPS: 57.143680, 24.325053
The Sunset Trail, GPS: 57.23444, 24.39197
and GPS: 57.23506, 24.39190
Jūras parks, GPS: 57.26634, 24.41130



TOURIST INFORMATION

Saulkrasti TIC, Saulkrasti,
Ainažu iela 13b,
www.visitsaulkrasti.lv,
T: +371 67952641;
GPS: 57.26714, 24.41276





Saulkrasti – Lauči

The Gate To The Rocky Seashore Of Vidzeme



The first kilometers leading up to *Zvejniekiems* can be covered via the beach or via a trail meandering through the dune forest with old pines whose bark looks like crocodile skin. Here you can also see an old wooden hut with fishing nets and tools. Before reaching the port of *Skulte*, the first rocks appear on the beach of *Zvejniekiems*. After making a detour around the estuary of the *Aģe* River and the port, the *Baltic Coastal Hiking Route* returns to the beach where you can already see Cape *Ārņi* from afar, while beyond it the brown back of the Big *Lauči* Sea Boulder comes into view. Varied coastal landscapes.



USEFUL INFORMATION

..... 13 km ⌚ 4–6 h

🚩 *Saulkrasti Jūras parks, Saulkrasti TIC*

🚩 *Lauči*. Near the sea, there is paid **P**

📍🚶 *Saulkrasti – Zvejniekiems – Ārņi – Lauči*

🌲🌳 Fine gravel, sand, plank-ways, forest trails. In *Zvejniekiems*, asphalt, bays with sandy beaches, capes with stones, in some places, pebbles.

🟡🟡 Medium

🚧 The *Ķīšupe* River can be crossed via bridge. The port of *Zvejniekiems* has to be bypassed, the *Aģe* River can be crossed by using the cable-stayed bridge. You can wade across the brooks during low water. It is easier to walk across the shoals if the sea has "retreated".

⚠️ The stones overgrown with algae are slippery. A lot of stones "move". You will need

suitable (closed) footwear and walking poles for support.

⚠️ In some places, fine gravel is washed ashore which makes walking difficult.

🗺️ In case of strong wind, you can reach *Zvejniekiems* village via forest trails, while to go from *Zvejniekiems* to *Ārņi* village you can use a coastal road. Vigorous walkers can combine this section with the next day's one and finish in *Tūja*.



WORTH SEEING!

- 1 The estuary of the *Kīšupe* River.
GPS: 57.32705, 24.40748
- 2 The historic center of *Neibāde*. The *Saulkrasti* open-air stage, a monument to the founders of the seaside resort, the old bath house. GPS: 57.27707, 24.41789
- 3 Swimming area *Rūķīši*.
GPS: 57.28367, 24.41299
- 4 The Rocky beach of *Zvejniekciems*. It starts after the *Kuņurdziņa* River and stretches up to the port of *Skulte*.
GPS: 57.29457, 24.40783
- 5 The heritage of architect *Marta Staņa* in *Zvejniekciems*. The *Melnalkšņi* home
GPS: 57.30154, 24.40879;
the culture house *Zvejniekciems*, *Zvejniekciems* secondary school,
GPS: 57.31721, 24.41594
- 6 The *Aģe* River.
GPS: 57.31849, 24.41337
- 7 The Port of *Skulte* and the North Pier.
GPS: 57.31785, 24.40130
- 8 Cape *Ārņi*.
GPS: 57.35604, 24.40079
- 9 *Lauči* stones.
GPS: 57.36711, 24.40114

SERVICES

Accommodations

1. Guest house *Tereza*,
T: +371 67952541, +371 29134171;
GPS: 57.28396, 24.41510 (in summer)
2. Hotel *Minhauzena Unda*,
+371 67955198; GPS: 57.29192, 24.41537
3. Guest house *Baltās dūjas*,
T: +371 29735650;
GPS: 57.29672, 24.41053
4. Campsite *Uzkalni*, T: +371 26346047;
GPS: 57.31102, 24.41037
5. Campsite *Jūras priede*,
T: +371 67954780;
GPS: 57.32001, 24.40674



Catering

1. *Lagūna*, T: +371 26178744;
GPS: 57.27174, 24.41262 (in summer)
2. *Tereza*, T: +371 67952541,
T: +371 29134171;
GPS: 57.28396, 24.41510 (in summer)
3. *Koklītes*, T: +371 29171596;
GPS: 57.29343, 24.40833 (May – October)
4. *Saltwater*,
T: +371 27527551, +371 23073608;
GPS: 57.29869, 24.41005
5. *Vēja rags*, T: +371 26738774;
GPS: 57.29867, 24.41179
6. *Mezglis*, T: +371 67954256;
GPS: 57.30672, 24.41082
7. *Jūras priede*, T: +371 67954780;
GPS: 57.31979, 24.40720 (in summer)
8. *Aizvēji*, T: +371 26547055;
GPS: 57.32705, 24.40748 (in summer)
9. Restaurant *Lauču akmens*,
T: +371 26350536;
GPS: 57.36733, 24.40276



Shops

Saulkrasti, Zvejniekciems.



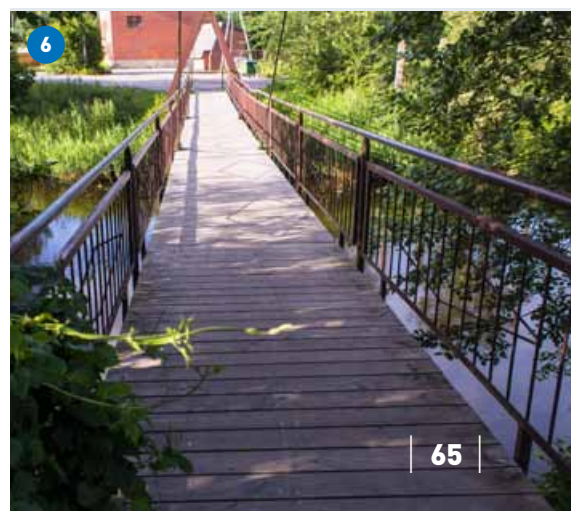
Public transport

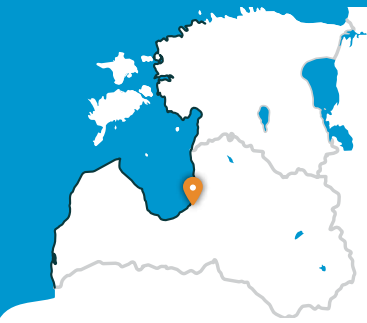
Train transport connects *Saulkrasti* and *Skulte* (~ 11 times per day).
Bus transport connects *Saulkrasti* and *Dunte* (~ 13 times per day).



TOURIST INFORMATION

i *Saulkrasti TIC*,
Saulkrasti, Ainažu iela 13b,
www.visitsaulkrasti.lv, T: +371 67952641;
GPS: 57.26714, 24.41276





Lauči - Tūja

The Bygone Times Of Sailing Ships





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 some places, small patches of reeds appear, while near *Tūja* you will see the first sandstone outcrops.





USEFUL INFORMATION


..... 15 km

 5-7 h


 *Lauči*. Near the sea: **P**


 *Tūja* before the estuary of the *Zaķupīte* River, next to **P**


 *Lauči - Lembuži - Tūja*


 Gravel, sand, stones of different sizes, pebbles.

 Hard

 You can wade across the *Liepupe* River during low water (there is a bridge around 0,7 km away from the sea). The other rivulets (brooks) can be waded in.

 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.

 The stones overgrown with algae are slippery. A lot of stones "move". You will need suitable (closed) footwear and walking poles for support.

 *Lembuži* Village and *Tūja* are connected by a small forest road stretching across the upper part of the coast (2,5 km) that can be used in case of strong wind. Vigorous walkers can combine this section with the one from the previous day and start in *Saulkrasti*.



WORTH SEEING!

- 1** **Skulte beach, the Vārzas swimming area.**
GPS: 57.379654, 24.400140
- 2** **ZUGU the magical ceramics of happiness and success.** You can observe the process of how earthenware is made, visit an exhibition and buy pottery. Visiting an apiary. T: +371 29783447; GPS: 57.3994381, 24.4334471
- 3** **Ingrīda Žagatas ceramics workshop Cepli.** Participatory workshop, gallery Ligzda with a ceramics exhibition and the possibility to purchase it. T: +371 29234867; GPS: 57.3997957, 24.4333015
- 4** **Munchausen's museum and Forest Trail.** T: +371 26481904, +371 67955198; GPS: 57.40476, 24.42517
- 5** **Sailing ship stone.** Memorial stone to the Liepupe shipyard. GPS: 57.4544808, 24.3860725
- 6** **The Tūja Outcrop.** A scenic sandstone outcrop washed out by the sea waves which is located south of the Zaķupe River's estuary. GPS: 57.48692, 24.38154
- 7** **Zaķu (Zaķupes) stone.** A geological and geomorphological natural monument. GPS: 57.4931046, 24.4137722

- 5. Holiday home Jūras bura,**
T: +371 29 847 299,
GPS: 57.482935, 24.383728
- 6. Campsite Jūrasdžeņi,**
T: +371 26 550 574;
GPS: 57.490860, 24.381409
- 7. Holiday home Miera osta,**
T: +371 29237379;
GPS: 57.494225, 24.383690
- 8. Campsite Krimalnīeki,**
T: +371 29403119,
GPS: 57.503059, 24.382439



Catering

- 1. Munchausen's World** (in summer), T: +37129225554; GPS: 57.405285, 24.424696
- 2. Sidrabīni,** T: +37129225554, GPS: 57.466206, 24.436115
- 3. Jūrasbite** (in summer), GPS: 57.490837, 24.381323
- 4. Liedags -L,** T: +371 29777295 GPS: 57.4892063, 24.3898211 ;
- 5. Liepupes muiža,**
T: +371 27 802 801;
GPS: 57.463016, 24.471790
- 6. MEKE,** T: +37129113777
GPS: 57.436044, 24.429443
- 7. Nāc un ēd Birzgaiļos,** T: +371 26410633; GPS: 57.434111, 24.45113



Shops

In Dunte, Vārzas village and Tūja Skulte market of country goodies (Saturdays, 8.00 – 13.00). T: +371 26525513, GPS: 57.33029, 24.44213



Public transport

Bus transport connects Saulkrasti and Dunte (~ 13 times per day).

SERVICES



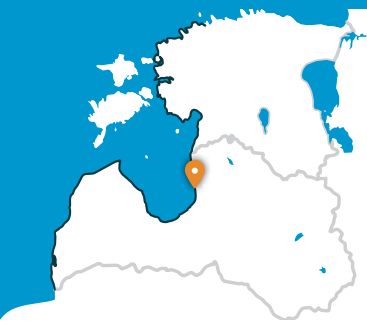
Accommodations

- 1. Holiday home Ēvelbeņķi,**
T: +371 26552626 (lv, ru),
T: +371 29390877 (eng),
GPS: 57.3856089, 24.4312044
- 2. Holiday homes Jūras māja and Duntēs Urdziņas,** T: + 371 29234705; GPS: 57.3985948, 24.4005470
- 3. Hotel MEKE,** T: +371 29113777
GPS: 57.441767, 24.427409
- 4. Hotel Liepupes muiža,**
T: +371 64020268,
GPS: 57.463016, 24.471790

TOURIST INFORMATION

- i** **Limbaži TIC:** Torņa iela 3, Limbaži, Limbaži town, www.visitlimbazi.lv;
T: +371 64070608, T: +371 28359057;
GPS: 57.5147608, 24.7141087
- i** **Salacgrīva TIC,** Salacgrīva, Rīgas iela 10A, www.visitsalacgriva.lv;
T: +371 26463025, +371 64041254;
GPS: 57.751807, 24.355783
The application **Vidzeme Coast** is available on Google Play Store (Android).





Tūja – Svētciems

The Rocky Beach of Vidzeme





One of the most beautiful sections of the *Baltic Coastal Hiking Route*, which begins by crossing the *Zaķupīte* River. Up to the *Ķurmragi* Lighthouse, there are mostly sandy beaches with small sections of stones. Further on, the Rocky Seashore of *Vidzeme* starts: capes alternate with small coves, while 4 m high sandstone outcrops emerge on the coast. Sandy beaches continue to prevail after passing *Cape Meleki*, while before the mouth of the *Svētupe* River the beach is thickly overgrown and reedy, so it must be bypassed via a forest trail.





USEFUL INFORMATION

..... 24 km Ⓒ 8–10 h


 *Tūja* before the estuary of the *Zaķupīte* River, next to **P**


 *Svētciems* village next to the estuary of the *Svētupe* River, opposite the campsite *Vējavas* (paid **P**)

 *Tūja – Ķurmragi – Meleki – Vitrupe – Šķīsterciems – Lāņi – Svētciems*


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


 Hard

 You can wade across the estuary of the small *Zaķupīte* River during low water (detour via *Jūras* and *Liedaga iela* in *Tūja*, a bridge 0,8 km away). The *Vitrupe* River can be bypassed via a bridge (0,5 km from the sea). During flood season, the water level may be high in the *Kurlīņupe* River (bridge 0,9 km from the sea). The Reisa reeds start before the estuary of the *Svētupe* River.

 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.

 The stones overgrown with algae are slippery. A lot of stones “move”. You will need suitable (closed) footwear and walking poles for support.

 *Tūja* and *Meleki* are connected by a forest trail stretching across the upper part of the coast with some interruptions, which can be used in case of strong winds. It is more comfortable for walking than the rocky beach. The forest trail also links *Šķīsterciems* village and *Svētciems* village (watch out for roaming dogs on the roadsides).



WORTH SEEING!

- 1** **O. Kiršteins landscape garden.** A fascinating collection of conifers, thought-out flower-beds, decorative stones, a cascade of waterfalls and a gully that looks like a mountain river when there is strong rain. T: +371 26417757, GPS: 57.4971880, 24.3837290
- 2** **Ķurmragi, the Ķurmragi Lighthouse.** The most prominent cape on the coast of the Gulf of Riga on the Vidzeme side. Nowadays the lighthouse has slid down to sea level where its slanting silhouette rises from the sea. GPS: 57.5416615, 24.3624531
- 3** **The Rocky Seashore of Vidzeme.** GPS: 57.545402, 24.364566
- 4** **Veczemju Cliffs.** The most astounding and splendid red sandstone cliffs on the coast of Vidzeme. GPS: 57.589653, 24.371023
- 5** **The Svētupe River lamprey weir.** A unique opportunity to not only taste grilled lamprey, but also to participate in lamprey fishing. T: +371 29417413; +371 29417933; GPS: 57.6867256, 24.3610242

SERVICES

Accommodations

- 1. Campsite Jūrasdzeņi,** T: +371 26550574; GPS: 57.490860, 24.381409
- 2. Miera osta,** T: +371 29237379 GPS: 57.494225, 24.383690
- 3. Campsite Krimalnīeki,** T: +371 29403119; GPS: 57.503059, 24.382439
- 4. Guest house Vecmuiža,** T: +371 26477996, +371 29297338; GPS: 57.514862, 24.437326
- 5. Holiday home Klintskalni,** T: +371 29268792, +371 2924265; GPS: 57.5164486, 24.3811542
- 6. Guest house Mežupes,** T: +371 29216888, +371 29167638; GPS: 57.566200, 24.422737
- 7. Campsite Klintis,** T: +371 27852476; GPS: 57.579079, 24.366240
- 8. Guest house Bērziņi,** T: +371 29425352; GPS: 57.5939287, 24.3747299

- 9. Guest house Karle,** T: +371 25904598; GPS: 57.6215296, 24.3893096
- 10. Country house Korķi,** T: +371 29239788; GPS: 57.6415064, 24.3786982
- 11. Recreation complex Rakari,** T: +371 26664447; GPS: 57.686905, 24.367075
- 12. Holiday home Vējavas,** T: +371 64071667, +371 26463252; GPS: 57.687485, 24.363771
- 13. Holiday homes Kosiši,** T: +371 29 479 426; GPS: 57.6965895, 24.3524464
- 14. Country house Kraujas,** T: +371 26520939; GPS: 57.71876, 24.34498



Catering

- 1. Café Liedags L,** T: +371 29777295; GPS: 57.4892063, 24.3898211
- 2. Bakery Tūjas beķereja,** T: +371 29777295; GPS: 57.4891780, 24.3902711
- 3. Restaurant Rankuļrags,** T: +371 25701610; GPS: 57.5797093, 24.3692083
- 4. Café Karle,** T: +371 25904598; GPS: 57.6215296, 24.3893096
- 5. Restaurant Rakari,** T: +371 26664447; GPS: 57.686905, 24.366903



Shops

In Tūja and Svētciems village.



Public transport

Bus transport connects Tūja (turn to Tūja – 3 km to the European route E67 to Tallinn) and Svētciems village (~ 11 times per day on the Riga – Ainaži route). A bus runs from the center of Tūja to Svētciems village ~ once a day.



Rest areas

Vasas, GPS: 57.52004, 24.37881

TOURIST INFORMATION

i **Salacgrīva TIC, Salacgrīva, Rīgas iela 10A,** www.visitsalacgriva.lv, T: +371 26463025, +371 64041254; GPS: 57.751807, 24.355783

The application **Vidzeme Coast** is available on Google Play Store (Android).



Svētciems – Ainaži

The Lamprey Kingdom




The beach between *Svētciems* village and *Salacgrīva* is thickly overgrown, so the *Baltic Coastal Hiking Route* continues on a forest trail meandering among the dunes. To get from *Salacgrīva* to *Kuiviži*, you can take the sandy beach or forest trails. From *Kuiviži* to the *Vēverupe* River, you have to bypass the *Randu Meadows* via a forest road located on the east side of the A1 road. After passing the *Vēverupe* River, the *Baltic Coastal Hiking Route* returns to a thickly overgrown beach and then leaves it next to the estuary of the *Blusupīte* River to reach *Ainaži Pier* by going along *Kāpu* and *Valdemāra iela*. You have covered ~ 600 km in Latvia and reached the state border.


10





USEFUL INFORMATION

..... 26 km ⌚ 8–10 h


 *Svētciems* village next to the estuary of the *Svētupe* River, opposite the campsite *Vējavas* (paid **P**)


 The Latvian and Estonian border at the end of *Valdemāra iela*, next to **P**

 *Svētciems – Salacgrīva – Kuiviži – Ainaži*


 Gravel, sand, occasionally small pebbles, coastal areas overgrown with reeds and club-rushes, in some places, algae washed ashore.

●●●● Hard

 Overgrown beaches and the *Randu Meadows*. Going through them depends greatly on wind direction, strength and duration. Lasting wind from the East creates an outflow of water in the sea with large shoals between *Kuiviži* and *Ainaži*. In case of a strong West wind, some parts of the trail may become unusable.

 The A1 road has to be crossed near *Kuiviži* and the *Vēverupīte* River. It has to be done carefully making sure of traffic

safety. The stones on *Ainaži Pier* can move and can be slippery.

 You will need suitable (closed) footwear and walking poles for support. You should avail yourself of binoculars for bird watching.



The section between *Salacgrīva* and *Kuiviži* can be covered by going through the dunes via a forest trail. In case of inhospitable weather (storms, strong wind), the distance between *Kuiviži* and *Ainaži* can be covered by bus (timetable: www.1188.lv).



WORTH SEEING!

- 1 **Krauju rock islet.** Opposite Krauju homestead, a little islet made of rocks is located around 200 m from the coast. GPS: 57.7183059, 24.3419097
- 2 **The Salacgrīva Museum.** Includes information about the Salacgrīva town and its surroundings. T: +371 64071981; GPS: 57.7514926, 24.3556983
- 3 **Lamprey weir.** Here you can taste lamprey coming from the Salaca River cooked on hot coals by the fishermen. T: +371 29268299; GPS: 57.7529468, 24.3747330
- 4 **The Salacgrīva promenade and Slavas aleja (the Alley of Fame).** GPS: 57.755126, 24.360282
- 5 **Salaca castle mound.** The most ancient site in the town where you can enjoy panoramic views of the Salaca River flowing into the sea. GPS: 57.7545567, 24.3632776
- 6 **The Krasta iela promenade.** A picturesque place for taking a stroll loved by the locals. GPS: 57.753351, 24.359263
- 7 **Wall panel Lighthouses of Latvia.** A three-dimensional map made out of clay depicting lighthouses in Latvia. GPS: 57.757606, 24.356162
- 8 **The Randu Meadows Nature trail.** A scenic coastal area. GPS: 57.833107, 24.344416
- 9 **The Museum of the Ainaži Naval School.** T: +371 64 043 349, GPS: 57.865170, 24.360252
- 10 **The Ainaži North Pier.** Situated next to the Latvian-Estonian border. GPS: 57.876171, 24.350639



SERVICES

Accommodations

1. **Guest house Roķi,** T: +371 29218952; GPS: 57.747280, 24.361153
2. **Campsite Milleri,** T: +371 29120001, +371 29120023, +371 26121484; GPS: 57.778820, 24.354055
3. **Hotel Kapteiņu osta,** T: +371 64024930; GPS: 57.7866054, 24.3512423
4. **Hotel Pļavas,** T: + 371 27555755; GPS: 57.842815, 24.350039
5. **Holiday home Eco House Ainaži,** Buchung nur per Booking.com. GPS: 57.857956, 24.352108
6. **Hotel Helmi,** T: +371 20006864; GPS: 57.8643106, 24.3590406

Catering

1. **Galley Pie Laša kundzes,** T: +371 29122211; GPS: 57.751678, 24.355639, vasaras sezonā
2. **Tavern Zvejnieku sēta,** T: +371 28745886; GPS: 57.753201, 24.358225, vasaras sezonā
3. **Café Pasēdnīca,** T: +371 64011202; GPS: 57.751106, 24.357506
4. **Cafeteria Kuivīžu enkurs,** T: +371 28662115, +371 29211022; GPS: 57.757606, 24.356162
5. **Kebab restaurant KasTe,** T: +371 27270766; GPS: 57.755737, 24.362606
6. **Restaurant Il Capitano,** T: +371 64024930; GPS: 57.787701, 24.349909
7. **Restaurant Pļavas,** T: +371 27555755; GPS: 57.842918, 24.349846
8. **Café Helmi,** T: +371 20006864; GPS: 57.8643106, 24.3590406, in der Sommersaison
9. **Šīki pasniegta reņģe jūrnieka ķēķī,** (A fancy Baltic pilchard served in a sailor's kitchen, to be booked in advance) T: +371 26431634; GPS: 57.789385, 24.351059; **Zupa brīvdabā (Outdoor soup)** (to be booked in advance), T: +371 29101927

Shops

In Salacgrīva, Kuivīži, Ainaži.

Public transport

Bus transport connects Ainaži and Svētciems Village (~ 11 times per day).

TOURIST INFORMATION

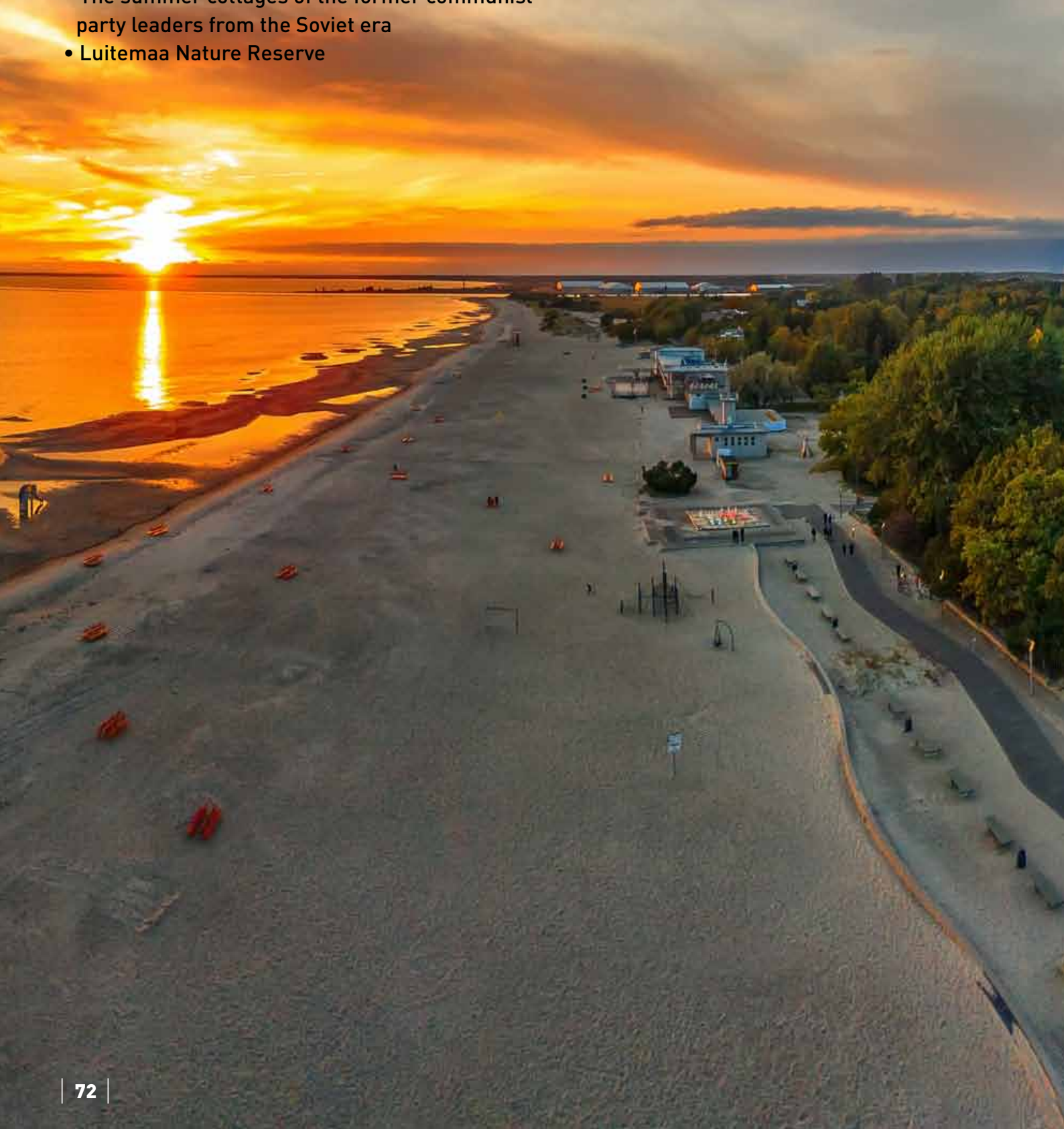
- Salacgrīva TIC, Salacgrīva, Rīgas iela 10A,** www.visitsalacgriva.lv, T: +371 26463025; +371 64041254; GPS: 57.751807, 24.355783
- Ainaži TIP, Ainaži, Valdemāra iela 50A,** www.visitsalacgriva.lv, T: +371 64043241; GPS: 57.861833, 24.356914

The application **Vidzeme Coast** is available on Google Play Store (Android).



The Highlights of *Pärnu* and *Pärnu Bay*

- The atmosphere of Old Town and beach area of *Pärnu* resort town
- Everyday life in little fishing villages: boats, smoked fish, places for drying nets
- The culture of *Kihnu* Island, a UNESCO heritage site
- The summer cottages of the former communist party leaders from the Soviet era
- Luitemaa Nature Reserve



ESTONIA PÄRNU TOWN AND FISHING VILLAGES



THE LITTORAL OF PÄRNU BAY

Ikla – Virtsu:
228 km, Day 31 – Day 41

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, coastal forests are rich with mushrooms and berries. Small fishing villages are located one after another throughout the seashore of Pärnu Bay. Near Pärnu, where the Pärnu River flows into the bay, the sea is shallow and it bathes a sandy beach. Pärnu is a popular resort city with many cafés, live music, SPAs, hotels and a beautiful Old Town. After Pärnu, you will reach Valgeranna, which is a well-known rest and swimming area with beautiful coastal forests and dunes. Further there are floodplains, so the Baltic Coastal Hiking Route goes along small country roads. From Munalaid Harbor, you can take a small ship to Kihnu Island whose cultural heritage has been given UNESCO status. Here, locals wear national costumes and one of the favourite transport means for the women of the island is a motorcycle with a side-car.

The story of Pärnu

Pärnu is a town of romantic walks, lovers and first kisses. The legend of the pier here is part of the town, as the town is part of the legend. According to the ancient story, young lovers must walk together to the end of the pier and seal their love there with a kiss.





Ikla – Kabli

Along the Paths of the Historic Resort



Ikla is the start of the *Baltic Coastal Hiking Route* in Estonia. In the section connecting *Ikla* and *Treimani*, the route leads you along the old *Pärnu–Riga* road as meadows and reeds stretch across the seashore. After passing *Treimani*, the trail turns towards the sea and the next 2,8 km are covered across a narrow, sandy or rocky and occasionally thickly overgrown beach. After bypassing the *Orajõe* Brook, next to the parking lot the trail returns to the beach followed by a hike of ~ 4 km to Hotel Lapanina. There you will have to return to the old *Pärnu–Riga* road leading you to *Kabli*. Several good birdwatching sites are located on the itinerary. The coastal area up to *Pärnu* is a popular relaxation and swimming area.



USEFUL INFORMATION

..... 16 km

🕒 5–7 h

🚩 The Latvian-Estonian border at *Ikla* near the old *Pärnu–Riga* road

🚩 The Centre of *Kabli*. Opposite the *Kabli* Community Centre – **P**

📍 *Ikla – Metsapöole – Treimani – Orajõe – Lapanina – Kabli*



Asphalt (the old *Pärnu–Riga* road), sandy beaches, occasionally some sections of the coast are covered in stones or overgrown with reeds and club-rushes.



Easy



At the seashore: damp meadows and reeds that have to be bypassed via the road or trails. During low water, you can wade across the brooks and streams or cross them by bridge.



During high season, there may be heavy traffic on the old *Pärnu–Riga* road, which is why you have to be careful when walking along the roadside. The stones on the beach may be slippery.



You will need suitable (closed) footwear and walking poles for support. You should avail yourself of binoculars for bird watching.



Vigorous walkers can combine this section with the one of the next day and finish in *Hääde-meeste*.



3

WORTH SEEING!

- 1 **Ikla.** A small village on the Latvian–Estonian border, the Rannametsa–Ikla (old Pärnu–Rīga) highway runs through it. GPS: 57.87641, 24.38340
- 2 **Metsapöole forest reserve.** Scenery, meadows and birds characteristic to the seacoast area. GPS: 57.89780, 24.37402
- 3 **Treimani Orthodox Church (Treimani õigeusu kirik).** A small wooden church built in 1935, in the national romanticism style. GPS: 57.91338, 24.38498
- 4 **Treimani Museum (Treimani muuseum).** Old fishermen's tools and household items. T: +372 51960043; GPS: 57.91917, 24.38579
- 5 **Treimani Lutheran Church (Treimani luteriusu kirik).** A simple church built in 1867 on the side of a historical seacoast road. GPS: 57.92076, 24.38786
- 6 **Lemme Beach.** A beautiful sandy beach where you can swim, watch sea birds and enjoy the sunset. GPS: 57.96331, 24.40159
- 7 **A commemoration sign for local shipbuilders and captains.** A commemoration sign and two-masted sailboat – the yawl "Kaja". It was built based on the prototype of the first Estonian seagoing sailboat. GPS: 58.00068, 24.43564
- 8 **Kabli Beach.** A beach with warm sea water, walking trails and a playground for children. GPS: 58.01180, 24.44596
- 9 **Kabli Birdwatching Tower.** Seaside scenery. In autumn next to the birdwatching tower an enormous net is installed, allowing us to catch, ring and study the birds. GPS: 58.01416, 24.44961
- 10 **Kabli Nature Study Trail, 1.8 km.** A trail with two sightseeing towers, changing scenery and birds' nests. GPS: 58.01883, 24.45060
- 11 **Kabli Nature Centre – Information Point.** Information about the riches of nature and recreational options in the immediate surroundings. T: +372 53020833; GPS: 58.01922, 24.45044

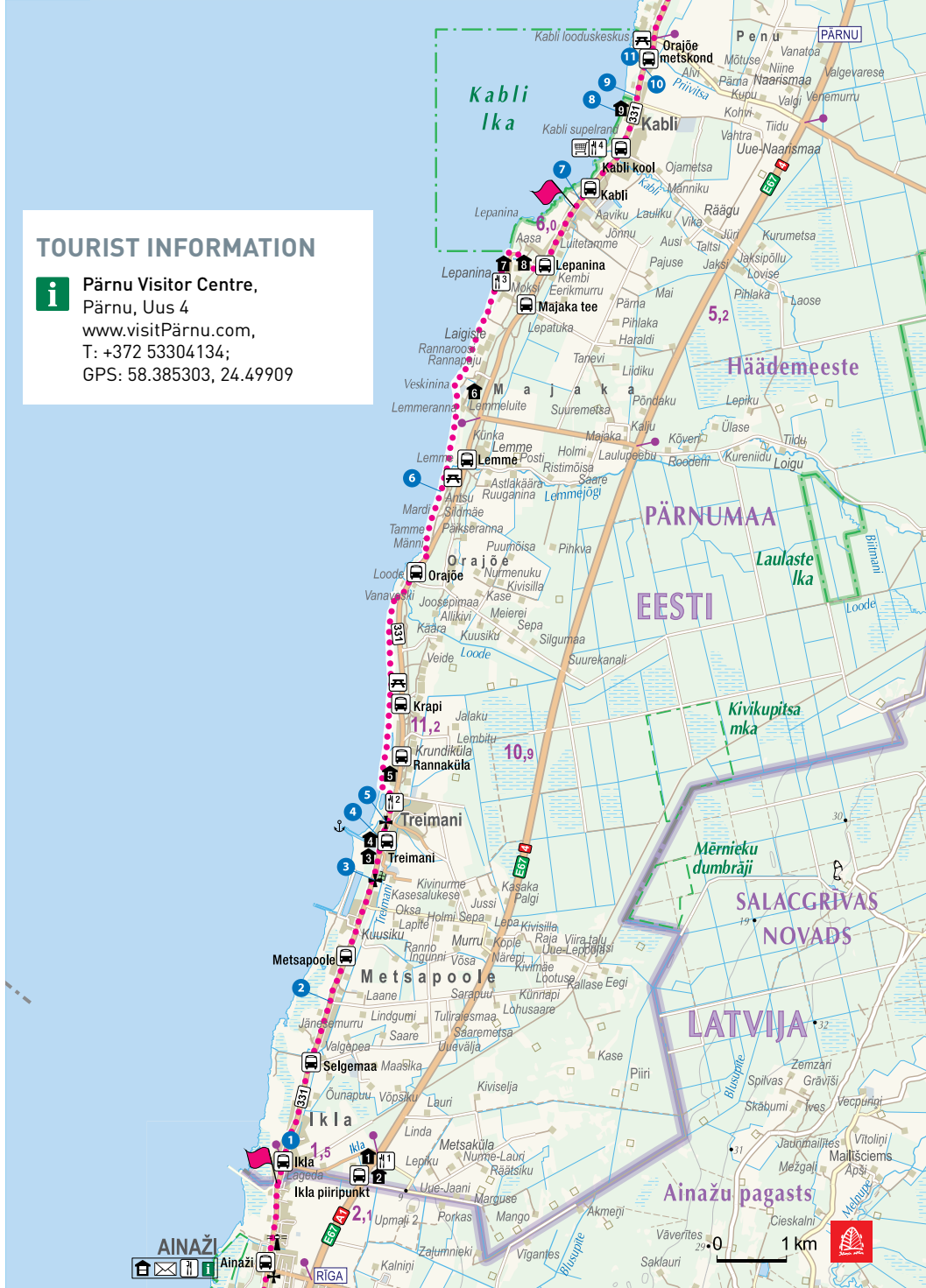
SERVICES

Accommodations

1. **Hostel Ikla hostel,** T: +372 53092249; GPS: 57.878064, 24.382813
2. **Hostel Via Ikla hostel,** T: +372 5145696; GPS: 57.8752778, 24.3841667
3. **Holiday home Treimani Puhkemaja,** T: +372 5021825; GPS: 57.916393, 24.383451

TOURIST INFORMATION

i **Pärnu Visitor Centre,**
Pärnu, Uus 4
www.visitPärnu.com,
T: +372 53304134;
GPS: 58.385303, 24.49909



4. Apartment *Kalbuse külaliskorter,*

T: +372 53439821;
GPS: 57.9191667, 24.3877778

5. Guest house and camping *Krapi külalistemaja ja kämpingud,*

T: +372 5118698;
GPS: 57.9277778, 24.3933333

6. Holiday home *Merelaane Puhkemaja,*

T: +372 5277368;
GPS: 57.9761111, 24.4100000

7. Hotel *Lepanina Hotell,* T: +372 4465024;

GPS: 57.9916667, 24.4175000

8. Camping *Mini Kämping,*

T: +372 5018507;
GPS: 57.9919444, 24.4236111

9. Holiday home *Tuisuliiva Puhkemaja,*

T: +372 56638760;
GPS: 58.012269, 24.446143

Catering

1. **Bistro *Via Ikla Bistrot,*** T: +372 5145696;
57.8763889, 24.3833333

2. **Tavern *Dreimanni Kõrts,***
T: +372 449619; GPS: 57.923389, 24.390115

3. Hotel-restaurant *Julie Lepanina,*

T: +372 4465024;
GPS: 57.9916667, 24.4175000

4. Kabli bakery – shop,

T: +372 56918733;
GPS: 58.0072222, 24.4452778

Shops

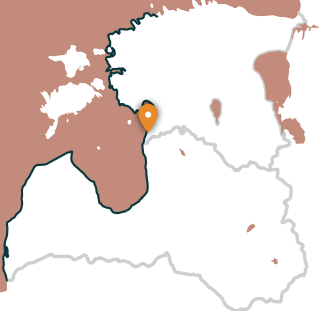
Treimani GPS: 57.92109, 24.38816 ja
Kabli GPS: 57.915897, 24.386751

Public transport

Bus traffic: Ikla–Kabli, approximately
8 times a day (bus line 74/79 Ikla–Pärnu).

Rest areas

1. Krapi camping place *RMK Krapi*
GPS: 57.93884, 24.39102
2. Lemme camping place *RMK Lemme,*
GPS: 57.96521, 24.40596
3. Priivitsa campfire and camping place
RMK Priivitsa, GPS: 58.02046, 24.45156



Kabli – Häädemeeste

Birds, Dunes and Forests



This itinerary is particularly recommended for birdwatchers. To cover the section of the *Baltic Coastal Hiking Route* connecting *Kabli* and the South of *Häädemeeste*, you will have to take the old *Pärnu–Riga* road because reedy meadows and lagoons stretch across the seashore. Before reaching *Häädemeeste*, the *Baltic Coastal Hiking Route* branches off from the road and meanders through *Jaagupi* Nature reserve (going around the east side of the village) running up the backs of high dunes and scooting down to the deep troughs between the dunes covered with a sparse pine forest. Here you will find good places for picking berries and mushrooms.



8

USEFUL INFORMATION

..... 11 km

⌚ 4–6 h

🚩 The Centre of *Kabli*.
Opposite the *Kabli* Community
Centre – **P**

🚩 *Häädemeeste*, *Metsa tänav*
Street next to the *Tallinn –*
Riga (E67, No. 4) road

📍🚩 *Kabli – Krundiküla –*
Häädemeeste



Asphalt (the old *Pärnu–Riga* road), forest roads and trails, gravel road.



Easy



Brooks and streams can be crossed via bridges.



During high season, there may be heavy traffic on the old *Pärnu–Riga* road, which is why you have to be careful when walking along the roadside and when crossing it.



You will need suitable (closed) footwear and walking poles for support. You should avail yourself of binoculars for bird watching.



After completing the itinerary, it is worth devoting 1–2 h to visiting *Häädemeeste*. Vigorous walkers can combine this section with the one from the previous day and start in *Ikla*.



WORTH SEEING!

- 1 **Kabli village.** A former fisherman's village and shipbuilding place with a beautiful beach and bird watching station. GPS: 58.00100, 24.43651
- 2 **Jaagupi Reserve (*Jaagupi hoiuala*).** The trail crosses dunes covered with forest and a protected natural territory suitable for preserving the natural habitat. GPS: 58.06902, 24.49522
- 3 **Hädemeeste village.** A populated area which is known as a place where historical sailing ships were built, also it is recognized for its seashore meadows and dunes, there are even legends that UFOs have been seen here. GPS: 58.06757, 24.48886
- 4 **Hädemeeste Orthodox Church (*Hädemeeste õigeuskirik*).** A church built in 1872 with a proud three-storey iconostasis and unique architecture. GPS: 58.07285, 24.48898
- 5 **Hädemeeste Museum.** Objects and stories provide insight into the daily life of Hädemeeste's shipbuilders and sailors. T: +372 5051658; GPS: 58.07815, 24.49234
- 6 **Hädemeeste meadows (*Hädemeeste rannaniit*).** As a result of cattle grazing here, plain seaside pastures, characteristic to Western Estonia, developed here. GPS: 58.09620, 24.49565
- 7 **Hädemeeste Saint Michael's Church (*Mihkli kirik*).** The nature stone church built in 1874 is enlivened by red brick details and two rows of windows. GPS: 58.07968, 24.49912
- 8 **Hädemeeste sand dunes.** Sand dunes, also called the Hills of Lamprey (*Vingerja mäed*). GPS: 58.06979, 24.49672

SERVICES



Accommodations

1. **Beach house *Rannakodu*** (in summer), T: +372 56492074; GPS: 58.0233333, 24.4519444
2. **Cosmonautics holiday centre *Kosmonautika Puhkekeskus*,** T: +372 5034829; GPS: 58.0325000, 24.4563889
3. **Holiday home *Kollamaa Puhkemaja*,** T: +372 56561373; GPS: 58.0841667, 24.4900000



Catering

1. **Cosmonautics holiday centre *Kosmonautika Puhkekeskus*,** T: +372 5034829; GPS: 58.0325000, 24.4563889
2. **Home cafe *Astu tasa üle silla*,** T: +372 55920838; GPS: 58.07696, 24.49159
3. **Hädemeeste tavern *Magic*,** T: +372 5527654; GPS: 58.078019, 24.498099



Shops

Kabli GPS: 58.007087, 24.445303 and Hädemeeste. GPS: 58.078482, 24.498446

Hädemeeste pharmacy
GPS: 58.0826, 24.5008



Public transport

Bus traffic Kabli–Hädemeeste approximately 8 times a day.



Rest areas

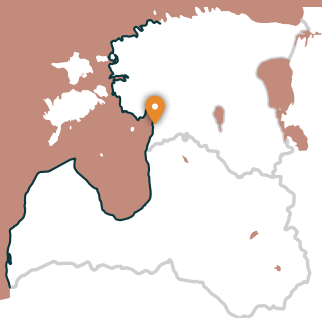
Rest area *Romantiline Rannatee*, Penu village GPS: 58.03526, 24.45771

TOURIST INFORMATION



Pärnu Visitor Centre, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909





Häädemeeste – Uulu

Through Forests and Bogs










This section of the *Baltic Coastal Hiking Route* is suitable to hardy hikers who like to travel across uninhabited places. The itinerary leads you through *Luitemaa* Nature Reserve with beautiful conifer forests and inland dunes covered with white carpets of reindeer lichen. In the summer and autumn, you will find suitable places for observing birds and animals, as well as picking mushrooms and berries. The *Baltic Coastal Hiking Route* winds along the west edge of *Maarjapeakse* Bog and after running through a mosaic of forests and clearings it leads you to *Lepaküla* and *Uulu* villages.




1


USEFUL INFORMATION


-  26 km
-  8–10 h
-  Häädemeeste, *Metsa tänav*
Street next to the *Tallinn – Riga* (E67, No. 4) road.
-  Uulu next to the *Tallinn – Riga* (E67, No. 4) road, 
-  Häädemeeste – *Papisilla – Sooküla – Võidu – Soometsa – Lepaküla – Uulu*


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

 Hard

 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.



 Near Häädemeeste, you will have to cross the *Tallinn – Riga* (E67, No. 4) road. This has to be done carefully, checking traffic safety.

 No catering services are offered, and no shops are available throughout the whole section of the itinerary between Häädemeeste and Uulu.

 The itinerary can be covered by using the road which goes parallel to it. In the Häädemeeste – Uulu section, intercity buses run on the *Tallinn – Riga* road.

Pärnu laht

WORTH SEEING!

- 1  **Luitemaa Nature Reserve (Luitemaa looduskaitseala).** This beautiful area is mostly valued for its spacious seaside meadows, filled with birds, sand dunes, marshes and pine-trees in the dunes. The sightseeing tower located between the tops of highest pine-trees in the Baltics, provide a magnificent view of the surroundings. GPS: 58.10955, 24.54254
- 2  **Uulu Beach Pines and Surju Beach Forest Reserve** was created to protect the nearby pine forests. GPS: 58.27288, 24.57428
- 3 **Uulu village.** There is a village cemetery from 1514 and the Elisabeth Lutheran Church Union House (*EELK Elisabethi kiriku abikirik*) in this village. GPS: 58.27944, 24.57592
- 4 **Uulu Manor Park.** You can walk the paths of the former Manor Park past the Uulu Pier, reaching the baron's rose garden and the jetty. GPS: 58.28000, 24.57666
- 5 **Uulu Rose Garden (Uulu Pier (Uulu Pulvärk))** the estate manager placed a commemorative sign on Uulu Pier in 1881 to honour the visit of the emperor. Later locals started to call this place – the Rose Garden. In 2012 the commemorative sign and the Rose Garden were restored. GPS: 58.29534, 24.58202

SERVICES

Accommodations

1. Guest house *Linnumaja Uulus*, T: +372 56498593; GPS: 58.279604, 24.580786
2. Holiday home *White House Puhkemaja*, T: +372 58050480; GPS: 58.280279, 24.581991
3. Holiday home *Viisnurga Puhkemajad*, T: +372 55575831; GPS: 58.288185, 24.575823

Catering

1. Uulu cafe *Uulu kohvik* T: +372 58052102; GPS: 58.282910, 24.575708

Shops

- Võiste* GPS: 58.206825, 24.484951, as well as *Uulu* GPS: 58.28290, 24.57549 and GPS: 58.27900, 24.57822
- Uulu pharmacy
GPS: 58.278956, 24.578365


Public transport

Bus traffic Häädemeeste–Uulu/Pärnu approximately 12 times a day.

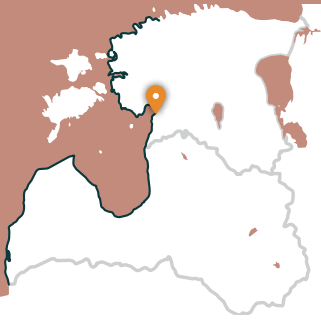
Rest areas

Campfire place *Töötusemäe lõkkekoht*, GPS: 58.13445, 24.51000

TOURIST INFORMATION

-  Pärnu Visitor Centre, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909





Uulu – Pärnu

Along the Wetlands to Pärnu





First, the *Baltic Coastal Hiking Route* takes the old coastal roads surrounded by pine forests, but after passing *Lottemaa Park* it turns towards the sea and comes out at *Reiu* beach. Next, the hike continues across an overgrown beach (wide shoals when the winds create an outflow of water) and after a little less than 4 km you have to turn inland, cross a golf course and turn in the direction of *Pärnu*. Near the *Raeküla* district, it snakes along a small trail forming the border between the large coastal wetland and the forest. Having looped around the wetland for ~ 6 km, the *Baltic Coastal Hiking Route* emerges at *Pärnu* beach. Further on, the road goes through the western part of *Pärnu Old Town*, crosses the *Pärnu River* and the *Sauga River* and ends in the *Vana-Pärnu* district.





USEFUL INFORMATION

..... 21 km ⌚ 7-9 h

 *Uulu* next to the *Tallinn – Riga* (E67, No. 4) road, **P**


 *Vana-Pärnu*, opposite *Papsaare tee* Street, in the surroundings of which there are several **P**


 *Uulu – Reiu – Raeküla – Papi-niidu – Pärnu – Vana-Pärnu*


 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.

 Medium

 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.

 Near *Uulu*, you will have to cross the *Tallinn – Pärnu* (E67, No. 4) road. This has to be done carefully, checking traffic safety. Be careful when crossing bicycle lanes.

 A nudist beach is located near the *Pärnu Pier*. You should plan on spending a day to visit *Pärnu*. In summer, there are a lot of holidaymakers at the beach.

 You can cross *Pärnu* by going through the Old Town.



WORTH SEEING!

- 1 **Lotte Village Theme Park (Lottemaa Leiuatjateküla).** A large theme park for the whole family with the beloved heroes of kids and different attractions. T: +372 58855699; GPS: 58.30236, 24.58968
- 2 **Reiu Beach.** Not far from the town, the shallow waters of Reiu beach are one of the favourite leisure and picnic spots for summer residents. GPS: 58.30525, 24.58818
- 3 **The "Pärnu Bay Golf Links" complex.** A universal golf complex with an 18 hole course, club house and restaurant. T: +372 5163819; GPS: 58.32670, 24.58414
- 4 **The pines of Raekula Dunes (Raeküla luitemännikud).** Pine forests on both sides of the Via Baltica highway, with jogging and skiing trails, as well as lots of berries and mushrooms. GPS: 58.32261, 24.58945
- 5 **Pärnu seaside sightseeing towers and walking trail.** From two sightseeing towers you can observe both birds and cows peacefully grazing in the grass. A 600 m walking trail with a sightseeing platform stretches along the sea. GPS: 58.37197, 24.50906 & GPS: 58.366037, 24.526217
- 6 **Pärnu Beach and Promenade.** Spend your leisure time and enjoy the sun on the sandy beach near the bay with shallow and warm water or walk along the beach promenade. GPS: 58.37187, 24.50729
- 7 **Pärnu beach park.** A beach park typical to a resort town with lush and green alleys that has been a popular place for walks since 1882. GPS: 58.37672, 24.49844
- 8 **Pärnu Pier.** The pier was built in 1769 on the order of Catherine I; The 2 km long pier is a nice place for walks. GPS: 58.37708, 24.47868
- 9 **Vallikääru Park.** The former fortifications of the fortress are now part of the promenade with a bridge and a park adorned with a fountain. You can enter the Pärnu Old Town through the 17th century Tallinn Gate (Tallinna Värav). GPS: 58.38470, 24.49314
- 10 **Pärnu Yacht Club.** A large yacht harbour and yacht club building where various events take place, providing activities both for adults and kids. GPS: 58.38619, 24.48900

SERVICES

- Accommodations**
1. **Accommodation Metsaääre majutus,** T: +372 56484333; GPS: 58.293675, 24.585482
 2. **Motel Reiumaa Motell,** T: +372 5105514; GPS: 58.312800, 24.608066
 3. Pärnu provides accommodation in various price categories and levels.



Catering

1. **Bakery-cafe Pärnamäed,** T: +372 53003960; GPS: 58.29585, 24.60821
2. **Golf club restaurant Eagle (Golfirestoran Eagle),** T: +372 56159228; GPS: 58.327034, 24.584055
3. **Pärnu Yacht Club Restaurant (Pärnu Jahtklubi restoran)** T: +372 4471760; GPS: 58.38619, 24.48900
Pärnu provides catering places in various price categories and levels.



Shops

Reiu and Pärnu.
The Pärnu pharmacy and first aid division.



Public transport

Bus traffic Uulu-Pärnu approximately 15 times a day.

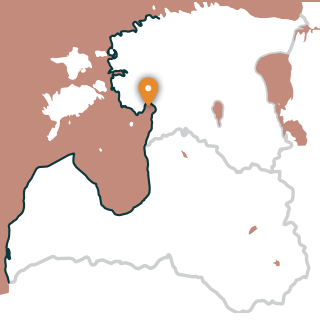


Rest areas

1. Reiu beach rest area, GPS: 58.30525, 24.58818
2. Pärnu beach rest area, GPS: 58.37487, 24.49625

TOURIST INFORMATION

Pärnu Visitor Centre, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909



Pärnu - Liu

The Most Beautiful Views of Pärnu Bay and Smoked Fish






The *Baltic Coastal Hiking Route* meanders on the outskirts of the west of *Pärnu*, crosses the *Audru* River and turns towards *Valgeranna*, the southern side of which is surrounded by a thick forest and a white sandy beach, while to the north you will find a golf course. After passing *Valgeranna*, the *Baltic Coastal Hiking Route* advances between the polders across the northern part of *Pärnu* Bay. From the *Audru* polders you will see the most spectacular views of *Pärnu* Bay. After *Audru* reeds, the *Baltic Coastal Hiking Route* turns south and leads through coastal fishing villages with small ports and berths. Here you can see the daily life of fishermen and if you are lucky, then also taste smoked fish.


5




USEFUL INFORMATION

..... 22 km  7-9 h

 *Vana-Pärnu*, opposite *Papsaare tee* Street, in the surroundings of which there are several .

 *Liu* village

 *Vana-Pärnu - Papsaare - Valgeranna - Saulepa - Kabriste - Marksa - Liu*



Asphalt in the city and in the villages, small, winding gravel and asphalt roads in other places.



Medium



From *Valgeranna* to *Liu*, reeds and damp meadows stretch across the seashore, so the itinerary leads you along roads.




Be careful when walking along the motor roads and the small country and village roads (sharp turns, narrow) and observe safety. Be careful when crossing bicycle lanes.



In the *Valgeranna-Liu* section, no catering is offered, there is one shop.



WORTH SEEING!

- 1** The golf course “White Beach Golf”. This 18 hole golf course is perfect for all lovers of golf. T: +372 5104917; GPS: 58.39026, 24.37179
- 2** Valgeranna Adventure Park (*Valgeranna Seikluspark*). The park consists of six air tracks, you can have a great time there, climbing the tops of the trees. T: +372 56222855; GPS: 58.38776, 24.37333
- 3** Valgeranna sightseeing platform (*Valgeranna vaateplatvorm*). A 9 meter high sightseeing tower with a round sightseeing platform from which you can enjoy the scenery and observe the swimmers and other visitors to the adventure park. GPS: 58.38663, 24.37240
- 4** Valgeranna Beach. A naturally beautiful sandy beach. GPS: 58.38617, 24.36925
- 5**  Audru polder. The first polder in Estonia was created in 1938 to stop flooding; it is now a resting place for migrating birds in the spring and autumn. GPS: 58.38472, 24.32672

- 6** Lindi harbour (*Lindi sadam*). Local small harbour. GPS: 58.32899, 24.28941

SERVICES

Accommodations

- 1.** Accommodation *Savi Majutus*, T: +372 56917141; GPS: 58.397517, 24.392519
- 2.** Accommodation *Villa Andropoff*, T: +372 4443453; GPS: 58.386999, 24.390516
- 3.** Holiday home *Doberani Rannamaja*, T: +372 55517303; GPS: 58.386411, 24.370535
- 4.** Holiday home *Saulepa Rannamaja*, T: +372 5013489; GPS: 58.368333, 24.292778
- 5.** Farmstead for tourists *Kipperit Turismitalu*, T: +372 56825562; GPS: 58.343056, 24.288889
- 6.** Farmstead *Sarnakõrtsi talu*, T: +372 5179874; GPS: 58.330556, 24.289167
- 7.** Leisure and education centre *Ojako*, T: +372 5084585; GPS: 58.286944, 24.265278



Catering

- 1.** *Villa Andropoff* restaurant, T: +372 4443453; GPS: 58.387500, 24.390556
- 2.** Holiday house *Doberani Rannamaja* cafe, T: +372 55517303; GPS: 58.386411, 24.370535
- 3.** The golf course *White Beach Golf* restaurant, T: +372 4429930; GPS: 58.390003, 24.371897



Shops

Lindi, GPS: 58.32447, 24.25532 and GPS: 58.32637, 24.28767



Public transport

Bus traffic Pärnu–Liu: approximately 6 times a day.



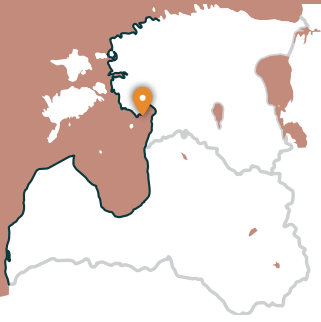
Rest areas

Valgeranna recreation place (*Valgeranna puhkekoht*), GPS: 58.38699, 24.37930

TOURIST INFORMATION



Pärnu Visitor Centre, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909



Liu – Munalaid





Bays, islands and birds









The itinerary is suitable for birdwatching. The *Baltic Coastal Hiking Route* takes roads and trails because coastal meadows, reeds, shallow and overgrown coves cover the seashore. After passing *Liu Port*, the *Baltic Coastal Hiking Route* changes its direction several times as the coastline is rugged and difficult to access, so the itinerary must be adapted. The best sightseeing and birdwatching areas are located near *Kavaru* village, in the surroundings of the Port of *Peerni* and near *Munalaid Harbour* where you can see panoramic views of *Pärnu Bay* and *Kihnu Strait* with their islands (*Sorgu*, *Manilaid*, *Kihnu*) and coastal meadows with cattle grazing there.

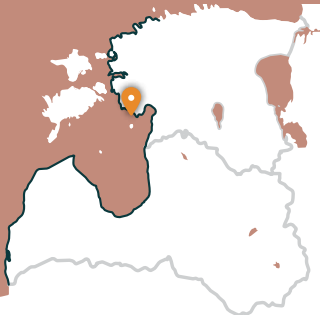


USEFUL INFORMATION

- 21 km
-  7–9 h
-  *Liu* village
-  *Munalaid Harbour*, **P**
-  *Liu – Kavaru – Pootsi – Peerni – Lao – Munalaid*

-  Roads covered with asphalt and gravel.
-  Medium
-  None.
-  Be careful when walking along the motor roads and the small country and village roads (sharp turns, narrow) and observe safety. Be careful when crossing roads.

-  One shop and one catering company is available throughout the whole section of the itinerary.
-  At the *Munalaid Harbour*, it is recommended to go to *Kihnu Island*, the visit of which takes ~ two days when going on foot. It is recommended to visit *Manilaid Islet* located next to *Munalaid Island* (half a day).



Munalaid – Tõstamaa

Pastures, Forests and Coastal Meadows





Wetlands stretch across this section of the seacoast, so the sea is only accessible in a few places. Starting from *Munalaid Harbour*, the *Baltic Coastal Hiking Route* winds through *Lao* village and continues along the roadside up to *Tõstamaa*. The first exit to the sea is to the south of *Seliste*, the second one is near the Port of *Värati* (on the way to *Värati* there are beautiful coastal meadow landscapes with cattle), while the third one is located in *Suti* village.





USEFUL INFORMATION


..... 16 km (main itinerary). Exits to the sea: the seashore near *Puti* – 5 km, *Tõstamaa – Värati – Tõstamaa* – 5,2 km, *Tõstamaa – Suti – Tõstamaa* – 5,6 km

 5-7 h (main itinerary).


 *Munalaid Harbour*, **P**


 The centre of *Tõstamaa* next to the Municipal Council building, **P**


 *Munalaid – Lao – Kaapre – Seliste – Tõstamaa*


 Roads covered in asphalt and gravel (or unpaved roads).

 Easy

 Near *Lao*, the road may be blocked by cattle enclosures and electric fences that hikers can disconnect when passing and then reconnect them.

 Be careful and ensure safety when walking along the side of the road and crossing it.

 In the *Munalaid – Tõstamaa* section, the only place providing services is the filling station.

 Intercity bus transport runs between *Pootsi* (and *Munalaiu*) and *Tõstamaa* (timetable: www.peatus.ee, www.tpilet.ee).



TOURIST INFORMATION

i Pärnu Visitor Centre, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909

WORTH SEEING!

- 1** Seli Orthodox Church (*Seli õigeusu kirik*). This Orthodox church built in 1864 is a non-traditional, strictly ascetic wooden building. GPS: 58.29466, 24.07013
- 2** Tõstamaa Islands Hein laid and Kivilaid. A beautiful view of the islands with protected flora and fauna. GPS: 58.28836, 24.04449
- 3** Tõstamaa village. A populated area with an exciting history and several cultural monuments. GPS: 58.33455, 23.99673
- 4** Tõstamaa Maria Lutheran Church (*Tõstamaa Maarja luteri kirik*). The pointed tower of the church, built in 1768 from land stones, served as a sign of orientation for sailors for a long time. GPS: 58.33256, 23.99564
- 5** Tõstamaa Manor and Museum. A beautifully renovated medieval manor with its colourful history is the most well known attraction in this area. T: +372 53468635; GPS: 58.34312, 23.99596
- 6** Tõstamaa walking trail (*Tõstamaa matkarada*), 5 km. The walking trail is equipped with informative signs indicating the closest attractions. GPS: 58.33290, 23.99659
- 7** Tõstamaa Nature Reserve. Get to know the seaside scenery and its habitats. GPS: 58.29786, 24.00164

SERVICES

Accommodations

- 1. Accommodation Jaaguranna Lillelaager B&B**, T: +372 55563639; GPS: 58.289147, 24.045911
- 2. Holiday village Merelau Puhkeküla**, T: +372 5530850; GPS: 58.305000, 24.023611
- 3. Tõstamaa manor Tõstamaa mõisa majutus**, T: +372 53468635; GPS: 58.343056, 23.996111
- 4. Bed and Breakfast Sauli Äri kodumajutus**, T: +372 4496077; GPS: 58.33510, 23.99279

Catering

- 1. Tõstamaa gas station (Tõstamaa tankla)**, T: +372 4800810; GPS: 58.32917, 24.01476
- 2. Canteen Cotze**, T: +372 56887299; GPS: 58.335771, 23.991006
- 3. Sauli Äri**, T: +372 4496077; GPS: 58.33510, 23.99279

Shops

Tõstamaa, GPS: 58.336093, 23.993171

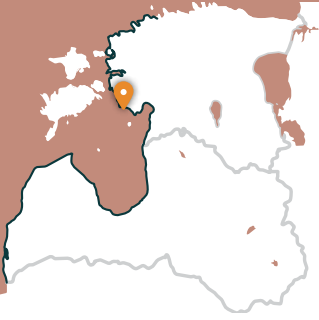
Public transport

Bus traffic Munalaiu–Tõstamaa: approximately twice a day.

Rest areas

- 1. Putiranna rest area**, GPS: 58.26491, 24.06456
- 2. Värati rest area**, GPS: 58.30988, 23.99034





Tõstamaa – Matsi

Pastoral Idyll of Estonia











In this section of the *Baltic Coastal Hiking Route*, you will see a traditional rural landscape. The littoral is notched by shallow coves, peninsulas and capes surrounded by coastal meadows, reeds, shallow lagoons, marshes, as well as hard to access islands. When walking along the small country roads, overhung by red rowans in autumn, you can see ethnographic-like individual farmsteads and farms with cows and goats. The landscapes of farmsteads interchange with the remains of rock fences, farmland and juniper forests. Access to the sea and rest areas are located south of *Ranniku* and near *Kastna* village.





2

USEFUL INFORMATION

-  25 km (including a 2,2 km return hike to the rest area south of *Kastna* Village)
-  8–10 h
-  The centre of *Tõstamaa* next to the Municipal Council building, **P**
-  *Matsi* Port

-  *Tõstamaa – Kastna – Vaiste – Saulepi – Mereküla – Matsi* Port
-  Roads covered in asphalt and gravel (mainly).
-  Medium
-  Keine vorhanden

-  Be careful when walking along the small country and village roads (sharp turns, narrow), as well as along the motor road and ensure safety.
-  No catering companies or shops are available throughout the whole section of the itinerary, except in *Tõstamaa*.



WORTH SEEING!

- 1** **Suti Beach.** Small beach popular amongst locals. GPS: 58.31954, 23.96422
- 2** **Sepamaa Beach.** Public beach in the Kastna nature reserve. GPS: 58.32910, 23.91772
- 3** **Kastna Church.** An Orthodox church built in 1904 in a style imitating Byzantine architecture. GPS: 58.35201, 23.91689
- 4** **Kastna juniper forest.** A rocky beach covered with tall junipers forms an impressive juniper forest. GPS: 58.32171, 23.90216
- 5** **Kastna Sightseeing Tower (Kastna vaatetorn).** Beautiful view of the Kastna area. GPS: 58.32222, 23.90209
- 6** **The location of the former Kastna Manor (Kastna mõis).** The old and magnificent trees of the park show us the location of the former manor. The former laundry house is the only thing that is left. GPS: 58.34233, 23.90161
- 7** **The location of the former Vaiste Manor (Vaiste mõis).** The former granary building is the only building that is left from the knights manor today. GPS: 58.34587, 23.86598

SERVICES



Accommodations

- 1. Holiday village Kastna puhkeküla,**
T: +372 5084529;
GPS: 58.321667, 23.890965
- 2. Holiday home Vaiste Rannahäärber,**
T: +372 5104292;
GPS: 58.342222, 23.866944
- 3. Farmstead Saare talu,**
T: +372 58070666;
GPS: 58.366944, 23.828611
- 4. Holiday home Matsiranna Puhkemaja Miina,** T: +372 58857117;
GPS: 58.369167, 23.746389
- 5. Holiday centre Varemuru Puhkekeskus,**
T: +372 5046183;
GPS: 58.378093, 23.735073



Shops

Saulepi, GPS: 58.37676, 23.79863



Public transport

Bus traffic Matsi road –Tõstamaa (Matsi tee–Tõstamaa): approximately 5 times a day.



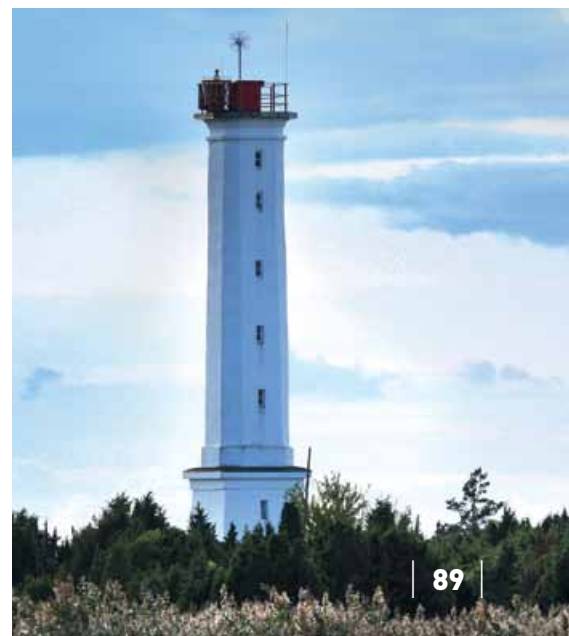
Rest areas

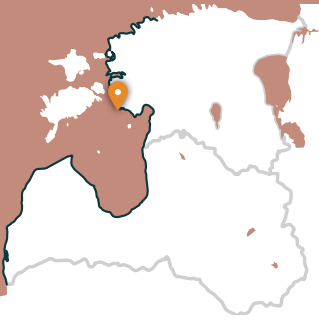
- 1. Sutiranna rest area,**
GPS: 58.31954, 23.96422
- 2. Sepamaa rest area,**
GPS: 58.32910, 23.91772
- 3. Vaiste holiday place,**
GPS: 58.34380, 23.85729

TOURIST INFORMATION



Pärnu Visitor Centre, Pärnu, Uus 4
www.visitPärnu.com, T: +372 53304134;
GPS: 58.385303, 24.49909





Matsi – Varbla

Beaches and Forests



Matsi beach is one of the rare sandy beaches in the subsequent section of the trail leading to Haapsalu. The *Baltic Coastal Hiking Route* takes you on a small stroll through *Kulli* village and for the next 5 km leads you along small trails surrounded by wide forests and dunes. In autumn, their surroundings are rich in berries and mushrooms. After bypassing *Uue-Varbla Manor*, the trail reaches *Varbla* village.



USEFUL INFORMATION

..... 15 km

🕒 5–7 h

🚩 Matsi Port

🚩 Varbla village centre, **P**

📍 Matsi – Kulli – Rädi – Selja – Aruküla – Raheste – Varbla



Roads covered in asphalt and gravel. Near *Matsi*, a short section of sandy – rocky and occasionally overgrown beach.



Easy



None



Be careful when walking along the small country and village roads (sharp turns, narrow), as well as along the motor road and ensure safety.



No catering companies are available throughout the whole itinerary. The only shop is located in *Varbla*.



Local guides offer to cover the *Matsi – Varbla* section via the beach. You can take several roads to get from *Varbla* to the seashore (4 – 6 km), where you will get a clear view of the *Varbla Islet (Varbla laiud)* archipelago. Due to birds nesting on the islet, it is forbidden to go there from 15.04. to 30.06. At the seacoast, there are areas for staying overnight.



WORTH SEEING!

- 1 **Matsi harbour.** The former fishing harbour of the parish gives a good insight into the fishing harbours from the middle of the previous century. GPS: 58.36026, 23.74472
- 2 **Matsi Beach.** The natural and wild beach is flat and sandy, offering peaceful recreation. GPS: 58.36328, 23.74472
- 3 **Varbla reserve (Varbla hoiuala).** A protected natural territory with seaside meadows, deciduous forests and small uninhabited islands. GPS: 58.42241, 23.73752
- 4 **Varbla dunes.** From here you can see the islands where domestic animals graze. GPS: 58.44462, 23.67965
- 5 **Uus-Varbla Manor and Park.** The central wooden building of the manor was built at the end of the 18th century and reconstructed as close as possible to the original. GPS: 58.41838, 23.76491
- 6 **Uus-Varbla Museum and Manor Building.** The exhibition introduces you to the history of the parish and the local lifestyle

at the beginning of the previous century.
T: +372 56685168;
GPS: 58.41838, 23.76450

- 7 **Commemorative stone to the wrestler Kristjan Palusalu** who became a double Olympic champion at the 1936 Olympic Games in Berlin. GPS: 58.43052, 23.75311
- 8 **Commemorative sign to the writer Karl Ristikivi.** GPS: 58.42987, 23.75408
- 9 **Varbla Church.** The church was built in 1861 and it is a neo-gothic building with simple, white plastered walls, balanced out by a lush interior characteristic of the churches of coastal Swedes. GPS: 58.45557, 23.74930

SERVICES



Accommodations

1. **Holiday home Surfhunt Majutus – Hundimaja,** T: +372 5655606; GPS: 58.419167, 23.698056
2. **Holiday village Varbla Puhkeküla / Motel Ranna Motell,** T: +372 5061879; GPS: 58.434534, 23.682510



Catering

1. **Motel Ranna Motell bar,**
T: +372 5061879;
GPS: 58.434722, 23.681944



Shops

- Varbla, GPS: 58.430421, 23.753804



Public transport

- Bus traffic Varbla – Matsi road: approximately 3 times a day.



Rest areas

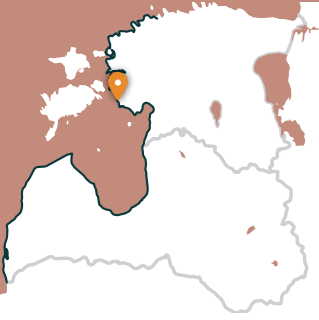
1. Matsi rest area, GPS: 58.36016, 23.74544
2. Matsiranna rest area, GPS: 58.36328, 23.74472
3. Matsiranna camping area, GPS: 58.37037, 23.73822

TOURIST INFORMATION



- Pärnu Visitor Centre,** Pärnu, Uus 4
www.visitPärnu.com, T: +372 53304134;
GPS: 58.385303, 24.49909









Varbla – Pivarootsi Coastal Manors








The *Baltic Coastal Hiking Route* goes along coastal roads, yet the sea is only visible in two places as its shore is dappled with shallow coves, small islets, damp coastal meadows, reeds, lagoons, bogs and lakes that have separated from the sea. In the surroundings of *Varbla-Allika*, you will see farmland scenery, while the *Allika-Tamba* section mostly goes through beautiful forests. After bypassing the *Paatsalu* and *Illuste* Manors, the *Baltic Coastal Hiking Route* continues on a road crossing wetlands in *Nehatu* Nature reserve and near *Muriste* village it meanders along a road, on the side of which there is an impressive rock fence. Before reaching *Pivarootsi* Manor, vast pastures and a view of the bay appear in sight.




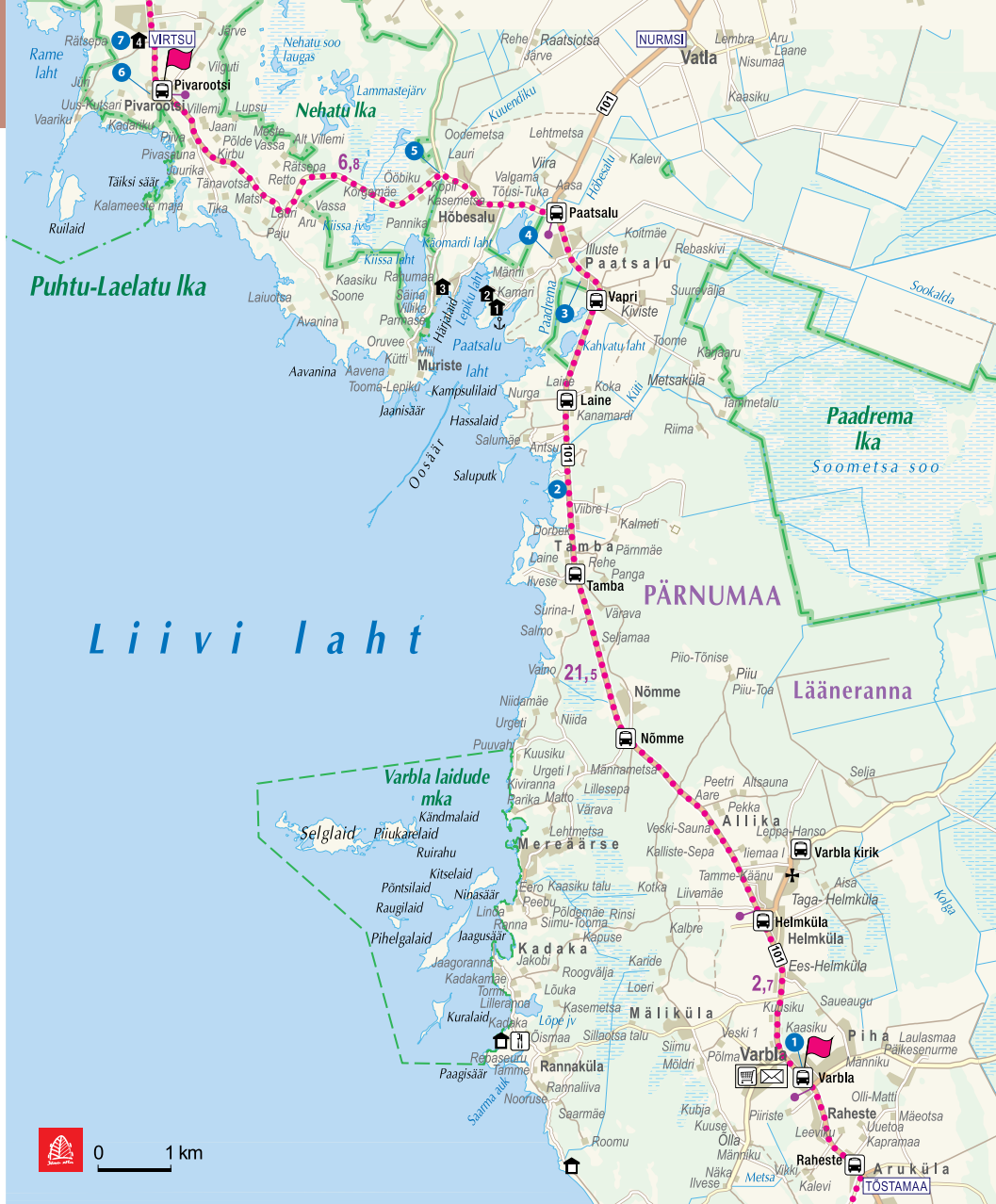
USEFUL INFORMATION

- 21 km
-  7-9 h
-  Varbla village centre, **P**
-  Pivarootsi village
-  Varbla – Helmküla – Tamba – Paatsalu – Hõbesalu – Pivarootsi

-  Roads covered in asphalt (mainly) and gravel.
-  Medium
-  None.
-  Be careful when walking along the small country and village roads (sharp turns, narrow), as well as along the motor road and ensure safety.

 No catering companies are available throughout the whole section of the itinerary. The only shop is located in *Varbla*.

 Intercity bus runs between *Varbla* and *Pivarootsi* (timetable: www.peatus.ee, www.tpilet.ee).



WORTH SEEING!

- 1** **Varbla village** is located by the long and naturally beautiful seashore with many summer cottages.
GPS: 58.43025, 23.75269
- 2** **Tamba area juniper forests** (*Tamba ümbruse kadastikud*).
GPS: 58.50296, 23.69490
- 3** **Paatsalu Manor**. Several buildings built from land stones still remain in the surrounding area of the knights' manor house, which was built in the 18th century. GPS: 58.52861, 23.69920
- 4** **Illuste Manor** (*Illuste mõis*), park. The Illuste Manor house was built in 1912 and is an interesting example of the Art Nouveau style. An ancient park surrounds the manor. GPS: 58.53162, 23.69217
- 5** **The Nehatu Nature Reserve** was founded in 1957 to protect the Nehatu marshes, dunes and reeds, as well as water birds. The rare plant great Fen-sedge grows here. GPS: 58.54187, 23.66574
- 6** **Pivarootsi Manor** (*Pivarootsi mõis*). There is a granary overgrown with moss and a stable-carriage barn next to the Manor house built at the turn of the 18th-19th century. GPS: 58.55160, 23.59707
- 7** **Pivarootsi windmills** (*Pivarootsi tuulik*). Dutch style windmills built in 1869 from limestone; you can spend a night here. GPS: 58.55958, 23.59448

SERVICES

Accommodations

- 1. Holiday centre Paatsalu Puhkekeskus**, T: +372 5138000; GPS: 58.525000, 23.678889
- 2. Beach house Rannamajad Pärnumaal**, T: +372 5028040; GPS: 58.526944, 23.676944
- 3. Holiday home Roosi Puhkemaja**, T: +372 5020634, GPS: 58.527793, 23.666452
- 4. Holiday house and holiday village Pivarootsi tuuliku puhkemaja ja puhkeküla**, T: +372 56222353; GPS: 58.559511, 23.594303

Shops

Varbla, GPS: 58.430421, 23.753804

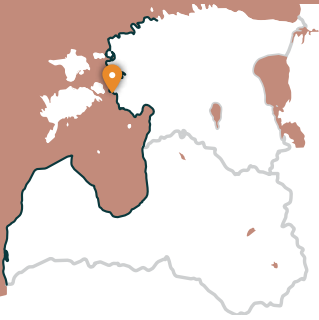
Public transport

Bus traffic Varbla–Paatsalu: approximately once a day.

TOURIST INFORMATION

Pärnu Visitor Centre, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909





Pivarootsi – Virtsu


The Gate to the Estonian Islands









In this section, an ~ 3,7 km stretch of the *Baltic Coastal Hiking Route* goes along the former *Virtsu-Rapla* narrow-gauge railway. The most fascinating place in this section is the *Puhtulaid* Peninsula: it is an island that has nowadays merged with the continent. It is covered by a broad-leaved forest with interesting plant and mushroom species, giant trees and memorial sites in honour of important people. Ferries go from the Port of *Virtsu* to *Muhu* Island which is connected to *Saaremaa* Island via a dam.





USEFUL INFORMATION

-  16 km
-  5–7 h
-  Pivarootsi village
-  Virtsu Port, paid 
-  Pivarootsi – Rame – Puhtulaid – Virtsu

-  Roads covered in asphalt and gravel.
-  Easy
-  None.
-  Be careful when walking along the small country and village roads, as well as along the motor road and ensure safety.

-  The closest catering companies and shops are only located in *Virtsu*.
-  You can go from the Port of *Virtsu* to *Muhu* Island (Port of *Kuivastu*) by ferry and then continue to *Saaremaa* Island connected to *Muhu* via a 3,5 km long dam. Ferry timetable: <https://www.praamid.ee/>, <http://www.veeteed.com/>. It is worth devoting at least a couple of days to visiting both islands by bus (timetable: www.peatus.ee, www.tpilet.ee).


WORTH SEEING!


- 1  **Laelatu Forest Meadow (Laelatu puisniit)** has served as hay land and a pasture for many centuries. Here you can find nearly the richest flora habitat in Northern Europe.
GPS: 58.58591, 23.57726
- 2 **Vanaluubi Recreational Park Sightseeing Platform (Vanaluubi puhkeplatsi vaateplatvorm)**. Coastal recreational park with a sightseeing tower.
GPS: 58.57045, 23.55173
- 3  **Puhtu-Laelatu Nature Reserve** is an important recreational park for migrating birds and many protected species of orchids grow in this territory.
GPS: 58.56577, 23.54690
- 4 **Puhtu walking trail (Puhtu matkarada)**. A 1.4 km long gravel road leads up to the sightseeing tower on the beach.
GPS: 58.56248, 23.55051
- 5 **A commemorative sign for Friedrich Schiller**, Puhtu island has one of the first monuments in the world for this renowned poet. GPS: 58.55598, 23.54849
- 6 **A commemorative stone for the nature scientist Erik Kumari**.
GPS: 58.55365, 23.55112
- 7 **Puhtu Bird Watching Tower (Puhtu linnuvaatlustorn)** is an interesting place to watch the spring migration of birds.
GPS: 58.55308, 23.54703


SERVICES

-  **Accommodations**
1. Guest house *Pivarootsi mõisa külastemaja*, T: +372 5092050; GPS: 58.551807, 23.599206
 2. Holiday centre *Pivarootsi õppe ja puhkekeskus*, T: +372 5076021; GPS: 58.538337, 23.611022


-  **Catering**
1. Fast food cafe *Toidutanker*, T: +372 57702602; GPS: 58.57177 23.51622

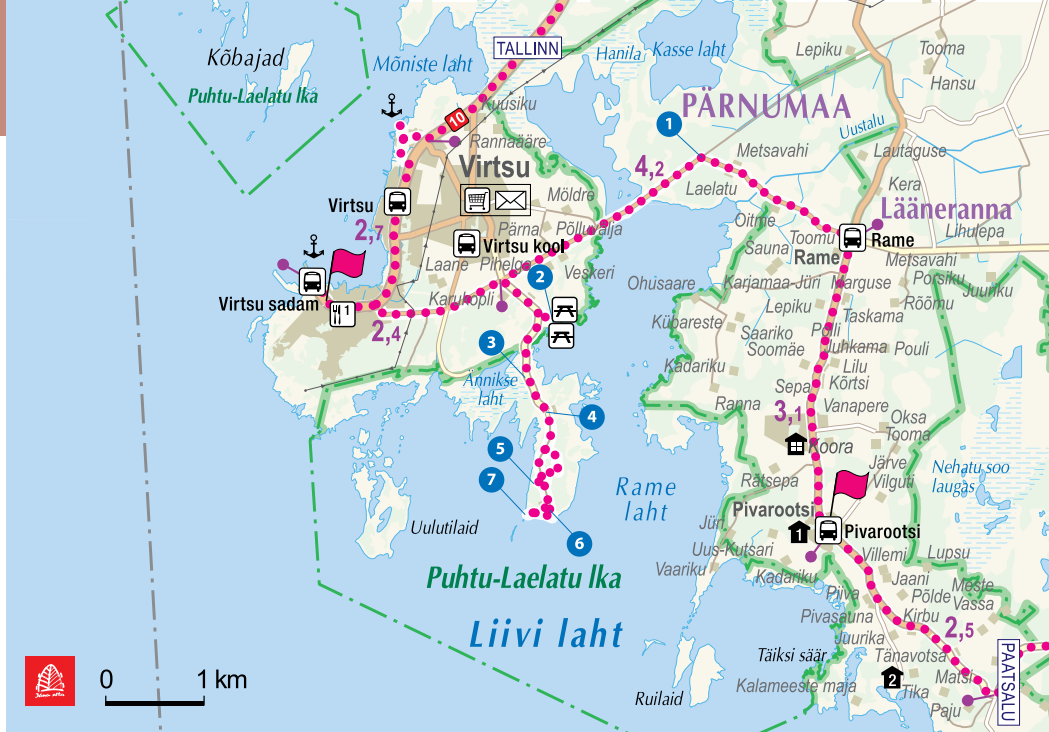
-  **Shops**
Virtsu, GPS: 58.572231, 23.515167

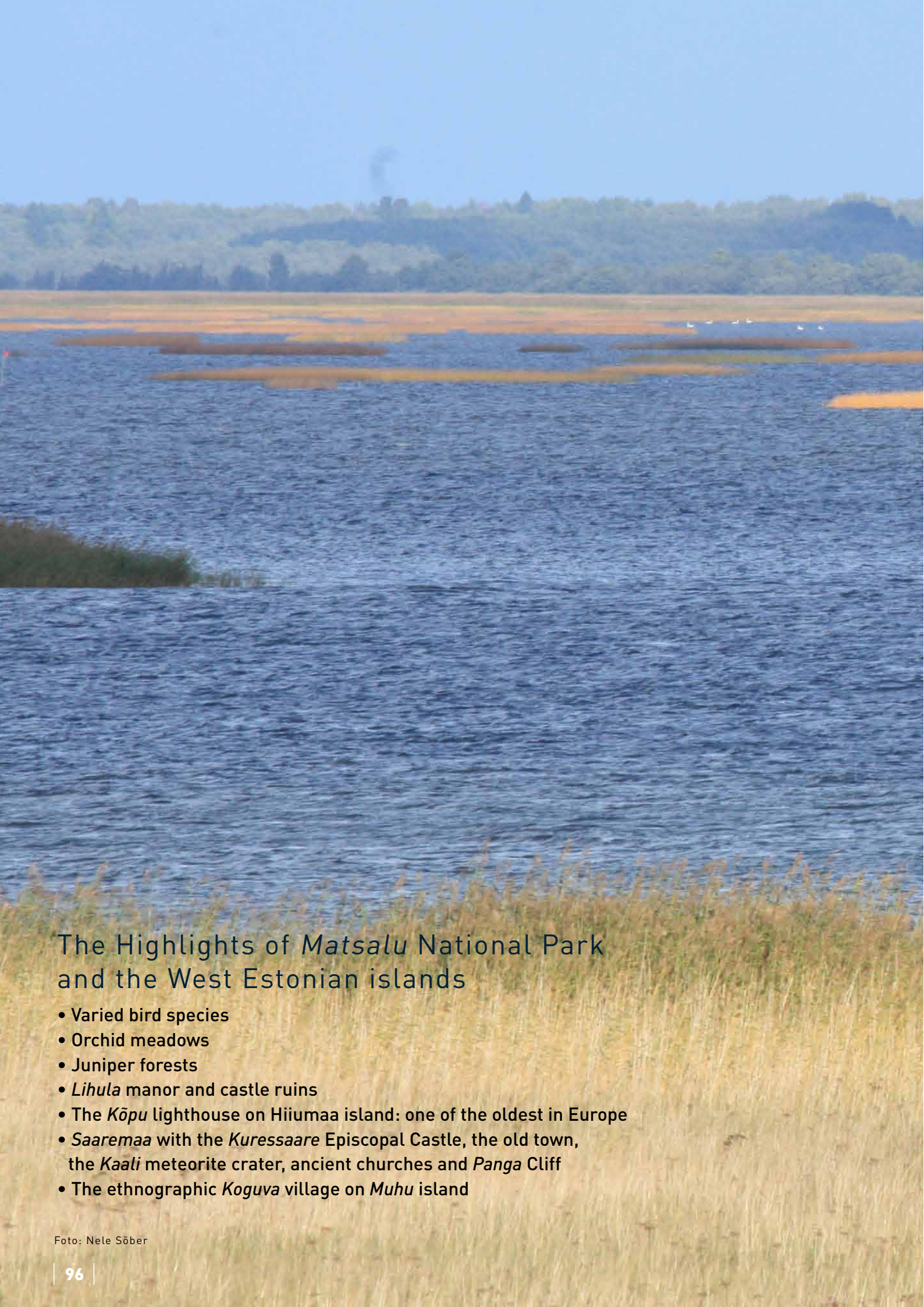
-  **Public transport**
Bus traffic Pivarotsi-Lihula: approximately twice a day.

-  **Rest areas**
1. Puhtu rest area, GPS: 58.57034, 23.55165
 2. Vanaluubi rest area, GPS: 58.57045, 23.55173

TOURIST INFORMATION

-  **Pärnu Visitor Centre**, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909





The Highlights of *Matsalu* National Park and the West Estonian islands

- Varied bird species
- Orchid meadows
- Juniper forests
- *Lihula* manor and castle ruins
- The *Kõpu* lighthouse on Hiiumaa island: one of the oldest in Europe
- *Saaremaa* with the *Kuressaare* Episcopal Castle, the old town, the *Kaali* meteorite crater, ancient churches and *Panga* Cliff
- The ethnographic *Koguva* village on *Muhu* island

ESTONIA *MATSALU* NATIONAL PARK AND THE WEST ESTONIAN ISLANDS



MATSALU BAY, SAAREMAA, MUHU, HIIUMAA, VORMSI ISLANDS

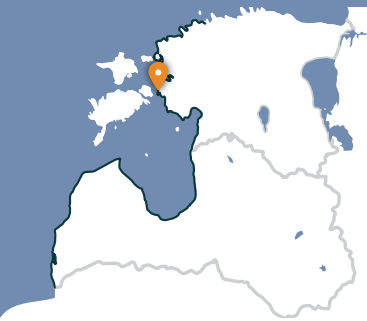
Virtsu – Puise:
100 km, Day 42 – Day 46

The Baltic Coastal Hiking Route leads you through Matsalu National Park, which is the largest wetland in Northern Europe. It includes the shallow *Matsalu* Bay, the lower reaches of the *Kasari* River, littoral reeds, the overflowing floodplains of the *Kasari*, coastal pastures, forest meadows and around 50 sea islands. *Matsalu* National Park has nature trails and 7 birdwatching towers. The territory is crossed by the migration routes for birds travelling from the White Sea to the Baltic Sea. Here you can see deer, elk, foxes and other animals. The Baltic Coastal Hiking Route takes gravelled country roads and goes through *Lihula* town. By taking a ferry from the port of *Virtsu* or *Rohuküla*, you can get to the islands of the West Estonian archipelago: *Saaremaa*, *Vormsi* and *Hiiumaa*.

The story of Matsalu

To attentive observers, the landscapes here tell many stories of times gone by. Ancient hoe-cultivated fields as well as settlements and burial sites are signs of early human activity. Slide, healing and sacrificial stones, as well as sacred trees and sites, speak of the worldview of former settlers. Remembering old work practices and types of land use helps us comprehend the co-existence of man and nature. The main purpose of protecting the national park's cultural heritage is to ensure that we recognise the value of human activity, give it meaning and are able to apply it in the modern world.





Virtsu - Kuke







Through Orchid and Juniper Fields









The *Baltic Coastal Hiking Route* snakes through *Virtsu* village after which it goes along a motorway for 3 km and then it takes a 90 degree turn towards the northwest, meandering through a wind farm and a former Soviet military airfield, in the surroundings of which orchids bloom beautifully during the summertime. Next, you will see the *Suur Väin* Strait and beautiful juniper fields. Before reaching the *Jõeoja* Brook, for ~ 1 km the road goes along the upper part of the ancient seacoast.



USEFUL INFORMATION

-  14 km
-  5-7 h
-  Virtsu Port, paid **P**
-  Kuke village
-  Virtsu - Kurevere - Kuke
-  Roads covered in asphalt and gravel.

-  Easy
-  None.
-  To cover a section of ~ 3 km from *Virtsu* to *Kurevere*, you will have to walk along the side of a road (No. 10, heavy traffic). It is recommended to cover it by bus from the Port of *Virtsu* (get off at bus stop *Sillukse*). Be careful when walking along the small country and village roads, as

-  well as along the motor road and ensure safety.
-  Catering companies and shops are only available in *Virtsu*.
-  ~ 2,5 km before reaching *Kuke* village, an unpaved road branches off towards the NW through juniper fields, which will take you to the seacoast (under 1 km, view of a small outcrop).



WORTH SEEING!

- 1** Virtsu port. A port with a large port building where ferries depart to Saaremaa island. T: +372 5056575; GPS: 58.57244, 23.51163
- 2** Antique Car Museum "Kirsi" – Oldtimer museum expo 1830–2000. The antique car museum allows you to follow the development of vehicles during the last 200 years. T: +372 5165188; GPS: 58.58675, 23.52959
- 3** Virtsu Amateur Museum (Virtsu Harrastusmuuseum). The exhibition tells the history of the Virtsu region. T: +372 5151988; GPS: 58.57092, 23.52233
- 4** Hillfort of Virtsu Vassal (Virtsu vasallilinnuse varemed). In 1460 the coastal hillfort of vassal was built to protect ship traffic. GPS: 58.58884, 23.52435

- 5** Virtsu Sacrificial Stone (Virtsu ohvrikivi). This low medieval cult stone has a deep hollow used for sacrificial ceremonies. GPS: 58.59247, 23.54198
- 6** Uisu precipice (Uisu pank). The almost 3.5 m high coastline allows you to see outcrops with fossils. GPS: 58.65911, 23.50294

SERVICES

- Accommodations**
 - 1. Holiday home Kõrtsi talu puhkemaja, T: +372 53424313; GPS: 58.663611, 23.518333
- Catering**
 - 1. Toidutanker, T: +372 57702602; GPS: 58.57177 23.51622
- Shops**
 - Virtsu, GPS: 58.572231, 23.515167

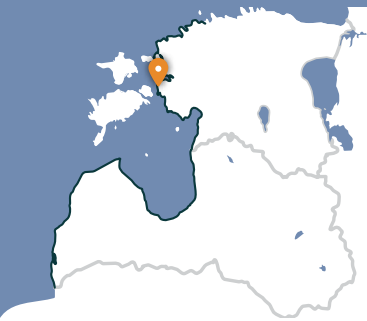
Public transport
Bus traffic Virtsu–Lihula: approximately 10 times a day.

Rest areas
Uisu rest area, GPS: 58.64853, 23.51262

TOURIST INFORMATION

i Pärnu Visitor Centre, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909





Kuke – Meelva


Along the Islands of the Baltic Ice Lake



The *Baltic Coastal Hiking Route* goes along small country roads where individual farmsteads and cultivated fields appear in sight. When approaching *Matsalu Bay*, you will see wetlands: overgrown lakes that have once separated from the sea as bays and coastal meadows ruined by grazing cattle. Near *Mõisaküla* (the beginning of *Matsalu National Park*) and *Salevere* villages, distinct hillocks appear that used to be islands in the Baltic Ice Lake more than 10,000 years ago.





USEFUL INFORMATION

..... 19 km  6–8 h

 Kuke village


 Meelva village


 Kuke – Mõisaküla – Salevere – Ullaste – Metsküla – Meelva

 Roads covered in asphalt and gravel (mainly).

 Medium

 None.

 Be careful when walking along the small country and village roads, as well as along the motor road and ensure safety.

 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 catering companies or shops are available in this section. No

accommodation is available in the surroundings of *Meelva*, so getting to an accommodation place has to be planned in advance. The bus (*Keemu – Meelva – Saastna* section) to *Lihula* runs ~ 3 times per day (timetable: www.peatus.ee, www.tpilet.ee).



It is recommended to visit *Keemu* (4,5 km from *Meelva*) where there is a wonderful view of *Matsalu Bay* from its birdwatching tower.



WORTH SEEING!

- 1 Ranna ranch (Ranna Rantšo).** In this animal park you can see various species of animals and birds, as well as domestic animals – horses, chickens and goats.
GPS: 58.67546, 23.54414



SERVICES

- Accommodations**
 - 1. Holiday home Kodade puhkemaja,**
T: +372 5011890; GPS: 58.69247, 23.56271
 - 2. Guest house Algallika külastemaja,**
T: +372 55566088;
GPS: 58.6847084, 23.4969932
 - 3. Holiday home Ullaste Puhkemaja,**
T: +372 56649149;
GPS: 58.696665, 23.588157
- Catering**
 - 1. Salevere Creative Workshop Pop-up cafe** (please book in advance in summer),
T: +372 5011890;
GPS: 58.68960, 23.58313

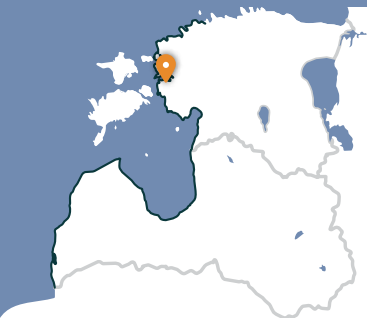
- Public transport**
Bus traffic Virtsu–Lihula: approximately 10 times a day.
- Rest areas**
 - 1. Salevere rest area,**
GPS: 58.69186, 23.58252
 - 2. Metsküla rest area,**
GPS: 58.72468, 23.62306
 - 3. Keemu rest area,**
GPS: 58.74553, 23.67414

TOURIST INFORMATION

- Pärnu Visitor Centre, Pärnu, Uus 4,**
www.visitPärnu.com, T: +372 53304134;
GPS: 58.385303, 24.49909

- 2 Salevere Salumäg Hill and the Eyes spring (Silmaallikas).** The relief's form was created by the continental glacier and the Baltic ice lake. People believe that the Eyes spring, located at the foot of the hill, has healing properties, especially, if you have eye diseases.
GPS: 58.69150, 23.58186
- 3 Salevere walking trail, 1.5 km.** This walking trail goes for approximately 120 m along a wooden plank-way and partially – along the old castle ruins –, and is a great place to see a diverse deciduous forest which are relatively rarely found in Estonia.
GPS: 58.69042, 23.58084
- 4 Salevere Salumäe creative workshop (Salevere Salumäe Loovkoda).** The creative centre located in the southern part of Matsalu national park has an Estonian Applied Arts Gallery, souvenir shop and home cafe. T: +372 5011890.
GPS: 58.68960, 23.58313





Meelva – Penijõe


Following the Trail of the Livonian Chronicle of Henry



For this day, the start and end point for the current section of the *Baltic Coastal Hiking Route* are located in *Matsalu National Park*, but the major part of it lies outside the park's territory. Travellers will have their attention captured by the small villages and country roads with beautiful individual farmsteads and rural landscapes with cows and sheep grazing in the grass, as well as *Lihula*, the first see of the Bishopric of *Saare-Lääne (Ösel-Wiek)*, which is indirectly mentioned in the Livonian Chronicle of Henry in relation to the events of 1211 when Abbot Theoderich of the *Daugavgrīva* (near *Riga*) monastery was ordained as the first Bishop of Estonia.





USEFUL INFORMATION

..... 22 km  7–9 h

 Meelva village


 Penijõe Manor: Matsalu National Park visitor centre, 


 Meelva – Poanse – Järise – Tuudi – Alaküla – Lihula – Penijõe

 Roads covered in asphalt and gravel.

 Medium

 None.

 Be careful when walking along the small country and village roads, as well as along the motor road and ensure safety. You will have to cross the *Virtsu – Risti* road (No. 10) in two places after making sure it is safe to do so.

 No accommodation is available in the surroundings of *Meelva* so, when starting

this section, you have to plan in advance how to get to the starting point. The bus (*Keemu – Meelva – Saastna* section) to *Lihula* runs ~ 3 times per day. The bus connecting *Lihula* and *Penijõe* runs ~ 4 times per day. Bus timetable: www.peatus.ee, www.tpilet.ee.






Intercity bus transport runs in the *Tuudi – Lihula* section. It is recommended to devote at least a couple of hours to visiting *Lihula*.





WORTH SEEING!

- 1** **Lihula.** This was one of the largest and most significant centres of Western Estonia, created at the beginning of the 13th century; several medieval ruins are still preserved here.
GPS: 58.68852, 23.83491
- 2** **Lihula Elizabeth Church (Lihula Eliisabeti kirik).** The church was built in 1876 on the location of the previous church from the 13th century.
GPS: 58.69114, 23.83641
- 3** **Lihula Manor and Museum.** Lihula Museum is located in the Lihula Manor House which was founded in the 13th century as the manor of the bishop and the order. It gives insight into the history of the region. T: +372 4778191; GPS: 58.69322, 23.83843
- 4** **Lihula Castle Ruins (Lihula linnuse varemed).** One of the most unique fortress constructions of the 13th century in the Baltics. The stone castle was built on the location of the ancient Estonian – Saare – Leene bishopric.
GPS: 58.69421, 23.83896
- 5** **Penijõe walking trail (Penijõe matkarada).** This 3.2 – 7 km long walking trail was created in the Matsalu national park to view the reeds, flood lands in the spring, meadows and other habitats.
GPS: 58.71535, 23.81132
- 6** **Penijõe Birdwatching Tower (Penijõe linnuvaatlustorn).** The 8 m high tower offers interesting views across the 3000 hectare wide Kasari river flood lands.
GPS: 58.72721, 23.80317
- 7** **Penijõe Manor and Matsalu National Park visitor centre.** The visitor centre located in the manor house built at the beginning of the 17th century and reconstructed in the 19th century will give you great insight about the national park. T: +372 5138783; GPS: 58.71491, 23.81600


SERVICES

-  **Accommodations**
1. Accommodation Kontor kodumajutus,
 T: +372 56465792;
 GPS: 58.68842, 23.83576
-  **Catering**
1. Bar Särtsu baar, T: +372 5046141;
 GPS: 58.68619, 23.83403
2. Lihula Bus Terminal cafe,
 T: +372 56220341;
 GPS: 58.68821, 23.83446
3. Tavern Trahter Birgit, T: +372 5137609,
 GPS: 58.70001, 23.83150
-  **Shops**
Tuudi, GPS: 58.662381, 23.731824
Lihula, GPS: 58.68837, 23.834549 and
 GPS: 58.686329, 23.834378
Lihula pharmacy and Doctor's Office,
 GPS: 58.688222, 23.835129

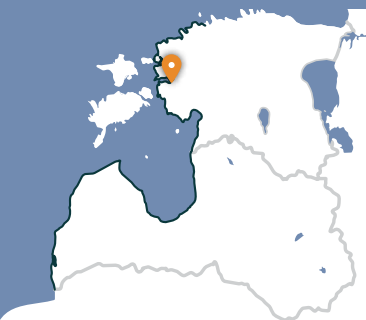
 **Public transport**
 Bus traffic Meelva–Lihula: approximately three times a day.

 **Rest areas**
1. Penijõe rest area,
 GPS: 58.71314, 23.81465
2. Karusselja rest area,
 GPS: 58.72818, 23.82796

TOURIST INFORMATION

 **Pärnu Visitor Centre, Pärnu, Uus 4,**
www.visitPärnu.com, T: +372 53304134;
 GPS: 58.385303, 24.49909





Penijõe – Laiküla

Around the Largest Wetland in Northern Europe



The *Baltic Coastal Hiking Route* takes you on a stroll around the *Kasari River* delta where it flows into *Matsalu Bay* and where one of the largest wetlands in Northern Europe has taken shape with large reedy fields, coastal meadows, oxbow lakes and water from the shallow bay, being a notable nesting and stopover site for migratory birds. The itinerary mainly leads through farmland landscapes and small villages. In the surroundings of *Kirbla*, you can see an elevation of the terrain, which is a former Baltic Ice Lake Island with its ancient coast in the north.



Medium



None.



Be careful when walking along the small country and village roads, as well as along the motor road and ensure safety. The *Virtsu – Risti* road has to be crossed via tunnel.



The bus connecting *Lihula* and *Haapsalu* runs ~ 12 times per day. Twice a day, the bus turns into *Haeska*, which is the next day's starting point. You have the following options:

- match this day's hike, going in parallel with the road (No. 10), to the *Lihula – Haeska – Haapsalu* bus and ride to *Haeska*, where the closest accommodation place is ~ 3 km away;
- take the *Lihula – Haapsalu* bus to the turn to *Haeska* (on the *Laiküla – Haapsalu* road, No. 31, bus stop *Haeska teerist*) and then walk ~ 7 km to *Matsalu Bay* where you will find an accommodation place;
- make an agreement with the owner of the accommodation place regarding transfer. Bus timetable: www.peatus.ee, www.tpilet.ee.



It is worth spending at least a couple of hours or half a day observing birds near the *Haeska* birdwatching tower.

USEFUL INFORMATION

..... 22 km



7–9 h



Penijõe Manor: Matsalu National Park visitor centre,
P



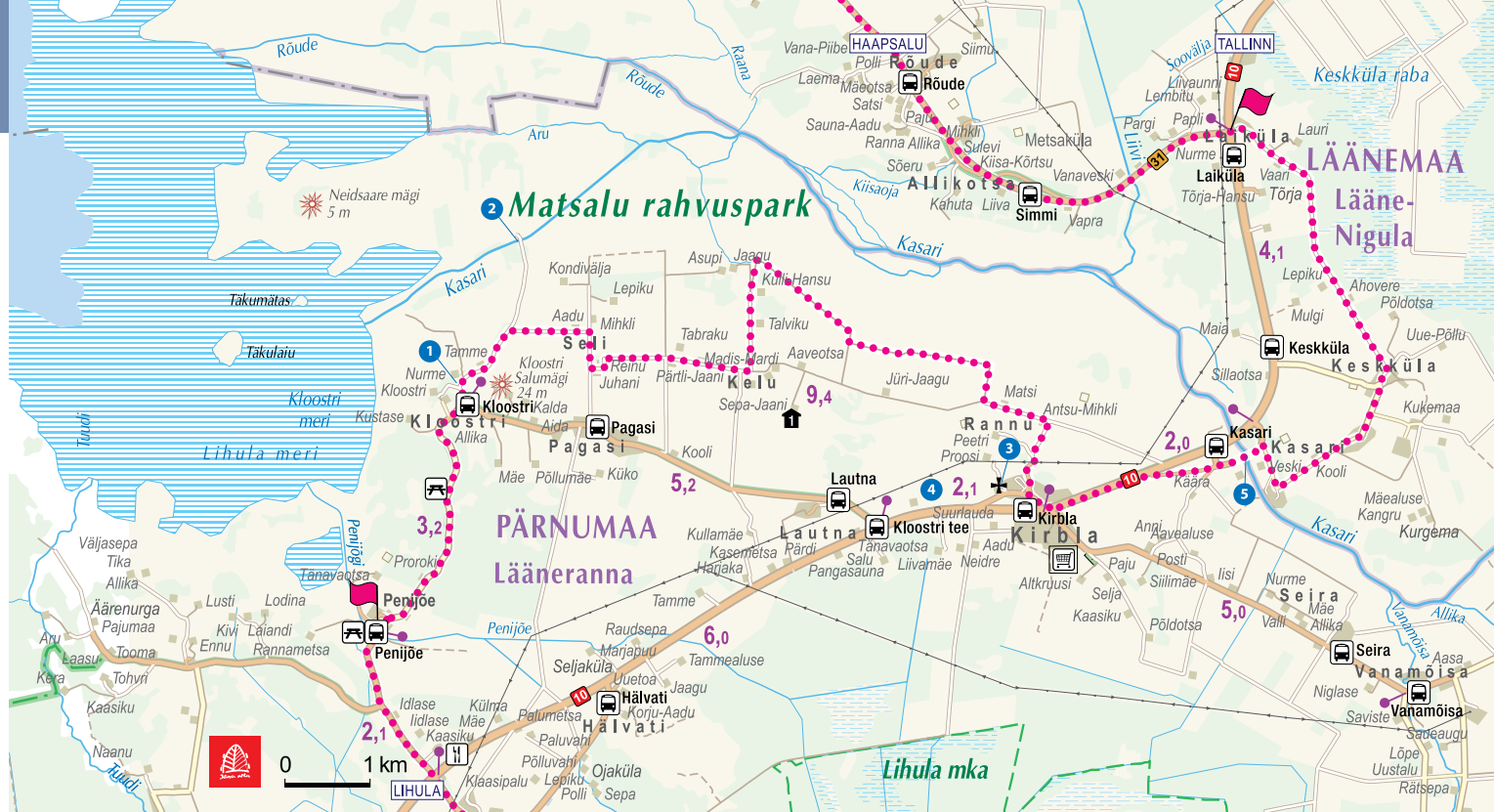
Laiküla village, the bus stop near *Virtsu – Risti* road (No. 10)



Penijõe – Kloostri – Kelu – Kirbla – the historic bridge across the *Kasari River – Keskküla – Laiküla*. Next, you have to take a bus or a transfer to get to *Haeska* (~ 24 km), which is the starting point for the next day. On this day, you can come back and spend the night in *Lihula* or continue to *Haeska*.



Roads covered in asphalt and gravel.



WORTH SEEING!

- 1** Kloostri Manor Ruins (*Kloostri mõisa varemed*). Lihula cloister medieval manor ruins. GPS: 58.73950, 23.83122
- 2** The Kloostri birdwatching tower and the Kasari river flood-lands. You can see the river flood-lands from the sightseeing tower located on the left bank of the Kasari river; here the migrating birds rest during the spring flood period. GPS: 58.75424, 23.84404
- 3** Kirbla Church (*Kirbla kirik*). The Kirbla Niklav church, built in Southern Estonia in the 16th century in late gothic style, is one of the smallest churches in Estonia. GPS: 58.72873, 23.94164
- 4** The Kirbla terrace and the memorial to Professor Eerik Kumari. The commemorative stone for the academician Eerik Kumari born in Kirbla. GPS: 58.72846, 23.92791
- 5** The Kasari Old Bridge (*Kasari vana sild*). The bridge, paved with land stones and built in 1904, was damaged during World War II; in its time it was the longest concrete bridge in Europe and Russia with a foundation cut from granite blocks. GPS: 58.73186, 23.99208



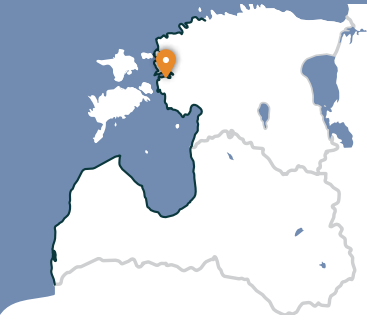
SERVICES

- Accommodations**
1. Holiday home *Sepa-Jaani Puhkemaja*, T: +372 521 5500; GPS: 58.736666, 23.899444
- Shops**
Kirbla, GPS: 58.726154, 23.9532
- Public transport**
Bus traffic Hälvati-Laiküla: approximately 6 times a day.

TOURIST INFORMATION

- Pärnu Visitor Centre**, Pärnu, Uus 4, www.visitPärnu.com, T: +372 53304134; GPS: 58.385303, 24.49909





Haeska – Puise


Observing Birds and Nature in Matsalu National Park




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*.





USEFUL INFORMATION

..... 23 km  8–10 h

 *Haeska* near the birdwatching tower, next to **P**


 *Puise nina*, **P**


 *Haeska – Sinalepa – Tuuru – Põgari-Sassi – Puise – Puise nina*.

 Roads covered in asphalt and gravel.

 Medium

 None.

 Be careful when walking along the small country and village roads, as well as along the motor road and ensure safety.

 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.



A trail created by *Matsalu National Park* connects *Kiideva* and *Puise nina*: you can go from *Tuuru* through *Koida* to *Kiideva*, see the birdwatching platform and then take the above-mentioned trail along the coast of the *Matsalu Bay* to reach *Puise nina* (+ ~ 3 – 4 km to the initial itinerary).



WORTH SEEING!

- 1** **Haeska Birdwatching Tower (*Haeska linnuvaatlustorn*)**. This is one of the most popular migrating birds resting places in the spring. A view of the surrounding coastal meadows and bay. The birdwatching tower and rest area are located on private property, – presence and movement through it is allowed from sunrise to sunset. T: +372 5048950; GPS: 58.779446, 23.659244
- 2** **Haeska Manor (*Haeska mõis*)**. The manor house, which is now private property, was built in 1805. It now provides accommodations. T: +372 53471688; GPS: 58.787786, 23.662977
- 3** **K.G.A. von Kursell chapel**. The chapel of the Sinalepa estate manager's son Karl Gustav Adolph von Kursell. Both the old iron cross and the approximately 80-year-old oak cross have been preserved. GPS: 58.81477, 23.57014
- 4** **Põgari Prayer House (*Põgari palvemaja*)**. The last meeting of the Republic of Estonia's government before the Soviet occupation took place in this building, constructed around 1930, on 22 September 1944. GPS: 58.804112, 23.531795
- 5** **Kiideva village (*Kiideva küla*)**. A traditional fisherman's village on the coast of Matsalu Bay. There is a boat pier and birdwatching tower in the village. GPS: 58.771896, 23.548245
- 6** **Walking trail Kiideva–Puise, 2.6 km**. A walking trail uniting Kiideva and Puise villages. It starts on the Kiideva side and then winds through the deciduous forest to the restored forest meadow until it reaches the Lõpre oak. GPS: 58.776860, 23.526074

- 7** **A commemorative stone to the ornithologist Sven Onno**. The ornithologist studied Matsalu birds from 1957 to 1963. GPS: 58.76870, 23.45679
- 8** **Breti Stones (*Breti kivid*)**. From 1915 until 1969 Breiti lived here and carved his life and unfortunate love into stones. Breiti carved various thoughts important to him into roadside stones. Breiti's "love stone" (*Armastuse kivi*) GPS: 58.79330, 23.48237 and Breiti's "mother's stone" (*Ema kivi*) GPS: 58.82886, 23.58192
- 9** **Puise Cape (*Puise nina*) and Puses Sightseeing Tower-Bookstore** You can borrow books from the small bookstore located on the first floor of the Puses Cape Sightseeing Tower. GPS: 58.766130, 23.453670

SERVICES

Accommodations

- 1. Holiday home *Tuulingu Puhkemaja***, T: +372 5048950; GPS: 58.779634, 23.6597702
- 2. Accommodation *Haeska mõisa majutus***, T: +372 53285093; GPS: 58.787778, 23.663056
- 3. Guest house *Altmõisa külalistemaja***, T: +372 53008622; GPS: 58.815230, 23.5538864
- 4. Guest house *Puise Nina külalistemaja***, T: +372 5117246; GPS: 58.764974, 23.452069

Catering

- 1. Cafe *Altmõisa Kohvik***, T: +372 4724680; GPS: 58.815230, 23.553886
- 2. Pub *Puise Nina külalistemaja Kogre Kõrts***, T: +372 5117246; GPS: 58.764974, 23.452069

Shops

Oonga, GPS: 58.825761, 23.733429
Parila, GPS: 58.868352, 23.622272



Public transport

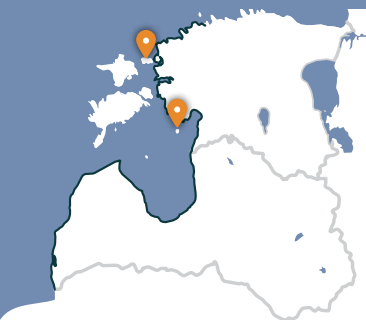
Bus traffic: Haeska–Parila once a day (approximately 3x a week), Parila–Puise approximately 3x a day.

TOURIST INFORMATION



Haapsalu Tourism Information Centre, Haapsalu, 15 Karja, www.visithaapsalu.com, T: +372 4733248; GPS: 58.946638, 23.536323





Vormsi Island

Get to know the fourth largest island in Estonia – Vormsi – by foot or by bicycle.



The island is an excellent place for a several days hiking trip enjoying the untouched and peaceful nature. Rare plants and bird species inhabit the coastal meadows, reeds and bays. **Walking along the hiking trail which is 7 km long and crosses Rumpo Peninsula** (No. 2, GPS: 58.970218, 23.265418) you will be able to see rare species of lichens and watch seabirds.

The Swedes founded Vormsi island in the 13th century. The Swedish coastal cultural heritage – red houses and interesting names of villages characteristic to Sweden – makes Vormsi one of the most original islands in the Baltic Sea. You can get a great overview about the Swedish lifestyle in the **Sviby Country Life Museum (Sviby talumuuseum)** (No. 3, GPS: 58.985012, 23.301669) – this is a completely reconstructed coastal Swedish country estate using photographs and memories of the Swedes who lived in the coastal areas. There are more than 330 different ring crosses in the **Vormsi Cemetery** (No. 4, GPS: 58.999338, 23.232949)

making this the largest collection of this type of crosses in the world. The main historical and cultural monument of the island – the 14th century **St. Olavi Church (Püha Olavi kirik)** (No. 4, GPS: 58.999338, 23.232949) is unique in that it doesn't have a tower. During the summer you can purchase local handicrafts at **Relbi Windmill (Rälby tuulik)** (No. 5, GPS: 59.011983, 23.283609).

The Saxby seacoast with its limestone outcrops, allows you to see fossilized sea creatures that lived in the shallow tropical waters millions of years ago. The **Saxby Lighthouse (Saxby tuletorn)** is also located here, offering a beautiful view of the sea and the island (No. 6, GPS: 59.027647, 23.117274). One of the most attractive places on Vormsi is the Huitbergi limestone hill in the spruce-tree forest which is located in the centre of the island and the 3 km long **Huitbergi Hiking Trail (Huitbergi matkarada)** (No. 7, GPS: 58.993161, 23.181986).

! You can rent a bicycle in the Sviby Port (No. 1, GPS: 58.972102, 23.313847); there is a grocery store in the centre of the island in Hullo village with an ATM where you can take out cash. Information about ferry traffic: www.veeteed.com. Bus traffic is also partially adjusted to the ferry traffic in Sviby Port. You can find additional information about objects of attraction, accommodation, catering places and transport here: www.vormsi.ee un www.visithaapsalu.com.

TOURIST INFORMATION

i **Haapsalu Tourism Information Centre**, Haapsalu, 15 Karja, www.visithaapsalu.com, T: +372 4733248; GPS: 58.946638, 23.536323

Kihnu Island

Kihnu Island is the largest island in the Gulf of Riga and the seventh largest island in Estonia.



5

Its total area is 16.9 km², the island is 7 km long and up to 3.3 km wide. Kihnu is a great destination for one or two days of hiking or a **cycling** trip, as you can conveniently rent a bicycle on the island. Ferry traffic to **Kihnu Port** (No. 1, GPS: 58.14095, 24.01846.) takes place from Munalaiu Port. A great experience during the cold winter is walking to the island via the ice road.

The former seal hunter and fishermen island, with around 600 inhabitants currently, is 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. We can still meet Kihnu women dressed in long, striped skirts, carrying a wicker basket and riding a motorcycle.

A 23 km long coastal route that goes through four villages – Sääre, Linaküla, Rootsiküla and Lemsu – will help you to discover the cultural and natural values of the Kihnu Island. You can visit the **Kihnu Museum** (No. 2, GPS: 58.13317, 23.98255) all year long and get insight into the history of the island, including the life of the famous local captain, Kihnu Jönn. It is also worth seeing **Kihnu Church** (No. 3, GPS: 58.13314, 23.98331) and **cemetery** (No. 4, GPS: 58.13818,

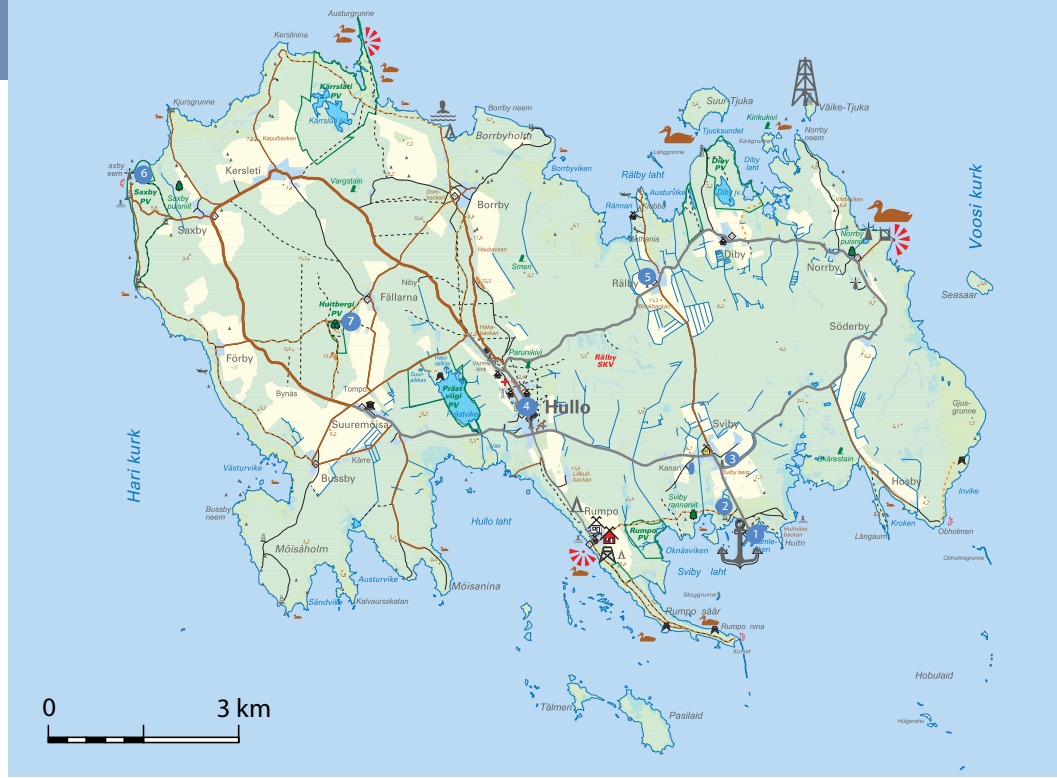
23.98761.) located across from the museum. **From the lighthouse** (No. 5, GPS: 58.09705, 23.97111) in the summer you can enjoy a beautiful view of the island, the surrounding sandbanks and the sea. The commemorative stone by the former house of Kihnu Jönn (No. 6, GPS: 58.11535, 23.99403.) introduces you to the island's legendary "wild captain".

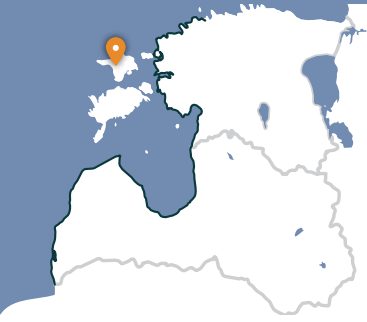
! Kihnu does not have ATMs but you can pay with payment cards in most of the shops. There are no catering places on the island operating all year long. From September to May please book catering in advance. There are grocery stores in Sääre village.

You can see additional information about attractions on the island, accommodation and catering possibilities, rental of bicycles and events on the website: www.visitkihnu.ee Information about ferry traffic: www.praamid.ee

TOURIST INFORMATION

i **Pärnu Tourism Centre**, Pärnu, 4 Uus, www.visitPärnu.com, T: +372 53304134 GPS: 58.385303, 24.49909





Wildly nice Hiiumaa

Only a one hour trip by ferry from the Estonian continental part, there is an island where time passes differently.



9

The pleasant humour of the locals adds some zest to the peaceful lifestyle. Hiiumaa appeared 455 million years ago due to a meteorite explosion and is one of the oldest islands in the world.

Estonia's second largest island's characteristic wild nature is perfect for the lovers of hiking and cyclists. Hiiumaa is like one big SPA – lots of sun, the peaceful sounds of the sea, tiny pebbles on the beach massaging your feet and the salty sea water healing both the body and soul. Long sandy beaches are a great place for active recreation. Windy and gusty Ristna is a real surfer's paradise. You can take a romantic walk on the Sääretirp Horn where sheep graze leisurely among the junipers of Kassari peninsula.

The lighthouses are the main attractions on this island. Kõpu is one of the three oldest

lighthouses in the world that is still operating. The office of the world-renowned Gustav Eiffel designed the Ristna and Tahkuna lighthouses. Climbing to the top of the lighthouse, there is a wonderful view of most forested part of Estonia.

On Hiiumaa the boats are still made of wood and the men from steel. A trip on the sailing ship "Lisette" or the "Hiiumaa" is also worth experiencing. During the cold winter months one can use Europe's longest 26 km long ice road, which connects the island with the continental part of Estonia, instead of a ferry. The island's capital, Kärdla, is one of the greenest towns in Estonia. Here you can escape from the city noise and spend your leisure time in a pleasant coastal holiday house or local pub enjoying Hiiumaa beer and smoked fish.



21



WORTH SEEING!

- 1 Heltermaa Port and handicraft house. GPS: 58.865265, 23.044056
- 2 Pühalepa Church (*Pühalepa kirik*). The oldest stone church in Estonia. GPS: 58.873366, 22.955399
- 3 Suuremõisa Castle (*Suuremõisa loss*). A manor complex in Baroque style with a museum, decorative garden and park. GPS: 58.870307, 22.945178
- 4 Suure Port (*Suuresadama*). An Old Fishing Port and Barn. GPS: 58.975067, 22.907693
- 5 Soera Country Estate – museum, stone wall building and Sooääre forest trail. A typical 19th century Hiiu farmstead. GPS: 58.970485, 22.848455
- 6 Hiiumaa Museum “Pikk Maja” (Long House). It introduces you to the history of the island and the development of the textile factory. GPS: 59.004216, 22.746357
- 7 The walking path Kärkla – Tõrvanina, 5.5 km. A coastal plank-way path with campfire places. GPS: 59.000969, 22.724968
- 8 Mihkli Farmstead-Museum. GPS: 59.020488, 22.605765
- 9 Tahkuna Lighthouse (*Tahkuna tuletorn*). GPS: 59.091776, 22.586116
- 10 Hiiumaa Military Museum (*Hiiumaa militaariumuseum*). The exhibition consists of ammunition to coastal artillery, and military hikes are also organized. GPS: 59.076685, 22.595170
- 11 Luidja Beach and Alder Forest. GPS: 58.932185, 22.386730

- 12 Rebastemäe Hiking Trail (*Rebastemäe matkarada*), 1.5 km. A circular trail with stairs and sightseeing platforms. GPS: 58.918055, 22.240277
- 13 Neljateeristi Nature Trail (*Neljateeristi loodusrada*), 3 km. The trail passes across a steep bank that was a witness to the Ice Age. GPS: 58.92555, 22.22201
- 14 Kõpu Lighthouse (*Kõpu tuletorn*). GPS: 58.915963, 22.199638
- 15 Ristna Nature Centre and Marine Department Store. An exhibition of sea waste gathered on the beach. GPS: 58.925214, 22.092901
- 16 Ristna Lighthouse and Surfer’s Paradise. GPS: 58.940130, 22.055050
- 17 Vanajõe Valley Hiking Trail (*Vanajõe oru õpperada*), 1 km. GPS: 58.885387, 22.433248
- 18 Sõru Port and Shipping Centre. An exhibition about the culture of local shipping and ferry traffic to/from Saaremaa Island. GPS: 58.693851, 22.523951
- 19 Orjaku study trail (*Orjaku õpperada*), 3 km. A plank-way path with a birdwatching tower. GPS: 58.800206, 22.759822
- 20 Orjaku Port and Muuli Hiking Trail. GPS: 58.788888, 22.772500
- 21 Sääretirp, 2 km. Rocky horn reaching into the sea. GPS: 58.770000, 22.815555
- 22 Vaemla Wool Factory (*Vaemla villavabrik*). This wool factory has operated since 1860. GPS: 58.832229, 22.827791

SERVICES



Shops

You will find grocery stores in the largest villages, for example, Kärkla, Käina, Suuremõisa, Emmaste, Nurste, Kõrgessaare. A mobile shop (location in real time: <https://app.ecofleet.com/seeme/>)



Public transport

Air traffic Kerdla–Tallinn www.saartelennuliinid.ee, ferry traffic Rohuküla–Heltermaa www.praamid.ee to/from Saaremaa Sõru–Triigi www.veeteed.com
Regular bus traffic between Tallinn and Kärkla takes place twice a day, as well as local bus traffic in Hiiumaa www.peatus.ee or www.tpilet.ee
Kerdla Bus Terminal, T: +372 4631188 (weekdays 8–17).



Rest areas

Camping places and forest houses www.loodusegakoos.ee

TOURIST INFORMATION:



Hiiumaa Tourism Information Centre, Kärkla, 1 Hiiu, www.visithiiumaa.com, T: +372 4633322; GPS: 58.996666, 22.746667



BALTIC
COASTAL
HIKING

Saaremaa, Muhu and Ruhnu

The largest island in Estonia, Saaremaa, is surrounded by thousands of smaller islands, thus its name is well deserved.



When you reach Muhu Island after a half hour trip by ferry, you get the feeling that time has stopped – nature and traditions have not changed over the course of time. Muhu island is renowned for its beautiful handicrafts. The blooming island in summer has inspired bright colours and flower embroidery. More than 25 protected orchids species grow here. The outcrops and precipice of the Northern beaches of Saaremaa allows you to see Silurian period fossils formed almost 440 million years ago.



13



The small strait dam connecting Muhu island and Saaremaa is a popular place for birdwatchers. Thousands of water birds and sparrow species fly across this place during the birds' migration. The western part of Saaremaa offers you adventures in Vilsandi National Park. When the water level is low, you can walk through the sea to Vilsandi island on foot. There is also a great possibility to see seals.

Along with the beautiful nature it's also worth visiting the seaside resort of Kuressaar. Here you can spend several days – enjoy SPA treatments and walk around the cosy old town. Today the Saaremaa museum is located in the most popular attraction in the town – the magnificent 14th century bishop's castle. Saaremaa will greet you with a historical town and lovely cafes serving local foods, Saaremaa smoked fish and home-made beer, as well as a wide selection of SPA hotels or small farmsteads.

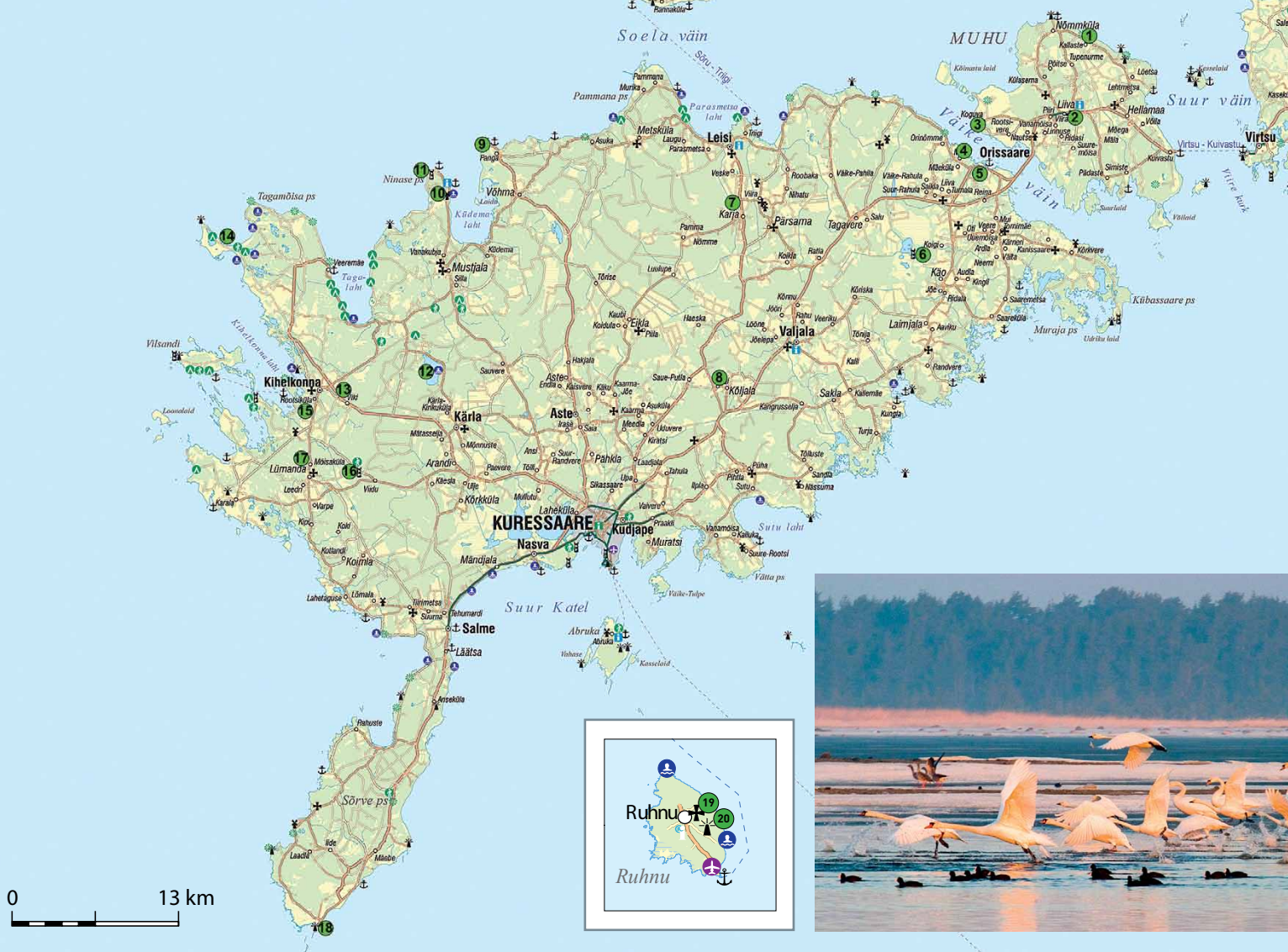
18



If you get tired of the city's noise and long for nature and want to meet singing Livs, then a few hours distance from Roomassaar Port awaits the pearl of the Gulf of Riga – Ruhnu island.



8



WORTH SEEING!

- 1 **Üügu Precipice.** The most beautiful precipice on Muhu Island. GPS: 58.6720, 23.2393
- 2 **The Muhu Catherine Church.** One of the most significant early Gothic style buildings in Estonia. GPS: 58.6041, 23.2260
- 3 **Koguva Fisherman's Village.** A well-preserved historic fisherman's village. GPS: 58.5966, 23.0826
- 4 **Maasi Order Castle Ruins.** The seaside castle ruins date back to 1345. GPS: 58.575708, 23.037114
- 5 **Saaremaa Warfare Museum.** A unique exhibition on the history of war in the 20th century. GPS: 58.5466, 23.0754
- 6 **Koigi Marsh Learning Pathway, 4.8 km.** GPS: 58.4861, 22.9896
- 7 **Angla Windmill Hill.** Four Saaremaa wooden windmills. One is a Dutch style windmill. Cultural heritage centre workshops. GPS: 58.5254, 22.7002
- 8 **Kaali Meteorite Crater Territory and Museum.** Kaali Lake is the main crater, 110 meters in diameter, formed during the fall of an enormous meteorite; there are also eight smaller craters. GPS: 58.371706, 22.671977
- 9 **Panga Precipice.** The 21 meter high limestone precipice offers the most beautiful sunsets in western Estonia. GPS: 58.569869, 22.290383

- 10 **The Sculptures Old Lady and Old Man** made from windmills. The mystical heroes of Saaremaa, Piret and Suur Tõll dressed in Mustjala national costumes. GPS: 58.522777, 22.231388
- 11 **Ninase Precipice and Sightseeing Tower.** Pebbles with holes "carved" by the sea, thousands of years old fossils, beautiful scenery. GPS: 58.543888, 22.204444
- 12 **Karujärv Lake and Beach.** The most beautiful lake on Saaremaa. GPS: 58.378336, 22.229008
- 13 **Mihkli Farmstead-Museum.** A preserved complex of buildings and work tools. GPS: 58.3498, 22.0804
- 14 **Kiipsaare Lighthouse and Harilaiu Peninsula Hiking Trails, 6 or 11 km.** Seaside nature and a lovely leaning lighthouse. GPS: 58.495277, 21.841944
- 15 **Vilsandi National Park Centre.** GPS: 58.3329, 22.0215
- 16 **Viidumäe Reserve and Learning Pathway, 1.5 km.** A reserve with rare plants. GPS: 58.2981, 22.0996
- 17 **Saaremaa Lime Park (Saaremaa Lubjapark).** 70 to 90 year-old lime ovens and a learning pathway. GPS: 58.2934, 22.0214
- 18 **Sörve Visitor Centre.** An exhibition about the history of sea shipping and lighthouses. GPS: 57.909819, 22.055279

- 19 **Ruhnu St. Magdalene Church.** The oldest wooden building in Estonia built in 1643 on Ruhnu Island. GPS: 57.8061, 23.2444
- 20 **Ruhnu Lighthouse.** Engineer Eiffel designed this unique lighthouse on Ruhnu Island. GPS: 57.801121, 23.260293

SERVICES



Public transport

Airplane traffic Kuresaare–Tallinn, www.saartelennuliinid.ee; ferry traffic Virtsu–Kuivastu www.praamid.ee, to Hiiumaa (Triigi–Sõru) and Ruhnu (Kuresaare–Ruhnu) www.veeteed.com
 Bus traffic: www.tpilet.ee
 Local bus traffic: www.bussipilet.ee or www.peatus.ee or www.tpilet.ee
 Kuresaare Bus Terminal: +372 4531661.



Rest areas

Camping places and forest houses www.loodusegakoos.ee
 Information on the hiking trails: <http://saaremaatourism.ee/et/saaremaa-randaja-teeekonnad>
www.saartegeopark.ee

TOURIST INFORMATION



Saaremaa Tourism Information Centre, Kuressaare, 2 Tallinn, www.visitsaaremaa.ee, T: +372 4533120; GPS: 58.252777, 22.485555.



The Highlights of *Haapsalu Bay* and the *Noarootsi Peninsula*

- The architecture of the Haapsalu resort town
- The Haapsalu Bishop's Castle
- The White Lady Festival
- The cultural environment of the ancient Swedes in the villages of the Noarootsi Peninsula
- The beach Haapsalu cafés

ESTONIA *HAAPSALU* AND VILLAGES OF COASTAL SWEDES



HAAPSALU BAY AND THE *NOARROOTSI* PENINSULA, *OSMUSSAAR* ISLAND

Tuuru – Nõva:
136 km, Day 47 – Day 52

For a short stretch, the Baltic Coastal Hiking Route follows a former broad-gauge railway line, in other places it continues on country roads, while in populated areas and in *Haapsalu* it takes pedestrian sidewalks and coastal promenades where you will find rest areas and nice little pubs. *Haapsalu* has a broad offer of SPA hotels that are often located in historic resort buildings. In *Haapsalu* Old Town, you can visit the *Haapsalu* Bishop's Castle, in which the popular White Lady Festival takes place each year in August. Next, the Baltic Coastal Hiking Route leads you through the *Noarootsi* Peninsula which used to lay at the bottom of the sea, but with the earth's crust rising after the last glacial period it became dry land. Here you can see ancient Swedish hamlets with a different cultural environment and landscape, as well as shallow lakes that have been separated from the sea.

The Legend of *Osmussaar*

Osmussaar island in *Finnish Gulf* has acquired its name in honour of the Viking god Odin, who, according to a legend, is buried on the island. You can get to *Osmussaar* island by taking a small ship in the Port of *Dirhami*.





Tuuru - Rohuküla

The Second Gate to the Islands of the Moonsund Archipelago



In this section of the *Baltic Coastal Hiking Route*, the landscape is constantly changing. Small villages interchange with cultivated fields, pastures, individual farmsteads and limestone quarries. The route along the seacoast is limited by wetlands and private properties so the itinerary returns to the sea only at *Kiviküla* and *Pusku* villages, where you will see the *Väinameri* Sea Strait and a lot of islands, and at the *Rohuküla* port.



USEFUL INFORMATION

..... 19,5 km (the main itinerary)
Lagleranna nature trail (return hike of 2 km), *Topu* Port rest area (return hike of 5,2 km), *Pusku* Port rest area (return hike of 1,2 km)

🕒 7-9 h (the main itinerary, excluding the nature trail and the distances to rest areas).

🚩 *Tuuru*, *Altmõisa* guest house, **P**

🚩 *Rohuküla* Port, paid **P**

📍 *Tuuru - Panga - Suure-Ahli - Sepaküla - Eigla - Rohuküla*



Roads covered in asphalt (mainly) and gravel.



Medium (including the distance to the seacoast)



None.



Be careful when walking along the small country and village roads, as well as along the motor road and ensure safety. You have to be careful when crossing the *Haapsalu - Rohuküla* road (No. 9) after making sure it is safe to do so.



The final section of the 1,7 km itinerary goes along the roadside (No. 9), which has heavy traffic during the arrival and departure of ferries, so it is recommended to take the bus going between *Haapsalu* and *Rohuküla* (> 11 times per day, bus timetable: www.peatus.ee, www.tpilet.ee). The bus stop is located in *Eigla* village on the *Haapsalu - Rohuküla* road.



When at the Port of *Rohuküla*, you can take the ferry to *Hiumaa* Island (Port of *Heltermaa*) and to *Vormsi* Island. Ferry timetable: <https://www.praamid.ee/>, <http://www.veeteed.com/>.



WORTH SEEING!

- 1** The ruins of Sinalepa St. Nicholas Apostolic Orthodox Church This church, which was built in historicism style, had a cross-form design with the bell tower and dome above the central hall of the church. GPS: 58.825883, 23.574207
- 2** Pusku Port. A place for swimming and a rest area. GPS: 58.898246, 23.455239
- 3** Rohuküla Port. Ferry traffic to Vormsi and Hiiumaa island. GPS: 58.906333, 23.424741

SERVICES

- Accommodations**
 - 1. Farmstead for Tourists Lauri-Antsu Turismitalu**, T: +372 5093002; GPS: 58.851944, 23.521944
 - 2. Guest house Mihkli külalistemaja**, T: +372 5027488; GPS: 58.885619, 23.477321
 - 3. Holiday home Männiladva puhkemaja**, T: +372 53478585; GPS: 58.877778, 23.467500
 - 4. Farmstead for Tourists Tooraku Turismitalu**, T: +372 5015511; GPS: 58.886667, 23.455278
 - 5. Farmstead for Tourists Pusku Turismitalu**, T: +372 56238506; GPS: 58.893417, 23.457437

- Catering**
 - 1. Rohuküla port cafe**, T: +372 55645929; GPS: 58.906305, 23.424560

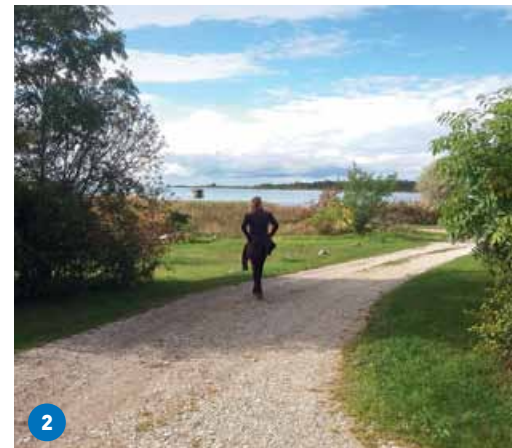
- Shops**
 - Parila**, GPS: 58.868213, 23.622709

- Public transport**
 - Bus traffic Tuuru–Haapsalu: approximately 3x a day and Haapsalu–Rohuküla approximately 11x a day.

- Rest areas**
 - Pusku Port**, GPS: 58.898246, 23.455239

TOURIST INFORMATION

- i Haapsalu Tourism Information Centre**, Haapsalu, 15 Karja, www.visithaapsalu.com, T: +372 4733248; GPS: 58.946638, 23.536323



Rohuküla – Haapsalu – Uuemõisa






The Most Popular Resort in Estonia - Haapsalu

A multifarious section of the *Baltic Coastal Hiking Route*. The first three kilometres of the itinerary go along the former *Haapsalu – Rohuküla* broad-gauge railway line, takes you on a stroll along *Haapsalu Bay* through *Pullapää* cape, crosses coastal forests, which contain health trails, and continues via coastal promenades and small streets around *Haapsalu Town*. After crossing a small wetland beyond the town, this section of the trail ends in the beautiful *Uuemõisa Park*.



11

USEFUL INFORMATION

-  22 km
-  7–9 h
-  Rohuküla Port, paid **P**
-  Uuemõisa, nearby **P**
-  Rohuküla – Pullapää –
Haapsalu – Uuemõisa



Roads covered in asphalt and gravel, former broad-gauge railway line, forest roads and trails, overgrown coastal trails.



Medium



None.



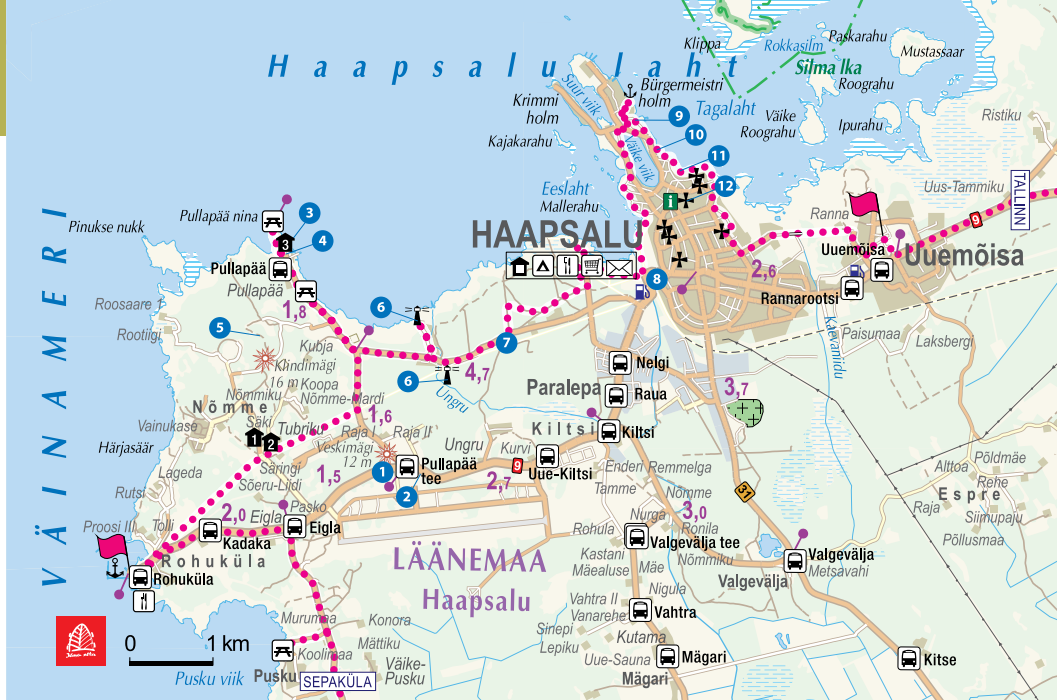
Be careful when walking along the small country and village roads, as well as along the motor road and ensure safety. Pedestrian sidewalks and coastal promenades have to be used in the town.



The town bus connecting *Haapsalu* and *Rohuküla* runs > 11 times per day, there is constant traffic between *Haapsalu* and *Uuemõisa* (timetable: www.peatus.ee, www.tpilet.ee).



The itinerary can be shortened by 6–7 km by not going to *Cape Pullapää*, but instead continuing the hike along the former railway line up to *Haapsalu* railway station. It is worth devoting at least half a day to visiting the town.



WORTH SEEING!

- 1** **Ungru Castle Ruins (*Ungru lossi varemed*).** One of the most impressive Neo-baroque style buildings in Estonia was never finished.
GPS: 58.917458, 23.483490
- 2** **Kiltsi Airfield (*Kiltsi lennuväli*).** An airfield built by the Soviet army.
GPS: 58.916439, 23.508159 NB! You must get a pass in advance to visit the airfield territory: 17 Lahe, Haapsalu, working hours: M.–F., 8 am – 17 pm.
GPS: 58.94819, 23.528694
- 3** **Pullapää cape (*Pullapää neem*).** A place for swimming and a rest area.
GPS: 58.944452, 23.452455
- 4** **A commemorative Sign to Czar Alexander III.** The Czar frequently vacationed at Pullapää beach with his family.
GPS: 58.941303, 23.454909
- 5** **Pullapää precipice (*Pullapää pank*).** Several meters long and 3 to 4 m high. The precipice is situated inland, approximately 1 km from the current coastline.
GPS: 58.932222, 23.449722
- 6** **Paralepa Lighthouse (*Paralepa tuletornid*).** The lower (58.934007, 23.482814) and upper (58.927698, 23.489201) lighthouse are located 802 m from each other.

- 7** **Petri Stone (*Peetri kivi*).** A cultural heritage object and the place where Czar Peter I had a small accident when his carriage brushed against this stone in 1715 after a visit to Ungru.
GPS: 58.932014, 23.501463
- 8** **Haapsalu Railway Station (*Haapsalu Raudteejaam*).** The proud station building, constructed at the beginning of the 20th century, museum and outdoor exhibition.
T: +372 4734574;
GPS: 58.938285, 23.532339
- 9** **Coastal Swedes Museum (*Rannarootsi Muuseum*).** Introduces you to the coastline populated by Swedes and their history in Estonia. T: +372 55623993;
GPS: 58.955719, 23.528168
- 10** **Tchaikovsky's Bench.** A commemorative bench for the composer Pyotr Tchaikovsky who vacationed in Haapsalu in 1867.
GPS: 58.952628, 23.532773
- 11** **Haapsalu Promenade and resort hall.** The centre of the health resort with a historical promenade passing several monuments and attractions.
GPS: 58.950324, 23.537480
- 12** **Haapsalu Old Town, Bishop's castle and Dome Church.** An Old town from the 13th century. T: +372 5184664;
GPS: 58.947117, 23.539126

SERVICES

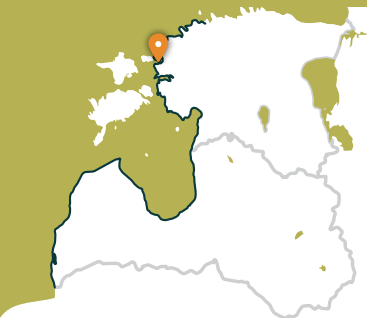
- Accommodations**
 - 1. Holiday home *Jaagurahu Puhkemaja*,**
T: +372 53486445;
GPS: 58.920446, 23.450785
 - 2. Spa villas *Hapsal Spa Villad*,**
T: +372 53486445;
GPS: 58.920446, 23.450785
 - 3. Holiday centre *Pullapää puhkekeskus*,**
T: +372 53285093;
GPS: 58.877778, 23.467500

Haapsalu provides accommodation in various price categories and levels:
www.visithaapsalu.com
- Catering**
Haapsalu provides catering places in various price categories and levels:
www.visithaapsalu.com
- Shops**
Haapsalu
- Public transport**
Bus traffic Rohuküla–Haapsalu: approximately 11x a day.
- Rest areas**
 - 1. Pullapää cape,
GPS: 58.94419, 23.45266
 - 2. Pullapää, GPS: 58.97647, 23.46427

TOURIST INFORMATION

Haapsalu Tourism Information Centre,
Haapsalu, 15 Karja,
www.visithaapsalu.com, T: +372 4733248;
GPS: 58.946638, 23.536323





Uuemõisa – Elbiku








Around Haapsalu Bay






The *Baltic Coastal Hiking Route* mainly goes along the side of the road and it only winds through smaller country roads between *Ingküla* and *Aulepa* Villages, where you can enjoy rural landscapes with individual farmsteads, boulders and pastures.



USEFUL INFORMATION

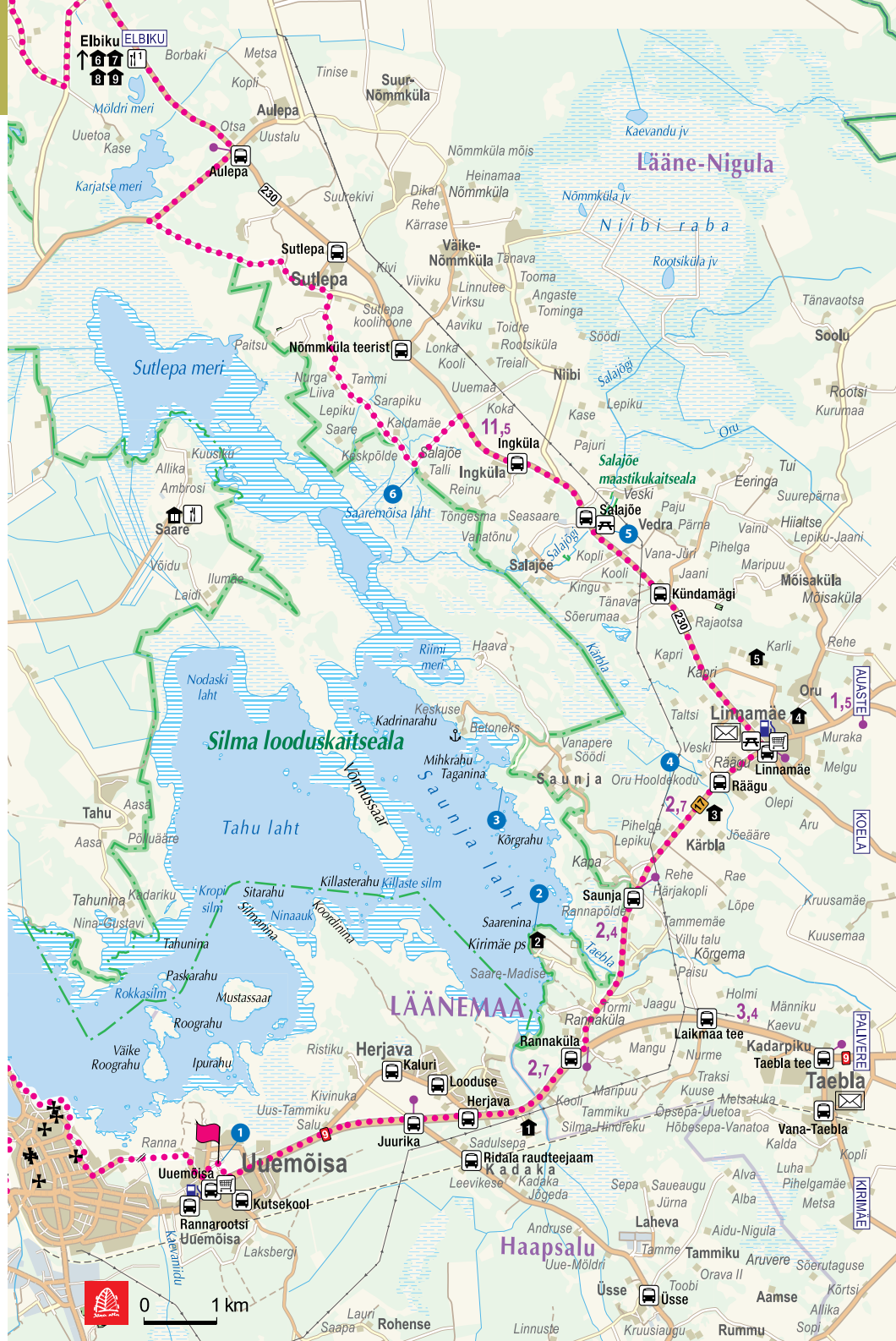
- 36 km
-  Depending on the chosen means of travel.
-  Uuemõisa, nearby 
-  Elbiku
-  Uuemõisa – Linnamäe – Ingküla – Sutlepa – Riguldi – Elbiku
-  Roads covered in asphalt and gravel.
-  Depending on the chosen means of travel.

-  None.
-  In this section, the hike mainly goes along the roadside, so it is recommended to use alternative paths (see below).
-  Intercity buses run between *Haapsalu* and *Linnamäe*, *Linnamäe* and *Elbiku* and then to *Dirhami* (timetable: www.peatus.ee, www.tpilet.ee). In this section, it is recommended to combine buses by getting off at the places you are interested in, covering a certain distance on foot and then continuing by bus. This section can be



split into two days and you can spend the night in the vicinity of *Linnamäe* (11 km from *Uuemõisa*).

You can take the bus from *Haapsalu* or *Uuemõisa* and go to *Õsterby* (in the morning) and then walk to *Riguldi* (see the next day's page). In *Haapsalu*, you can use water taxi services (www.visithaapsalu.com), get across to the *Õsterby* Port and continue the hike to *Riguldi*.



WORTH SEEING!

- 1 **Uuemõisa Manor and Park.** Mentioned for the first time in the historical writings in 1539. The building was reconstructed in 1920 and currently there is an elementary school located there. GPS: 58.943291, 23.580720
- 2 **Kirimäe Peninsula Birdwatching Tower (Kirimäe poolsaare linnuvaatlustorn).** Gives a fantastic view of Saunja Bay (Saunja lahele) and the surrounding coastal meadows. During spring and autumn you can observe thousands of waterbirds resting here. GPS: 58.9724439, 23.6557368
- 3 **Silma Nature Reserve (Silma looduskaitseala) and Saunja study trail (Saunja õpperada), 1.2 km.** The learning pathway goes through a pine forest and junipers until it reaches the Saunja Sightseeing Tower located on the coastline of the bay. GPS: 58.989838, 23.647804
- 4 **Räägu Manor House (Räägu mõis).** The master's house is made of wood (built in 1835). The granary, mill and some auxiliary buildings have survived until nowadays. A cemetery and commemorative stone to those killed during World War II is located in the yard of the manor. Currently the Oru Old People's Home is located here. GPS: 58.991282, 23.695508
- 5 **Salajõe karst area (Salajõe karstiala).** The largest karst area in the Lääne County is approximately 600 meters long and 100 meters wide. This is the place where the Salajõgi river, which flows into Haapsalu bay, flows underground for approximately 1.5 km. GPS: 59.021992, 23.669740
- 6 **Salajõe Manor House Ruins (Salajõe mõisa varemed).** A majority of the stone wall and the socle part arches is still preserved until nowadays. GPS: 59.029146, 23.627331

SERVICES



Accommodations

1. Guest house *Käbi külalistemaja*, T: +372 5064421; 58.947500, 23.654444
2. Holiday home *Neti Puhkemaja*, T: +372 5270607; GPS: 58.970278, 23.656111
3. Sports and holiday village *UusKalda Spordij ja Puhkeküla*, T: +372 53979793; GPS: 58.985278, 23.698611
4. Hunter's house *Metlini Jahimaja*, T: +372 5050599; GPS: 58.997922, 23.718462



Catering

1. Restaurant *Roosta Puhkeküla Restoran*, T: +372 5256699; GPS: 59.157340, 23.529414

5. Farmstead *Kiige turismitalu*, T: +372 5094207; GPS: 59.005000, 23.708333
6. Holiday home *Nuckö Salong Puhkemaja*, T: +372 5136996; GPS: 59.156419, 23.530443
7. Holiday home *Roostasalu Puhkemaja*, T: +372 53485596; GPS: 59.157340, 23.529414
8. Holiday home *Roosta puhkeküla*, T: +372 5256699; GPS: 59.158333, 23.519722
9. Guest house *Villa Hanson külalistemaja*, T: +372 5043139; GPS: 59.160512, 23.531441



Shops

- Uuemõisa*, GPS: 58.940355, 23.582675,
Linnamäe GPS: 58.994787, 23.711057 and
Pürksi GPS: 59.005643, 23.524154



Public transport

Bus traffic Haapsalu–Elbiku: approximately once a day.



Rest areas

1. *Linnamäe* GPS: 58.994850, 23.710610
2. *Salajõe* GPS: 59.021992, 23.669740

TOURIST INFORMATION



Haapsalu Tourism Information Centre, Haapsalu, 15 Karja, www.visithaapsalu.com, T: +372 4733248; GPS: 58.946638, 23.536323



Österby – Riguldi







Noarootsi - The Swedish-like peninsula







The *Baltic Coastal Hiking Route* leads you to the unusual *Noarootsi* Peninsula where the Swedish have been linked with shaping the cultural environment. The *Noarootsi* Peninsula is an excellent site for birdwatching in Estonia. The itinerary leads you through *Österby*, *Pürksi*, *Hosby* and *Hara* villages, in which you will see different kinds of buildings surrounded by fences. In the north of the peninsula, the trail bypasses the overgrown *Vööla meri* Lake that has once separated from the sea as a bay. Near the shallow *Hara* Bay, you can see picturesque landscapes with vast reedy areas, coastal juniper meadows and cattle.



USEFUL INFORMATION

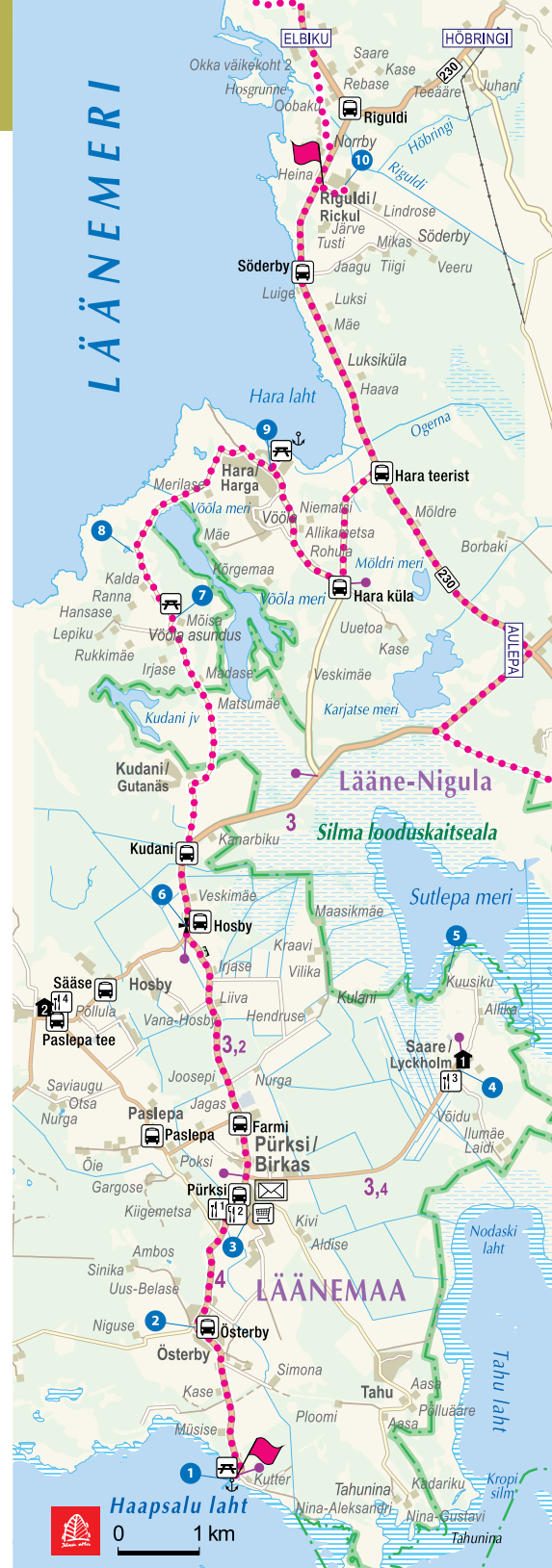
-  23 km
-  8–10 h
-  Österby Port, **P**
-  Riguldi Manor
-  Österby – Pürksi – Hosby – Kudani – Hara – Riguldi.
-  Roads covered in asphalt and gravel.

-  Medium
-  None.
-  Be careful when walking along the small country and village roads, as well as along the motor road and ensure safety.
-  Intercity buses run between *Haapsalu* and *Österby* (timetable: www.peatus.ee, www.tpilet.ee). In *Haapsalu*, you can use water taxi services (www.visithaapsalu.com) to get across to *Österby* Port. There is a shop and a catering

company only in *Pürksi* village. No accommodation is available in *Riguldi* so vigorous walkers can go to *Elbiku* village (another 5 km), the rest can take a bus connecting *Riguldi* and *Elbiku*.






This section can be split into two parts and on the first day you can go to *Saare* (*Lyckholm*) and spend it birdwatching (trails, tower, wetlands) and getting to know *Saare* Manor (accommodation, catering).





WORTH SEEING!

- 1 **Österby Port and Pier.** You can see Haapsalu, Vormsi and Hobulaiu island from the 265 meter long pier. A place for swimming. GPS: 58.976775, 23.519993
- 2 **Österby fire station (Österby pritsikuur).** Voluntary fire-fighters used this building to store fire-fighting items. GPS: 58.993321, 23.511867
- 3 **Pürksi Manor and Park.** A manor built in the 19th century. GPS: 59.005961, 23.523241
- 4 **Saare Manor (Saare mõis) and Lyckholmi Museum (Lyckholmi muuseum).** The museum gives you the possibility to get to know the history of Noarootsi. Mainly focusing on the time period of the Republic of Estonia from 1918 to 1940. T: +372 56988440; GPS: 59.022155, 23.567661
- 5 **Saare Study trail (Saare õpperada), 1 km.** This pathway, located on the Silma Nature Reserve (Silma looduskaitseala) between two sightseeing towers, is a great birdwatching place. GPS: 59.032917, 23.565691
- 6 **Noarootsi church, pastorate and cemetery.** The church was built around 1500 in the late Gothic period style. During the summer months the Tourism information centre operates in the pastorate. GPS: 59.037810, 23.509396
- 7 **The location and park of the Vööla Manor School.** A beautiful park with informative signs and a rest area. GPS: 59.07178, 23.50646
- 8 **Kudani boulder (Kudani Järvekivi).** A secular stone. GPS: 59.07908, 23.49725
- 9 **Hara village.** A coastal village founded by Swedish speaking locals. GPS: 59.088317, 23.526542
- 10 **Riguldi Manor.** A one storey wooden estate built at the beginning of the 19th century. GPS: 59.119884, 23.542133

SERVICES

-  **Accommodations**
 1. **Guest house Saare mõisa külalistemaja,** T: +372 56988440; GPS: 59.022222, 23.567500
 2. **Accommodation Teeristi Villa,** T: +372 5531097; GPS: 59.028301, 23.477137
-  **Catering**
 1. **Tavern Noarootsi kõrts,** T: +372 5200913; GPS: 59.006667, 23.518889
 2. **Cafe Kohvik Birkas,** T: +372 56917697; GPS: 59.006652, 23.521275
 3. **Cafe Saare mõisa Kohvituba,** T: +372 56988440; GPS: 59.022222, 23.567500
 4. **Cafe Teeristi Kohvik** T: +372 5531097; GPS: 59.028301, 23.477137
-  **Shops**

Pürksi, GPS: 59.005643, 23.524154
-  **Public transport**

Bus traffic at the intersection of Österby–Hara (Österby–Hara teerist): approximately once a day.
-  **Rest areas**
 1. Österby port, GPS: 58.976775, 23.519993
 2. Vööla Manor school park, GPS: 59.07178, 23.50646
 3. Hara port, GPS: 59.0901, 23.52854

TOURIST INFORMATION

-  **Haapsalu Tourism Information Centre,** Haapsalu, 15 Karja, www.visithaapsalu.com, T: +372 4733248; GPS: 58.946638, 23.536323





Riguldi – Dirhami


A Place Marked by Meteorites



With the exception of the first 3 km, the itinerary goes along the seashore. It is mainly a sandy beach with beautiful foredunes, grey dunes and sea boulders. The beach may be covered in algae that has been washed ashore and it is occasionally overgrown with dense vegetation. Opposite *Rooslepa* village and in other places in the sea and on the coast, there are badly weathered stones or the so-called breccias that have melted and weathered as a result of an ancient meteorite explosion. At the destination of the itinerary, you can spend some time in a pub and from its terrace you will have a beautiful view of the sea and the port.




USEFUL INFORMATION

13 km  5–7 h


 Riguldi Manor


 Dirhami Port, **P**


 Riguldi – Elbiku – Rooslepa – Dirhami Port.


 Asphalt roads, unpaved roads and trails, variable beaches: sandy, occasionally covered in fine gravel, also rocky (including big rocks), in other places thickly overgrown. In some places, algae have been washed ashore.

 Medium

 After passing *Riguldi*, you have to cross a cattle enclosure with an electric fence in *Norrby*. The enclosure has a special entrance and exit that can be opened and closed by hikers.

 Be careful and ensure safety when walking along the road.

 A catering company is available at the Port of *Dirhami*. No shops are available in this section of the coast. The closest ones are located in *Pürksi* and *Nõva* villages.

 Between *Elbiku* and *Dirhami*, forest roads and trails stretch across the dunes alongside the sea which can be used in case of inhospitable weather. Vigorous walkers can combine this section with the next day's one and finish at the Port of *Nõva*.



WORTH SEEING!

- 1 **Roosta beach.** A sandy beach, popular swimming place, several active recreation possibilities. GPS: 59.156204, 23.515123
- 2 **Rooslepa Chapel and Cemetery.** The Rooslepa Chapel and Cemetery date back to the 17th century. Located approximately 1 km inland. GPS: 59.169792, 23.526735
- 3 **Rooslepa Beach and Breccia.** Stones located on the beach landed here as a result of the explosion at the Neugrund meteorite crater. GPS: 59.184466, 23.487109
- 4 **Dirhami port and beach.** During the summer months an active stop for yachts, during the winter – a busy fishing and cargo ship port. GPS: 59.210116, 23.498706
- 5 **Osmussaar.** 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. It begins at the Dirhami port. GPS: 59.279953, 23.420745

SERVICES

- Accommodations**
- 1. **Holiday village Roosta puhkeküla,**
T: +372 5256699;
GPS: 59.158303, 23.519754
 - 2. **Guest house Villa Hanson külalistemaja,**
T: +372 5043139;
GPS: 59.160512, 23.531441
 - 3. **Guest house Dirhami Külalistemaja,**
T: +372 56825901;
GPS: 59.207953, 23.496923
 - 4. **Accommodation Villa Dirhami,**
T: +372 5277065;
GPS: 59.215925, 23.513991

- Catering**
- 1. **Restaurant Roosta Puhkeküla Restoran,**
T: +372 5256699;
GPS: 59.157340, 23.529414
 - 2. **Fish cafe Dirhami Kalakohvik,**
T: +372 5128800; 59.209501, 23.497353

- Shops**
- Dirhami,** GPS: 59.206213, 23.495147

- Public transport**
- Bus traffic Riguldi-Dirhami approximately once a day.
Transport services to Osmussaar provided by “Osmussaare reisirid”
www.osmussaarereisid.ee

TOURIST INFORMATION

- Haapsalu Tourism Information Centre,**
Haapsalu, 15 Karja,
www.visithaapsalu.com, T: +372 4733248;
GPS: 58.946638, 23.536323





Dirhami – Nõva

The Harsh Northern Nature



An exceptionally multifaceted section of the *Baltic Coastal Hiking Route* in terms of landscapes, where you can already get an insight of the nature characteristic to the north coast of Estonia. The itinerary leads you along the seacoast for almost its entire length, where you will find beautiful sandy beaches near coves, beaches covered in boulders at capes, while dolomite layers uncover themselves in the northern part of Cape *Põõsaspea* (an excellent birdwatching site). The *Baltic Coastal Hiking Route* goes through *Nõva* Nature reserve where you will have exceptional views of the white and grey dunes. The beaches are popular for fishing and kite-boarding.



USEFUL INFORMATION

●●●●● 16 km

🕒 5–7 h

🚩 Dirhami Port, **P**

🚩 Nõva Port (*Rannaküla*), **P**

📍🚩 Dirhami – Spithami – Nõva Port (*Rannaküla*)



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.



Medium



A small brook (*Uuejõe*) that you can wade across during low water. There is a bridge located 0,6 km from the place where the brook flows into the sea.



Be careful and ensure safety when walking along the road.




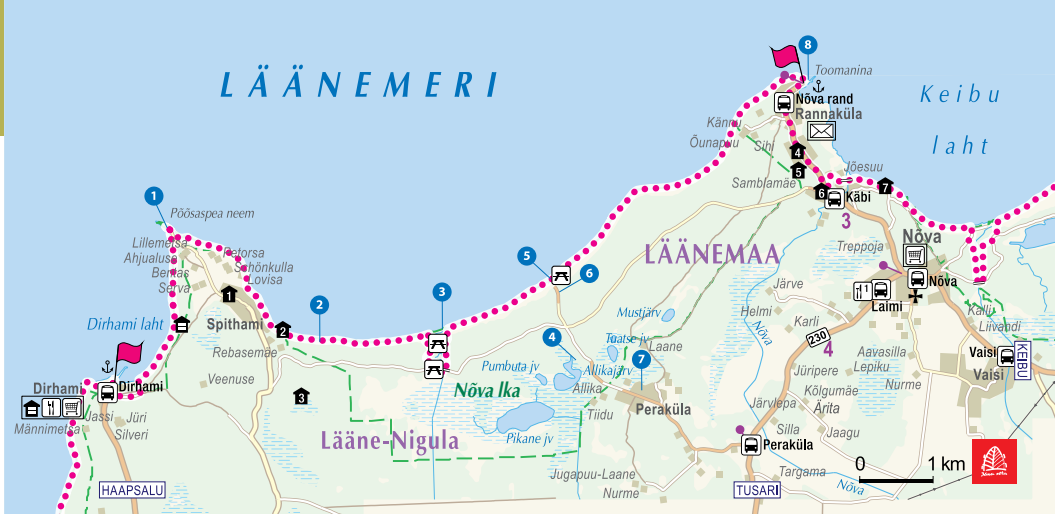
A catering company is available at the Port of *Dirhami*. The closest shop is in *Nõva* village (3,5 km from the Port of *Nõva*).



Between *Dirhami* and the Port of *Nõva*, forest roads and trails stretch alongside the sea at varying distances; they can be used in case of inhospitable weather. Vigorous walkers can combine this section with the one from the previous day and start at *Riguldi Manor* or *Elbiku*.

WORTH SEEING!

- 1  **Pöösaspea cape (Pöösaspea neem).** 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 which is a great place to observe the environs.
GPS: 59.228468, 23.510327
- 2 **A commemorative stone for Estonian spies.** A commemorative sign for four Estonian spies who died during the Noarotsi shoot-out with Estonian border-guards.
GPS: 59.214624, 23.547079
- 3 **Uuejõe River Valley (Uuejõe org) and Sand Dunes.** Many times stormy winds bring piles of sand into the Uuejõe river valley making its scenery so changeable.
GPS: 59.216309, 23.576284
- 4 **Liivanõmme study trail (Liivanõmme õpperada), 7.5 km.** Suitable for the lovers of forests, nature and cultural heritage.
GPS: 59.212579, 23.608150
- 5 **Peraküla Beach.**
GPS: 59.222522, 23.602062
- 6 **The Beach–Peraküla study trail (Liivase ranna–Peraküla õpperada), 4.4 km.** Informative signs are provided along this dry path that crosses various sceneries and rare habitats.
GPS: 59.220852, 23.603856
- 7 **Nõva Reserve, Rest Area and Visitor Centre.** Information about the nearest visitor attractions and nature, tips for organising a hiking route and various activities. GPS: 59.208927, 23.623905
- 8 **Nõva Port and Toomanina Breccia.** The Negrund meteorite crater breccia – the largest in the continental part of Estonia.
GPS: 59.247051, 23.663366



SERVICES



Accommodations

1. **Accommodation Villa Spithami,**
T: +372 55688144;
GPS: 59.219722, 23.525278
2. **Holiday home Metskapteni Puhkemaja,**
T: +372 5072231;
GPS: 59.215283, 23.538115
3. **Holiday home Spithami Puhkemajad,**
T: +372 53466264;
GPS: 59.207222, 23.542778
4. **Holiday home Madise Puhkemaja,**
T: +372 56644771;
GPS: 59.237588, 23.660892
5. **Holiday home Samblamaa puhkemajad,**
T: +372 5026873;
GPS: 59.235278, 23.661111
6. **Farmstead for Tourists Roosi Turismitalu,** T: +372 5182718;
GPS: 59.232500, 23.666667
7. **Holiday home Ranniku Puhkemaja,**
T: +372 5038136;
GPS: 59.233628, 23.681635



Catering

1. **Cafe Nõva Mõisa Kohvik,**
T: +372 5100755;
GPS: 59.221406, 23.679520



Shops

- Nõval, GPS: 59.221514, 23.679604



Public transport

Bus traffic Dirhami–Nõva: approximately once a day.



Rest areas

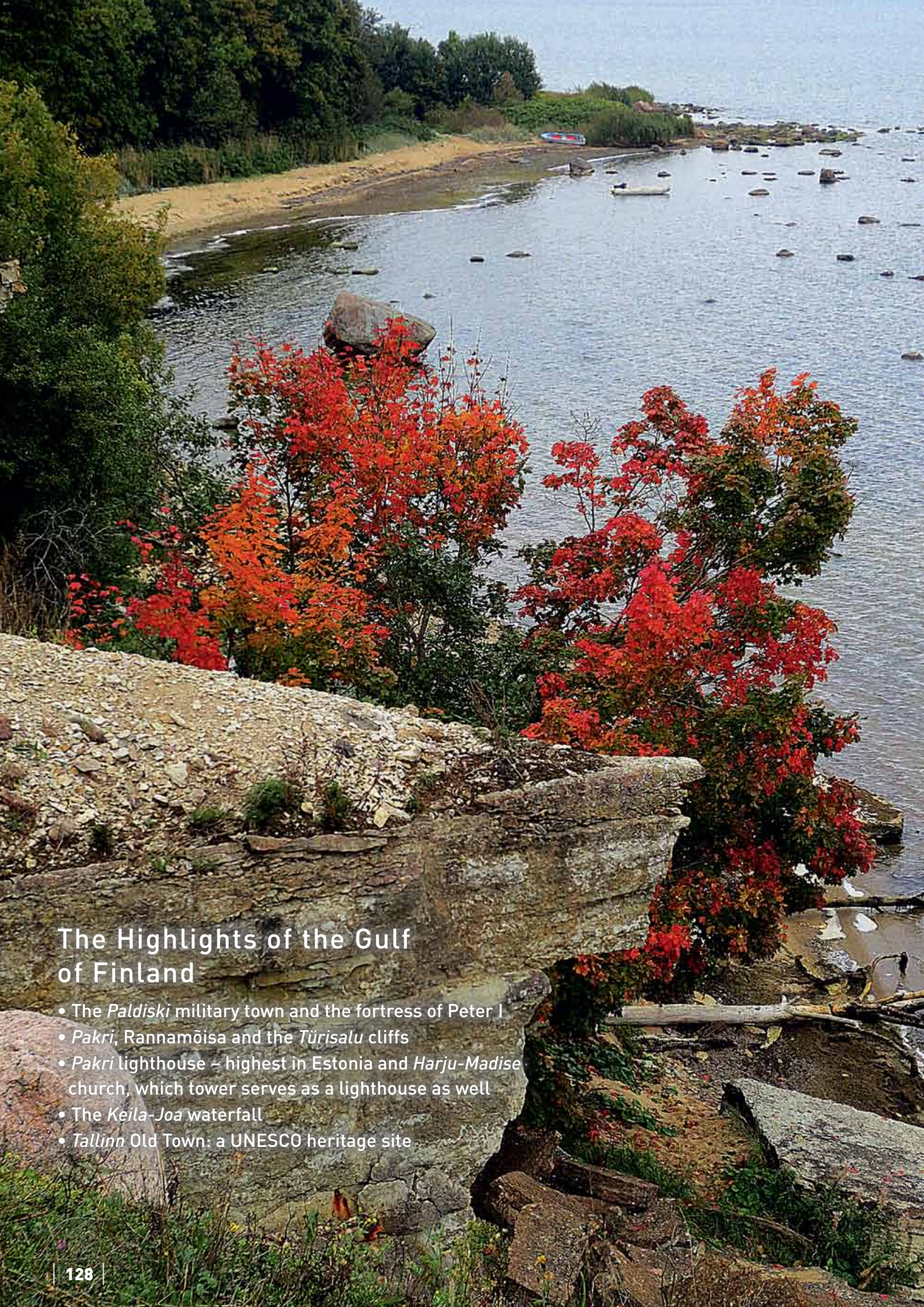
1. Uuejõe campfire place RMK Uuejõe,
GPS: 59.21136, 23.57586
2. Uuejõe sauna campfire place RMK Uuejõe, GPS: 59.21354 23.57502
3. Peraküla camping place RMK Peraküla,
GPS: 59.221830, 23.602976

TOURIST INFORMATION



Haapsalu Tourism Information Centre,
Haapsalu, 15 Karja,
www.visithaapsalu.com, T: +372 4733248;
GPS: 58.946638, 23.536323





The Highlights of the Gulf of Finland

- The *Paldiski* military town and the fortress of Peter I
- *Pakri*, *Rannamõisa* and the *Türisalu* cliffs
- *Pakri* lighthouse – highest in Estonia and *Harju-Madise* church, which tower serves as a lighthouse as well
- The *Keila-Joa* waterfall
- *Tallinn* Old Town: a UNESCO heritage site

ESTONIA CLIFFS AND WATERFALLS OF NORTHWEST ESTONIA



THE LITTORAL OF THE GULF OF FINLAND



Nõva – Tallina:
158 km, Day 53 – Day 60

The most multifaceted section of the Baltic Coastal Hiking Route in Estonia where you can feel the Northern nature. Here you can see boulders, sandy beaches, grassy coastal meadows and the so-called breccias: pieces of rocks that have resulted from an ancient meteorite explosion. Pakri Cliff is located here, it is the most spectacular coastal cliff wall in the Baltic States reaching a height of 24 m. The itinerary goes near the seacoast, occasionally taking forest and country roads. Manors, churches and lighthouses appear in the landscape, as well as Pakri windpark. You can visit the picturesque Keila-Joa waterfall and mysterious Pakri islands. A lot of military heritage sites have been preserved around Tallinn: coastline fortifications and coastal protection batteries. During the Soviet times, city of Paldiski was a closed town and a top secret military site with a specially built nuclear submarine reactor: a training centre for military specialists. The Baltic Coastal Hiking route ends in the centre of Tallinn, the Medieval Old Town which is a UNESCO World Heritage Site.

The story of the *Keila-Joa* Manor

Keila-Joa manor complex was built in 1833 in neo-gothic style according to the designs of Hans von Stackenschneider, who would go on to become one of the key representatives of the historicist style in Russia. The manor has an amazing location – a rocky river with rapids runs through the valley, a 6 m waterfall and wonderful views of the surrounding countryside. The anthem of the Russian empire “God Save the Tsar!” was first performed for Tsar Nicholas I by its composer Aleksei Lvov at Keila-Joa.





Nõva – Vihterpalu

Along the Gulf of Finland



Starting from *Rannaküla* and after bypassing the wetland, the *Baltic Coastal Hiking Route* crosses the small *Nõva* River and leads you to the beach at *Keibu* Bay (overgrown at the beginning) where a sandy seashore with dunes stretches before your eyes. Near *Keibu* Brook, it turns inland where its continuation coincides with the trail marked by the Estonian State Forest Management Centre: *Peraküla – Aegviidu – Ähijärve*. The trail snakes through the small *Keibu* village and emerges at the beach opposite *Alliklepa* village with beautiful juniper fields. Further on, the trail leads you between the sea and two small lakes that used to be coves. Opposite them, you will see dolomite outcrops in the seabed. Next, the trail takes a small road along the seacoast (you can see the *Pakri* Islands) until reaching *Vintse* village and then it turns towards *Vihterpalu*.



2

USEFUL INFORMATION

..... 23 km

🕒 8–10 h

🚩 *Nõva* Port (*Rannaküla*), **P**

🚩 *Vihterpalu* next to *Vihterpalu* Manor

📍 *Nõva* Port (*Rannaküla*) – *Keibu* – *Alliklepa* – *Vintse* – *Vihterpalu*

🌿 Highly variable beaches: sandy, occasionally overgrown

with herbaceous plants, rocky, short sections of dolomite base and dolomite pebbles. Short sections of asphalt, unpaved and gravel roads going through forests and villages. Forest trails. In some places, algae have been washed ashore.

🟡🟡 Medium

🚧 You can cross the small *Nõva* River via a cable bridge. During low water, you can wade across the remaining streams and brooks, namely

Veskijõgi (a bridge located ~ 1 km from its mouth) and *Lepaoja* (a bridge behind the dunes).



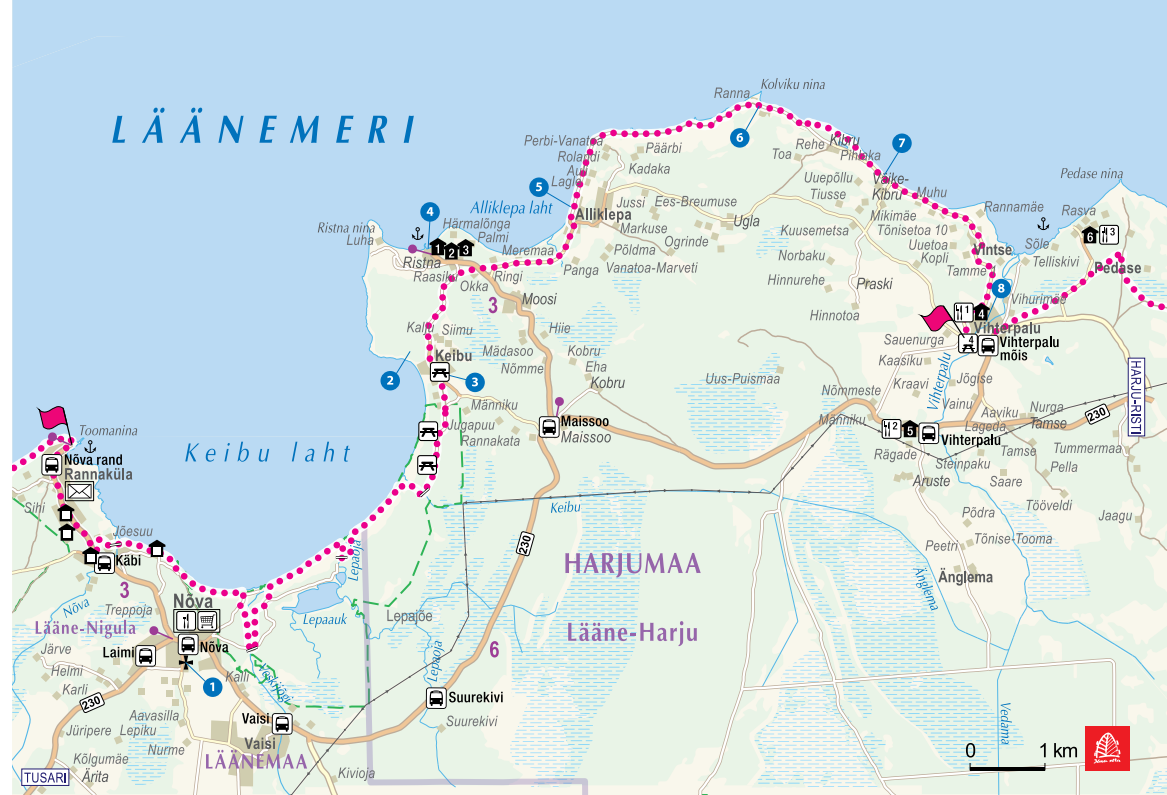
Be careful when walking along the roadside!



The closest shop is located 10 km from *Vihterpalu*. No catering companies are available in this section.



Alliklepa and *Vihterpalu* are connected by a dense network of forest roads and trails that can be used in case of bad weather.



WORTH SEEING!

- 1** **Nõva Church (Nõva kirik).** One of the smallest wooden churches which at the same time is also one of the smallest churches in Estonia. T: +372 5218467; GPS: 59.220616, 23.688919
- 2** **Keibu-Ristna Nature Reserve (Keibu-Ristna hoiuala).** A protected area of rocky and sandy beaches, as well as fir tree forests. GPS: 59.257990, 23.741326
- 3** **Keibu village.** The picturesque village offers beautiful scenery. GPS: 59.255537, 23.747945
- 4** **Ristna Port.** A small port that is actively developing, offering various exciting activities during the summer months. T: +372 5059038; GPS: 59.270411, 23.745441
- 5** **Alliklepa Beach.** A peaceful and quiet beach for undisturbed recreation. GPS: 59.275437, 23.778876
- 6** **Kolviku Horn (Kolviku nina).** A nice place from where to watch the town. GPS: 59.287659, 23.822969
- 7** **Vintse village.** A historic coastal village where life is still active today. GPS: 59.274733, 23.868403
- 8** **Vihterpalu Manor.** The completely renovated manor offers modern conference premises and accommodation. T: +372 6541570; GPS: 59.262050, 23.875476

SERVICES

Accommodations

- 1. Appartement Ristna Terraced House,**
T: +372 5203573;
GPS: 59.269442, 23.747720
- 2. Holiday home Merekivi Puhkemaja,**
T: +372 53486445;
GPS: 59.269178, 23.750371
- 3. Holiday home Meretuule Puhkemaja,**
T: +372 5204499;
GPS: 59.268970, 23.751477
- 4. Hotel Vihterpalu Mõisa Hotell,**
T: +372 5169766;
GPS: 59.261994, 23.875513
- 5. Accommodation Puuna Öömaja,**
T: +372 5050163;
GPS: 59.248456, 23.860802
- 6. Ferienzentrum und Hotel Pedase Puhkekeskus & Hotell,** T: +372 5046183;
GPS: 59.271711, 23.899367

Catering

- Catering is only available by booking in advance:
- 1. Hotel Vihterpalu Mõisa Hotell,**
T: +372 5169766;
GPS: 59.261994, 23.875513
 - 2. Accommodation Puuna Öömaja,**
T: +372 5050163;
GPS: 59.248456, 23.860802
 - 3. Holiday centre and hotel Pedase Puhkekeskus & Hotell,**
T: +372 5046183;
GPS: 59.271711, 23.899367

Shops

Nõval GPS: 59.221514, 23.679604

Public transport

Bus traffic (bus line No. 146) Nõva-Vihterpalu weekdays twice a day.

Rest areas

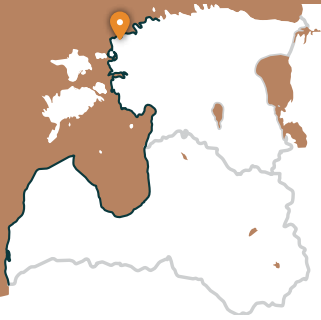
- 1. Keibu campfire place RMK Keibu I,**
GPS: 59.248297, 23.745768
- 2. Keibu campfire place RMK Keibu II,**
GPS: 59.244283, 23.745732
- 3. Keibu village bus stop with table and benches,** GPS: 59.255407, 23.748403
- 4. Vihterpalu campfire place RMK Vihterpalu,** GPS: 59.259141, 23.872185

TOURIST INFORMATION

i www.visitharju.ee
Haapsalu Tourism Information Centre,
Haapsalu, 15 Karja,
www.visithaapsalu.com, T: +372 4733248;
GPS: 58.946638, 23.536323

i **Padise Castle (Padise kastell) and handicraft shop** (open during the summer), www.padisekastell.ee,
T: +372 5265499;
GPS: 59.226408, 24.143301





Vihterpalu – Padise

A Seven Centuries Old Church and Monastery



The south shore of the *Kurkse Strait* is covered in wetlands, so the *Baltic Coastal Hiking Route* turns inland. The greatest part of the *Baltic Coastal Hiking Route* leads you through large, sparsely inhabited tracts of forest (corresponding with the trail created by the Estonian State Forest Management Centre: *Peraküla – Aegviidu – Ähijärve*) and sometimes takes you to a more open space or a village.



USEFUL INFORMATION

..... 25 km

🕒 8–10 h

🚩 Vihterpalu next to Vihterpalu Manor

🚩 Padise centre, **P**

📍 Vihterpalu – Harju-Risti – Määra – Padise



Mainly forest trails. Short sections of roads covered in asphalt and gravel.



Medium



None.



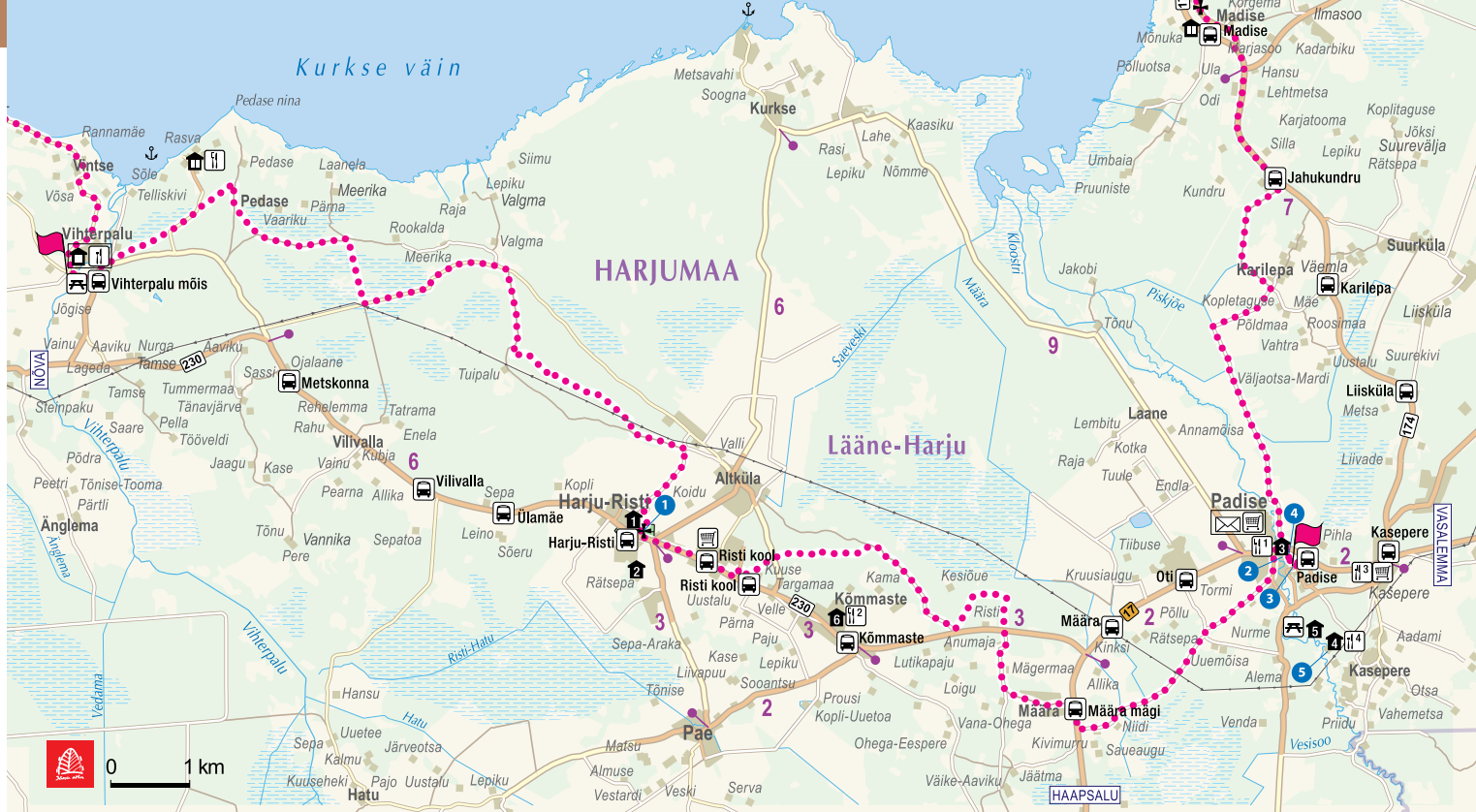
Be careful when crossing the roads! Ensure safety when walking along the roadside. Before *Määra* village, there are unattended dogs left free to wander by their owners.



With the exception of *Harju-Risti* and *Padise*, no services are offered in the other sections of the itinerary.



You can split the itinerary into two parts and spend the night next to the *Harju-Risti Church* (~ half-way). A bus runs between *Vihterpalu* and *Padise*.



WORTH SEEING!

- 1 **Harju-Risti Church.** You can see the immediate surroundings from this 700 year-old church with massive stone walls and the oldest church bell tower in Estonia. T: +372 55649256; GPS: 59.230672, 23.999083
- 2 **Padise Cloister (Padise klooster).** A well-preserved medieval cloister church hall. Good acoustics and a special aura makes it a popular concert venue. T: +372 5265499; GPS: 59.227611, 24.140779
- 3 **Padise Castle, Information Point.** There are trendy premises for different events located in the former castle building, during the summer the handicraft shop and Tourism Information Point operate here. T: +372 56610956; GPS: 59.226408, 24.143301
- 4 **Padise Manor.** The manor has been reconstructed under the supervision of its initial owner von Ramm and the building has a cosy hotel with 20 rooms, as well as an à la carte restaurant offering unique taste experiences. T: +372 608 7877; GPS: 59.228002, 24.142244
- 5 **Kallaste Farmstead Animal Park (Kallaste talu loomapark).** Cameroon goats, hare, chicken and other animals. T: +372 5076138; GPS: 59.216804, 24.151117

SERVICES

Accommodations

1. **Risti Parish House (Risti kogudusemaja),** T: +372 55649256; GPS: 59.230126, 23.998774
2. **Farmstead for Tourists Rätsepa turismitalu,** T: +372 5299849; GPS: 59.225457, 23.997438
3. **Padise Manor (Padise Mõis),** T: +372 6087877; GPS: 59.228056, 24.142222
4. **Farmstead for Tourists Kallaste Turismitalu,** T: +372 5076138; GPS: 59.216944, 24.151111
5. **Appartement Külaliskorter Johannes Padise metsas,** T: +372 55513013; GPS: 59.218495, 24.148018
6. **Farmstead for Tourists Koogi,** T: +372 5169801; GPS: 59.219831, 24.042234

Catering

1. **Padise Manor restaurant,** T: +372 6087877; GPS: 59.228056, 24.142222
2. **Kogi Museum cafe (Koogi museum-kohvik) and handicraft room,** T: +372 5169801; GPS: 59.219831, 24.042234
3. **Cafe Teeristi Kohvik,** T: +372 6087854; GPS: 59.226818, 24.163017

4. **Farmstead for Tourists Kallaste turismitalu** (booked in advance), T: +372 5076138; GPS: 59.216783, 24.151026

Shops

Harju-Risti, GPS: 59.226225, 24.143869, Padise: GPS: 59.226219, 24.143830, Kasepere GPS: 59.227094, 24.163257

Public transport

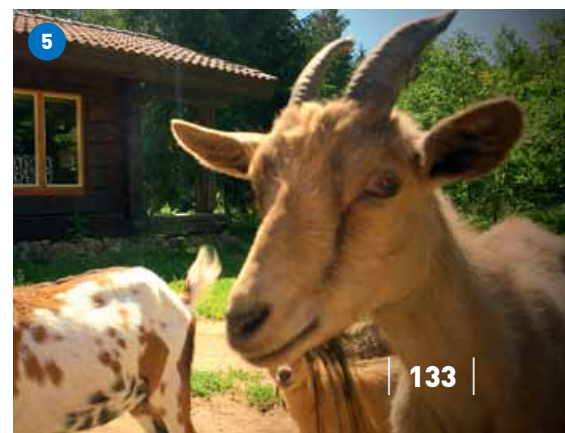
Bus traffic (bus line No. 146) Vihterpalu-Padise weekdays 4x a day, Harju-Risti-Padise 11x a day.

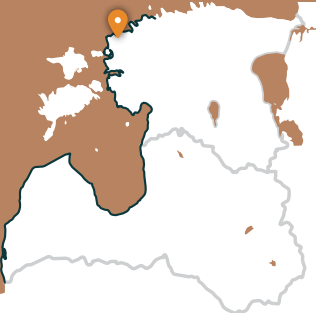
Rest areas

1. Vihterpalu campfire place RMK Vihterpalu, GPS: 59.259141, 23.872185
2. Padise campfire place RMK Padise, GPS: 59.218820, 24.142516

TOURIST INFORMATION

- www.visitharju.ee,
- Padise Castle and handicraft shop (open during the summer), www.padisekastell.ee, T: +372 5265499; GPS: 59.226408, 24.143301





Padise – Paldiski

Paldiski: The Former Closed and Top Secret Town








Starting from *Padise* up to *Karilepa*, the *Baltic Coastal Hiking Route* winds through small country roads, while further on to *Madise* it goes along the side of the road. From the ancient seacoast of the *Madise* church hill, you will have magnificent views of *Paldiski* Bay and the *Pakri* Islands. From *Madise* to *Paldiski*, the itinerary continues along the side of the abovementioned road up to the South Harbour and, by going along it, the route reaches the railway station located in the southern part of *Paldiski*. During Soviet times, *Paldiski* was a closed town with a military port and a nearby nuclear submarine training base at the *Pakri* Peninsula that operated using a small nuclear reactor.





4

USEFUL INFORMATION

-  18 km
-  6–8 h
-  *Padise* centre, **P**
-  *Paldiski* railway station, **P**
-  *Padise – Madise – Paldiski*

-  Roads covered in asphalt and gravel.
-  Medium
-  None.
-  The *Madise – Paldiski* section goes along a road with heavy traffic, so it is recommended to cover the distance by bus (timetables: www.peatus.ee, www.tpilet.ee).

-  Services are available at the start and end points.
-  From *Madise* you can go to the *Tallinn – Paldiski* railway line (7 km to *Pöllküla* station) and then take a train to *Paldiski* (timetable: <https://elron.ee/en/>, runs ~ 14 times per day).



WORTH SEEING!

- 1** **Madise waterfall (*Madise juga*).** The 2.2 m high waterfall is located in the Harju-Madise church's garden. GPS: 59.289667, 24.123138
- 2** **St. Matthias Church in Harju-Madise** whose tower is also a lighthouse. T: +372 5118090; GPS: 59.290083, 24.122826
- 3** **The birthplace and commemorative stone of the Estonian educational sector activist Bengt Gottfried Forselius.** GPS: 59.290765, 24.122515
- 4** **Laoküla Beach.** From the swimming place popular amongst locals we can see the Paldiski southern port and the coast of Väike-Pakri island. GPS: 59.327348, 24.104332
- 5** **Paldiski.** A military town that gained recognition during the times of Czar Peter I and was closed in the Soviet period, now has become an active green energy town. GPS: 59.352698, 24.056356
- 6** **Paldiski St. Nicholas church.** T: +372 5118090; GPS: 59.350685, 24.052470
- 7** **Paldiski St. George Orthodox Church.** A classicism style stone church with Baroque elements. T: +372 564 86625; GPS: 59.349023, 24.054548
- 8** **The main building of Paldiski Railway Station** is adorned with romantic wooden decors. GPS: 59.344737, 24.060110
- 9** **Tavern "Tavern Peetri Toll".** The Paldiski Local History Study Museum (*Paldiski Koduloomuseum*) is located on the second floor of a tavern in a Czarist Russia period customs building. There is a unique exhibition of blade weapons here. T: +372 53423425; GPS: 59.350207, 24.053197
- 10** **Amandus Adamson Museum-Atelier.** The museum is located in the summer workshop of a sculptor. T: +372 6742013; GPS: 59.349273, 24.061391

- 11** **The Peter the Great sea fortress bastion or Muula hills (*Muula mäed*).** A fortress cut out of the high limestone coast with five bastions. GPS: 59.356436, 24.046487
- 12** **Small Pakri (*Väike Pakri*) and Large Pakri (*Suur Pakri*) islands.** These islands situated near Paldiski are protected nature areas. Regular maritime traffic is not available here. During the summer you can book a boat trip in advance from Kurkse Port. T: +372 56974118; GPS: 59.324016, 24.005408 un GPS: 59.338157, 23.909706

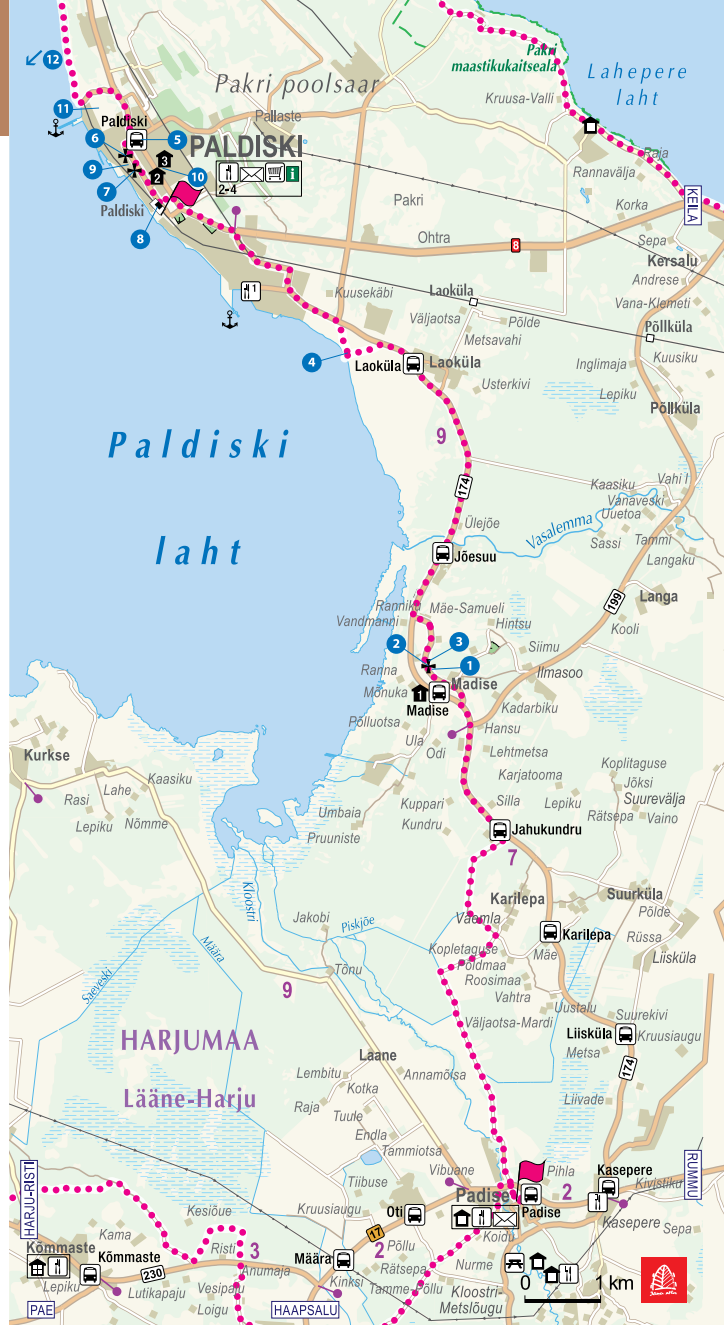
SERVICES

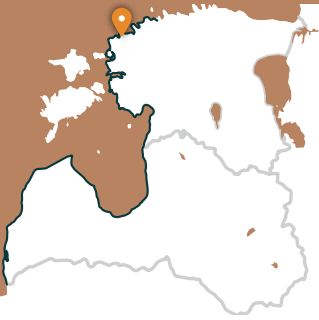
- Accommodations**
- 1. Holiday home *Koidu puhkemaja*,** T: +372 5013201; GPS: 59.286575, 24.123131
 - 2. Hostel *Pakri hostel*,** T: +372 58140153; GPS: 59.347525, 24.060081
 - 3. Guest house *Adamsoni Külalistemaja*,** T: +372 55693033; GPS: 59.348880, 24.062486

- Catering**
- 1. Cafe *Lõunasadama kohvik*,** T: +372 56455355; GPS: 59.334658, 24.081786
 - 2. Pizzeria *Paldiski Peetri Pizza*,** T: +372 6742095; GPS: 59.350072, 24.057964
 - 3. Taverne *Peetri Toll*,** T: +372 53423425; GPS: 59.350206, 24.053211
 - 4. *Paldiski Pubi*,** T: +372 5810 6770; GPS: 59.350322, 24.058854

- Shops un aptiekas**
Paldiski
- Public transport**
Bus traffic (bus line No. 136) Padise-Paldiski weekdays 1x a day.

- TOURIST INFORMATION**
- i** www.visitharju.ee
 - Tavern "Peetri Toll",** Mere 10, Paldiski, www.peetritoll.ee, T: +372 53423425; GPS: 59.350207, 24.053197



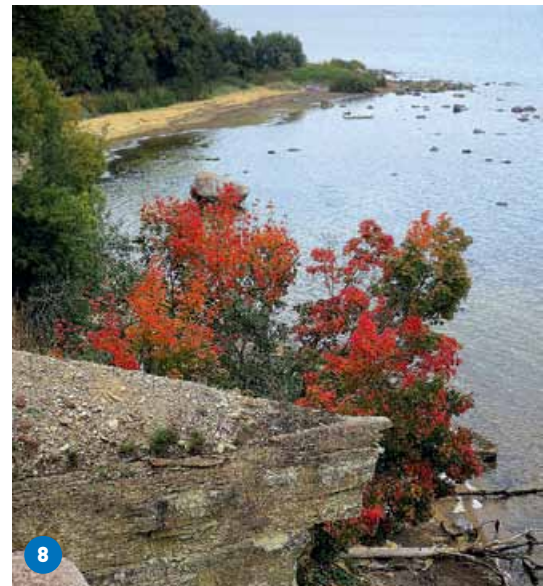


Paldiski – Kersalu


Cliffs, a Lighthouse and Military Heritage





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. *Pakri Cliffs* are alluring both in cold winters, when impressive icefalls are formed here, and during the time of colourful leaves in autumn.





USEFUL INFORMATION

..... 16 km  5-7 h

 *Paldiski* railway station, **P**


 *Kersalu* village


 *Paldiski – Pakri Lighthouse – Kersalu*

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

 Medium

 None.

 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. The cliffs consist of comparatively unconsolidated sedimentary rocks (limestone, dolomite, sandstone, etc.), the slabs or blocks of which often hang over empty spaces. You can encounter vipers at the seacoast.

 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.



There are stairs between *Paldiski* and the *Pakri Lighthouse* (~ 4,5 km from the railway station) that you can take to go down to the foot of the *Pakri Cliff*. Here you can take up a small (return) hike in search of better photographic views, but be careful! Vigorous walkers can combine this section with the next day's one and finish in *Laulasmaa*.



WORTH SEEING!

- 1** **Uuga limestone coast (*Uuga paekallas*) and Uuga waterfall (*Uuga juga*).**
The Uuga limestone coast is 5 km long and 20 meters high.
GPS: 59.376583, 24.036028
- 2** **The Pakri Old Lighthouse (*Pakri vana tuletorn*).** The 15 meter high lighthouse was built on the orders of Peter I. A new lighthouse was later built because the precipice was collapsing.
GPS: 59.387205, 24.036126
- 3** **Pakri Lighthouse (*Pakri tuletorn*).** The highest (52 m) lighthouse in Estonia offers breathtaking views.
T: +372 555 76087;
GPS: 59.387466, 24.037715
- 4** **Pakri Precipice (*Pakri pank*) and Pakri waterfall (*Pakri juga*).** The highest point of the Pakri coast in the Pakri Horn reaches up to 25 meters high, the 5.8 meter high Pakri Waterfall is located on the eastern part of the precipice.
GPS: 59.389285, 24.038025
- 5** **Pakri Reserve.** The most important natural objects of the reserve are the Pakri Island and precipice forest situated on the east coast of the Pakri peninsula.
GPS: 59.387902, 24.048929
- 6** **Leetse Beach.** A quiet and peaceful beach for camping.
GPS: 59.372725, 24.120269
- 7** **The Leetse Secular Stone (*Leetse Saunakivi*).** A 3.5 meters high square stone. GPS: 59.368946, 24.134451
- 8** **Lahe Precipice (*Lahe pank*).**
GPS: 59.361666, 24.154516
- 9** **Vanaaseme or Kersalu waterfall (*Kersalu juga*).** Especially beautiful during the spring flood period and in the winter when it is frozen.
GPS: 59.348996, 24.178713

SERVICES



Accommodations

- 1. Seaside summer house,**
T: +372 5021902; 59.353450, 24.160794



Catering

- 1. Cafe *Pakri Parun*,** T: +372 55538880;
GPS: 59.387207, 24.036331



Public transport

Public transportation is not available. Bus line No. 145 Paldiski–Kersalu 8x a day.



Rest areas

5 campfire places, Leetse camping place
RMK Leetse,
GPS: 59.372503, 24.120422

TOURIST INFORMATION

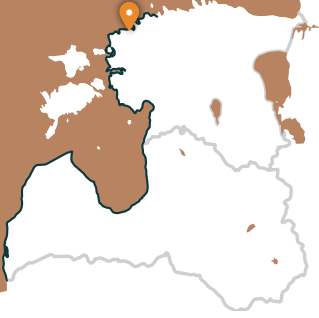


www.visitharju.ee
Cafe "Pakri Parun", 43 *Majaka tee*,
www.pakri.eu, T: +372 55538880 ja



Pakri Lighthouse, 45 *Majaka tee*,
www.pakrituletorn.ee, T: +372 55576087;
GPS: 59.387527, 24.037712





Kersalu – Laulasmaa

Beaches, Swimming Areas and a Resort



The itinerary leads along the seashore and small coastal villages. Near *Kersalu*, the *Baltic Coastal Hiking Route* approaches a rocky shore, where among the trees you will see cliffs rising several meters. When approaching *Kloogaranna*, wide sandy beaches and dunes appear. Near *Kloogaranna* beach, the *Baltic Coastal Hiking Route* turns towards a village, takes you on a stroll of ~ 3 km through the inland and then returns to the seashore.



USEFUL INFORMATION

..... 12 km ⌚ 4–6 h

🚩 *Kersalu* village

🚩 *Laulasmaa*, **P** opposite to *Laulasmaa* school

📍🗺️ *Kersalu – Kloogaranna – Laulasmaa*

🌲 Short sections of beach covered in stones, pebbles and dolomite slabs, sandy beaches, forest trails, an asphalt pedestrian sidewalk.

🟩 Easy

🌉 You can wade across the small *Klooga* River during low water (a plank-way in the dunes), the little *Treppoja* River can be crossed by bridge.

⚠️ You must not approach the upper part and the base of cliffs because rockfalls occur regularly as a result of the waves washing away the cliffs. The cliffs consist of comparatively unconsolidated sedimentary rocks (limestone, dolomite, sandstone, etc.), the slabs or blocks of which often hang over empty spaces. In two places, you will have to carefully cross the

Kloogaranna – Laulasmaa road (No. 390).

⚠️ There are shops and catering services in *Kloogaranna* and *Laulasmaa*. Suitable (closed, water resistant) footwear is necessary, walking poles are advisable for support.

🗺️ The section between *Kloogaranna* and *Laulasmaa* can be covered via the beach. Vigorous walkers can combine this section with the one from the previous day and start in *Paldiski* or at the *Pakri* Lighthouse.



WORTH SEEING!

- 1 **Kloogaranna Beach.** The train from Tallinn takes you to the famous, many kilometres long, sandy beach. The train station just 50 metres from the beach. GPS: 59.349252, 24.247322
- 2 **Treppoja waterfall (*Treppoja joastik*) and cascade.** Water cascades flowing over the limestone steps are an exciting adventure in any season. GPS: 59.350168, 24.265310
- 3 **Kõltso Manor.** The uniquely renovated exclusive wooden manor is a popular place for romantic weddings and festivities. T: +372 514 6625; GPS: 59.359963, 24.255377
- 4 **Laulasmaa Beach and Nature Reserve.** A white sandy beach surrounded by a beautiful pine-tree forest is a popular place for sunbathing and swimming. GPS: 59.362150, 24.247545

SERVICES

Accommodations

1. **Holiday centre *Laulasmaa Puhkekeskus***, T: +372 5028180; GPS: 59.374738, 24.236693
2. **Hotel Spa *Hestia Hotel Laulasmaa Spa***, T: +372 6870800; GPS: 59.375088, 24.237479
3. **Youth camp *Kloogaranna noortelaager***, T: +372 53051023; GPS: 59.350845, 24.255309

Catering

1. **Hotel *Hestia Hotel Laulasmaa Spa* restaurant *Wicca***, T: +372 6870870; GPS: 59.375088, 24.237479
2. **Cafe *Ott&Matilda***, T: +372 6701916; GPS: 59.374896, 24.241531
3. **Bar *Recset***, T: +372 6715633; GPS: 59.377841, 24.239096
4. **Cafe *Günther Kohvik***, T: +372 6011777; GPS: 59.378102, 24.238776

Shops

Treppoja, GPS: 59.345039, 24.268863
Laulasmaa, GPS: 59.378787, 24.238631
 Laulasmaa pharmacy,
 GPS: 59.378700, 24.238483

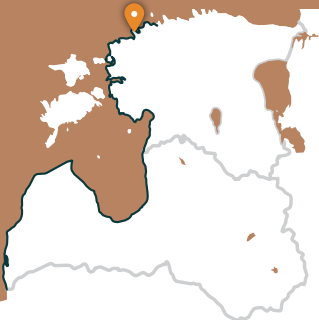
Public transport

Bus traffic Kloogaranna–Laulasmaa weekdays 4x a day, weekends – 2x a day.

TOURIST INFORMATION

 www.visitharju.ee
 Hotel “*Hestia Hotel Laulasmaa Spa*”,
Puhkekodu tee, Laulasmaa village,
www.laulasmaa.ee,
 T: +372 6870800;
 GPS: 59.375048, 24.237072





Laulasmaa – Vääna-Jõesuu


The Most Beautiful Waterfall in Estonia







A multifaceted section of the *Baltic Coastal Hiking Route* in terms of landscape that is suitable for hardy hikers. There are both rocky and sandy beaches and good swimming areas, fascinating coastal pine forests, the astounding *Türisalu* Cliff wall and giant sea boulders. By taking the trails of the vast *Keila* forest park, you can go to the *Keila* waterfall, near which some fragments of the popular Latvian feature film *Vella kalpi* (Devil's servants) were shot, and you can also get to know the exhibition dedicated to the life of coastal fishermen in *Lohusalu* village.





USEFUL INFORMATION

..... 19 km  6–8 h


 *Laulasmaa*,  opposite the *Laulasmaa* school


 *Vääna-Jõesuu* coastal promenade, 0,5 km from the sea – 

 *Laulasmaa – Lohusalu – Keila-Joa – Türisalu – Vääna-Jõesuu*

 Sandy, rocky beaches, forest and coastal trails, asphalt roads, park trails, wide sandy beaches, short sections of cobblestones. In some places, there is soft, silted sand, which makes walking difficult.

 Medium

 You can cross the *Keila* River (in *Keila* Park, ~ 1,5 km from the place where it flows into the sea) and the *Vääna* River (near its mouth) via pedestrian bridges.

 You must not approach the upper part and the base of *Türisalu* Cliff because rockfalls occur regularly as a result of the waves washing away the cliffs. The cliffs consist of comparatively unconsolidated sedimentary rocks (limestone, dolomite, sandstone, etc.), the slabs or blocks of which often hang over empty spaces. In

Lohusalu, you have to walk along the side of the street for a short period.



You should avail yourself of binoculars for bird watching. No accommodation is available in *Vääna-Jõesuu*, but it has regular bus traffic (timetables: www.peatus.ee, www.tpilet.ee) going to *Tallinn*, *Laulasmaa* and *Kloogaranna* where there are accommodation options. Suitable (closed, water resistant) footwear is necessary, walking poles are advisable for support.

SOOME LAHT



WORTH SEEING!

- 1 **Fisherman's shed of Kase Ants - a museum.** The life of fishermen during Soviet times and the beginning of the 21st century. T: +372 56 688 006; GPS: 59.396481, 24.203752
- 2 **Gift shop "Kribu-Krabu",** T: +372 56688006; GPS: 59.396421, 24.203922
- 3 **Lohusalu Bay and Port.** Full service small port. During the summer season the pub in the port is open and dance evenings are organized. T: +372 6771640; GPS: 59.401764, 24.203890
- 4 **Lohusalu Beach and swimming place.** GPS: 59.398366, 24.206002
- 5 **Keila waterfall (Keila juga).** The third largest waterfall in Estonia is 6 meters high and 60-70 meters wide. GPS: 59.395544, 24.294507
- 6 **Keila-Joa Hydroelectric Power Station.** The Keila-Joa watermill is mentioned in historical reports for the first time in 1555. In 1928 the station started to produce electricity and continues to do so until now. GPS: 59.397396, 24.290892
- 7 **Keila-Joa Park and Nature Trail, 3 km.** A circular nature trail with several stairs and suspended bridges winds along the Keila river banks and romantic park. GPS: 59.394638, 24.295679
- 8 **Keila-Joa Manor Mortuary (19th century) and Cemetery.** GPS: 59.396605, 24.280139
- 9 **Keila-Joa Manor.** There is a boutique hotel, restaurant and museum in the Keila-Joa Manor "Schloss Fall"; concerts are also organized here. T: +372 56288287; GPS: 59.397500, 24.302500
- 10 **Türisalu Reserve (Türisalu maastikukaitseala).** GPS: 59.418862, 24.317864
- 11 **Türisalu cliff and Sightseeing Platform.** One of the most impressive and easily viewed nature objects of Northern Estonia, where the height of the limestone coast reaches 31 meters. GPS: 59.422020, 24.329746
- 12 **Vääna-Jõesuu Beach.** The beach is nicely sandy, water is clean and pleasant surfing waves are created when the western winds are blowing. GPS: 59.435342, 24.350297

SERVICES

Accommodations

1. **Appartements Lohusalu Apartment,** T: +372 56688006; GPS: 59.396389, 24.203889
2. **Camping Kase talu kämpingumajad,** T: +372 56688006; GPS: 59.396392, 24.203891
3. **Holiday home Sambla talu puhkemaja,** T: +372 5521209; GPS: 59.388027, 24.224399
4. **Keila-Joa Castle Schloss Fall,** T: +372 56288287; GPS: 59.397500, 24.302500
5. **Recreation base Türisalu Puhkebaas,** T: +372 58359988; GPS: 59.409544, 24.306446

Catering

1. **Keila-Joa Castle Schloss Fall restaurant Cher Ami,** T: +372 5024023; 59.397500, 24.302500
2. **Bar Joaveski** (during the summer or booking in advance), T: +372 6088302; GPS: 59.395439, 24.296169

3. **Pub Lohusalu sadama publi** (during the summer), T: +372 5108726; GPS: 59.402090, 24.203039

Shops

Keila-Joa, GPS: 59.394274, 24.299414

Public transport

Regular bus traffic Laulasmaa-Vääna-Jõesuu.

Rest areas

Camping place "Meremõisa telkimisala", GPS: 59.399123, 24.251123

TOURIST INFORMATION

www.visitharju.ee
Hotel Hestia Hotel Laulasmaa Spa,
 Puhkekodu tee, Laulasmaa Village,
www.laulasmaa.ee, T: +372 6870800;
 GPS: 59.375048, 24.237072



Vääna-Jõesuu – Tabasalu

The Fabled Suurupi Peninsula



One of the most complicated sections of the *Baltic Coastal Hiking Route*, 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. In some places, the sea uncovers its dolomite base, while in other places you can see boulder “islands”. 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.



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. The cliffs consist of unconsolidated sedimentary rocks (mainly sandstone, in the upper Eastern part of the *Rannamõisa* Cliffs: limestone, dolomite), the slabs or blocks of which often hang over empty spaces. You can encounter rockfalls and landslides! The beaten track can also be washed away after storms. The grottos washed out in the sandstone are not safe. Military fortifications can be viewed from the outside.



No accommodation is available in *Tabasalu*, but you can take a bus (timetables: www.peatus.ee, www.tpilet.ee) going regularly to *Tallinn*, *Keila-Joa*, *Laulasmaa* and *Kloogaranna* where there are accommodation options. Suitable (closed, water resistant) footwear is necessary, walking poles are advisable for support.



In appropriate weather, when the sea has retreated, the section of the *Rannamõisa* Cliffs can be covered via the bottom (until the stairs), but you must be careful!

USEFUL INFORMATION

..... 20 km



7–9 h



Vääna-Jõesuu coastal promenade, 0,5 km from the sea – **P**



Tabasalu, Keskpäeva tee



Vääna-Jõesuu – Suurupi – Ilmandu – Rannamõisa – Tabasalu.



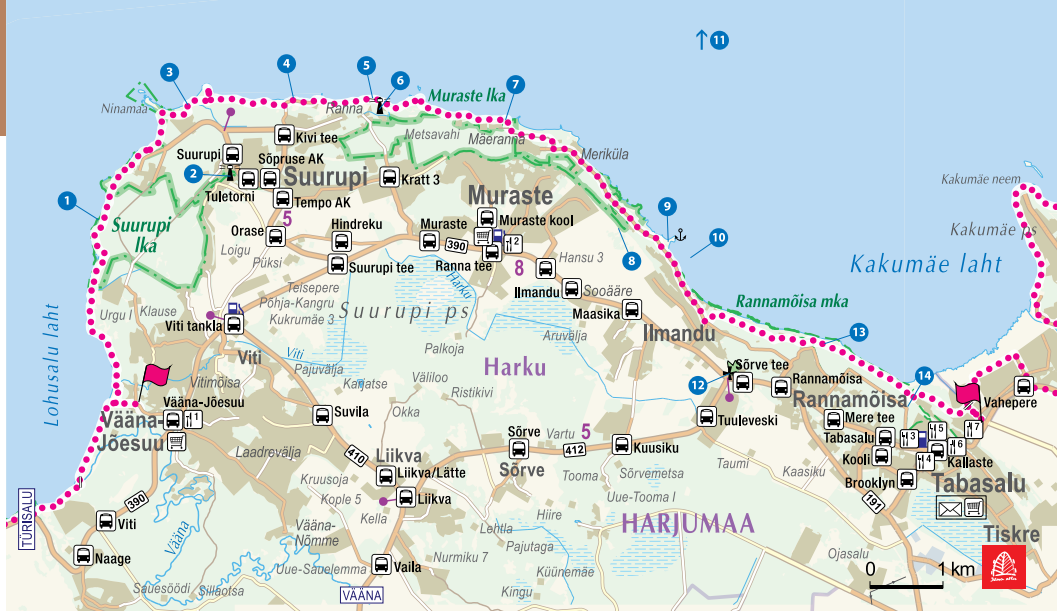
Cobblestones (promenade), in populated areas etc.: asphalt roads, gravel roads, forest roads, trails, overgrown coastal areas (reeds), meadows, variable beaches: sand, gravel, stones, dolomite – sandstone base, algae washed ashore.



Medium



Brooks that you can wade across during low water.



WORTH SEEING!

- 1** Outcrops of sandstone from the Cambrian period unique to Estonia can be found in the **Suurupi Nature Reserve**. GPS: 59.458289, 24.348330
- 2** **Suurupi Upper Lighthouse**. GPS: 59.463614, 24.380245
- 3** **Suurupi Beach**. GPS: 59.472919, 24.393019
- 4** **Suurupi Freedom Monument (Suurupi Vabadussammas)** devoted to the 100 year anniversary of the Republic of Estonia. GPS: 59.473147, 24.395345
- 5** **Suurupi Precipice**. GPS: 59.47308, 24.414631
- 6** **Suurupi lower lighthouse** is included in the UNESCO World Heritage List and is the oldest wooden lighthouse in Estonia. GPS: 59.471676, 24.416266.
- 7** **Muraste Nature Reserve** – different bird species nest here. GPS: 59.470247, 24.446803.
- 8** **Muraste Limestone Field (Muraste paeplats)**. GPS: 59.456853, 24.473911
- 9** **Tilgu Port**. GPS: 59.455125, 24.485928
- 10** **Tilgu Caves and Stones**. GPS: 59.453157, 24.491285
- 11** **Naissaar**. From the end of May to the middle of September there is regular ship traffic to this island located ten kilometres from Tallinn. Transport to the island: www.monica.ee/soidugraafik-naissaarele and sunlines.eu
- 12** **Rannamõisa Church**. A small, trendy early Gothic style church, T: +372 56904417; GPS: 59.438725, 24.501024
- 13** **Rannameisa Precipice**. Maximum height 35 meters. GPS: 59.442489, 24.52351

- 14** **Rannameisa Nature Reserve; Tabasalu nature study trail**. During times when the water level has risen it can be hard to pass through the part of the path located at the foot of the precipice. GPS: 59.434666, 24.543406

- 5. Family restaurant Pererestoran Seller**
T: +372 6096792;
GPS: 59.430000, 24.550556
- 6. Cafe Imelihtne**, T: +372 6320026;
GPS: 59.429567, 24.553097
- 7. Restaurant Lucca Restoran**,
T: +372 655 5923;
GPS: 59.432500, 24.561583

SERVICES

Accommodations
No accommodation options nearby.

- Catering**
- 1. Cafe Greenhouse Cafe**,
GPS: 59.433473; 24.367366
 - 2. Tavern Mummi Trahter**,
T: +372 5041758;
GPS: 59.454542, 24.445597
 - 3. Pizza Restaurant Pizzapoisid**,
T: +372 6601160;
GPS: 59.430069, 24.544273
 - 4. BabyBack Ribs & BBQ Tabasalus**,
T: +372 6005562;
GPS: 59.428219, 24.547495

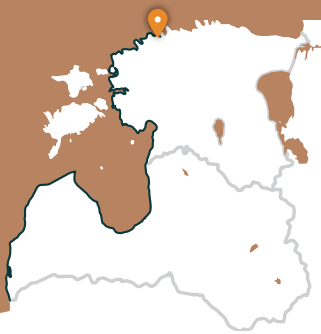
Shops
Vääna-Jõesuu,
GPS: 59.432927, 24.367032,
Muraste, GPS: 59.454902, 24.443984,
Tabasalu, GPS: 59.429969, 24.544038 and
GPS: 59.429428, 24.552206

Public transport
Regular bus traffic: Vääna-Jõesuu –
Tabasalu/Tallinn.

TOURIST INFORMATION

www.visitharju.ee
Tallinn Tourism Information Centre,
Tallinn, *Niguliste 2*, www.visit tallinn.ee,
T: +372 6457777;
GPS: 59.436493 24.744488





Tabasalu – Port of Tallinn

Tallinn – A UNESCO World Heritage Site



Near *Tabasalu*, the *Baltic Coastal Hiking Route* crosses the boundary of *Tallinn* and goes through the *Tiskre* and *Vismestri* districts to reach *Kakumäe* beach, where it takes you on a stroll around the wooded upper part of the *Kakumäe* Peninsula surrounded by cliffs. Here, you will have a vista of the Port of *Tallinn* across *Kopli* Bay. Opposite the *Õismäe* district, an excellent promenade goes along the seashore. After bypassing the Estonian Open-Air Museum, the *Baltic Coastal Hiking Route* winds along the coastal promenade up to *Stroomi* beach and after passing the *Pelguranna* district it takes pedestrian sidewalks to the Estonian Maritime Museum, where it leads you, via the coastal promenade, to the Port of *Tallinn*, marking the end of the *Baltic Coastal Hiking Route*. You have covered ~ 620 km in Estonia.



You must not approach the upper part of the cliff outcrops located on the *Kakumäe* Peninsula because rockfalls occur regularly as a result of the waves washing away the outcrops. The cliffs consist of unconsolidated sedimentary rocks (mainly sandstone). You can encounter rockfalls and landslides! Military fortifications can be viewed from the outside. The beaten track can be washed away after storms. Be careful when crossing bicycle lanes!



No accommodations are available in *Tabasalu*, but you can take a bus going regularly to *Tallinn*, *Keila-Joa*, *Laulasmaa* and *Kloogaranna* where there are accommodation options. Suitable (closed, water resistant) footwear is necessary, walking poles are advisable for support. Regular bus transport connects *Tabasalu* and the city centre (timetable: <http://soiduplaan.tallinn.ee/>, see „*Harju maakond*”).



The itinerary can be shortened by crossing the *Kakumäe* Peninsula or by splitting it into two parts.

USEFUL INFORMATION

..... 25 km

🕒 8–10 h

🚩 *Tabasalu, Keskpäeva tee*

🚩 *Tallinn Port, P*

📍 *Tabasalu – Kakumäe neem – Põhja Tallinn – Tallinna Port*



Asphalt sidewalks, sandy or rocky beaches, forest trails un coastal trails, pedestrian and cyclist lanes, coastal promenades, wooden plank-ways.



Medium



Brooks and streams can be crossed via bridges. The closed suburban sections and private properties can be bypassed by referring to the *GPX* file or the map.



WORTH SEEING!

- 1 Harku Health Path picnic place**
A nice place to rest during a hiking trip.
GPS: 59.437716, 24.540549
- 2 Kakumäe Beach.** A lifeguard protected sandy beach where you can go for a swim.
59.449379, 24.575345
GPS: 59.449379, 24.575345
- 3 Kakumäe Black Secular stone "Mustkivi".**
GPS: 59.460303, 24.569607
- 4 Kakumäe Yacht Port "Haven".** The port with the most contemporary infrastructure in the Baltics.
T: +372 6777700;
GPS: 59.450361, 24.601589
- 5 Estonian Open-Air Museum (*Eesti Vabaõhumuuseum*).** The museum introduces you to Estonian rural architecture and life in the villages, open all year long. T: +372 6549100;
GPS: 59.431431, 24.638212
- 6 The promenade "Rocca al Mare".** Connects Kakumäe and Stroomi beach, length 2.5 km. GPS: 59.428729, 24.665677
- 7 Stroomi Beach.** A sandy swimming place for the whole family. The lifeguards work during the summer season.
GPS: 59.442103, 24.685238
- 8 Paljassaare Peninsula (*Paljassaare poolsaar*).** A bird habitat of European significance. GPS: 59.479133, 24.698205
- 9 Seaplane Harbour (*Estonian Maritime Museum*).** Most exciting shipping museum in Europe. T: +372 6200550;
GPS: 59.451424, 24.738400
- 10 Patare Sea Fortress (*Patarei merekindlus*).** You can observe European architectural heritage – a fortification in Classicism style – only from the outside.
GPS: 59.450908, 24.740913
- 11 Tallinn Town Hall.** This complex of buildings were completed in 1980 on the occasion of Moscow Olympic Games. You can only see it from the outside.
GPS: 59.446142, 24.753179
- 12 Creative Hub (*Kultuurikatel*).** Multipurpose event centre where different concerts, exhibitions, conferences and workshops take place.
GPS: 59.444416, 24.751307

- 13 Tallinn Old Town.** The unique historical centre is included in the UNESCO World Cultural Heritage list.
GPS: 59.438263, 24.745027

SERVICES

Accommodations. Catering. Shops.

Tallinn offers wide accommodation, catering and shopping options, see: www.visittallinn.ee

Public transport <https://transport.tallinn.ee>

TOURIST INFORMATION

 www.visitharju.ee, Tallinn Tourism Information Centre, Tallinn, 2 Niguliste, www.visittallinn.ee, T: +372 6457777;
GPS: 59.436493 24.744488

USEFUL ADVICE

MONEY AND ID DOCUMENTS

- It is recommended that you take some cash (EUR) with you on the trip, as in some places credit cards are not accepted and ATMs are not available.
- When crossing a country border or when you are near a border, you have to carry identity documents valid for travel.

EQUIPMENT

- When going through stony and rocky sections, you should avail yourself of closed footwear, while in places with an overgrown coast, water-resistant footwear will come in handy. Water and wind resistant clothing will also prove useful.
- A medical kit is advisable.
- You will need a power bank for your phone as there are several long sections where it is not possible to charge electrical devices.

TENTS AND CAMPFIRES

- Tents can be set up and campfires can be lit:
 - In Latvia:**
 - in specially protected conservation areas (SPCA 🌿) like national parks, nature parks and nature reserves, tents and campfires are allowed only in public rest areas designed for this purpose;
 - in locations outside SPCAs, it is allowed to set up tents and make campfires on the beach (in the territory between the edge of the water up to the first dune where the terrestrial vegetation starts), except when it is prohibited by the laws of the local municipality. You can learn these regulations in the nearest **i**.
 - In Estonia:**
 - camping and campfires are allowed in specially prepared and designated places only. Camping is prohibited on the beach.
- If there is no firewood provided, dry and fallen branches can be collected for campfire. Never leave the fire unsupervised. Extinguish the fire properly before leaving.
- Use a portable grill only in prepared and designated campfire sites.
- In Latvia and Estonia, it is not allowed to light campfires in the dune area. It is also forbidden during periods of high fire danger. Information on fire danger is available at <https://www.meteo.lv> for Latvia and www.emhi.ee for Estonia. Check if going into the forest is not prohibited due to fire hazard.
- In case of fire, call 112 in Latvia. In Estonia, call the Rescue Board information telephone 1524 or the nearest State Forest Management Centre (RMK) information point www.rmk.ee.

SAFETY AND COMMUNICATION

- If there are any questions about the Baltic Coastal Hiking Route you would like to clarify, contact the local **i**.
- In some places, mobile network coverage may be unavailable.
- Most accommodations and catering facilities offer Wi-Fi.
- Cliffs and bluffs consist of unconsolidated sedimentary rocks and landslides and landfalls may form near them.
- In times of strong winds, it is not safe to approach places where the bluffs are washed against by waves; they should be bypassed.
- In warm weather, you will need mosquito repellent.
- In the Baltic Sea waters there are no plant or animal species which are poisonous or dangerous to humans (including jellyfish). The viper is the only poisonous snake species found in the Baltic States and it usually does not attack. They inhabit clearings and the edges of a forest overgrown with grass and bushes, bogs and sparse pine forests with heather and forest berry bushes growing in them. They may bask in the sun on trails.
- If you leave the beach, you may encounter ticks.
- So-called "phosphorus" may be washed onto the seashore: these are the remains of Soviet chemical weapons which look like amber and are very dangerous. You must notify the police about them by calling: ☎ 110 or 112.
- Former military objects which are not accessible to visitors may be unsafe.

ECO-FRIENDLY TRAVELLING

- It is perfectly safe to drink tap water in Latvia and Estonia. Please avail yourself of a reusable bottle.
- Try to buy products with less packaging and bring your rubbish with you to the closest bin.
- If you have a dog with you, make sure it does not disturb nesting and resting birds and wild animals and that it does not harm baby seals in the spring. Bringing a dog may be prohibited at city beaches. In SPCAs, a dog must be on a leash.
- When travelling in nature, be quiet and do not disturb birds, animals and other travellers and holidaymakers.
- Please pay attention to environment protection notices in SPCAs. In Estonia, also see the principles of freedom to roam www.loodusegakoos.ee/rules-of-conduct/freedom-to-roam.

The information compiled in this guide and the content of the GPX files correspond to the situation in 2017 and 2018. When using the GPX files, keep in mind that in forests, cities and populated areas the itinerary of the Baltic Coastal Hiking Route is/may be shifted (there might be an error).

This guidebook has been developed within Estonia – Latvia programme from European Regional Development Fund Project “Hiking Route Along the Baltic Sea Coastline in Latvia and Estonia”. Project goal: to create a hiking tourist route along the coastline of the Baltic Sea from the south-west boarder 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 route is intended as a sustainable, nature, cultural environment and local economy-friendly tourism product.

Eight partners co-operate in the implementation of the Project – Kurzeme Planning Region, Vidzeme Tourism Association, Saulkrasti, Salacgrīva and Carnikava municipalities, NGO West-Estonia Tourism, NGO Estonian Rural Tourism and Rural Tourism Association “Lauku Ceļotājs” as the leading Project partner.

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PROJECT PARTNERS



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www.celotajs.lv



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



BALTIC COASTAL HIKING



2 countries: Latvia & Estonia. More than 1200 km.
Part of the European Long Distance Hiking Trail E9.
Sandy & stony beaches, cliffs & outcrops.
Historical coastal towns, fisherman villages & 2 vibrant capitals:
Riga & Tallinn.
Choose your stretch: from complete tranquillity &
remoteness to areas with cafes, pubs & souvenir shops!

INFORMATION ABOUT LATVIA & ESTONIA

www.visitestonia.com – official tourism web page in Estonia
www.latvia.travel – official tourism web page in Latvia
www.maaturism.ee – Estonia Rural Tourism Association
www.celotajs.lv – Latvia Rural Tourism Association

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